

Workout #7140 - Friday, 01 January 2010

Beat Penn - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:22 PM	Start			
1,500	1x{1 x 500 on 6:40 Freestyle	EN2	S	FR
	{1 x 500 on 6:30 Freestyle	EN2	S	FR
	{1 x 500 on 6:20 Freestyle	EN2	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
8:58 PM	1,800 Yards - Stress Value = 30			

Workout #7139 - Friday, 01 January 2010

Beat Penn - Fly

1 minute rest between sets

Yards	Set Description	EGY
8:22 PM	Start	
1,400	1x{4 x 100 on 1:30 3 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly 1upldown	EN2
	{3 x 100 on 1:25 3 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly 2upldown	EN2
	{2 x 100 on 1:20 3 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly 3upldown	EN2
	{1 x 100 on 1:15 3 strokes fly off walls	EN2
	{4 x 25 on :30 Butterfly-100%	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:01 PM	1,700 Yards - Stress Value = 28	

Workout #7135 - Friday, 01 January 2010

Beat Penn - Platinum

1 minute rest between sets

Yards	Set Description	
7:00 AM	Start	
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
500	1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 2:40 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 2:50 Kick	
500	1 x 500 on 7:00 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	
8:21 AM	1,650 Yards - Stress Value = 21	

Workout #7136 - Friday, 01 January 2010

Beat Penn - Gold

1 minute rest between sets

Yards	Set Description	
7:00 AM	Start	
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
500	1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 2:50 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 3:00 Kick	
450	1 x 450 on 7:00 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	
8:21 AM	1,600 Yards - Stress Value = 20	

Workout #7137 - Friday, 01 January 2010

Beat Penn - Silver

1 minute rest between sets

Yards	Set Description	
7:00 AM	Start	
	1 on 40:00 Weights and Stretch	
350	1 x 350 on 7:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
450	1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 3:10 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{1 x 100 on 2:05 Kick	
400	1 x 400 on 7:00 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	
8:21 AM	1,450 Yards - Stress Value = 19	

Workout #7138 - Friday, 01 January 2010

Beat Penn - Bronze

1 minute rest between sets

Yards	Set Description	
7:00 AM	Start	
	1 on 40:00 Weights and Stretch	
300	1 x 300 on 7:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
450	1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 150 on 3:30 Kick	
	{4 x 25 on :45 Kick no board BSLR	
	{1 x 100 on 2:20 Kick	
350	1 x 350 on 7:00 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	
8:21 AM	1,350 Yards - Stress Value = 19	

Workout #7141 - Friday, 01 January 2010

Beat Penn - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:22 PM	Start			
1,400	1x{4 x 125 on 2:00 Freestyle	EN2	S	FR
	{ Hold 100 +5 over best practice time L.25 EZ			
	{4 x 100 on 1:35 Freestyle	EN2	S	FR
	{ Hold 75 +4 over best practice time L.25 EZ			
	{4 x 75 on 1:10 Freestyle	EN2	S	FR
	{ Hold 50 +3 over best practice time L.25 EZ			
	{4 x 50 on :45 Freestyle	EN2	S	FR
	{ Hold 25 +2 over best practice time L.25 EZ			
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
8:57 PM	1,500 Yards - Stress Value = 24			

Workout #7146 - Saturday, 02 January 2010

Beat Penn - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:15 PM	Start			
1,400	7x{1 x 100 on 1:15 Individual Medley	EN2	S	
	{1 x 50 on :35 Freestyle	EN2	S	
	{1 x 50 on :45 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
8:49 PM	1,650 Yards - Stress Value = 21			

Workout #7147 - Saturday, 02 January 2010

Beat Penn - Lane 2

1 minute rest between sets

8:15 PM Start

Yards	Set Description	EGY	WORK	S
1,200	6x{1 x 100 on 1:25 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle	EN2	S	S
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	M
8:48 PM 1,450 Yards - Stress Value = 18				

Workout #7148 - Saturday, 02 January 2010

Beat Penn - Lane 3

1 minute rest between sets

8:15 PM Start

Yards	Set Description	EGY	WORK	S
1,200	6x{1 x 100 on 1:35 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on :55 Freestyle	EN2	S	S
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	M
8:50 PM 1,450 Yards - Stress Value = 18				

Workout #7149 - Saturday, 02 January 2010

Beat Penn - Lane 4

1 minute rest between sets

8:15 PM Start

Yards	Set Description	EGY	WORK	S
1,000	5x{1 x 100 on 1:50 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle	EN2	S	S
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	M
8:49 PM 1,250 Yards - Stress Value = 15				

Workout #7150 - Saturday, 02 January 2010

Beat Penn - Lane 5

1 minute rest between sets

8:15 PM Start

Yards	Set Description	EGY	WORK	S
800	4x{1 x 100 on 2:10 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle	EN2	S	S
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	M
8:47 PM 1,050 Yards - Stress Value = 12				

Workout #7142 - Saturday, 02 January 2010

Beat Penn - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 Stomach and Stretch
400	1 x 400 on 7:00 Choice
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:00 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:55 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:50 Kick

500	10 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
8:14 AM 1,650 Yards - Stress Value = 19	

Workout #7143 - Saturday, 02 January 2010

Beat Penn - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 Stomach and Stretch
400	1 x 400 on 7:00 Choice
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 2:00 Kick {1 x 100 on 1:45 Kick {1 x 100 on 2:00 Kick {1 x 100 on 1:50 Kick {1 x 50 on 1:00 Kick
500	10 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
8:14 AM 1,600 Yards - Stress Value = 18	

Workout #7144 - Saturday, 02 January 2010

Beat Penn - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 Stomach and Stretch
350	1 x 350 on 7:00 Choice
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 2:10 Kick {1 x 100 on 1:55 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:00 Kick
450	9 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
8:14 AM 1,450 Yards - Stress Value = 17	

Workout #7145 - Saturday, 02 January 2010

Beat Penn - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 35:00 Stomach and Stretch
350	1 x 350 on 7:00 Choice
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 2:30 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:25 Kick {1 x 50 on 1:05 Kick
400	8 x 50 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
8:14 AM 1,350 Yards - Stress Value = 16	

Workout #7151 - Monday, 04 January 2010

Beat Penn - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	1 on 40:00 Weights and Stretch			
400	1 x 400 on 7:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
	1 on 7:30 Techniques-Medley Relay Starts			
300	1x{4 x 25 on :45 Kick no board BSLR			
	{1 x 100 on 2:00 Kick			
	{1 x 100 on 1:50 Kick			
300	1x{2 x 75 on 1:10 Pull no br L. 8 yds			
	{2 x 50 on :45 Pull no br L.8 yds			
	{2 x 25 on :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			
	1 on 6:00 Techniques-200 Fr Relay Starts			
1,600	1x{1 x 100 on 1:30 Free			
	{1 x 100 on 2:00 Freestyle			
	{2 x 100 on 1:30 Freestyle			
	{2 x 100 on 2:00 Freestyle			
	{3 x 100 on 1:30 Freestyle			
	{3 x 100 on 2:00 Freestyle			
	{4 x 100 on 1:30 Freestyle			
250	1 x 250 on 4:00 Stroke Drills			
	1 on 10:00 Ice			
	1 on 10:00 Techniques-400 Free Relay Starts			
	5:23 PM 3,200 Yards - Stress Value = 25			

	{1 x 200 on 3:00 Freestyle	EN2
	{2 x 100 on 1:15 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 3,800 Yards - Stress Value = 66	

Workout #7160 - Wednesday, 06 January 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:00 PM Start			
	1,375 1x{1 x 125 on 1:50 Freestyle	EN2	S	FR
	{1 x 125 on 1:55 Freestyle	EN1	S	FR
	{1 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 125 on 1:55 Freestyle	EN1	S	FR
	{1 x 125 on 1:40 Freestyle	EN2	S	FR
	{1 x 125 on 1:55 Freestyle	EN1	S	FR
	{1 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 125 on 1:55 Freestyle	EN1	S	FR
	{1 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 125 on 1:55 Freestyle	EN1	S	FR
	{1 x 125 on 1:25 Freestyle	EN2	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 1,625 Yards - Stress Value = 17			

Workout #7156 - Wednesday, 06 January 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
	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 Freestyle			
1,400	1x{4 x 25 on :45 Kick no board B---			
	{1 x 50 on 1:00 Tombstone Kick			
	{2 x 100 on 1:30 Kick			
	{4 x 25 on :45 Kick no board -S--			
	{1 x 50 on 1:00 Tombstone Kick			
	{2 x 100 on 1:35 Kick			
	{4 x 25 on :45 Kick no board --L-			
	{1 x 50 on 1:00 Tombstone Kick			
	{2 x 100 on 1:40 Kick			
	{4 x 25 on :45 Kick no board ---R			
	{1 x 50 on 1:00 Tombstone Kick			
	{2 x 100 on 1:40 Kick			
1,200	1x{1 x 100 on 1:20 Lungbuster pulls			
	{1 x 50 on :45 Pulls			
	{2 x 100 on 1:20 Lungbuster pulls			
	{1 x 50 on :45 Pulls			
	{3 x 100 on 1:20 Lungbuster pulls			
	{1 x 50 on :45 Pulls			
	{4 x 100 on 1:20 Lungbuster pulls			
	{1 x 50 on :45 Pulls			
	{ Breathe 3-5-7 continuous on 100's			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	4:59 PM 3,550 Yards - Stress Value = 56			

Workout #7162 - Wednesday, 06 January 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:00 PM Start			
	1,125 1x{1 x 150 on 2:35 Breaststroke	EN2		
	{1 x 75 on 1:15 50 Breast 25 free	EN2		
	{1 x 75 on 1:10 50 breast 25 free	EN2		
	{1 x 75 on 1:05 50 breast 25 free	EN2		
	{1 x 150 on 2:35 Breast 2X PO BH Wall	EN2		
	{1 x 75 on 1:10 50 breast 25 free	EN2		
	{1 x 75 on 1:05 50 breast 25 free	EN2		
	{1 x 75 on 1:00 50 breast 25 free	EN2		
	{1 x 150 on 2:35 Breast 2X PO Start wall	EN2		
	{1 x 75 on 1:00 50 breast 25 free	EN2		
	{1 x 75 on :55 50 breast 25 free	EN2		
	{1 x 75 on :50 50 breast 25 free	EN2		
300	1 x 300 on 6:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 1,425 Yards - Stress Value = 27			

Workout #7152 - Wednesday, 06 January 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 AM Start			
	1 on 20:00 Stretch			
600	1x{1 x 200 on 3:45 Freestyle	REC		
	{1 x 200 on 3:30 Free L.50 good effort	EN1		
	{1 x 200 on 3:15 Free L.100 good effort	EN1		
150	10 x 15 on :45 Shooters	SP3		
2,800	1x{1 x 500 on 6:15 Freestyle	EN2		
	{5 x 100 on 1:30 Freestyle	EN2		
	{1 x 400 on 5:20 Freestyle	EN2		
	{4 x 100 on 1:25 Freestyle	EN2		
	{1 x 300 on 4:15 Freestyle	EN2		
	{3 x 100 on 1:20 Freestyle	EN2		

Workout #7153 - Wednesday, 06 January 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
	1 on 20:00 Stretch	
600	1x{1 x 200 on 3:45 Freestyle	REC
	{1 x 200 on 3:30 Free L.50 good effort	EN1
	{1 x 200 on 3:15 Free L.100 good effort	EN1
150	10 x 15 on :45 Shooters	SP3
2,600	1x{1 x 500 on 6:45 Freestyle	EN2
	{5 x 100 on 1:35 Freestyle	EN2
	{1 x 400 on 5:35 Freestyle	EN2
	{4 x 100 on 1:30 Freestyle	EN2
	{1 x 300 on 4:30 Freestyle	EN2
	{3 x 100 on 1:25 Freestyle	EN2
	{1 x 200 on 3:05 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 3,600 Yards - Stress Value = 62	

Workout #7157 - Wednesday, 06 January 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
	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 Freestyle	
1,300	1x{4 x 25 on :45 Kick no board B---	
	{1 x 50 on 1:05 Tombstone Kick	
	{2 x 100 on 1:40 Kick	
	{4 x 25 on :45 Kick no board -S--	
	{1 x 50 on 1:05 Tombstone Kick	
	{2 x 100 on 1:45 Kick	
	{4 x 25 on :45 Kick no board --L-	
	{1 x 50 on 1:05 Tombstone Kick	
	{2 x 100 on 1:50 Kick	
	{4 x 25 on :45 Kick no board ---R	
	{1 x 50 on 1:05 Tombstone Kick	
	{1 x 100 on 1:55 Kick	
1,150	1x{1 x 100 on 1:25 Lungbuster pulls	
	{1 x 50 on :50 Pulls	
	{2 x 100 on 1:25 Lungbuster pulls	
	{1 x 50 on :50 Pulls	
	{3 x 100 on 1:25 Lungbuster pulls	
	{1 x 50 on :50 Pulls	
	{4 x 100 on 1:25 Lungbuster pulls	
	{ Breathe 3-5-7 continuous on 100's	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:59 PM 3,400 Yards - Stress Value = 54	

Workout #7163 - Wednesday, 06 January 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1,050	1x{1 x 150 on 2:45 Breaststroke	EN2
	{1 x 75 on 1:20 50 Breast 25 free	EN2
	{1 x 75 on 1:15 50 breast 25 free	EN2
	{1 x 75 on 1:05 50 breast 25 free	EN2
	{1 x 150 on 2:45 Breast 2X PO BH Wall	EN2
	{1 x 75 on 1:15 50 breast 25 free	EN2
	{1 x 75 on 1:10 50 breast 25 free	EN2
	{1 x 75 on 1:05 50 breast 25 free	EN2
	{1 x 150 on 2:45 Breast 2X PO Start wall	EN2

	{1 x 75 on 1:10 50 breast 25 free	EN2
	{1 x 75 on 1:05 50 breast 25 free	EN2
300	1 x 300 on 6:00 Stroke Drills	REC
	1 on 10:00 Ice	
	5:35 PM 1,350 Yards - Stress Value = 25	

Workout #7154 - Wednesday, 06 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
	1 on 20:00 Stretch	
550	1x{1 x 175 on 3:45 Freestyle	REC
	{1 x 175 on 3:30 Free L.50 good effort	EN1
	{1 x 200 on 3:15 Free L.100 good effort	EN1
150	10 x 15 on :45 Shooters	SP3
2,400	1x{1 x 500 on 7:30 Freestyle	EN2
	{5 x 100 on 1:45 Freestyle	EN2
	{1 x 400 on 6:15 Freestyle	EN2
	{4 x 100 on 1:40 Freestyle	EN2
	{1 x 300 on 4:50 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 3,350 Yards - Stress Value = 58	

Workout #7158 - Wednesday, 06 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
	3:00 PM Start	
	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 Freestyle	
1,200	1x{4 x 25 on :45 Kick no board B---	
	{1 x 50 on 1:10 Tombstone Kick	
	{2 x 100 on 1:55 Kick	
	{4 x 25 on :45 Kick no board -S--	
	{1 x 50 on 1:10 Tombstone Kick	
	{2 x 100 on 2:00 Kick	
	{4 x 25 on :45 Kick no board --L-	
	{1 x 50 on 1:10 Tombstone Kick	
	{2 x 100 on 2:05 Kick	
	{4 x 25 on :45 Kick no board ---R	
	{1 x 50 on 1:10 Tombstone Kick	
950	1x{1 x 100 on 1:40 Lungbuster pulls	
	{1 x 50 on :55 Pulls	
	{2 x 100 on 1:40 Lungbuster pulls	
	{1 x 50 on :55 Pulls	
	{3 x 100 on 1:40 Lungbuster pulls	
	{1 x 50 on :55 Pulls	
	{2 x 100 on 1:40 Lungbuster pulls	
	{ Breathe 3-5-7 continuous on 100's	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:59 PM 3,050 Yards - Stress Value = 48	

Workout #7164 - Wednesday, 06 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
975	1x{1 x 100 on 2:00 Breaststroke	EN2
	{1 x 75 on 1:30 50 Breast 25 free	EN2
	{1 x 75 on 1:25 50 breast 25 free	EN2
	{1 x 75 on 1:20 50 breast 25 free	EN2
	{1 x 100 on 2:00 Breast 2X PO BH Wall	EN2
	{1 x 75 on 1:25 50 breast 25 free	EN2
	{1 x 75 on 1:20 50 breast 25 free	EN2
	{1 x 75 on 1:15 50 breast 25 free	EN2
	{1 x 100 on 2:00 Breast 2X PO Start wall	EN2
	{1 x 75 on 1:20 50 breast 25 free	EN2
	{1 x 75 on 1:15 50 breast 25 free	EN2
	{1 x 75 on 1:10 50 breast 25 free	EN2
300	1 x 300 on 6:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 1,275 Yards - Stress Value = 24		

Workout #7155 - Wednesday, 06 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM Start		
	1 on 20:00 Stretch	
450	1x{1 x 150 on 3:45 Freestyle	REC
	{1 x 150 on 3:30 Free L.50 good effort	EN1
	{1 x 150 on 3:15 Free L.100 good effort	EN1
150	10 x 15 on :45 Shooters	SP3
2,100	1x{1 x 400 on 7:00 Freestyle	EN2
	{4 x 100 on 1:55 Freestyle	EN2
	{1 x 300 on 5:25 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle	EN2
	{2 x 200 on 3:45 Freestyle	EN2
	{3 x 100 on 1:45 Freestyle	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM 2,950 Yards - Stress Value = 52		

Workout #7159 - Wednesday, 06 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
3:00 PM Start		
	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 Freestyle	
1,100	1x{4 x 25 on :45 Kick no board B---	
	{1 x 50 on 1:15 Tombstone Kick	
	{2 x 100 on 2:15 Kick	
	{4 x 25 on :45 Kick no board -S---	
	{1 x 50 on 1:15 Tombstone Kick	
	{2 x 100 on 2:20 Kick	
	{4 x 25 on :45 Kick no board --L-	
	{1 x 50 on 1:15 Tombstone Kick	
	{1 x 100 on 2:25 Kick	
	{4 x 25 on :45 Kick no board ---R	
	{1 x 50 on 1:10 Tombstone Kick	
900	1x{1 x 100 on 1:50 Lungbuster pulls	
	{1 x 50 on 1:00 Pulls	
	{2 x 100 on 1:50 Lungbuster pulls	
	{1 x 50 on 1:00 Pulls	
	{3 x 100 on 1:50 Lungbuster pulls	
	{2 x 50 on 1:00 Pulls	
	{1 x 100 on 1:50 Lungbuster pulls	

{ Breathe 3-5-7 continuous on 100's
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:59 PM 2,850 Yards - Stress Value = 45

Workout #7165 - Wednesday, 06 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
800	1x{1 x 100 on 2:15 Breaststroke	EN2
	{1 x 50 on 1:15 25 Breast 25 free	EN2
	{1 x 50 on 1:10 25 breast 25 free	EN2
	{1 x 50 on 1:05 25 breast 25 free	EN2
	{1 x 100 on 2:15 Breast 2X PO BH Wall	EN2
	{1 x 50 on 1:10 25 breast 25 free	EN2
	{1 x 50 on 1:05 25 breast 25 free	EN2
	{1 x 50 on 1:00 25 breast 25 free	EN2
	{1 x 100 on 2:15 Breast 2X PO Start wall	EN2
	{1 x 50 on 1:05 25 breast 25 free	EN2
	{1 x 50 on 1:00 25 breast 25 free	EN2
300	1 x 300 on 6:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 1,100 Yards - Stress Value = 16		

Workout #7161 - Wednesday, 06 January 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
1,200	1x{3 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
	{3 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
	{3 x 50 on :40 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
	{3 x 50 on :35 Freestyle	EN2	S	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
250	1 x 250 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 1,450 Yards - Stress Value = 20				

Workout #7170 - Thursday, 07 January 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:43 PM Start				
2,800	1x{5 x 50 on :45 Freestyle	EN2	S	FR
	{1 x 500 on 6:30 Freestyle	EN2	S	FR
	{4 x 50 on :45 Freestyle	EN2	S	FR
	{2 x 400 on 5:10 Freestyle	EN2	S	FR
	{3 x 50 on :45 Freestyle	EN2	S	FR
	{3 x 300 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	
5:36 PM 3,050 Yards - Stress Value = 56				

Workout #7172 - Thursday, 07 January 2010

HighSchl - Fly

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,600 8x{8 x 25 on :25 Butterfly EN2 S FR 1
 {1 on 1:00 Rest M
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 1,900 Yards - Stress Value = 32

{1 x 150 on 2:40 Kick
 {3 x 50 on 1:05 Kick-descend to 100%
 {1 x 150 on 2:45 Kick
 {3 x 50 on 1:05 Kick-descend to 100%
 {1 x 150 on 2:50 Kick
 {1 x 50 on 1:05 Kick-100%
 1,100 1x{1 x 150 on 2:10 Pull BWSPPF
 {3 x 50 on :45 Pulls breathe toward blchr
 {1 x 150 on 2:15 Pulls BWHPPF
 {3 x 50 on :45 Pulls breathe toward scrbd
 {1 x 150 on 2:20 Pulls BWKPPF
 {3 x 50 on :45 Pulls Breathe toward blchr
 {1 x 150 on 2:25 Pulls BWFPF
 {1 x 50 on :45 Pulls breathe toward scrbd
 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 = 45

Workout #7176 - Thursday, 07 January 2010

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 45:00 Weights L WTS
 400 1 x 400 on 7:00 Reverse IM drill REC D IM
 150 10 x 15 on :45 Shooters SP3 S CHO
 1,600 16 x 100 on 1:10 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 7:05 AM 2,350 Yards - Stress Value = 38

Workout #7173 - Thursday, 07 January 2010

HighSchl - Gold

1 minute rest between sets

4:43 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1,400 7x{8 x 25 on :30 Butterfly EN2 S FR 2
 {1 on 1:00 Rest M
 300 6 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 1,700 Yards - Stress Value = 28

Workout #7166 - Thursday, 07 January 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 600 1 on 35:00 Stretch and Physio Balls
 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 150 on 2:20 Kick
 {3 x 50 on 1:00 Kick-descend to 100%
 {1 x 150 on 2:25 Kick
 {3 x 50 on 1:00 Kick-descend to 100%
 {1 x 150 on 2:30 Kick
 {3 x 50 on 1:00 Kick-descend to 100%
 {1 x 150 on 2:35 Kick
 {3 x 50 on 1:00 Kick-descend to 100%
 1,200 1x{1 x 150 on 2:00 Pull BWSPPF
 {3 x 50 on :40 Pulls breathe toward blchr
 {1 x 150 on 2:05 Pulls BWHPPF
 {3 x 50 on :40 Pulls breathe toward scrbd
 {1 x 150 on 2:10 Pulls BWKPPF
 {3 x 50 on :40 Pulls Breathe toward blchr
 {1 x 150 on 2:15 Pulls BWFPF
 {3 x 50 on :40 Pulls breathe toward scrbd
 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 3,350 Yards - Stress Value = 49

Workout #7168 - Thursday, 07 January 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 550 1 on 35:00 Stretch and Physio Balls
 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 1x{1 x 150 on 2:50 Kick
 {3 x 50 on 1:10 Kick-descend to 100%
 {1 x 150 on 2:55 Kick
 {3 x 50 on 1:10 Kick-descend to 100%
 {1 x 150 on 3:00 Kick
 {3 x 50 on 1:10 Kick-descend to 100%
 1,000 1x{1 x 150 on 2:25 Pull BWSPPF
 {3 x 50 on :50 Pulls breathe toward blchr
 {1 x 150 on 2:30 Pulls BWHPPF
 {3 x 50 on :50 Pulls breathe toward scrbd
 {1 x 150 on 2:35 Pulls BWKPPF
 {2 x 50 on :50 Pulls Breathe toward blchr
 {1 x 150 on 2:40 Pulls BWFPF
 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 2,900 Yards - Stress Value = 42

Workout #7167 - Thursday, 07 January 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 600 1 on 35:00 Stretch and Physio Balls
 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 150 on 2:35 Kick
 {3 x 50 on 1:05 Kick-descend to 100%

Workout #7174 - Thursday, 07 January 2010

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	I
1,200	6x{8 x 25 on :35 Butterfly {1 on 1:00 Rest	EN2	S	FR	2
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2
5:34 PM 1,500 Yards - Stress Value = 24					

{1 x 100 on 1:30 Free 40 strokes fast	EN2
{1 x 100 on 1:30 Free -35 strokes fast	EN2
{4 x 25 on :30 Freestyle-BC	EN2
{1 x 100 on 1:30 Free-30 strokes fast	EN2
{1 x 100 on 1:30 Free-25 strokes fast	EN2
{1 x 100 on 1:30 Free-20 strokes fast	EN2
{4 x 25 on :30 Freestyle-BC	EN2
{1 x 100 on 1:30 Free 15 strokes fast	EN2
{1 x 100 on 1:30 Free 10 strokes fast	EN2
{1 x 100 on 1:30 Free 5 strokes fast	EN2
8 x 50 on 1:00 Stroke Drills	REC
1 on 10:00 Ice	
5:35 PM 2,400 Yards - Stress Value = 40	

Workout #7169 - Thursday, 07 January 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	I
500	1 on 35:00 Stretch and Physio Balls 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{1 x 100 on 2:15 Kick {3 x 50 on 1:15 Kick-descend to 100% {1 x 100 on 2:20 Kick {3 x 50 on 1:15 Kick-descend to 100% {1 x 100 on 2:25 Kick {3 x 50 on 1:15 Kick-descend to 100% {1 x 100 on 2:30 Kick {1 x 50 on 1:15 Kick-100%				
900	1x{1 x 150 on 2:45 Pull BWSPPF {3 x 50 on :55 Pulls breathe toward blchr {1 x 150 on 2:50 Pulls BWHPF {3 x 50 on :55 Pulls breathe toward scrbd {1 x 150 on 2:55 Pulls BWKPF {3 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				
4:42 PM 2,650 Yards - Stress Value = 39					

Workout #7177 - Friday, 08 January 2010

HighSchl - Lane 2

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 45:00 Weights			L WTS
150	10 x 15 on :45 Shooters	SP3		S CHO
1,500	15 x 100 on 1:15 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				
7:05 AM 2,250 Yards - Stress Value = 36				

Workout #7178 - Friday, 08 January 2010

HighSchl - Lane 3

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 45:00 Weights			L WTS
150	10 x 15 on :45 Shooters	SP3		S CHO
1,400	14 x 100 on 1:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				
7:05 AM 2,150 Yards - Stress Value = 34				

Workout #7175 - Thursday, 07 January 2010

HighSchl - Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK	STK	I
1,050	7x{6 x 25 on :40 Butterfly {1 on 1:00 Rest	EN2	S	FR	2
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD	2
5:35 PM 1,350 Yards - Stress Value = 21					

Workout #7179 - Friday, 08 January 2010

HighSchl - Lane 4

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 45:00 Weights			L WTS
150	10 x 15 on :45 Shooters	SP3		S CHO
1,300	13 x 100 on 1:25 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice				
7:05 AM 2,050 Yards - Stress Value = 32				

Workout #7171 - Thursday, 07 January 2010

HighSchl - Sprint

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WC
2,000	1x{4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 5 strokes fast {1 x 100 on 1:30 Free 10 strokes fast {1 x 100 on 1:30 Free 15 strokes fast {4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 20 strokes fast {1 x 100 on 1:30 Free 25 strokes fast {1 x 100 on 1:30 Free 30 strokes fast {4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 35 strokes fast	EN2	EN2

Workout #7180 - Friday, 08 January 2010

HighSchl - Lane 5

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1	on 45:00 Weights			L WTS
350	1 x 350 on 7:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S CHO
1,300	13 x 100 on 1:30 Freestyle	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			
7:06 AM	2,000 Yards - Stress Value = 32			

Workout #7181 - Friday, 08 January 2010

HighSchl - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1	on 45:00 Weights			L WTS
350	1 x 350 on 7:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S CHO
1,200	12 x 100 on 1:35 Freestyle	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			
7:05 AM	1,900 Yards - Stress Value = 30			

Workout #7182 - Friday, 08 January 2010

HighSchl - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1	on 45:00 Weights			L WTS
300	1 x 300 on 7:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S CHO
1,100	11 x 100 on 1:45 Freestyle	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			
7:06 AM	1,750 Yards - Stress Value = 28			

Workout #7183 - Friday, 08 January 2010

HighSchl - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1	on 45:00 Weights			L WTS
300	1 x 300 on 7:00 Reverse IM drill	REC		D IM
150	10 x 15 on :45 Shooters	SP3		S CHO
1,000	10 x 100 on 1:55 Freestyle	EN2		S FR
200	1 x 200 on 3:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			
7:06 AM	1,650 Yards - Stress Value = 26			

Workout #7184 - Friday, 08 January 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1	on 35:00 Stomach and Stretch
700	1 x 700 on 10:30 Choice
150	10 x 15 on :45 Shooters
600	3x{1 x 25 on :45 Kick on left side face down

1,600	1x{2 x 50 on :50 Pulls-nbbf&w + 2 yds
	{3 x 100 on 2:00 Stroke Drills fly, back, bre
	{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	3,250 Yards - Stress Value = 23

Workout #7185 - Saturday, 09 January 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
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
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
9:35 AM	6,715 Yards - Stress Value = 143

Workout #7186 - Saturday, 09 January 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Core
 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
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,315 Yards - Stress Value = 132

1 on 10:00 Ice
 9:35 AM 5,690 Yards - Stress Value = 124

Workout #7188 - Saturday, 09 January 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Core
 625 1x{1 x 300 on 7:00 Swim-kick-pull-swim
 {3 x 50 on :55 Freestyle-descend
 {1 x 175 on 4:00 Reverse IM drill
 165 11 x 15 on :45 Cross pool sprints
 950 1x{2 x 125 on 2:55 Kick
 {2 x 125 on 2:50 Kick
 {2 x 100 on 2:20 Kick
 {2 x 100 on 2:15 Kick
 {1 x 50 on 1:05 Kick
 900 1x{1 x 300 on 5:30 Pulls
 {1 x 300 on 5:25 Pulls
 {1 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
 1,900 1x{5 x 100 on 1:50 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 100 on 1:49 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 100 on 1:48 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 100 on 1:47 Freestyle
 {4 x 50 on 1:00 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 4,990 Yards - Stress Value = 104

Workout #7187 - Saturday, 09 January 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Core
 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
 250 1 x 250 on 4:00 Stroke Drills

Workout #7193 - Monday, 11 January 2010

HighSchl - Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch/Physio Balls
 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 15 KOW
 {2 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {2 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 9 KOW
 {2 x 100 on 1:45 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4,500 1x{1 x 100 on 1:20 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 300 on 4:00 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 500 on 6:40 Freestyle
 {1 x 500 on 6:15 Freestyle
 {1 x 400 on 5:00 Freestyle
 {1 x 300 on 3:45 Freestyle
 {1 x 200 on 2:30 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 200 on 2:20 Freestyle
 {1 x 300 on 3:30 Freestyle
 {1 x 400 on 4:40 Freestyle
 {1 x 500 on 5:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,850 Yards - Stress Value = 122

{3 x 100 on 1:30 Individual Medley EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,300 Yards - Stress Value = 36

Workout #7194 - Monday, 11 January 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch/Physio Balls
 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 15 KOW
 {2 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {2 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 9 KOW
 {1 x 100 on 1:55 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4,250 1x{1 x 100 on 1:25 Freestyle
 {1 x 200 on 2:50 Freestyle
 {1 x 300 on 4:15 Freestyle
 {1 x 400 on 5:40 Freestyle
 {1 x 500 on 7:05 Freestyle
 {1 x 500 on 6:40 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 300 on 4:00 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 2:30 Freestyle
 {1 x 300 on 3:45 Freestyle
 {1 x 400 on 5:00 Freestyle
 {1 x 250 on 3:10 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 6,500 Yards - Stress Value = 115

Workout #7189 - Monday, 11 January 2010

HighSchl - IM'ers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 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 300 on 4:00 Individual Medley EN2
 {4 x 75 on 1:00 50 Stroke (IMO) 25 free EN2
 {2 x 200 on 2:50 Individual Medley EN2
 {4 x 50 on :40 25 Stroke (IMO) 25 free EN2
 {3 x 100 on 1:20 Individual Medley EN2
 {4 x 25 on :20 IM order EN2
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,450 Yards - Stress Value = 38

Workout #7191 - Monday, 11 January 2010

HighSchl - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 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
 1,300 1x{1 x 300 on 5:15 Individual Medley EN2
 {4 x 75 on 1:20 50 Stroke (IMO) 25 free EN2
 {2 x 200 on 3:30 Individual Medley EN2
 {4 x 50 on :50 25 Stroke (IMO) 25 free EN2
 {1 x 100 on 1:45 Individual Medley EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,050 Yards - Stress Value = 32

Workout #7190 - Monday, 11 January 2010

HighSchl - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 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
 1,500 1x{1 x 300 on 4:30 Individual Medley EN2
 {4 x 75 on 1:10 50 Stroke (IMO) 25 free EN2
 {2 x 200 on 3:00 Individual Medley EN2
 {4 x 50 on :45 25 Stroke (IMO) 25 free EN2

Workout #7195 - Monday, 11 January 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch/Physio Balls
 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 BSLR 15 KOW
 {2 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR 13 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 9 KOW
 {1 x 50 on 1:05 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,550 1x{1 x 100 on 1:40 Freestyle
 {1 x 200 on 3:20 Freestyle
 {1 x 300 on 5:00 Freestyle
 {1 x 400 on 6:40 Freestyle
 {1 x 500 on 8:20 Freestyle
 {1 x 500 on 7:55 Freestyle
 {1 x 400 on 6:20 Freestyle
 {1 x 300 on 4:45 Freestyle
 {1 x 200 on 3:10 Freestyle
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 250 on 3:45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,700 Yards - Stress Value = 100

{4 x 25 on :45 Kick no board BSLR 9 KOW
 {1 x 100 on 2:20 Kick
 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 100 on 1:55 Freestyle
 {1 x 200 on 3:50 Freestyle
 {1 x 300 on 5:45 Freestyle
 {1 x 400 on 7:40 Freestyle
 {1 x 500 on 9:35 Freestyle
 {1 x 400 on 7:20 Freestyle
 {1 x 300 on 5:30 Freestyle
 {1 x 200 on 3:40 Freestyle
 {1 x 100 on 1:50 Freestyle
 {1 x 200 on 3:30 Freestyle
 {1 x 300 on 5:15 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 5,050 Yards - Stress Value = 88

Workout #7203 - Wednesday, 13 January 2010

HighSchl - Back

1 minute rest between sets

4:50 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,500 1x{4 x 75 on 1:20 Backstroke EN1 S BK
 {8 x 25 on :30 Back 5-12 KOW EN1 S BK
 {4 x 75 on 1:15 Backstroke EN1 S BK
 {8 x 25 on :30 Back 6-13 KOW EN1 S BK
 {4 x 75 on 1:10 Backstroke EN1 S BK
 {8 x 25 on :30 Back 7-14 KOW EN1 S BK
 400 1 x 400 on 7:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 1,900 Yards - Stress Value = 15

Workout #7192 - Monday, 11 January 2010

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK F
 =====
 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
 1,150 1x{1 x 300 on 6:00 Individual Medley EN2
 {4 x 75 on 1:30 50 Stroke (IMO) 25 free EN2
 {1 x 200 on 4:00 Individual Medley EN2
 {4 x 50 on 1:00 25 Stroke (IMO) 25 free EN2
 {1 x 100 on 2:00 Individual Medley EN2
 {2 x 25 on :30 Non free EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 1,850 Yards - Stress Value = 29

Workout #7201 - Wednesday, 13 January 2010

HighSchl - Distance

1 minute rest between sets

4:50 PM Start
 Yards Set Description EGY WORK STK F
 =====
 2,400 1x{1 x 600 on 8:30 Freestyle EN1 S FR 1
 {4 x 150 on 2:05 Freestyle EN1 S FR 1
 {1 x 400 on 5:40 Freestyle EN1 S FR 1
 {4 x 100 on 1:25 Freestyle EN1 S FR 1
 {1 x 200 on 2:50 Freestyle EN1 S FR 1
 {4 x 50 on :45 Freestyle EN1 S FR 1
 200 1 x 200 on :01 Stroke Drills REC D CD C
 1 on 10:00 Ice M
 5:35 PM 2,600 Yards - Stress Value = 24

Workout #7196 - Monday, 11 January 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch/Physio Balls
 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 15 KOW
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR 11 KOW
 {1 x 100 on 2:20 Kick

Workout #7197 - Wednesday, 13 January 2010

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 non free
150	10 x 15 on :45 Shooters
1,250	1x{1 x 150 on 2:45 Kick {2 x 125 on 2:15 Kick {3 x 100 on 1:50 Kick {4 x 75 on 1:20 Kick {5 x 50 on :55 Kick-100%
1,000	1 x 1000 on 13:20 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
	4:50 PM 3,200 Yards - Stress Value = 33

Workout #7198 - Wednesday, 13 January 2010

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 non free
150	10 x 15 on :45 Shooters
1,150	1x{1 x 150 on 3:00 Kick {2 x 125 on 2:30 Kick {2 x 100 on 2:00 Kick {4 x 75 on 1:30 Kick {5 x 50 on 1:00 Kick-100%
900	1 x 900 on 13:20 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
	4:50 PM 3,000 Yards - Stress Value = 31

Workout #7204 - Wednesday, 13 January 2010

HighSchl - Gold

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,350	1x{4 x 75 on 1:30 Backstroke {8 x 25 on :30 Back 5-12 KOW {4 x 75 on 1:25 Backstroke {8 x 25 on :30 Back 6-13 KOW {3 x 50 on :55 Backstroke {8 x 25 on :30 Back 7-14 KOW	EN1	S	BK
400	1 x 400 on 7:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
			M	
	5:35 PM 1,750 Yards - Stress Value = 14			

Workout #7199 - Wednesday, 13 January 2010

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 non free
150	10 x 15 on :45 Shooters
1,050	1x{1 x 150 on 3:15 Kick {2 x 125 on 2:40 Kick {3 x 100 on 2:10 Kick

{2 x 75 on 1:35 Kick

{4 x 50 on 1:05 Kick-100%

800 1 x 800 on 13:20 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

4:50 PM 2,750 Yards - Stress Value = 29

Workout #7205 - Wednesday, 13 January 2010

HighSchl - Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,250	1x{4 x 75 on 1:30 Backstroke {8 x 25 on :35 Back 5-12 KOW {4 x 75 on 1:25 Backstroke {8 x 25 on :35 Back 6-13 KOW {3 x 50 on :55 Backstroke {4 x 25 on :35 Back 11-14 KOW	EN1	S	BK
400	1 x 400 on 7:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
			M	
	5:35 PM 1,650 Yards - Stress Value = 13			

Workout #7200 - Wednesday, 13 January 2010

HighSchl - Bronze

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 non free
150	10 x 15 on :45 Shooters
950	1x{1 x 150 on 3:30 Kick {2 x 125 on 2:55 Kick {2 x 100 on 2:20 Kick {2 x 75 on 1:40 Kick {4 x 50 on 1:10 Kick-100%
750	1 x 750 on 13:20 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
	4:49 PM 2,550 Yards - Stress Value = 28

Workout #7206 - Wednesday, 13 January 2010

HighSchl - Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,050	1x{4 x 50 on 1:15 Backstroke {8 x 25 on :40 Back 5-12 KOW {4 x 50 on 1:10 Backstroke {8 x 25 on :40 Back 6-13 KOW {3 x 50 on 1:05 Backstroke {4 x 25 on :40 Back 11-14 KOW	EN1	S	BK
400	1 x 400 on 7:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
			M	
	5:35 PM 1,450 Yards - Stress Value = 11			

Workout #7202 - Wednesday, 13 January 2010

HighSchl - Sprint

1 minute rest between sets

4:50 PM Start
 Yards Set Description
 =====
 1,800 1x{3 x 100 on 1:30 Free No breath L.25
 { hold under 1:20
 {6 x 50 on :45 Evens swim odds 6bk L.25
 {3 x 100 on 1:30 Free No breath L.25
 { hold under 1:17
 {6 x 50 on :45 Evens 6bk 1st 25 odds swim
 {3 x 100 on 1:30 Free No breath L.25
 { hold under 1:15
 {6 x 50 on :45 Odds 6bk 1st 25 evens 6bk 2nd
 400 1 x 400 on 7:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 2,200 Yards - Stress Value = 18

Workout #7213 - Thursday, 14 January 2010

HighSchl - Breast

1 minute rest between sets

4:42 PM Start
 Yards Set Description EGY WC
 =====
 2,100 1x{4 x 50 on 1:15 Breast under/overs EN3
 {4 x 100 on 1:30 25 breast 75 free EN1
 {4 x 50 on 1:10 Breast under/overs EN3
 {4 x 100 on 1:35 50 free 50 breast EN2
 {4 x 50 on 1:05 100 Breast under/overs EN3
 {4 x 100 on 1:40 75 Breast 25 free EN2
 {4 x 50 on 1:00 Breast under/overs EN3
 {1 x 100 on 2:00 Breast for time SP2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 78

Workout #7211 - Thursday, 14 January 2010

HighSchl - Distance

1 minute rest between sets

4:42 PM Start
 Yards Set Description E
 =====
 2,450 1x{1 x 175 on 3:30 Free w/in 10 secs of E
 {1 x 500 on 6:40 Free-L.25 of eah 100 6bk E
 {2 x 175 on 3:30 Free w/in 10-15 secs of E
 {1 x 400 on 5:20 Free L.25 of each 100 6bk E
 {3 x 175 on 3:30 Free w/in 10-15-20 secs of E
 {1 x 300 on 4:00 Free L.25 of each 100 6bk E
 {1 x 200 on 2:00 Free for time S
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 2,650 Yards - Stress Value = 107

Workout #7207 - Thursday, 14 January 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 Shoulders Led by TM/Stretch
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's back evens free
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :45 Kick no board B---
 {1 x 150 on 2:30 Kick
 {4 x 25 on :45 Kick no board -S--
 {2 x 125 on 2:05 Kick

{4 x 25 on :45 Kick no board --L-
 {3 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board ---R
 {4 x 75 on 1:15 Kick
 1,000 10 x 100 on 1:20 Pulls
 Odds br toward blchrs evens br toward scrbr
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:41 PM 3,350 Yards - Stress Value = 46

Workout #7208 - Thursday, 14 January 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 Shoulders Led by TM/Stretch
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's back evens free
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :45 Kick no board B---
 {1 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board -S--
 {2 x 125 on 2:20 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 50 on :55 Kick
 900 9 x 100 on 1:30 Pulls
 Odds br toward blchrs evens br toward scrbr
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:41 PM 3,150 Yards - Stress Value = 43

Workout #7214 - Thursday, 14 January 2010

HighSchl - Gold

1 minute rest between sets

4:42 PM Start
 Yards Set Description EGY WC
 =====
 2,100 1x{4 x 50 on 1:15 Breast under/overs EN3
 {4 x 100 on 1:30 25 breast 75 free EN1
 {4 x 50 on 1:10 Breast under/overs EN3
 {4 x 100 on 1:35 50 free 50 breast EN2
 {4 x 50 on 1:05 100 Breast under/overs EN3
 {4 x 100 on 1:40 75 Breast 25 free EN2
 {4 x 50 on 1:00 Breast under/overs EN3
 {1 x 100 on 2:00 Breast for time SP2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,300 Yards - Stress Value = 78

Workout #7219 - Thursday, 14 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
350	1 on 40:00 Weights and Stretch		
350	1 x 350 on 7:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 100 on 1:55 Butterfly	EN2	
	{4 x 50 on :55 3 strokes fly off walls	EN2	
	{1 x 100 on 1:55 Butterfly	EN2	
	{1 x 100 on 1:50 Butterfly	EN2	
	{3 x 50 on :55 3 strokes fly off walls	EN2	
	{1 x 100 on 1:55 Butterfly	EN2	
	{1 x 100 on 1:50 Butterfly	EN2	
	{1 x 100 on 1:45 Butterfly	EN2	
	{2 x 50 on :55 3 strokes fly off walls	EN2	
	{1 x 50 on :55 Butterfly	EN2	
	{1 x 50 on :50 Butterfly	EN2	
	{1 x 50 on :45 Butterfly	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,000 Yards - Stress Value = 30			

5:30 AM Start

Yards	Set Description	EGY	WC
350	1 on 40:00 Weights and Stretch		
150	10 x 15 on :45 Shooters		
1,050	1x{1 x 100 on 2:10 Butterfly	EN2	
	{2 x 50 on 1:00 3 strokes fly off walls	EN2	
	{1 x 100 on 2:10 Butterfly	EN2	
	{1 x 100 on 2:05 Butterfly	EN2	
	{2 x 50 on 1:00 3 strokes fly off walls	EN2	
	{1 x 100 on 2:10 Butterfly	EN2	
	{1 x 100 on 2:05 Butterfly	EN2	
	{1 x 100 on 2:00 Butterfly	EN2	
	{2 x 50 on 1:00 3 strokes fly off walls	EN2	
	{1 x 50 on 1:05 Butterfly	EN2	
	{1 x 50 on 1:00 Butterfly	EN2	
	{1 x 50 on :55 Butterfly	EN2	
250	1 x 250 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 1,800 Yards - Stress Value = 27			

Workout #7210 - Thursday, 14 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
550	1 on 30:00 Shoulders Led by TM/Stretch		
550	1 x 550 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,200	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		
800	2 x 50 on 1:05 Kick		
800	8 x 100 on 1:40 Pulls		
	Odds br toward blchrs evens br toward scrbr		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
4:41 PM 2,900 Yards - Stress Value = 40			

3:00 PM Start

Yards	Set Description	EGY	WC
500	1 on 30:00 Shoulders Led by TM/Stretch		
500	1 x 500 on 10:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
1,100	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 2:55 Kick		
	{4 x 25 on :45 Kick no board --L-		
	{3 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board ---R		
800	8 x 100 on 1:50 Pulls		
	Odds br toward blchrs evens br toward scrbr		
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 2,750 Yards - Stress Value = 38			

Workout #7216 - Thursday, 14 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
1,900	1x{4 x 50 on 1:20 Breast under/overs	EN3	
	{4 x 100 on 1:40 25 breast 75 free	EN1	
	{4 x 50 on 1:15 Breast under/overs	EN3	
	{4 x 100 on 1:50 50 free 50 breast	EN2	
	{4 x 50 on 1:10 100 Breast under/overs	EN3	
	{4 x 100 on 2:00 75 Breast 25 free	EN2	
	{1 x 100 on 3:00 Breast for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 2,100 Yards - Stress Value = 66			

4:42 PM Start

Yards	Set Description	EGY	WC
1,750	1x{3 x 50 on 1:30 Breast under/overs	EN3	
	{4 x 100 on 1:50 25 breast 75 free	EN1	
	{3 x 50 on 1:25 Breast under/overs	EN3	
	{4 x 100 on 1:55 50 free 50 breast	EN2	
	{3 x 50 on 1:20 100 Breast under/overs	EN3	
	{4 x 100 on 2:00 75 Breast 25 free	EN2	
	{1 x 100 on 3:00 Breast for time	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM 1,950 Yards - Stress Value = 57			

Workout #7220 - Thursday, 14 January 2010

HighSchl - Bronze

1 minute rest between sets

Workout #7212 - Thursday, 14 January 2010

HighSchl - Sprint

1 minute rest between sets

4:42 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{8 x 25 on :30 Freestyle	EN3	S	FR
	{2 x 200 on 2:55 Freestyle	EN2	S	FR
	{8 x 25 on :30 Freestyle	EN3	S	FR
	{3 x 200 on 2:50 Freestyle	EN2	S	FR
	{8 x 25 on :30 Freestyle	EN3	S	FR
400	8 x 50 on 1:00 Freestyle	SP2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,400 Yards - Stress Value = 100				

Workout #7217 - Friday, 15 January 2010

HighSchl - Fly

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 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{1 x 100 on 1:30 Butterfly	EN2	
	{4 x 50 on :45 3 strokes fly off walls	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 x 100 on 1:25 Butterfly	EN2	
	{3 x 50 on :45 3 strokes fly off walls	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 x 100 on 1:25 Butterfly	EN2	
	{1 x 100 on 1:20 Butterfly	EN2	
	{2 x 50 on :45 3 strokes fly off walls	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{1 x 100 on 1:25 Butterfly	EN2	
	{1 x 100 on 1:20 Butterfly	EN2	
	{1 x 100 on 1:15 Butterfly	EN2	
	{1 x 50 on :45 3 strokes fly off walls	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,350 Yards - Stress Value = 36			

Workout #7218 - Friday, 15 January 2010

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 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 100 on 1:40 Butterfly	EN2	
	{4 x 50 on :50 3 strokes fly off walls	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
	{1 x 100 on 1:35 Butterfly	EN2	
	{3 x 50 on :50 3 strokes fly off walls	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
	{1 x 100 on 1:35 Butterfly	EN2	
	{1 x 100 on 1:30 Butterfly	EN2	
	{2 x 50 on :50 3 strokes fly off walls	EN2	
	{1 x 100 on 1:40 Butterfly	EN2	
	{1 x 100 on 1:35 Butterfly	EN2	
	{1 x 50 on :45 Butterfly	EN2	
	{1 x 50 on :40 Butterfly	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,200 Yards - Stress Value = 33			

Workout #7221 - Friday, 15 January 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
	1 on 30:00 Physio Ball and Stretch	
750	1 x 750 on 12:00 Choice	F
	1 on 10:00 Techniques-Stanford turn drills	
400	8 x 50 on 1:15 Mid pool swims	E
100	10 x 10 on 1:00 Spinners	S
800	4x{3 x 50 on 1:15 25 kick 25 drill	E
	{1 x 50 on 1:30 Stroke great turn/finish	E
	1 on 14:00 Techniques-Relay Starts	
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	
5:05 PM 2,300 Yards - Stress Value = 16		

Workout #7222 - Saturday, 16 January 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
	1 on 30:00 RC exercises led by TM/Stretch	
600	1 x 600 on 10:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
1,650	1x{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:35 Kick	
	{6 x 25 on :40 Tombstone Kick	
	{2 x 75 on 1:20 Kick	
	{2 x 75 on 1:10 Kick	
	{2 x 75 on 1:05 Kick	
	{6 x 25 on :40 Tombstone Kick	
	{3 x 50 on :50 Kick	
	{3 x 50 on :45 Kick	
	{3 x 50 on :40 Kick	
	{6 x 25 on :40 Tombstone Kick	
1,200	1x{3 x 100 on 1:15 Pull BWSPF	
	{3 x 100 on 1:20 Pulls BWHPF	
	{3 x 100 on 1:25 Pulls BWKPF	
	{3 x 100 on 1:30 Pulls BWFPF	
50	1x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	20 x 75 on 1:30 Freestyle	
500	10 x 50 on 1:00 Stroke Drills	
	1 on 10:00 Ice	
9:34 AM 5,650 Yards - Stress Value = 144		

Workout #7223 - Saturday, 16 January 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 RC exercises led by TM/Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,500	1x{1 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {6 x 25 on :40 Tombstone Kick {2 x 75 on 1:30 Kick {2 x 75 on 1:25 Kick {2 x 75 on 1:20 Kick {6 x 25 on :40 Tombstone Kick {1 x 50 on 1:00 Kick {3 x 50 on :55 Kick {3 x 50 on :50 Kick {4 x 25 on :40 Tombstone Kick
1,100	1x{2 x 100 on 1:20 Pull BWSPF {3 x 100 on 1:25 Pulls BWHPF {3 x 100 on 1:30 Pulls BWKPF {3 x 100 on 1:35 Pulls BWFPF
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	20 x 75 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	9:34 AM 5,400 Yards - Stress Value = 139

Workout #7224 - Saturday, 16 January 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 RC exercises led by TM/Stretch
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {6 x 25 on :45 Tombstone Kick {2 x 75 on 1:40 Kick {2 x 75 on 1:35 Kick {2 x 75 on 1:30 Kick {6 x 25 on :45 Tombstone Kick {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick {4 x 25 on :45 Tombstone Kick
900	1x{2 x 100 on 1:35 Pull BWSPF {2 x 100 on 1:40 Pulls BWHPF {3 x 100 on 1:45 Pulls BWKPF {2 x 100 on 1:50 Pulls BWFPF
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	20 x 75 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	9:33 AM 4,950 Yards - Stress Value = 133

Workout #7225 - Saturday, 16 January 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	=====

	1 on 30:00 RC exercises led by TM/Stretch
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {4 x 25 on :45 Tombstone Kick {2 x 75 on 1:50 Kick {2 x 75 on 1:45 Kick {2 x 75 on 1:40 Kick {4 x 25 on :45 Tombstone Kick {1 x 50 on 1:15 Kick {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick {4 x 25 on :45 Tombstone Kick
800	1x{2 x 100 on 1:50 Pull BWSPF {2 x 100 on 1:55 Pulls BWHPF {2 x 100 on 2:00 Pulls BWKPF {2 x 100 on 2:05 Pulls BWFPF
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	20 x 75 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
	9:33 AM 4,700 Yards - Stress Value = 130

Workout #7226 - Monday, 18 January 2010

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 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 16 KOW {1 x 150 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {1 x 150 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 150 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR 10 KOW {1 x 150 on 2:15 Kick
1,000	1x{4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:00 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 on 1:55 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 on 1:50 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 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
2,700	1x{3 x 400 on 5:00 Freestyle-descend {3 x 300 on 3:45 Freestyle-descend {3 x 200 on 2:30 Freestyle-descend
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
	9:35 AM 5,850 Yards - Stress Value = 95

Workout #7227 - Monday, 18 January 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 40:00 Weights and Stretch 1 x 600 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 16 KOW {1 x 150 on 2:50 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {1 x 150 on 2:45 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 150 on 2:40 Kick {4 x 25 on :45 Kick no board BSLR 10 KOW {1 x 100 on 1:45 Kick
950	1x{4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:15 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:10 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:05 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 100 on 1:20 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
2,400	1x{3 x 400 on 5:30 Freestyle-descend {3 x 300 on 4:10 Freestyle-descend {3 x 100 on 1:25 Freestyle-descend
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 5,450 Yards - Stress Value = 87	

Workout #7228 - Monday, 18 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
550	1 on 40:00 Weights and Stretch 1 x 550 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 16 KOW {1 x 150 on 3:10 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {1 x 150 on 3:05 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR 10 KOW
900	1x{4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:30 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:25 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 150 on 2:20 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 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
2,100	1x{3 x 300 on 4:45 Freestyle-descend {3 x 250 on 4:00 Freestyle-descend {3 x 150 on 2:25 Freestyle-descend
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM 4,950 Yards - Stress Value = 78	

Workout #7229 - Monday, 18 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	1 on 40:00 Weights and Stretch 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 16 KOW {1 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR 10 KOW {1 x 150 on 3:15 Kick
800	1x{4 x 25 on :30 Pulls 1 breath {1 x 100 on 1:55 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 100 on 1:50 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 x 100 on 1:45 Pull no br L.12 yds {4 x 25 on :30 Pulls 1 breath {1 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
1,800	1x{3 x 300 on 5:30 Freestyle-descend {3 x 200 on 3:40 Freestyle-descend {3 x 100 on 1:50 Freestyle-descend
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:34 AM 4,500 Yards - Stress Value = 70	

Workout #7230 - Monday, 18 January 2010

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EC
3:00 PM Start		
600	1 on 30:00 RC exercises led by TM/Stretch 1 x 600 on 10:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SE
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	EN EN EN EN RE
1 on 10:00 Ice		
4:35 PM 2,250 Yards - Stress Value = 14		

Workout #7236 - Wednesday, 20 January 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:43 PM Start			
1,650	1x{4 x 25 on :45 Bathtub drill {1 x 50 on :45 Backstroke {2 x 50 on :50 Backstroke #2 fast {3 x 50 on :55 Backstroke-descend {4 x 25 on :45 Bathtub drill {1 x 75 on 1:05 Backstroke {2 x 75 on 1:10 Backstroke #2 fast {3 x 75 on 1:15 Backstroke-descend {4 x 25 on :45 Bathtub drill {1 x 100 on 1:25 Backstroke {2 x 100 on 1:30 Backstroke #2 fast {3 x 100 on 1:35 Backstroke-descend	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	D S S S D S S S D S S S
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D M
5:35 PM 2,150 Yards - Stress Value = 33			

Workout #7235 - Wednesday, 20 January 2010

HighSchl - Distance

1 minute rest between sets

4:43 PM Start

Yards	Set Description
2,800	1x{1 x 400 on 6:00 Freestyle DPS {4 x 100 on 1:30 Hold 500 pace {2 x 300 on 4:15 Free neg split each one {4 x 100 on 1:30 Hold 500 pace {3 x 200 on 2:40 Free L.50 of each great effc {4 x 100 on 1:30 Hold 500 pace
200	1 x 200 on :01 Stroke Drills 1 on 10:00 Ice
5:35 PM 3,000 Yards - Stress Value = 52	

Workout #7231 - Wednesday, 20 January 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,250	1x{2 x 100 on 1:30 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:35 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:40 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:45 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:50 Kick {1 x 50 on 1:00 Kick-Fast
800	1x{1 x 200 on 2:30 Lungbuster pulls {1 x 200 on 2:35 Lungbuster pulls {1 x 200 on 2:40 Lungbuster pulls {1 x 200 on 2:45 Lungbuster pulls { breathe 3-5-7 continuous
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM 2,850 Yards - Stress Value = 45	

Workout #7232 - Wednesday, 20 January 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 45:00 Weights and Stretch 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,150	1x{2 x 100 on 1:40 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:45 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:50 Kick {1 x 50 on 1:00 Kick-Fast {2 x 100 on 1:55 Kick {1 x 50 on 1:00 Kick-Fast {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick-Fast
750	1x{1 x 200 on 2:40 Lungbuster pulls {1 x 200 on 2:45 Lungbuster pulls {1 x 200 on 2:50 Lungbuster pulls {1 x 150 on 2:10 Lungbuster pulls { breathe 3-5-7 continuous
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:42 PM 2,700 Yards - Stress Value = 43

Workout #7237 - Wednesday, 20 January 2010

HighSchl - Gold

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
1,650	1x{4 x 25 on :45 Bathtub drill {1 x 50 on :50 Backstroke {2 x 50 on :55 Backstroke #2 fast {3 x 50 on 1:00 Backstroke-descend {4 x 25 on :45 Bathtub drill {1 x 75 on 1:10 Backstroke {2 x 75 on 1:15 Backstroke #2 fast {3 x 75 on 1:20 Backstroke-descend {4 x 25 on :45 Bathtub drill {1 x 100 on 1:30 Backstroke {2 x 100 on 1:35 Backstroke #2 fast {3 x 100 on 1:40 Backstroke-descend		
450	9 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice	REC	D M
5:35 PM 2,100 Yards - Stress Value = 33			

Workout #7233 - Wednesday, 20 January 2010

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
1,000	1x{2 x 100 on 1:55 Kick {1 x 50 on 1:10 Kick-Fast {2 x 100 on 2:00 Kick {1 x 50 on 1:10 Kick-Fast {2 x 100 on 2:05 Kick {1 x 50 on 1:10 Kick-Fast {2 x 100 on 2:10 Kick {1 x 50 on 1:10 Kick-Fast
700	1x{1 x 200 on 3:10 Lungbuster pulls {1 x 200 on 3:15 Lungbuster pulls {1 x 200 on 3:20 Lungbuster pulls {1 x 100 on 1:45 Lungbuster pulls { breathe 3-5-7 continuous
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:42 PM 2,450 Yards - Stress Value = 40	

Workout #7238 - Wednesday, 20 January 2010

HighSchl - Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
1,650	1x{4 x 25 on :45 Bathtub drill	EN2	D
	{1 x 50 on :55 Backstroke	EN2	S
	{2 x 50 on 1:00 Backstroke #2 fast	EN2	S
	{3 x 50 on 1:05 Backstroke-descend	EN2	S
	{4 x 25 on :45 Bathtub drill	EN2	D
	{1 x 75 on 1:15 Backstroke	EN2	S
	{2 x 75 on 1:20 Backstroke #2 fast	EN2	S
	{3 x 75 on 1:25 Backstroke-descend	EN2	S
	{4 x 25 on :45 Bathtub drill	EN2	D
	{1 x 100 on 1:40 Backstroke	EN2	S
	{2 x 100 on 1:45 Backstroke #2 fast	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
350	7 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 2,000 Yards - Stress Value = 33

Workout #7234 - Wednesday, 20 January 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
	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		
950	1x{2 x 100 on 2:10 Kick		
	{1 x 50 on 1:10 Kick-Fast		
	{2 x 100 on 2:15 Kick		
	{1 x 50 on 1:10 Kick-Fast		
	{2 x 100 on 2:20 Kick		
	{1 x 50 on 1:10 Kick-Fast		
	{2 x 100 on 2:25 Kick		
550	1x{1 x 150 on 2:45 Lungbuster pulls		
	{1 x 150 on 2:50 Lungbuster pulls		
	{1 x 150 on 2:55 Lungbuster pulls		
	{1 x 100 on 2:00 Lungbuster pulls		
	{ breathe 3-5-7 continuous		
50	1x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

4:42 PM 2,200 Yards - Stress Value = 35

Workout #7239 - Wednesday, 20 January 2010

HighSchl - Bronze

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
1,350	1x{4 x 25 on :45 Bathtub drill	EN2	D
	{1 x 50 on 1:00 Backstroke	EN2	S
	{2 x 50 on 1:05 Backstroke #2 fast	EN2	S
	{3 x 50 on 1:10 Backstroke-descend	EN2	S
	{4 x 25 on :45 Bathtub drill	EN2	D
	{1 x 75 on 1:25 Backstroke	EN2	S
	{2 x 75 on 1:30 Backstroke #2 fast	EN2	S
	{3 x 75 on 1:35 Backstroke-descend	EN2	S
	{4 x 25 on :45 Bathtub drill	EN2	D
	{1 x 100 on 2:00 Backstroke	EN2	S
	{2 x 100 on 2:05 Backstroke #2 fast	EN2	S
500	10 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

5:35 PM 1,850 Yards - Stress Value = 27

Workout #7244 - Thursday, 21 January 2010

HS Girls - Breast

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,150	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 75 on 1:20 Breast SF BO			
	{4 x 100 on 1:40 Br #1-2k1p #2flykick #3 clsc			
	{ #4 build each 25			
300	1 x 300 on 5:00 Stroke Drills			
	1 on 10:00 Ice			

5:34 PM 2,450 Yards - Stress Value = 21

Workout #7243 - Thursday, 21 January 2010

HS Girls - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 500 on 7:30 Freestyle			
	{2 x 250 on 3:40 Freestyle	EN1	S	FR
	{4 x 125 on 1:50 Freestyle	EN1	S	FR
	{5 x 100 on 1:30 Freestyle	EN1	S	FR
	{10 x 50 on :45 Freestyle	EN1	S	FR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:34 PM 2,800 Yards - Stress Value = 20

Workout #7240 - Thursday, 21 January 2010

HS Girls - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 30:00 Stretch and Physio Ball			
600	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free evens 100's back			
150	10 x 15 on :45 Shooters			
1,200	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			
	{1 x 50 on :50 Kick			
	{1 x 100 on 1:50 Kick			
	{1 x 150 on 2:50 Kick			
	{1 x 150 on 2:45 Kick			
	{1 x 100 on 1:45 Kick			
	{1 x 50 on :45 Kick			
1,200	12 x 100 on 1:30 Pulls odds br toward			
	blchr, evens br toward scrbd			
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 3,350 Yards - Stress Value = 44

Workout #7245 - Thursday, 21 January 2010

HS Girls - Gold

1 minute rest between sets

4:40 PM Start

Yards	Set Description
2,000	1x{2 x 200 on 3:45 Breast 2k1p {4 x 75 on 1:25 Breast SF turns {3 x 150 on 2:45 BR #1-2k1p #2flykick {4 x 75 on 1:25 Breast SF BO {4 x 100 on 1:50 Br #1-2k1p #2flykick #3 clsc { #4 build each 25 {2 x 75 on 1:25 Breast SF finishes on each wa
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice
5:34 PM	2,300 Yards - Stress Value = 20

Odd 100's free evens 100's back

150	10 x 15 on :45 Shooters
1,000	1x{1 x 50 on 1:15 Kick {1 x 100 on 2:20 Kick {1 x 150 on 3:30 Kick {1 x 150 on 3:25 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:10 Kick {1 x 50 on 1:05 Kick {1 x 100 on 2:10 Kick {1 x 150 on 3:20 Kick {1 x 100 on 2:05 Kick
1,000	10 x 100 on 1:50 Pulls odds br toward blchr, evens br toward scrbd
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:40 PM	2,850 Yards - Stress Value = 38

Workout #7241 - Thursday, 21 January 2010

HS Girls - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 30:00 Stretch and Physio Ball 1 x 550 on 10:00 Underwater trn drill Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,100	1x{1 x 50 on 1:10 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 {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick {1 x 100 on 2:00 Kick {1 x 150 on 3:05 Kick {1 x 150 on 3:00 Kick {1 x 50 on :55 Kick
1,100	11 x 100 on 1:40 Pulls odds br toward blchr, evens br toward scrbd
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:40 PM	3,100 Yards - Stress Value = 41

Workout #7247 - Thursday, 21 January 2010

HS Girls - Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description
1,650	1x{2 x 200 on 4:20 Breast 2k1p {4 x 75 on 1:45 Breast SF turns {3 x 150 on 3:15 BR #1-2k1p #2flykick {4 x 75 on 1:45 Breast SF BO {2 x 100 on 2:10 Br #1-2k1p #2flykick #3 clsc
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice
5:33 PM	1,950 Yards - Stress Value = 16

Workout #7253 - Thursday, 21 January 2010

HS Boys - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
1,000	1x{1 x 200 on 3:30 Breast 2k1p {2 x 75 on 1:20 Breast SF turns {1 x 150 on 2:35 BR #1-2k1p #2flykick {2 x 75 on 1:20 Breast SF BO {2 x 100 on 1:40 Br #1-2k1p #2flykick {2 x 75 on 1:20 Breast SF finishes on each wa
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice
4:49 PM	1,300 Yards - Stress Value = 12

Workout #7246 - Thursday, 21 January 2010

HS Girls - Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description
1,850	1x{2 x 200 on 4:00 Breast 2k1p {4 x 75 on 1:30 Breast SF turns {3 x 150 on 3:00 BR #1-2k1p #2flykick {4 x 75 on 1:30 Breast SF BO {4 x 100 on 2:00 Br #1-2k1p #2flykick #3 clsc { #4 build each 25
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice
5:33 PM	2,150 Yards - Stress Value = 18

Workout #7252 - Thursday, 21 January 2010

HS Boys - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
1,000	1x{2 x 250 on 3:40 Freestyle {4 x 125 on 1:50 Freestyle	EN1	S	FR
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
4:46 PM	1,300 Yards - Stress Value = 10		M	

Workout #7242 - Thursday, 21 January 2010

HS Girls - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
500	1 on 30:00 Stretch and Physio Ball 1 x 500 on 10:00 Underwater trn drill

Workout #7248 - Thursday, 21 January 2010

HS Boys - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Ball
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on :50 Kick
 {1 x 100 on 1:50 Kick
 {1 x 150 on 2:50 Kick
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:45 Kick
 {1 x 50 on :50 Kick
 600 6 x 100 on 1:20 Pulls odds br toward
 blchr, evens br toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:14 PM 2,050 Yards - Stress Value = 24

Workout #7249 - Thursday, 21 January 2010

HS Boys - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Ball
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 550 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
 500 5 x 100 on 1:30 Pulls odds br toward
 blchr, evens br toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:14 PM 1,900 Yards - Stress Value = 22

Workout #7250 - Thursday, 21 January 2010

HS Boys - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Ball
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on 1:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 150 on 3:15 Kick
 {1 x 150 on 3:10 Kick
 {1 x 50 on 1:05 Kick
 500 5 x 100 on 1:40 Pulls odds br toward
 blchr, evens br toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:15 PM 1,800 Yards - Stress Value = 21

Workout #7254 - Thursday, 21 January 2010

HS Boys - Silver

1 minute rest between sets

4:15 PM Start

Yards Set Description
 =====
 900 1x{1 x 200 on 3:45 Breast 2k1p
 {2 x 75 on 1:30 Breast SF turns
 {1 x 150 on 2:50 BR #1-2k1p #2flykick
 {2 x 75 on 1:30 Breast SF BO
 {1 x 100 on 1:50 Br #1-2k1p #2flykick
 {2 x 75 on 1:30 Breast SF finishes on each wa
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:49 PM 1,200 Yards - Stress Value = 11

Workout #7251 - Thursday, 21 January 2010

HS Boys - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Ball
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 1:10 Kick
 {1 x 100 on 2:20 Kick
 {1 x 150 on 3:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:10 Kick
 400 4 x 100 on 1:50 Pulls odds br toward
 blchr, evens br toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 750 15 x 50 on :45 Pulls alt, break when
 shoulder, hips, knees, feet pass the flags
 4:26 PM 2,350 Yards - Stress Value = 27

Workout #7255 - Thursday, 21 January 2010

HS Boys - Bronze

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 750 1x{1 x 200 on 4:20 Breast 2k1p
 {2 x 50 on 1:15 Breast SF turns
 {1 x 150 on 3:15 BR #1-2k1p #2flykick
 {2 x 50 on 1:15 Breast SF BO
 {1 x 100 on 2:10 Br #1-2k1p #2flykick
 {2 x 50 on 1:15 Breast SF finishes on each wa
 300 1 x 300 on 5:00 Stroke Drills
 1 on 10:00 Ice
 4:49 PM 1,050 Yards - Stress Value = 8

Workout #7256 - Friday, 22 January 2010

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	WTS
600	1 x 600 on 10:00 Choice	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
1,400	1x{1 x 250 on 3:20 Freestyle	EN1	S	FR
	{1 x 250 on 3:20 Pulls	EN1	P	FR
	{1 x 200 on 2:40 Freestyle	EN1	S	FR
	{1 x 200 on 2:40 Pulls	EN1	P	FR
	{1 x 150 on 2:00 Freestyle	EN1	S	FR
	{1 x 150 on 2:00 Pulls	EN1	P	FR
	{1 x 100 on 1:20 Freestyle	EN1	S	FR
	{1 x 100 on 1:20 Pulls	EN1	P	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:04 AM 2,400 Yards - Stress Value = 20

Workout #7257 - Friday, 22 January 2010

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	WTS
600	1 x 600 on 10:00 Choice	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
1,300	1x{1 x 250 on 3:45 Freestyle	EN1	S	FR
	{1 x 250 on 3:45 Pulls	EN1	P	FR
	{1 x 200 on 3:00 Freestyle	EN1	S	FR
	{1 x 200 on 3:00 Pulls	EN1	P	FR
	{1 x 150 on 2:15 Freestyle	EN1	S	FR
	{1 x 150 on 2:15 Pulls	EN1	P	FR
	{1 x 100 on 1:30 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:05 AM 2,300 Yards - Stress Value = 19

Workout #7258 - Friday, 22 January 2010

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	WTS
550	1 x 550 on 10:00 Choice	REC	S	FR
150	10 x 15 on :45 Shooters	SP3	S	FR
1,150	1x{1 x 250 on 4:10 Freestyle	EN1	S	FR
	{1 x 250 on 4:10 Pulls	EN1	P	FR
	{1 x 200 on 3:20 Freestyle	EN1	S	FR
	{1 x 200 on 3:20 Pulls	EN1	P	FR
	{1 x 150 on 2:30 Freestyle	EN1	S	FR
	{1 x 100 on 1:40 Pulls	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:05 AM 2,100 Yards - Stress Value = 17

Workout #7259 - Friday, 22 January 2010

HighSchl - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	WTS
500	1 x 500 on 10:00 Choice	REC	S	FR

150	10 x 15 on :45 Shooters	SP3	S	FR
1,050	1x{1 x 250 on 4:35 Freestyle	EN1	S	FR
	{1 x 250 on 4:35 Pulls	EN1	P	FR
	{1 x 200 on 3:40 Freestyle	EN1	S	FR
	{1 x 200 on 3:40 Pulls	EN1	P	FR
	{1 x 100 on 1:50 Freestyle	EN1	S	FR
	{1 x 50 on :55 Pulls	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:05 AM 1,950 Yards - Stress Value = 15

Workout #7260 - Friday, 22 January 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 20:00 Stretch			
600	1 x 600 on 10:00 Free 25Drill/25kick/25builc			
	25 minus 1 stroke			
180	12 x 15 on :45 Start/Shooter/Finish			
400	2x{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 2:30 Social Kick			
	1 on 15:00 Techniques-TN turn drills			
1,000	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 fr			
	{3 x 50 on 1:00 Stroke Drills			
	1 on 28:00 Techniques-Starts/Relay Starts/			
	Open Turns			
	1 on 10:00 Ice			

5:05 PM 2,180 Yards - Stress Value = 15

Workout #7261 - Monday, 25 January 2010

HighSchl - Distance

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	
1,750	1x{1 x 250 on 3:05 Freestyle	EN2	
	{1 x 250 on 3:10 Freestyle	EN2	
	{1 x 250 on 3:15 Freestyle	EN2	
	{1 x 250 on 3:20 Freestyle	EN2	
	{1 x 250 on 3:25 Freestyle	EN2	
	{1 x 250 on 3:30 Freestyle	EN2	
	{1 x 250 on 3:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:06 AM 2,550 Yards - Stress Value = 41

Workout #7265 - Monday, 25 January 2010

HighSchl - Freestylers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stretch/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 1,100 1x{4 x 25 on :45 Kick no board B---
 {5 x 50 on 1:00 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-
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board ---R
 {2 x 50 on 1:00 Kick
 1,500 1x{3 x 150 on 2:05 Pull no br L.12 yds
 {3 x 125 on 1:45 Pull no br L.12 yds
 {3 x 100 on 1:25 Pull no br L.12 yds
 {3 x 75 on 1:05 Pull no br L.12 yds
 {3 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
 2,050 1x{4 x 100 on 1:15 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:20 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:25 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:30 Freestyle
 { #1 DPS, #2 3 KOW, #3 SFBO, #4 Fast Finishes
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Ice/Team Mtg
 5:34 PM 5,700 Yards - Stress Value = 56

Workout #7262 - Monday, 25 January 2010

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 250 on 3:20 Freestyle EN2
 {1 x 250 on 3:25 Freestyle EN2
 {1 x 250 on 3:30 Freestyle EN2
 {1 x 250 on 3:35 Freestyle EN2
 {1 x 250 on 3:40 Freestyle EN2
 {1 x 250 on 3:45 Freestyle EN2
 {1 x 150 on 2:15 Freestyle EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,450 Yards - Stress Value = 39

Workout #7266 - Monday, 25 January 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stretch/Physio Balls
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 1,100 1x{4 x 25 on :45 Kick no board B---
 {5 x 50 on 1:00 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-
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board ---R

{2 x 50 on 1:00 Kick
 1,450 1x{3 x 150 on 2:15 Pull no br L.12 yds
 {3 x 125 on 1:55 Pull no br L.12 yds
 {3 x 100 on 1:30 Pull no br L.12 yds
 {3 x 75 on 1:10 Pull no br L.12 yds
 {2 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
 1,900 1x{4 x 100 on 1:25 Freestyle
 {2 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:30 Freestyle
 {2 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:35 Freestyle
 {2 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:40 Freestyle
 { #1 DPS, #2 3 KOW, #3 SFBO, #4 Fast Finishes
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Ice/Team Mtg
 5:34 PM 5,500 Yards - Stress Value = 55

Workout #7263 - Monday, 25 January 2010

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
 1,500 1x{1 x 250 on 3:40 Freestyle EN2
 {1 x 250 on 3:45 Freestyle EN2
 {1 x 250 on 3:50 Freestyle EN2
 {1 x 250 on 3:55 Freestyle EN2
 {1 x 250 on 4:00 Freestyle EN2
 {1 x 250 on 4:05 Freestyle EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,250 Yards - Stress Value = 36

Workout #7267 - Monday, 25 January 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stretch/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 1,050 1x{4 x 25 on :45 Kick no board B---
 {5 x 50 on 1:05 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-
 {3 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board ---R
 {1 x 50 on 1:00 Kick
 1,300 1x{3 x 150 on 2:30 Pull no br L.12 yds
 {2 x 125 on 2:05 Pull no br L.12 yds
 {3 x 100 on 1:40 Pull no br L.12 yds
 {2 x 75 on 1:15 Pull no br L.12 yds
 {3 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
 1,750 1x{4 x 100 on 1:35 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:40 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:45 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {1 x 100 on 1:40 Freestyle-great form
 { #1 DPS, #2 3 KOW, #3 SFBO, #4 Fast Finishes
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Ice/Team Mtg
 5:34 PM 5,100 Yards - Stress Value = 50

Workout #7264 - Monday, 25 January 2010

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
 1,250 1x{1 x 250 on 4:20 Freestyle EN2
 {1 x 250 on 4:25 Freestyle EN2
 {1 x 250 on 4:30 Freestyle EN2
 {1 x 250 on 4:35 Freestyle EN2
 {1 x 250 on 4:40 Freestyle EN2
 250 1 x 250 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,000 Yards - Stress Value = 31

Workout #7268 - Monday, 25 January 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 Stretch/Physio Balls
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 950 1x{4 x 25 on :45 Kick no board B---
 {4 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-
 {2 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board ---R
 {2 x 50 on 1:15 Kick
 1,200 1x{3 x 150 on 2:45 Pull no br L.12 yds

{2 x 125 on 2:15 Pull no br L.12 yds
 {3 x 100 on 1:50 Pull no br L.12 yds
 {2 x 75 on 1:20 Pull no br L.12 yds
 {1 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
 1,700 1x{4 x 100 on 1:40 Freestyle
 {4 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:45 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 {4 x 100 on 1:50 Freestyle
 {3 x 50 on 1:00 Stroke Drills
 { #1 DPS, #2 3 KOW, #3 SFBO, #4 Fast Finishes
 250 1 x 250 on 4:00 Stroke Drills
 1 on 15:00 Ice/Team Mtg
 5:34 PM 4,800 Yards - Stress Value = 47

Workout #7269 - Wednesday, 27 January 2010

HighSchl - IM'ers

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 125 on 2:30 Kick
 {2 x 100 on 2:00 Kick
 {3 x 75 on 1:30 Kick
 {4 x 50 on 1:00 Kick
 {3 x 75 on 1:20 Kick
 {2 x 100 on 1:45 Kick
 {1 x 125 on 2:10 Kick
 900 1x{1 x 150 on 2:00 Lungbuster pulls
 {2 x 150 on 1:50 Lungbuster pulls
 {3 x 150 on 1:55 Lungbuster pulls
 { Odds br 3-5-7 by the 50 evens br 2-4-6 by t
 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 3:00 Individual Medley
 {4 x 50 on 1:00 Fly 25 drill 25 build
 {2 x 150 on 2:15 IM w/out the free
 {4 x 50 on 1:00 Back 25 drill 25 build
 {3 x 100 on 1:30 Individual Medley
 {4 x 50 on 1:00 Brst 25 drill 25 build
 {12 x 25 on :30 IM order
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 5,100 Yards - Stress Value = 70

Workout #7270 - Wednesday, 27 January 2010

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 125 on 2:30 Kick
 {2 x 100 on 2:00 Kick
 {3 x 75 on 1:30 Kick
 {4 x 50 on 1:00 Kick
 {3 x 75 on 1:20 Kick
 {2 x 100 on 1:45 Kick
 {1 x 125 on 2:10 Kick
 800 1x{1 x 50 on :45 Lungbuster pulls
 {2 x 150 on 2:10 Lungbuster pulls
 {3 x 150 on 2:05 Lungbuster pulls
 { Odds br 3-5-7 by the 50 evens br 2-4-6 by t
 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 3:10 Individual Medley
 {4 x 50 on 1:00 Fly 25 drill 25 build
 {2 x 150 on 2:25 IM w/out the free
 {4 x 50 on 1:00 Back 25 drill 25 build
 {3 x 100 on 1:35 Individual Medley
 {4 x 50 on 1:00 Brst 25 drill 25 build
 {10 x 25 on :30 IM order
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 4,950 Yards - Stress Value = 67

Workout #7271 - Wednesday, 27 January 2010

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 125 on 2:45 Kick
 {2 x 100 on 2:10 Kick
 {3 x 75 on 1:40 Kick
 {4 x 50 on 1:05 Kick
 {3 x 75 on 1:35 Kick
 {1 x 100 on 2:05 Kick
 {1 x 75 on 1:30 Kick
 700 1x{1 x 50 on :55 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {3 x 150 on 2:30 Lungbuster pulls
 { Odds br 3-5-7 by the 50 evens br 2-4-6 by t
 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 200 on 3:30 Individual Medley
 {3 x 50 on 1:00 Fly 25 drill 25 build
 {2 x 150 on 2:40 IM w/out the free
 {3 x 50 on 1:00 Back 25 drill 25 build
 {3 x 100 on 1:45 Individual Medley
 {3 x 50 on 1:00 Brst 25 drill 25 build
 {8 x 25 on :40 IM order
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 4,450 Yards - Stress Value = 62

Workout #7272 - Wednesday, 27 January 2010

HighSchl - Bronze

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 125 on 3:00 Kick
 {2 x 100 on 2:25 Kick
 {3 x 75 on 1:45 Kick
 {4 x 50 on 1:10 Kick
 {1 x 75 on 1:40 Kick
 {1 x 100 on 2:20 Kick
 {1 x 125 on 2:55 Kick
 600 1x{2 x 50 on :55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 150 on 2:45 Lungbuster pulls
 { Odds br 3-5-7 by the 50 evens br 2-4-6 by t
 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 Individual Medley
 {3 x 50 on 1:10 Fly 25 drill 25 build
 {2 x 150 on 2:55 IM w/out the free
 {3 x 50 on 1:10 Back 25 drill 25 build
 {3 x 100 on 1:55 Individual Medley
 {3 x 50 on 1:10 Brst 25 drill 25 build
 {6 x 25 on :40 IM order
 250 1 x 250 on 4:00 Stroke Drills
 1 on 10:00 Ice
 5:36 PM 4,150 Yards - Stress Value = 57

Workout #7273 - Thursday, 28 January 2010

HighSchl - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 800 1 x 800 on 12:00 Choice
 150 10 x 15 on :45 Shooters
 400 8 x 50 on 1:00 Kick-odds fast
 100 2x{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 150 on 1:45 Freestyle
 {3 x 50 on :45 Freestyle-descend
 {2 x 150 on 1:50 Freestyle
 {3 x 50 on :45 Freestyle-descend
 {3 x 150 on 1:55 Freestyle
 {3 x 50 on :45 Freestyle-descend
 {4 x 150 on 2:00 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 7:05 AM 3,600 Yards - Stress Value = 45

Workout #7274 - Thursday, 28 January 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
800	1 on 20:00 Stretch
150	1 x 800 on 12:00 Choice
400	10 x 15 on :45 Shooters
100	8 x 50 on 1:00 Kick-odds fast
1,800	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 150 on 1:55 Freestyle
	{3 x 50 on :45 Freestyle-descend
	{2 x 150 on 2:00 Freestyle
	{3 x 50 on :45 Freestyle-descend
	{3 x 150 on 2:05 Freestyle
	{3 x 50 on :45 Freestyle-descend
	{3 x 150 on 2:10 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	3,450 Yards - Stress Value = 43

Workout #7275 - Thursday, 28 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
700	1 on 20:00 Stretch
150	1 x 700 on 12:00 Choice
300	10 x 15 on :45 Shooters
100	6 x 50 on 1:10 Kick-odds fast
1,650	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 150 on 2:10 Freestyle
	{3 x 50 on :55 Freestyle-descend
	{2 x 150 on 2:15 Freestyle
	{3 x 50 on :55 Freestyle-descend
	{3 x 150 on 2:20 Freestyle
	{3 x 50 on :55 Freestyle-descend
	{2 x 150 on 2:25 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
7:05 AM	3,100 Yards - Stress Value = 40

Workout #7276 - Thursday, 28 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
650	1 on 20:00 Stretch
150	1 x 650 on 12:00 Choice
300	10 x 15 on :45 Shooters
100	6 x 50 on 1:10 Kick-odds fast
1,500	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{1 x 150 on 2:30 Freestyle
	{3 x 50 on 1:00 Freestyle-descend
	{2 x 150 on 2:35 Freestyle
	{3 x 50 on 1:00 Freestyle-descend
	{3 x 150 on 2:40 Freestyle
	{3 x 50 on 1:00 Freestyle-descend
	{1 x 150 on 2:45 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
7:06 AM	2,900 Yards - Stress Value = 39

Workout #7277 - Friday, 29 January 2010

HighSchl - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
400	1 on 40:00 Weights and Stretch			L WI
150	1 x 400 on 7:00 Reverse IM drill	REC		D I
1,500	10 x 15 on :45 Shooters	SP3		S CF
	3x{1 x 200 on 2:30 Freestyle	EN2		S F
	{2 x 125 on 1:40 Freestyle	EN2		S F
	{1 x 50 on :45 Freestyle	EN2		S F
400	1 x 400 on 7:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:05 AM	2,450 Yards - Stress Value = 36			

Workout #7278 - Friday, 29 January 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
400	1 on 40:00 Weights and Stretch			L WI
150	1 x 400 on 7:00 Reverse IM drill	REC		D I
1,500	10 x 15 on :45 Shooters	SP3		S CF
	3x{1 x 200 on 2:45 Freestyle	EN2		S F
	{2 x 125 on 1:50 Freestyle	EN2		S F
	{1 x 50 on :50 Freestyle	EN2		S F
300	1 x 300 on 5:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:05 AM	2,350 Yards - Stress Value = 36			

Workout #7279 - Friday, 29 January 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
350	1 on 40:00 Weights and Stretch			L WI
150	1 x 350 on 7:00 Reverse IM drill	REC		D I
1,500	10 x 15 on :45 Shooters	SP3		S CF
	3x{1 x 200 on 3:00 Freestyle	EN2		S F
	{2 x 125 on 2:05 Freestyle	EN2		S F
	{1 x 50 on 1:00 Freestyle	EN2		S F
200	1 x 200 on 3:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:06 AM	2,200 Yards - Stress Value = 36			

Workout #7280 - Friday, 29 January 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:30 AM	Start			
300	1 on 40:00 Weights and Stretch			L WI
150	1 x 300 on 7:00 Reverse IM drill	REC		D I
1,350	10 x 15 on :45 Shooters	SP3		S CF
	3x{1 x 200 on 3:30 Freestyle	EN2		S F
	{2 x 100 on 1:55 Freestyle	EN2		S F
	{1 x 50 on 1:00 Freestyle	EN2		S F
150	1 x 150 on 2:00 Stroke Drills	REC		D C
	1 on 10:00 Ice			M
7:05 AM	1,950 Yards - Stress Value = 33			

Workout #7281 - Friday, 29 January 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description
	3:00 PM Start
1,000	1 on 30:00 Shoulder Rehab Led by TM/Stretch
180	1 x 1000 on 15:00 Choice
600	12 x 15 on :45 Start/Shooter/Finish
	2x{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 200 on 4:00 Social Kick
	1 on 15:00 Techniques-TN Turn Drills
200	1 x 200 on 24:00 Techniques-Relay Starts/Ope
	Turns/Freestyle Finishes
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 ice
	5:05 PM 2,230 Yards - Stress Value = 7

Workout #7290 - Monday, 01 February 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description
	3:00 PM Start
600	1 on 30:00 Shoulder Rehab led by TM/Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,300	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
1,250	{4 x 25 on :45 Kick no board BSLR
	1x{1 x 125 on 1:50 Pull no br L.25 yds
	{2 x 125 on 1:45 Pull no br L.20 yds
	{3 x 125 on 1:40 Pull no br L.15 yds
	{4 x 125 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
2,625	1x{3 x 275 on 3:35 Freestyle
	{3 x 225 on 2:50 Freestyle
	{3 x 175 on 2:10 Freestyle
	{3 x 125 on 1:30 Freestyle
	{3 x 75 on :50 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	1 on 10:00 ice
	5:35 PM 6,625 Yards - Stress Value = 111

Workout #7283 - Monday, 01 February 2010

HighSchl - Lane 2

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L I
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
1,900	19 x 100 on 1:15 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M

7:05 AM 2,650 Yards - Stress Value = 44

Workout #7284 - Monday, 01 February 2010

HighSchl - Lane 3

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L I
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
1,800	18 x 100 on 1:20 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	7:05 AM 2,550 Yards - Stress Value = 42			

Workout #7285 - Monday, 01 February 2010

HighSchl - Lane 4

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L I
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
1,700	17 x 100 on 1:25 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	7:06 AM 2,450 Yards - Stress Value = 40			

Workout #7286 - Monday, 01 February 2010

HighSchl - Lane 5

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L I
350	1 x 350 on 7:00 Swim-kick-drill-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
1,600	16 x 100 on 1:30 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	7:05 AM 2,300 Yards - Stress Value = 38			

Workout #7287 - Monday, 01 February 2010

HighSchl - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:30 AM Start			
	1 on 40:00 Weights and Stretch			L I
350	1 x 350 on 7:00 Swim-kick-drill-swim	REC		S
150	10 x 15 on :45 Shooters	SP3		S
1,500	15 x 100 on 1:35 Freestyle	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	7:05 AM 2,200 Yards - Stress Value = 36			

Workout #7288 - Monday, 01 February 2010

HighSchl - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
1	on 40:00 Weights and Stretch		L I	
300	1 x 300 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,400	14 x 100 on 1:45 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
7:06 AM	2,050 Yards - Stress Value = 34			

Workout #7289 - Monday, 01 February 2010

HighSchl - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
1	on 40:00 Weights and Stretch		L I	
300	1 x 300 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,300	13 x 100 on 1:55 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
7:06 AM	1,950 Yards - Stress Value = 32			

Workout #7282 - Monday, 01 February 2010

HighSchl - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:30 AM	Start			
1	on 40:00 Weights and Stretch		L I	
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
2,000	20 x 100 on 1:10 Freestyle	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
7:05 AM	2,750 Yards - Stress Value = 46			

Workout #7291 - Monday, 01 February 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM	Start			
1	on 30:00 Shoulder Rehab leb by TM/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 :30 Kick no board BSLR			
	{1 x 100 on 2:00 Kick			
	{1 x 100 on 1:55 Kick			
	{1 x 100 on 1:50 Kick			
	{4 x 25 on :35 Kick no board BSLR			
	{1 x 100 on 1:55 Kick			
	{1 x 100 on 1:50 Kick			
	{1 x 100 on 1:45 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{1 x 100 on 1:50 Kick			
	{1 x 100 on 1:45 Kick			
	{1 x 100 on 1:40 Kick			
	{2 x 25 on :45 Kick no board BS			
1,150	1x{1 x 125 on 2:00 Pull no br L.25 yds			
	{2 x 125 on 1:55 Pull no br L.20 yds			
	{3 x 125 on 1:50 Pull no br L.15 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			
2,325	1x{3 x 275 on 4:00 Freestyle			
	{3 x 225 on 3:10 Freestyle			
	{3 x 175 on 2:25 Freestyle			
	{3 x 100 on 1:20 Freestyle			
500	10 x 50 on 1:00 Stroke Drills			
	1 on 10:00 ice			
5:35 PM	6,175 Yards - Stress Value = 102			

Workout #7292 - Monday, 01 February 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
3:00 PM	Start			
1	on 30:00 Shoulder Rehab leb by TM/Stretch			
550	1 x 550 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
1,100	1x{4 x 25 on :35 Kick no board BSLR			
	{1 x 100 on 2:10 Kick			
	{1 x 100 on 2:05 Kick			
	{1 x 100 on 2:00 Kick			
	{4 x 25 on :40 Kick no board BSLR			
	{1 x 100 on 2:05 Kick			
	{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 2:00 Kick			
	{1 x 100 on 1:55 Kick			
1,050	1x{1 x 125 on 2:10 Pull no br L.25 yds			
	{2 x 125 on 2:05 Pull no br L.20 yds			
	{3 x 125 on 2:00 Pull no br L.15 yds			
	{4 x 75 on 1:10 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			
2,000	1x{3 x 275 on 4:35 Freestyle			
	{3 x 225 on 3:40 Freestyle			
	{3 x 150 on 2:25 Freestyle			
	{1 x 50 on :45 Freestyle			
500	10 x 50 on 1:00 Stroke Drills			
	1 on 10:00 ice			
5:35 PM	5,550 Yards - Stress Value = 91			

Workout #7293 - Monday, 01 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM	Start			
1,600	1x{4 x 100 on 2:00 Freestyle {1 on 1:00 Rest	EN3	S	FR
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 {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick			
	{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick			
	{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:05 Kick			
1,000	1x{1 x 100 on 1:50 Pull no br L.25 yds {2 x 100 on 1:45 Pull no br L.20 yds {3 x 100 on 1:40 Pull no br L.15 yds {4 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			
1,800	1x{3 x 275 on 5:00 Freestyle {3 x 225 on 4:00 Freestyle {3 x 100 on 1:45 Freestyle			
500	10 x 50 on 1:00 Stroke Drills 1 on 10:00 ice			
5:35 PM	5,100 Yards - Stress Value = 83			

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,600	1x{4 x 100 on 2:00 Freestyle {1 on 1:00 Rest	EN3	S	FR
	{4 x 100 on 1:55 Freestyle {1 on 1:00 Rest	EN3	S	FR
	{4 x 100 on 1:50 Freestyle {1 on 1:00 Rest	EN3	S	FR
	{4 x 100 on 1:45 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	1,800 Yards - Stress Value = 80			

Workout #7302 - Wednesday, 03 February 2010

HighSchl - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,525	1x{1 x 200 on 3:20 Breaststroke {6 x 25 on :45 Breast-100% {2 x 150 on 2:30 Breaststroke {6 x 25 on :45 Breast-100% {3 x 100 on 1:40 Breaststroke {6 x 25 on :45 Breast-100% {4 x 50 on :50 Breast {3 x 25 on :45 Breast-100%	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	1,725 Yards - Stress Value = 64			

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,525	1x{1 x 200 on 3:20 Breaststroke {6 x 25 on :45 Breast-100% {2 x 150 on 2:30 Breaststroke {6 x 25 on :45 Breast-100% {3 x 100 on 1:40 Breaststroke {6 x 25 on :45 Breast-100% {4 x 50 on :50 Breast {3 x 25 on :45 Breast-100%	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	1,725 Yards - Stress Value = 64			

Workout #7300 - Wednesday, 03 February 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,600	1x{1 x 200 on 3:00 Breaststroke {6 x 25 on :45 Breast-100% {2 x 150 on 2:15 Breaststroke {6 x 25 on :45 Breast-100% {3 x 100 on 1:30 Breaststroke {6 x 25 on :45 Breast-100% {4 x 50 on :45 Breast {6 x 25 on :45 Breast-100%	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	1,800 Yards - Stress Value = 71			

Workout #7303 - Wednesday, 03 February 2010

HighSchl - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,475	1x{1 x 200 on 3:40 Breaststroke {6 x 25 on :45 Breast-100% {2 x 150 on 2:45 Breaststroke {6 x 25 on :45 Breast-100% {3 x 100 on 1:50 Breaststroke {6 x 25 on :45 Breast-100% {4 x 50 on :55 Breast {1 x 25 on :45 Breast-100%	EN2	S	BR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	1,675 Yards - Stress Value = 58			

Workout #7298 - Wednesday, 03 February 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
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	EN3	S	FR
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD
5:36 PM	2,200 Yards - Stress Value = 100			

Workout #7301 - Wednesday, 03 February 2010

HighSchl - Lane 2

Workout #7304 - Wednesday, 03 February 2010

HighSchl - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
1,325	1x{1 x 200 on 4:00 Breaststroke	EN2	S	BR
	{4 x 25 on 1:00 Breast-100%	SP1	S	BR
	{2 x 150 on 3:00 Breaststroke	EN2	S	BR
	{4 x 25 on 1:00 Breast-100%	SP1	S	BR
	{3 x 100 on 2:00 Breaststroke	EN2	S	BR
	{4 x 25 on 1:00 Breast-100%	SP1	S	BR
	{4 x 50 on 1:00 Breast	EN2	S	BR
	{1 x 25 on 1:00 Breast-100%	SP2	S	BR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:36 PM	1,525 Yards - Stress Value = 46			

Workout #7294 - Wednesday, 03 February 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 45:00 Weights and Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shooters
1,100	1x{1 x 125 on 2:15 Kick
	{2 x 100 on 2:00 Kick-100%
	{1 x 125 on 2:15 Kick
	{2 x 100 on 1:55 Kick
	{1 x 125 on 2:15 Kick-100%
	{2 x 100 on 1:50 Kick-100%
	{1 x 125 on 2:15 Kick
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 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
4:48 PM	3,050 Yards - Stress Value = 41

Workout #7295 - Wednesday, 03 February 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 45:00 Weights and Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shooters
1,000	1x{1 x 125 on 2:30 Kick
	{2 x 100 on 2:10 Kick-100%
	{1 x 125 on 2:30 Kick
	{2 x 100 on 2:05 Kick-100%
	{1 x 125 on 2:30 Kick-100%
	{1 x 100 on 2:00 Kick-100%
	{1 x 125 on 2:30 Kick
950	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
	{2 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
4:48 PM	2,900 Yards - Stress Value = 38

Workout #7296 - Wednesday, 03 February 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
550	1 on 45:00 Weights and Stretch
150	1 x 550 on 10:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shooters
950	1x{1 x 125 on 2:40 Kick
	{2 x 100 on 2:20 Kick-100%
	{1 x 125 on 2:40 Kick
	{2 x 100 on 2:15 Kick-100%
	{1 x 125 on 2:40 Kick
	{1 x 100 on 2:10 Kick-100%
	{1 x 75 on 1:35 Kick
850	1x{2 x 125 on 2:05 Lungbuster pulls
	{2 x 125 on 2:00 Lungbuster pulls
	{2 x 125 on 1:55 Lungbuster pulls
	{2 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
4:48 PM	2,700 Yards - Stress Value = 36

Workout #7297 - Wednesday, 03 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
500	1 on 45:00 Weights and Stretch
150	1 x 500 on 10:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shooters
850	1x{1 x 75 on 1:50 Kick
	{2 x 100 on 2:30 Kick-100%
	{1 x 75 on 1:50 Kick
	{2 x 100 on 2:25 Kick-100%
	{1 x 75 on 1:50 Kick
	{2 x 100 on 2:20 Kick-100%
	{1 x 25 on :55 Kick
750	1x{2 x 100 on 1:55 Lungbuster pulls
	{2 x 100 on 1:50 Lungbuster pulls
	{2 x 100 on 1:45 Lungbuster pulls
	{2 x 75 on 1:15 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
4:48 PM	2,450 Yards - Stress Value = 37

Workout #7299 - Wednesday, 03 February 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:49 PM	Start		
1,450	1x{5 x 75 on 1:30 Freestyle	EN3	
	{4 x 25 on :45 Alt Fr and best non fr	SP2	
	{4 x 75 on 1:30 Freestyle	EN3	
	{4 x 25 on :45 Alt Fr and best non Fr	SP2	
	{3 x 75 on 1:30 Freestyle	EN3	
	{4 x 25 on :45 Alt Fr and best non Fr	SP2	
	{2 x 75 on 1:30 Freestyle	EN3	
	{4 x 25 on :45 Alt Fr and best non Fr	SP2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:36 PM	1,650 Yards - Stress Value = 103		

Workout #7312 - Thursday, 04 February 2010

HighSchl - Back
1 minute rest between sets

4:26 PM Start
 Yards Set Description
 =====
 100 1 x 100 on 2:00 Backstroke 100% from a push
 1,150 1x{6 x 75 on 1:05 Backstroke
 {4 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {10 x 25 on :30 BK hold at 1/4 of 100
 200 1 x 200 on 3:00 Stroke Drills
 1 on 9:00 Ice
 5:00 PM 1,450 Yards - Stress Value = 33

Workout #7309 - Thursday, 04 February 2010

HighSchl - Distance
1 minute rest between sets

4:26 PM Start
 Yards Set Description EGY WORK STK PAC
 =====
 1,600 4 x 400 on 5:15 Freestyle EN2 S FR 1:1
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:3
 1 on 10:00 Ice M
 5:01 PM 1,800 Yards - Stress Value = 32

Workout #7310 - Thursday, 04 February 2010

HighSchl - Lane 2
1 minute rest between sets

4:26 PM Start
 Yards Set Description EGY WORK STK PAC
 =====
 1,600 4 x 400 on 5:40 Freestyle EN2 S FR 1:2
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:3
 1 on 8:00 Ice M
 5:01 PM 1,800 Yards - Stress Value = 32

Workout #7313 - Thursday, 04 February 2010

HighSchl - Lane 5
1 minute rest between sets

4:26 PM Start
 Yards Set Description
 =====
 100 1 x 100 on 2:00 Backstroke 100% from a push
 1,100 1x{6 x 75 on 1:10 Backstroke
 {4 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {8 x 25 on :30 BK hold at 1/4 of 100
 200 1 x 200 on 3:00 Stroke Drills
 1 on 9:00 Ice
 5:00 PM 1,400 Yards - Stress Value = 32

Workout #7314 - Thursday, 04 February 2010

HighSchl - Lane 6
1 minute rest between sets

4:26 PM Start
 Yards Set Description
 =====
 100 1 x 100 on 2:00 Backstroke 100% from a push
 1,100 1x{6 x 75 on 1:15 Backstroke
 {4 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {8 x 25 on :30 BK hold at 1/4 of 100
 200 1 x 200 on 3:00 Stroke Drills
 1 on 9:00 Ice
 5:01 PM 1,400 Yards - Stress Value = 32

Workout #7315 - Thursday, 04 February 2010

HighSchl - Lane 7
1 minute rest between sets

4:26 PM Start
 Yards Set Description
 =====
 50 1 x 50 on 2:00 Backstroke 100% from a push S
 900 1x{4 x 75 on 1:25 Backstroke E
 {4 x 75 on 1:20 Backstroke E
 {2 x 75 on 1:15 Backstroke E
 {6 x 25 on :40 BK hold at 1/2 of 50 E
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 9:00 Ice
 5:00 PM 1,150 Yards - Stress Value = 23

Workout #7305 - Thursday, 04 February 2010

HighSchl - Platinum
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 Stretch
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's free
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :45 Kick no board BSLR-14 KOW
 {4 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {4 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 8 KOW
 1,000 10 x 100 on 1:20 Pulls-odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:25 PM 2,950 Yards - Stress Value = 38

Workout #7306 - Thursday, 04 February 2010

HighSchl - Gold
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 Stretch
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's free
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board BSLR-14 KOW
 {4 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {3 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 8 KOW
 900 9 x 100 on 1:30 Pulls-odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:25 PM 2,800 Yards - Stress Value = 36

Workout #7307 - Thursday, 04 February 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's free
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board BSLR-14 KOW
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {3 x 50 on 1:05 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {3 x 50 on 1:10 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 8 KOW
 800 8 x 100 on 1:40 Pulls-odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:25 PM 2,600 Yards - Stress Value = 34

400 1 x 400 on 7:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 1,600 1x{4 x 25 on :30 Fly 1 up 1 down EN2
 { #1 no br 1st strk,#2 5 KOW,#3 flip turns
 {3 x 100 on 1:25 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 1 up 2 down EN2
 {3 x 100 on 1:20 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 2 up 3 down EN2
 {3 x 100 on 1:15 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 2 up 4 down EN2
 {3 x 100 on 1:10 3 strokes fly off walls EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,400 Yards - Stress Value = 38

Workout #7308 - Thursday, 04 February 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's free
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR-14 KOW
 {2 x 50 on 1:10 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {3 x 50 on 1:15 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {3 x 50 on 1:20 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 8 KOW
 700 7 x 100 on 1:55 Pulls-odds br toward blchr
 evens br toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:25 PM 2,350 Yards - Stress Value = 31

Workout #7317 - Friday, 05 February 2010
HighSchl - Lane 2
1 minute rest between sets
 5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 7:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 1,550 1x{4 x 25 on :30 Fly 1 up 1 down EN2
 { #1 no br 1st strk,#2 5 KOW,#3 flip turns
 {3 x 100 on 1:30 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 1 up 2 down EN2
 {3 x 100 on 1:25 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 2 up 3 down EN2
 {3 x 100 on 1:20 3 strokes fly off walls EN2
 {2 x 25 on :30 Fly 2 up 4 down EN2
 {3 x 100 on 1:15 3 strokes fly off walls EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,350 Yards - Stress Value = 37

Workout #7311 - Thursday, 04 February 2010

HighSchl - Sprint

1 minute rest between sets

4:26 PM Start
 Yards Set Description EGY WC
 =====
 100 1 x 100 on 2:00 Free-100% from a push SP2
 900 3x{1 x 50 on :50 Freestyle EN2
 {1 x 50 on :45 Freestyle EN2
 {1 x 50 on :40 Freestyle EN2
 {6 x 25 on :40 FR hold at 1/4 of 100 EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 8:00 Ice
 5:00 PM 1,200 Yards - Stress Value = 28

Workout #7318 - Friday, 05 February 2010
HighSchl - Lane 3
1 minute rest between sets
 5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 Weights and Stretch
 400 1 x 400 on 7:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 1,500 1x{4 x 25 on :30 Fly 1 up 1 down EN2
 { #1 no br 1st strk,#2 5 KOW,#3 flip turns
 {2 x 100 on 1:35 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 1 up 2 down EN2
 {3 x 100 on 1:30 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 2 up 3 down EN2
 {3 x 100 on 1:25 3 strokes fly off walls EN2
 {4 x 25 on :30 Fly 2 up 4 down EN2
 {3 x 100 on 1:20 3 strokes fly off walls EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 7:06 AM 2,300 Yards - Stress Value = 36

Workout #7316 - Friday, 05 February 2010

HighSchl - Fly

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 Weights and Stretch

Workout #7319 - Friday, 05 February 2010

HighSchl - Lane 5

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 Weights and Stretch	
350	1 x 350 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,350	1x{4 x 25 on :35 Fly 1 up 1 down	EN2
	{ #1 no br 1st strk,#2 5 KOW,#3 flip turns	
	{2 x 100 on 1:40 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly 1 up 2 down	EN2
	{2 x 100 on 1:35 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly 2 up 3 down	EN2
	{3 x 100 on 1:30 3 strokes fly off walls	EN2
	{2 x 25 on :35 Fly 2 up 4 down	EN2
	{3 x 100 on 1:25 3 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:06 AM	2,100 Yards - Stress Value = 33	

Workout #7320 - Friday, 05 February 2010

HighSchl - Lane 6

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 Weights and Stretch	
350	1 x 350 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,300	1x{4 x 25 on :35 Fly 1 up 1 down	EN2
	{ #1 no br 1st strk,#2 5 KOW,#3 flip turns	
	{2 x 100 on 1:45 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly 1 up 2 down	EN2
	{2 x 100 on 1:40 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly 2 up 3 down	EN2
	{2 x 100 on 1:35 3 strokes fly off walls	EN2
	{4 x 25 on :35 Fly 2 up 4 down	EN2
	{3 x 100 on 1:30 3 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:06 AM	2,050 Yards - Stress Value = 32	

Workout #7321 - Friday, 05 February 2010

HighSchl - Lane 7

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 Weights and Stretch	
300	1 x 300 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,000	1x{4 x 25 on :40 Fly 1 up 1 down	EN2
	{ #1 no br 1st strk,#2 5 KOW,#3 flip turns	
	{2 x 100 on 2:00 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly 1 up 2 down	EN2
	{2 x 100 on 1:55 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly 2 up 3 down	EN2
	{2 x 100 on 1:50 3 strokes fly off walls	EN2
	{4 x 25 on :40 Fly 2 up 4 down	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:06 AM	1,700 Yards - Stress Value = 26	

Workout #7322 - Friday, 05 February 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Physio Balls/Stretch
1,000	1 x 1000 on 15:00 Choice
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Social Kick
	1 on 15:00 Techniques-TN turn drills
400	8 x 50 on 1:15 Mid pool swims w/great turns!
900	1x{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
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
5:05 PM	3,200 Yards - Stress Value = 20

Workout #7323 - Saturday, 06 February 2010

HighSchl - Swim Like A Champion Day

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 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no board B---
	{3 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board -S--
	{3 x 100 on 1:45 Kick hold under 135
	{4 x 25 on :45 Kick no board --L-
	{3 x 100 on 1:45 Kick hold under 130
	{4 x 25 on :45 Kick no board ---R
	{3 x 100 on 1:45 Kick hold under 125
900	18 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
2,000	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 10:00 Ice
9:35 AM	5,700 Yards - Stress Value = 97

Workout #7324 - Saturday, 06 February 2010

HighSchl - Gold

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 Reverse IM drill
1,500	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B---
	{3 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board -S--
	{3 x 100 on 1:55 Kick hold under 145
	{4 x 25 on :45 Kick no board --L-
	{3 x 100 on 1:55 Kick hold under 140
	{4 x 25 on :45 Kick no board ---R
	{4 x 50 on :55 Kick hold under 47
900	18 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
2,000	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 10:00 Ice
	9:35 AM 5,600 Yards - Stress Value = 95

Workout #7325 - Saturday, 06 February 2010

HighSchl - Silver

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 Reverse IM drill
1,400	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B---
	{3 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board -S--
	{3 x 100 on 2:05 Kick hold under 155
	{4 x 25 on :45 Kick no board --L-
	{3 x 100 on 2:05 Kick hold under 150
	{4 x 25 on :45 Kick no board ---R
	{2 x 50 on 1:05 Kick hold under 55
800	16 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
1,850	1x{14 x 50 on :50 Freestyle every 4th one 100%
	{12 x 50 on :55 Freestyle every 3rd one 100%
	{8 x 50 on 1:00 Freestyle every 2nd one 100%
	{3 x 50 on 1:00 Freestyle all 100%
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,200 Yards - Stress Value = 87

Workout #7326 - Saturday, 06 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 Stomach and Stretch
150	1 x 500 on 10:00 Reverse IM drill
1,300	10 x 15 on :45 Shooters
	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
	{3 x 100 on 2:10 Kick
700	14 x 50 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
1,700	1x{12 x 50 on :55 Freestyle every 4th one 100%
	{12 x 50 on 1:00 Freestyle every 3rd one 100%
	{6 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 10:00 Ice
	9:36 AM 4,800 Yards - Stress Value = 83

Workout #7327 - Monday, 08 February 2010

HighSchl - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	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{3 x 150 on 2:00 Freestyle		EN1
	{3 x 150 on 1:55 Freestyle		EN2
	{3 x 150 on 1:50 Freestyle		EN2
	{3 x 150 on 1:45 Freestyle		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,600 Yards - Stress Value = 37		

Workout #7328 - Monday, 08 February 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	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{3 x 150 on 2:10 Freestyle		EN1
	{3 x 150 on 2:05 Freestyle		EN2
	{3 x 150 on 2:00 Freestyle		EN2
	{3 x 100 on 1:15 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 = 34		

Workout #7329 - Monday, 08 February 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	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
1,500	1x{3 x 150 on 2:25 Freestyle		EN1
	{3 x 150 on 2:20 Freestyle		EN2
	{3 x 150 on 2:15 Freestyle		EN2
	{3 x 50 on :45 Freestyle		EN2
250	1 x 250 on 4:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:06 AM 2,250 Yards - Stress Value = 31		

Workout #7330 - Monday, 08 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
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	
1,350	1x{3 x 150 on 2:45 Freestyle	EN1	
	{3 x 150 on 2:40 Freestyle	EN2	
	{3 x 150 on 2:35 Freestyle	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:06 AM	2,050 Yards - Stress Value = 28		

Workout #7331 - Tuesday, 09 February 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1	on 30:00 Shoulder Rehab led by TM/Stretch
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:30 Kick
500	4 x 125 on 1:40 Pulls-#1 BWSPF, #2 BWHPF
	{ #3 BWKPF, #4 BWFPF
100	2x{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 250 on 3:10 Freestyle
	{5 x 50 on :45 Freestyle-hold 500 pace
	{1 x 250 on 3:05 Freestyle
	{5 x 50 on :45 Free-hold 500 pace
	{1 x 250 on 3:00 Freestyle
	{5 x 50 on :45 Free-hold 500 pace
	{1 x 250 on 2:55 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 20:00 Stretch and Ice
4:57 PM	3,500 Yards - Stress Value = 54

Workout #7332 - Tuesday, 09 February 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1	on 30:00 Shoulder Rehab led by TM/Stretch
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
450	1x{3 x 125 on 1:50 Pulls-#1 BWSPF, #2 BWHPF
	{1 x 75 on 1:05 Freestyle
	{ #3 BWKPF, #4 BWFPF
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{1 x 250 on 3:35 Freestyle
	{5 x 50 on :50 Freestyle-hold 500 pace
	{1 x 250 on 3:30 Freestyle
	{5 x 50 on :50 Free-hold 500 pace
	{1 x 250 on 3:25 Freestyle
	{5 x 50 on :50 Free-hold 500 pace
	{1 x 50 on :40 Freestyle
200	1 x 200 on 4:00 Stroke Drills

1 on 20:00 Stretch and Ice
4:57 PM 3,200 Yards - Stress Value = 48

Workout #7333 - Tuesday, 09 February 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1	on 30:00 Shoulder Rehab led by TM/Stretch
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
400	1x{4 x 100 on 1:40 Pulls-#1 BWSPF, #2 BWHPF
	{ #3 BWKPF, #4 BWFPF
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 200 on 3:20 Freestyle
	{4 x 50 on :55 Freestyle-hold 500 pace
	{1 x 200 on 3:15 Freestyle
	{4 x 50 on :55 Free-hold 500 pace
	{1 x 200 on 3:10 Freestyle
	{4 x 50 on :55 Free-hold 500 pace
	{1 x 200 on 3:05 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 20:00 Stretch and Ice
4:57 PM	2,900 Yards - Stress Value = 44

Workout #7334 - Tuesday, 09 February 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1	on 30:00 Shoulder Rehab led by TM/Stretch
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 75 on 1:50 Kick
	{1 x 75 on 1:45 Kick
	{1 x 50 on 1:05 Kick
350	1x{3 x 100 on 1:55 Pulls-#1 BWSPF, #2 BWHPF
	{1 x 50 on :55 Pulls
	{ #3 BWKPF, #4 BWFPF
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 3:40 Freestyle
	{4 x 50 on 1:00 Freestyle-hold 500 pace
	{1 x 200 on 3:35 Freestyle
	{4 x 50 on 1:00 Free-hold 500 pace
	{1 x 200 on 3:30 Freestyle
	{4 x 50 on 1:00 Free-hold 500 pace
	{1 x 100 on 1:40 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1 on 20:00 Stretch and Ice
4:58 PM	2,750 Yards - Stress Value = 42

Workout #7345 - Wednesday, 10 February 2010

Group 3 - All

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 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
 600 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 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :50 Kick
 600 6 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
 1,000 1x{2 x 125 on 2:00 Freestyle
 {2 x 125 on 1:55 Freestyle
 {2 x 125 on 1:50 Freestyle
 {2 x 125 on 1:45 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,250 Yards - Stress Value = 43

Workout #7341 - Wednesday, 10 February 2010

HighSchl - Back

1 minute rest between sets

4:09 PM Start
 Yards Set Description EGY WORK
 =====
 1,450 1x{2 x 125 on 1:55 Backstroke EN1 S
 {3 x 50 on 1:00 Back-descend 12 KOW EN2 S
 {2 x 125 on 1:50 Backstroke EN1 S
 {3 x 50 on :55 Back -descend 10 KOW EN2 S
 {2 x 125 on 1:45 Backstroke EN1 S
 {3 x 50 on :50 Back-descend 8 KOW EN2 S
 {2 x 125 on 1:40 Backstroke EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Ice M
 4:46 PM 1,650 Yards - Stress Value = 20

Workout #7339 - Wednesday, 10 February 2010

HighSchl - Distance

1 minute rest between sets

4:09 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,800 1x{3 x 225 on 3:10 Freestyle EN2 S FR
 {3 x 200 on 2:45 Freestyle EN2 S FR
 {3 x 175 on 2:20 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 4:48 PM 2,000 Yards - Stress Value = 36

Workout #7335 - Wednesday, 10 February 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 400 1 x 400 on 7:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 500 1x{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
 450 1x{2 x 75 on 1:10 Lungbuster pulls
 {2 x 75 on 1:05 Lungbuster pulls
 {2 x 75 on 1:00 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
 4:08 PM 1,600 Yards - Stress Value = 21

Workout #7336 - Wednesday, 10 February 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 400 1 x 400 on 7:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 450 1x{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 50 on 1:00 Kick
 450 1x{2 x 75 on 1:10 Lungbuster pulls
 {2 x 75 on 1:05 Lungbuster pulls
 {2 x 75 on 1:00 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
 4:08 PM 1,550 Yards - Stress Value = 21

Workout #7342 - Wednesday, 10 February 2010

HighSchl - Gold

1 minute rest between sets

4:09 PM Start
 Yards Set Description EGY WORK
 =====
 1,400 1x{2 x 125 on 2:10 Backstroke EN1 S
 {3 x 50 on 1:00 Back-descend 12 KOW EN2 S
 {2 x 125 on 2:05 Backstroke EN1 S
 {3 x 50 on :55 Back -descend 10 KOW EN2 S
 {2 x 125 on 2:00 Backstroke EN1 S
 {3 x 50 on :50 Back-descend 8 KOW EN2 S
 {2 x 100 on 1:30 Backstroke EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Ice M
 4:47 PM 1,600 Yards - Stress Value = 19

Workout #7337 - Wednesday, 10 February 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 350 1 x 350 on 7:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 400 1x{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
 400 1x{2 x 75 on 1:20 Lungbuster pulls
 {2 x 75 on 1:15 Lungbuster pulls
 {2 x 50 on :50 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
 4:08 PM 1,400 Yards - Stress Value = 20

Workout #7343 - Wednesday, 10 February 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:09 PM Start			
1,300	1x{2 x 125 on 2:20 Backstroke	EN1	§
	{3 x 50 on 1:00 Back-descend 12 KOW	EN2	§
	{2 x 125 on 2:15 Backstroke	EN1	§
	{3 x 50 on 1:00 Back -descend 10 KOW	EN2	§
	{2 x 125 on 2:10 Backstroke	EN1	§
	{3 x 50 on 1:00 Back-descend 8 KOW	EN2	§
	{1 x 100 on 1:40 Backstroke	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
4:48 PM 1,500 Yards - Stress Value = 17			

Workout #7338 - Wednesday, 10 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM Start			
	1 on 30:00 Weights and Stretch		
350	1 x 350 on 7:00 Free L.25 of each non free		
150	10 x 15 on :45 Shooters		
350	1x{1 x 100 on 2:15 Kick		
	{1 x 100 on 2:20 Kick		
	{1 x 100 on 2:25 Kick		
	{1 x 50 on 1:15 Kick		
350	1x{2 x 75 on 1:25 Lungbuster pulls		
	{2 x 75 on 1:20 Lungbuster pulls		
	{1 x 50 on :50 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		
4:08 PM 1,300 Yards - Stress Value = 18			

Workout #7344 - Wednesday, 10 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:09 PM Start			
1,150	1x{2 x 100 on 2:05 Backstroke	EN1	§
	{3 x 50 on 1:10 Back-descend 12 KOW	EN2	§
	{2 x 100 on 2:05 Backstroke	EN1	§
	{3 x 50 on 1:10 Back -descend 10 KOW	EN2	§
	{2 x 100 on 2:05 Backstroke	EN1	§
	{3 x 50 on 1:10 Back-descend 8 KOW	EN2	§
	{1 x 100 on 2:00 Backstroke	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
4:48 PM 1,350 Yards - Stress Value = 17			

Workout #7340 - Wednesday, 10 February 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:09 PM Start			
1,400	4x{2 x 125 on 2:00 Freestyle	EN1	
	{4 x 25 on :30 Free -1 stroke hold time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:47 PM 1,600 Yards - Stress Value = 18			

Workout #7356 - Thursday, 11 February 2010

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
	1 on 20:00 Stomach and Stretch		
400	1 x 400 on 7:00 Underwater trn drill		
150	10 x 15 on :45 Shooters		
700	1x{2 x 100 on 2:00 Kick		
	{1 x 50 on 1:00 Kick-Great effort		
	{2 x 100 on 1:55 Kick		
	{1 x 50 on 1:00 Great Effort		
	{2 x 100 on 1:50 Kick		
450	1x{3 x 75 on 1:15 Pulls		
	{2 x 75 on 1:10 Pulls		
	{1 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		
1,200	1x{1 x 100 on 1:45 Free L.25 6BK		
	{1 x 100 on 1:45 Free L.25 2 breaths		
	{1 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi		
	{1 x 100 on 1:40 Free L.25 6BK		
	{1 x 100 on 1:40 Free L.25 2 breaths		
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi		
	{1 x 100 on 1:35 Free L.25 6bk		
	{1 x 100 on 1:35 Free L.25 2 breaths		
	{1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi		
	{1 x 100 on 1:30 Free L.25 6bk		
	{1 x 100 on 1:30 Free L.25 2 breaths		
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi		
250	1 x 250 on 4:00 Stroke Drills		
6:30 PM 3,250 Yards - Stress Value = 48			

Workout #7352 - Thursday, 11 February 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:15 PM Start			
1,300	1x{1 x 100 on 2:00 Breaststroke-DPS	EN1	§
	{3 x 50 on :50 Breaststroke-descend	EN2	§
	{1 x 150 on 2:55 Breaststroke DPS	EN1	§
	{3 x 50 on :55 Breaststroke-descend	EN2	§
	{1 x 200 on 3:50 Breaststroke DPS	EN2	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 250 on 4:45 Breaststroke-DPS	EN2	§
	{3 x 50 on 1:05 Breaststroke-descend	EN2	§
	{ Double pullouts on the 50's		
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
4:55 PM 1,550 Yards - Stress Value = 24			

Workout #7350 - Thursday, 11 February 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
4:15 PM Start					
1,500	2 x 750 on 10:00 Freestyle	EN2	S	FR	1:2
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD	1:3
	1 on 10:00 Ice		M		
4:50 PM 1,750 Yards - Stress Value = 30					

Workout #7357 - Thursday, 11 February 2010

HighSchl - All

1 minute rest between sets

6:15 AM Start

Yards	Set Description	EGY	WORK	STK	PF
1,000	1 on 25:00 Weights and Stretch			L	WTS
	1 x 1000 on 15:00 Choice	REC		S	CHO 1:
	1 on 10:00 Ice			M	
	7:05 AM 1,000 Yards				

250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	4:55 PM 1,450 Yards - Stress Value = 22		

Workout #7346 - Thursday, 11 February 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	
400	1 on 30:00 Stretch and Physio Balls	
	1 x 400 on 7:00 Underwater trn drill	
	Odd 100s free even 100s back	
150	10 x 15 on :45 Shooters	
500	1x{1 x 150 on 2:35 Kick	
	{2 x 100 on 1:45 Kick	
	{3 x 50 on :50 Kick	
600	1x{3 x 50 on :50 Pulls br toward scrbd	
	{3 x 50 on :45 Pulls br toward blchr	
	{3 x 50 on :40 Pulls br toward scrbd	
	{3 x 50 on :35 Pulls br toward blchr	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:10 PM 1,750 Yards - Stress Value = 26	

Workout #7348 - Thursday, 11 February 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	
350	1 on 30:00 Stretch and Physio Balls	
	1 x 350 on 7:00 Underwater trn drill	
	Odd 100s free even 100s back	
150	10 x 15 on :45 Shooters	
400	1x{1 x 150 on 3:15 Kick	
	{1 x 100 on 2:10 Kick	
	{3 x 50 on 1:05 Kick	
500	1x{3 x 50 on 1:00 Pulls br toward scrbd	
	{3 x 50 on :55 Pulls br toward blchr	
	{2 x 50 on :50 Pulls br toward scrbd	
	{2 x 50 on :45 Pulls br toward blchr	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:10 PM 1,500 Yards - Stress Value = 22	

Workout #7347 - Thursday, 11 February 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	
400	1 on 30:00 Stretch and Physio Balls	
	1 x 400 on 7:00 Underwater trn drill	
	Odd 100s free even 100s back	
150	10 x 15 on :45 Shooters	
450	1x{1 x 150 on 2:50 Kick	
	{2 x 100 on 1:55 Kick	
	{2 x 50 on :55 Kick	
550	1x{3 x 50 on :55 Pulls br toward scrbd	
	{3 x 50 on :50 Pulls br toward blchr	
	{3 x 50 on :45 Pulls br toward scrbd	
	{2 x 50 on :40 Pulls br toward blchr	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:10 PM 1,650 Yards - Stress Value = 24	

4:15 PM Start

Yards	Set Description	EGY	WORK
1,100	1x{1 x 100 on 2:15 Breaststroke-DPS	EN1	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 150 on 3:20 Breaststroke DPS	EN1	§
	{3 x 50 on 1:05 Breaststroke-descend	EN2	§
	{1 x 200 on 4:25 Breaststroke DPS	EN2	§
	{3 x 50 on 1:10 Breaststroke-descend	EN2	§
	{1 x 50 on 1:05 Breaststroke-DPS	EN2	§
	{3 x 50 on 1:15 Breaststroke-descend	EN2	§
	{ Double pullouts on the 50's		
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M
	4:55 PM 1,350 Yards - Stress Value = 20		

Workout #7349 - Thursday, 11 February 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	
350	1 on 30:00 Stretch and Physio Balls	
	1 x 350 on 7:00 Underwater trn drill	
	Odd 100s free even 100s back	
150	10 x 15 on :45 Shooters	
350	1x{1 x 150 on 3:30 Kick	
	{1 x 100 on 2:20 Kick	
	{2 x 50 on 1:10 Kick	
500	1x{3 x 50 on 1:00 Pulls br toward scrbd	
	{3 x 50 on :55 Pulls br toward blchr	
	{2 x 50 on :50 Pulls br toward scrbd	
	{2 x 50 on :45 Pulls br toward blchrs	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
	4:10 PM 1,450 Yards - Stress Value = 21	

Workout #7353 - Thursday, 11 February 2010

HighSchl - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
1,200	1x{1 x 100 on 2:00 Breaststroke-DPS	EN1	§
	{3 x 50 on :55 Breaststroke-descend	EN2	§
	{1 x 150 on 2:55 Breaststroke DPS	EN1	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 200 on 3:50 Breaststroke DPS	EN2	§
	{3 x 50 on 1:05 Breaststroke-descend	EN2	§
	{1 x 150 on 2:55 Breaststroke-DPS	EN2	§
	{3 x 50 on 1:10 Breaststroke-descend	EN2	§
	{ Double pullouts on the 50's		

Workout #7355 - Thursday, 11 February 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORF
4:15 PM	Start		
1,100	1x{1 x 100 on 2:15 Breaststroke-DPS	EN1	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 150 on 3:20 Breaststroke DPS	EN1	§
	{3 x 50 on 1:05 Breaststroke-descend	EN2	§
	{1 x 200 on 4:25 Breaststroke DPS	EN2	§
	{3 x 50 on 1:10 Breaststroke-descend	EN2	§
	{1 x 50 on 1:05 Breaststroke-DPS	EN2	§
	{3 x 50 on 1:15 Breaststroke-descend	EN2	§
	{ Double pullouts on the 50's		
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Ice		N
4:55 PM	1,350 Yards - Stress Value = 20		

Workout #7351 - Thursday, 11 February 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
1,200	1x{1 x 100 on 1:45 Free L.25 6BK
	{1 x 100 on 1:45 Free L.25 2 breaths
	{1 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 1:40 Free L.25 6BK
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 1:35 Free L.25 6bk
	{1 x 100 on 1:35 Free L.25 2 breaths
	{1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 1:30 Free L.25 6bk
	{1 x 100 on 1:30 Free L.25 2 breaths
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
150	3 x 50 on 1:00 Free or #1 stroke descend to ludicrous speed
250	1 x 250 on 4:00 Stroke Drills
	1 on 10:00 Ice
4:54 PM	1,600 Yards - Stress Value = 27

Workout #7358 - Friday, 12 February 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1,000	1 on 30:00 Shoulder Rehab led by TM/Stretch
	1 x 1000 on 18:00 Choice
165	11 x 15 on :45 Cross pool sprints
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, #2 breast
	{ hands by side
1,250	1x{1 x 200 on 3:00 Free count your strokes
	{ 1 less stroke each 25
	{4 x 50 on 1:00 Around the clock (5,4,3,2)
	{2 x 150 on 2:30 Back count your strokes
	{ 1 less stroke each 25
	{3 x 50 on 1:00 Around the clock (5.4, 3)
	{3 x 100 on 1:50 Breast count your strokes
	{2 x 50 on 1:00 Around the clock (5,4)
	1 on 20:00 Stretch and Ice
4:58 PM	3,015 Yards - Stress Value = 27

Workout #7359 - Saturday, 13 February 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1	on 30:00 Stretch and Physio Balls
400	1 x 400 on 7:00 Reverse IM drill
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 :45 Kick no board BSLR
	{2 x 75 on 1:15 Kick
400	1 x 400 on 5:20 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 4:15 Individual Medley
	{4 x 25 on :30 Odds free evens fly
	{1 x 200 on 2:50 Individual Medley
	{4 x 25 on :30 Odds free evens back
	{1 x 100 on 1:25 Individual Medley
	{4 x 25 on :30 Odds free evens breast
	{1 x 200 on 2:50 Individual Medley
	{4 x 25 on :30 Free
	{1 x 300 on 4:15 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	1 on 20:00 Stretch and Ice
9:00 AM	3,300 Yards - Stress Value = 46

Workout #7360 - Saturday, 13 February 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1	on 30:00 Stretch and Physio Balls
400	1 x 400 on 7:00 Reverse IM drill
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 :45 Kick no board BSLR
	{2 x 75 on 1:25 Kick
350	1 x 350 on 5:20 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
1,400	1x{1 x 300 on 4:45 Individual Medley
	{4 x 25 on :30 Odds free evens fly
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 Odds free evens back
	{1 x 100 on 1:35 Individual Medley
	{4 x 25 on :30 Odds free evens breast
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 Free
	{1 x 200 on 3:10 IM 75 fly/back/50 brst
250	1 x 250 on 4:00 Stroke Drills
	1 on 20:00 Stretch and Ice
9:00 AM	3,150 Yards - Stress Value = 44

Workout #7361 - Saturday, 13 February 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Balls
 350 1 x 350 on 7:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 450 1x{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
 {2 x 50 on 1:05 Kick
 300 1 x 300 on 5:20 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 200 on 3:30 Individual Medley
 {4 x 25 on :35 Odds free evens fly
 {1 x 100 on 1:45 Individual Medley
 {4 x 25 on :35 Odds free evens back
 {1 x 100 on 1:45 Individual Medley
 {4 x 25 on :35 Odds free evens breast
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :35 Free
 {1 x 200 on 3:30 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Stretch and Ice
 9:00 AM 2,800 Yards - Stress Value = 38

Workout #7362 - Saturday, 13 February 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Balls
 350 1 x 350 on 7:00 Reverse IM drill
 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 1 x 250 on 5:20 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 200 on 4:00 Individual Medley
 {4 x 25 on :35 Odds free evens fly
 {1 x 100 on 2:00 Individual Medley
 {4 x 25 on :35 Odds free evens back
 {1 x 100 on 2:00 Individual Medley
 {4 x 25 on :35 Odds free evens breast
 {1 x 100 on 2:00 Individual Medley
 {4 x 25 on :35 Free
 {1 x 200 on 4:00 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Stretch and Ice
 8:59 AM 2,600 Yards - Stress Value = 34

Workout #7363 - Monday, 15 February 2010

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 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 L.25 good effort
 100 2x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 400 1x{1 x 100 on :01 Broken at 50's 15 seconds res
 {1 x 300 on 6:59 Freestyle
 400 4 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
 400 1x{1 x 100 on :01 Broken at 50 10 seconds rest
 {1 x 300 on 6:59 Freestyle
 600 12 x 50 on :45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 8:49 AM 3,050 Yards - Stress Value = 42

Workout #7364 - Monday, 15 February 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 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 L.25 good effort
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 400 1x{1 x 100 on :01 Broken at 50's 15 seconds res
 {1 x 300 on 6:59 Freestyle
 400 4 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
 400 1x{1 x 100 on :01 Broken at 50 10 seconds rest
 {1 x 300 on 6:59 Freestyle
 600 12 x 50 on :45 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 8:49 AM 3,050 Yards - Stress Value = 42

Workout #7365 - Monday, 15 February 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Weights and Stretch
 350 1 x 350 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 250 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:00 Kick L.25 good effort
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 350 1x{1 x 100 on :01 Broken at 50's 15 seconds res
 {1 x 250 on 6:59 Freestyle
 300 3 x 100 on 1:50 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
 350 1x{1 x 100 on :01 Broken at 50 10 seconds rest
 {1 x 250 on 6:59 Freestyle
 450 9 x 50 on :55 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 8:49 AM 2,600 Yards - Stress Value = 38

Workout #7366 - Monday, 15 February 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Weights and Stretch
350	1 x 350 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
250	1x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 2:00 Kick L.25 good effort
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
350	1x{1 x 100 on :01 Broken at 50's 15 seconds res {1 x 250 on 6:59 Freestyle
300	3 x 100 on 1:50 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
350	1x{1 x 100 on :01 Broken at 50 10 seconds rest {1 x 250 on 6:59 Freestyle
450	9 x 50 on :55 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice
	8:49 AM 2,600 Yards - Stress Value = 38

Workout #7371 - Tuesday, 16 February 2010

Group 3 - Distance

1 minute rest between sets

5:00 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
750	1x{1 x 125 on 2:30 Kick {2 x 125 on 2:25 Kick {3 x 125 on 2:20 Kick
750	1x{3 x 125 on 2:00 Pulls BWSPF {2 x 125 on 1:55 Pulls BWHPF {1 x 125 on 1:50 Pulls BWKPF
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 2:50 Freestyle {2 x 100 on 1:40 Backstroke {2 x 175 on 2:30 Freestyle {2 x 100 on 1:35 Backstroke {3 x 150 on 2:10 Freestyle {2 x 100 on 1:30 Backstroke {1 x 200 on 3:00 Stroke Drills
	6:46 PM 4,150 Yards - Stress Value = 58

Workout #7367 - Tuesday, 16 February 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stretch and Physio Balls
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	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
450	1x{3 x 50 on :40 Pulls BWSPF {3 x 50 on :45 Pulls BWHPF {3 x 50 on :50 Pulls BWKPF
100	2x{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 :01 Your best stroke {1 x 250 on 4:59 Choice {10 x 100 on 1:20 Freestyle {1 x 100 on 2:00 Freestyle {1 x 50 on :01 Your best stroke {1 x 250 on 4:59 Freestyle 1 on 20:00 Stretch and Ice
	4:55 PM 3,300 Yards - Stress Value = 49

Workout #7368 - Tuesday, 16 February 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stretch and Physio Balls
400	1 x 400 on 7:00 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
400	1x{3 x 50 on :45 Pulls BWSPF {3 x 50 on :50 Pulls BWHPF {2 x 50 on :55 Pulls BWKPF
100	2x{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 :01 Your best stroke {1 x 250 on 4:59 Choice {10 x 100 on 1:25 Freestyle {1 x 100 on 2:00 Freestyle {1 x 50 on :01 Your best stroke {1 x 250 on 4:59 Freestyle 1 on 20:00 Stretch and Ice
	4:56 PM 3,250 Yards - Stress Value = 49

Workout #7369 - Tuesday, 16 February 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Stretch and Physio Balls
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	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
350	1x{3 x 50 on :50 Pulls BWSPF {2 x 50 on :55 Pulls BWHPF {2 x 50 on 1:00 Pulls BWKPF
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{1 x 50 on :01 Your best stroke {1 x 200 on 4:59 Choice {9 x 100 on 1:35 Freestyle {1 x 100 on 2:00 Freestyle {1 x 50 on :01 Your best stroke {1 x 250 on 4:59 Freestyle 1 on 20:00 Stretch and Ice
	4:56 PM 3,000 Yards - Stress Value = 46

Workout #7370 - Tuesday, 16 February 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stretch and Physio Balls
 350 1 x 350 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1x{1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 350 1x{3 x 50 on :55 Pulls BWSPPF
 {2 x 50 on 1:00 Pulls BWHPPF
 {2 x 50 on 1:05 Pulls BWKPPF
 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 50 on :01 Your best stroke
 {1 x 200 on 4:59 Choice
 {8 x 100 on 1:45 Freestyle
 {1 x 50 on 2:00 Freestyle
 {1 x 50 on :01 Your best stroke
 {1 x 250 on 4:59 Freestyle
 1 on 20:00 Stretch and Ice
 4:56 PM 2,750 Yards - Stress Value = 42

Workout #7373 - Wednesday, 17 February 2010

Group 3 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stomach and Stretch
 500 1 x 500 on 7:30 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 150 on 2:45 Kick
 {1 x 100 on 1:30 Freestyle
 {2 x 125 on 2:20 Kick
 {2 x 100 on 1:30 Freestyle
 {3 x 100 on 1:50 Kick
 {3 x 100 on 1:30 Freestyle
 {4 x 75 on 1:20 Kick
 600 1x{2 x 150 on 2:15 Pulls
 {2 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
 1,500 4x{3 x 50 on 1:00 Breast under over
 {4 x 25 on :30 Breast 2x pullouts
 {1 x 125 on 2:15 75 breast 50 free
 300 1 x 300 on 6:00 Stroke Drills
 7:00 PM 4,850 Yards - Stress Value = 51

Workout #7372 - Wednesday, 17 February 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stretch and Team Meeting
 400 1 x 400 on 7:00 Free 25Drill/25kick/25build
 25 minus 1 stroke
 150 10 x 15 on :45 Shooters
 200/400 Free Relay work on exchanges
 400 2x{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 2:30 Social Kick
 300 1 x 300 on 4:30 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 4x{1 x 50 on 1:00 Free-count strokes
 {1 x 50 on 1:00 Hold same time/-2 strokes
 { #1 & #3 free, #2 & #4 best non fr
 {3 x 50 on 1:00 Stroke Drills
 1 on 10:00 Techniques-
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Stretch and Ice
 4:59 PM 2,600 Yards - Stress Value = 17

Workout #7375 - Friday, 19 February 2010

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 8:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 600 6 x 100 on 2:15 Kick-odds 100%
 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 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
 300 1 x 300 on 5:00 Stroke Drills
 6:30 PM 2,480 Yards - Stress Value = 29

Workout #7374 - Friday, 19 February 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 750 1 x 750 on 12:00 Choice
 150 10 x 15 on :45 Shooters
 Medley and 200 Free Relays practice exchange
 300 2x{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 1:15 Kick
 1,100 1x{1 x 250 on 4:10 Stroke Drills
 {4 x 25 on :40 Variable Speed
 {1 x 200 on 3:20 Stroke Drills
 {4 x 25 on :40 Variable Speed
 {1 x 150 on 2:30 Stroke Drills
 {4 x 25 on :40 Variable Speed
 {1 x 100 on 1:40 Stroke Drills
 {4 x 25 on :40 Variable Speed
 1 on 20:00 Techniques-
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Stretch and Ice Team Mtg
 5:00 PM 2,550 Yards - Stress Value = 10

Workout #7377 - Monday, 22 February 2010

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 500 1 x 500 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:00 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
 750 1x{1 x 125 on 2:05 Pull no br L.12 yds
 {2 x 125 on 2:00 Pull no br L.12 yds
 {2 x 125 on 1:55 Pull no br L.12 yds
 {1 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
 2,200 1x{1 x 500 on 7:05 Freestyle
 {2 x 400 on 5:40 Freestyle
 {3 x 300 on 4:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:52 PM 4,750 Yards - Stress Value = 49

Workout #7376 - Monday, 22 February 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 500 1 x 500 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 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 1:50 Kick
 {4 x 25 on :35 Kick no board BSLR
 750 1x{1 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.12 yds
 {2 x 125 on 1:40 Pull no br L.12 yds
 {1 x 125 on 1:35 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
 2,200 1x{1 x 500 on 6:30 Freestyle
 {2 x 400 on 5:10 Freestyle
 {3 x 300 on 3:55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 1 on 20:00 Stretch and Ice
 5:08 PM 4,750 Yards - Stress Value = 49

Workout #7379 - Tuesday, 23 February 2010

Group 3 - IM/Stroke

1 minute rest between sets

6:30 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 1:50 Kick
 {2 x 100 on 1:55 Kick
 {3 x 100 on 2:00 Kick
 800 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
 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 25 on :30 Butterfly
 {1 x 150 on 2:15 Freestyle
 {4 x 25 on :30 Breaststroke
 {2 x 150 on 2:20 25 fly 25 brst 100 Free
 {6 x 25 on :30 Butterfly
 {3 x 150 on 2:25 50 fly 50 brst 100 free
 {6 x 25 on :30 Breaststroke
 {4 x 150 on 2:30 75 fly 75 brst 50 free
 {8 x 25 on :30 Alt fly and brst
 250 1 x 250 on 4:00 Stroke Drills
 8:30 PM 4,700 Yards - Stress Value = 66

Workout #7378 - Tuesday, 23 February 2010

HighSchl - IM/Stroke

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 500 1 x 500 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:40 Kick
 {2 x 100 on 1:45 Kick
 {3 x 100 on 1:50 Kick
 800 1x{1 x 200 on 2:40 Pulls br toward blchr
 {1 x 200 on 2:35 Pulls br toward scrbd
 {1 x 200 on 2:30 Pulls br toward blchr
 {1 x 200 on 2:25 Pulls br toward scrbd
 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 25 on :30 Butterfly
 {1 x 150 on 2:00 Freestyle
 {4 x 25 on :30 Breaststroke
 {2 x 150 on 2:05 25 fly 25 brst 100 Free
 {6 x 25 on :30 Butterfly
 {3 x 150 on 2:10 50 fly 50 brst 100 free
 {6 x 25 on :30 Breaststroke
 {4 x 150 on 2:15 75 fly 75 brst 50 free
 {8 x 25 on :30 Alt fly and brst
 300 1 x 300 on 5:00 Stroke Drills
 4:51 PM 4,750 Yards - Stress Value = 66

Workout #7381 - Wednesday, 24 February 2010

Group 3 - Back

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 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 9 KOW
 {3 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR 11 KOW
 {3 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR 13 KOW
 600 1x{2 x 100 on 1:30 Lungbuster pulls
 {2 x 100 on 1:25 Lungbuster pulls
 {2 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
 1,650 1x{4 x 25 on :30 Backstroke-Descend
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {3 x 50 on 1:00 Back 7 KOW w/ SFBO
 {4 x 25 on :30 Backstroke-descend
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {3 x 50 on 1:00 Back 7 KOW w/SFBO
 {4 x 25 on :30 Backstroke-descend
 {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 Back 7 KOW w/SFBO
 250 1 x 250 on 4:00 Stroke Drills
 6:51 PM 3,950 Yards - Stress Value = 57

Workout #7380 - Wednesday, 24 February 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 500 1 x 500 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 10 KOW
 {2 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 500 5 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
 450 1x{1 x 200 on :01 IM broken at the 50's
 { Rest 10-20-30 seconds
 {1 x 250 on 6:00 Stroke Drills
 1,000 10 x 100 on 1:30 Backstroke
 200 1 x 200 on 4:00 Stroke Drills
 1 on 15:00 Stretch and Ice
 4:48 PM 3,400 Yards - Stress Value = 51

Workout #7382 - Thursday, 25 February 2010

Group 3 - Recovery/Technique Day

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 Underwater trn drill

odd 100's free even 100's back
 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 :55 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
 1,000 1x{4 x 50 on 1:00 Stroke Drills
 {1 x 50 on 1:00 Butterfly-build to great fini
 {4 x 50 on 1:00 Stroke Drills
 {1 x 50 on 1:00 Back-build to great finish
 {4 x 50 on 1:00 Stroke Drills
 {1 x 50 on 1:00 Breast-build to great finish
 {4 x 50 on 1:00 Stroke Drills
 {1 x 50 on 1:00 Free-build to great finish
 250 1 x 250 on 4:00 Stroke Drills
 6:47 PM 3,300 Yards - Stress Value = 24

Workout #7383 - Monday, 01 March 2010

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretching
 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 Shooters
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:00 Kick-descend
 700 1x{1 x 250 on 3:45 Pull no br L.12 yds
 {1 x 200 on 3:00 Pull no br L.12 yds
 {1 x 150 on 2:15 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
 1,800 1x{3 x 200 on 2:50 Freestyle-descend
 {3 x 200 on 2:45 Freestyle-descend
 {3 x 200 on 2:40 Freestyle-descend
 400 1 x 400 on 8:00 Stroke Drills
 5:16 PM 4,350 Yards - Stress Value = 61

Workout #7384 - Tuesday, 02 March 2010

Group 3 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 Stretch
 150 1 x 600 on 10:00 Underwater trn drill
 1,000 10 x 15 on :45 Shooters
 1,000 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {2 x 125 on 2:15 Kick
 1,100 1x{1 x 250 on 3:45 Pulls
 {1 x 300 on 4:15 Pulls
 {1 x 250 on 3:45 Pulls
 {1 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
 1,600 1x{1 x 200 on 4:00 Breaststroke DPS
 {4 x 50 on :50 Breaststroke-descend
 {1 x 200 on 3:55 Breaststroke DPS
 {4 x 50 on :55 Breaststroke-descend
 {1 x 200 on 3:50 Breaststroke DPS
 {4 x 50 on 1:00 Breaststroke-descend
 {1 x 200 on 3:45 Breaststroke-DPS
 {4 x 50 on 1:05 Breaststroke-descend
 { Double pullouts on the 50's
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,900 Yards - Stress Value = 57

Yards Set Description
 =====
 600 1 on 20:00 Stretch
 150 1 x 600 on 10:00 Underwater trn drill
 1,000 Odd 100's free even 100's back
 1,000 10 x 15 on :45 Shooters
 1,000 1x{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 1:35 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 1:45 Kick
 {1 x 100 on 2:00 Kick
 1,000 1x{1 x 250 on 3:45 Pulls
 {1 x 300 on 4:15 Pulls
 {1 x 250 on 3:45 Pulls
 {1 x 300 on 4:00 Pulls
 200 8 x 125 on 1:50 Pulls
 odds breathe toward blchrs
 evens breathe toward scrbd
 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 125 on 1:50 3 strokes fly off walls
 {1 x 125 on 1:45 3 strokes fly off walls
 {1 x 125 on 1:40 3 strokes fly off walls
 {2 x 100 on 1:30 3 strokes fly off walls
 {2 x 100 on 1:25 3 strokes fly off walls
 {2 x 100 on 1:20 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
 {3 x 75 on 1:00 3 strokes fly off walls
 {4 x 50 on :50 3 strokes fly off walls
 {4 x 50 on :45 3 strokes fly off walls
 {4 x 50 on :40 3 strokes fly off walls
 250 1 x 250 on 4:00 Stroke Drills
 5:31 PM 5,450 Yards - Stress Value = 70

Workout #7385 - Wednesday, 03 March 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 20:00 Stretch
 150 1 x 600 on 10:00 Free L.25 of each 100 non f
 900 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board B---
 {1 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board -S--
 {2 x 100 on 1:45 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
 1,150 1x{1 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {3 x 125 on 1:40 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {1 x 125 on 1:50 Lungbuster pulls
 { breathe 3-5-7 continuous
 {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
 1,850 1x{1 x 225 on 3:45 Backstroke
 {4 x 25 on :30 Back-descend Great Finishes
 {2 x 75 on 1:15 Back 10 KOW L. Wall
 {2 x 225 on 3:40 Backstroke
 {4 x 25 on :30 Back-descend Great Finishes
 {2 x 75 on 1:15 Back 10 KOW L. Wall
 {3 x 225 on 3:35 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,950 Yards - Stress Value = 72

Workout #7387 - Friday, 05 March 2010

Group 3 - Recovery/Technique Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 180 12 x 15 on :45 Start/shooter/Finish
 500 2x{1 x 50 on 1:15 Tombstone Kicking
 {1 x 50 on 1:10 Tombstone Kicking
 {1 x 50 on 1:05 Tombstone Kicking
 {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
 1,050 3x{1 x 50 on 1:30 37.5 Scull 12.5 build
 {1 x 50 on 1:15 25 scull 25 build
 {1 x 50 on 1:00 12.5 scull 37.5 build
 {4 x 25 on :30 Stroke-descesnd
 {1 x 100 on 2:00 Freestyle
 1st set weak stroke, 2nd set best non free
 3rd set freestyle
 1 on 10:00 Techniques-Starts
 300 1 x 300 on 5:00 Stroke Drills
 5:00 PM 2,630 Yards - Stress Value = 24

Workout #7386 - Thursday, 04 March 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Workout #7388 - Monday, 08 March 2010

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 18:00 Stretching
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 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-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on :50 Kick-descend
 600 1 x 600 on 9:00 Pulls-L.25 of each 100 2 bre
 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 5:30 Freestyle
 {1 x 400 on 5:25 Freestyle
 {1 x 400 on 5:20 Freestyle
 {1 x 400 on 5:15 Freestyle
 {1 x 400 on 5:10 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 4,500 Yards - Stress Value = 57

{3 x 50 on 1:00 Stroke-mid pool-descend 1-3 E
 {1 x 15 on :30 Sculling drills E
 250 1 x 250 on 5:00 Stroke Drills
 5:07 PM 3,170 Yards - Stress Value = 13

Workout #7391 - Monday, 15 March 2010

Group 3 - Sectional

1 minute rest between sets

8:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 Stretching
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:00 Kick #2 fast
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 1:55 Kick #2 fast
 450 1x{1 x 150 on 2:15 Pull no br L.12 yds
 {1 x 150 on 2:10 Pull no br L.12 yds
 {1 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
 1,700 1x{1 x 225 on 3:00 Freestyle
 {4 x 50 on 1:00 Free-200 Strategy
 {1 x 225 on 2:55 Freestyle
 {4 x 50 on :55 Free-200 Strategy
 {1 x 225 on 2:50 Freestyle
 {4 x 50 on :50 Free-200 Strategy
 {1 x 225 on 2:45 Freestyle
 {4 x 50 on :45 Free 200 Strategy
 250 1 x 250 on 4:00 Stroke Drills
 10:00 AM 3,950 Yards - Stress Value = 90

Workout #7389 - Tuesday, 09 March 2010

Group 3 - Swim Like A Champion Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1x{1 x 200 on 4:00 Kick
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 800 1x{1 x 100 on 1:30 Pulls br toward blchr
 {1 x 100 on 1:30 Pulls br toward scrbd
 {2 x 75 on 1:10 Pulls br toward blchrs
 {2 x 75 on 1:10 Pulls br toward scrbd
 {3 x 50 on :45 Pulls br toward blchrs
 {3 x 50 on :45 Pulls br toward scrbd
 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 :01 Broken at each 50 5-10-15 sec
 {1 x 500 on 11:59 Freestyle
 {1 x 200 on :01 Broken at each 50 10-20-30 se
 {1 x 500 on 11:59 Stroke Drills
 5:06 PM 3,650 Yards - Stress Value = 63

Workout #7392 - Tuesday, 16 March 2010

Group 3 - Sectional

1 minute rest between sets

3:15 PM Start
 Yards Set Description
 =====
 1 on 10:00 Stretching
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 900 1x{2 x 75 on 1:15 Kick
 {3 x 50 on 1:00 Kick-descend
 {2 x 75 on 1:20 Kick
 {3 x 50 on 1:00 Kick-descend
 {2 x 75 on 1:25 Kick
 {3 x 50 on 1:00 Kick-descend
 750 6 x 125 on 1:50 Pull-odds br toward blchr
 evens br toward scrbd
 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{6 x 75 on 1:05 Backstroke
 {6 x 75 on 1:00 Backstroke
 {6 x 75 on :55 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 4:45 PM 4,200 Yards - Stress Value = 60

Workout #7390 - Wednesday, 10 March 2010

Group 3 - Recovery/Technique Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Stretch
 800 1 x 800 on 12:00 Choice F
 1 on 15:00 Techniques-TN Turn Drills
 500 1 x 500 on 10:00 Social Kick F
 500 5 x 100 on 1:30 Pulls E
 1st wall break when shoulders pass flags
 2nd wall break when hips pass flags
 3rd wall break when knees pass flags
 Last wall break when feet pass flags
 1,120 4x{1 x 100 on 1:45 Stroke Drills F
 {1 x 15 on :30 Sculling drills E

Workout #7393 - Wednesday, 17 March 2010

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description
3:15 PM	Start
600	1 on 10:00 Stretching
150	1 x 600 on 10:00 Free L.25 of each 100 non f
750	10 x 15 on :45 Shooters
	1x{2 x 25 on :30 Kick
	{2 x 50 on :55 Kick
	{2 x 75 on 1:20 Kick
	{2 x 100 on 1:45 Kick
	{2 x 125 on 2:10 Kick
750	1x{2 x 125 on 1:35 Lungbuster pulls
	{2 x 100 on 1:20 Lungbuster pulls
	{2 x 75 on 1:05 Lungbuster pulls
	{2 x 50 on :50 Lungbuster pulls
	{2 x 25 on :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
1,000	2x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	{6 x 25 on :25 Butterfly
	{1 on :45 Rest
	{4 x 25 on :20 Butterfly
	{1 on :30 Rest
	{2 x 25 on :15 Butterfly
	{1 on :25 Rest
200	1 x 200 on 3:00 Stroke Drills
4:45 PM	3,650 Yards - Stress Value = 52

Workout #7394 - Thursday, 18 March 2010

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description
3:15 PM	Start
600	1 on 10:00 Stretching
150	1 x 600 on 10:00 Underwater trn drill
700	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on :45 Kick
600	1x{1 x 50 on 1:00 Pull break when feet
	{1 x 50 on :55 Pull break when knees
	{1 x 50 on :50 Pull break when hips
	{1 x 50 on :45 Pull break when shoulders
	{1 x 50 on :55 Pull break when feet
	{1 x 50 on :50 Pulls break when knees
	{1 x 50 on :45 Pulls break when hips
	{1 x 50 on :40 Pull break when shoulders
	{1 x 50 on :50 Pull break when feet
	{1 x 50 on :45 Pull break when knees
	{1 x 50 on :40 Pull break when hips
	{1 x 50 on :35 Pulls break when shoulders
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 200 on 3:40 Breast 2X pullouts
	{3 x 50 on 1:00 Breast-descend
	{2 x 175 on 3:10 Breast 2X pullouts
	{3 x 50 on 1:00 Breast-descend
	{2 x 150 on 2:35 Breast 2X pullouts
250	1 x 250 on 3:00 Stroke Drills
4:46 PM	3,650 Yards - Stress Value = 46

Workout #7395 - Friday, 19 March 2010

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description
3:15 PM	Start
1,000	1 on 10:00 Stretching
180	1 x 1000 on 15:00 Choice
500	12 x 15 on :45 Start/Shooter/Finish
600	1 x 500 on 10:00 Kick
100	12 x 50 on :45 Pulls-nbbf&w + 2 yds
	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 8:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
4:45 PM	3,230 Yards - Stress Value = 66

Workout #7396 - Monday, 22 March 2010

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description
3:15 PM	Start
600	1 on 10:00 Stretch
150	1 x 600 on 10:00 Swim-kick-pull-swim
700	10 x 15 on :45 Shooters
	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---
	{2 x 50 on :55 Kick
	{4 x 25 on :45 Kick no board --L-
	{1 x 50 on :50 Kick
	{4 x 25 on :45 Kick no board ---R
750	1 x 750 on 10:00 Pull no br L. 10yds of each
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 250 on 3:30 Freestyle
	{2 x 250 on 3:25 Freestyle
	{2 x 250 on 3:20 Freestyle
200	1 x 200 on 3:00 Stroke Drills
4:47 PM	4,100 Yards - Stress Value = 58

Workout #7397 - Tuesday, 23 March 2010

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description
3:15 PM	Start
600	1 on 15:00 Stretching
150	1 x 600 on 10:00 Underwater trn drill
600	10 x 15 on :45 Shooters
500	6 x 100 on 2:00 Kick-evens good effort
	1x{1 x 200 on 3:00 Pulls
	{1 x 150 on 2:15 Pulls
	{1 x 100 on 1:30 Pulls
	{1 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
900	1x{1 x 75 on 2:00 Fly-broken at 50 for 10 secc
	{1 x 225 on 5:00 Freestyle
	{1 x 75 on 2:00 Back-broken at 50 for 10 secc
	{1 x 225 on 5:00 Freestyle
	{1 x 75 on 2:00 Free broken at 75 for 10 secc
	{1 x 225 on 5:00 Freestyle
4:40 PM	2,950 Yards - Stress Value = 49

Workout #7398 - Wednesday, 24 March 2010

Group 3 - Sectional

1 minute rest between sets

Yards	Set Description
3:15 PM	Start
=====	=====
	1 on 15:00 Stretching
500	1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
450	1x{12 x 25 on :45 Kick no board BSLR X3 {3 x 50 on 1:00 Kick-descnd in 3's
450	3 x 150 on 2:30 Lungbuster pulls breath 2-3-5 by the 50
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	3x{4 x 25 on :30 Choice non free {1 x 250 on 4:00 3 50's dscnd to 85%-2 50's c
200	1 x 200 on 3:00 Stroke Drills
4:38 PM	2,900 Yards - Stress Value = 30

Workout #7399 - Monday, 12 April 2010

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 Core and Stretch
400	1 x 400 on 7:00 Swim-kick-drill-swim
150	10 x 15 on :45 Shooters
500	2x{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 50 on 1:00 Kick no board
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	6 x 250 on 3:30 3:00 swims :30 rest
300	6 x 50 on 1:00 Stroke Drills
5:00 PM	3,050 Yards - Stress Value = 29

Workout #7400 - Tuesday, 13 April 2010

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 Physio Ball Abs/Stretch
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{2 x 50 on 1:00 Kick {2 x 75 on 1:30 Kick {2 x 100 on 2:00 Kick {2 x 125 on 2:30 Kick
500	1 x 500 on 7:30 Pulls-no paddles
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 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:30 Freestyle
300	6 x 50 on 1:00 Stroke Drills
5:00 PM	3,050 Yards - Stress Value = 30

Workout #7401 - Tuesday, 13 April 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 Physio Ball Abs/Stretch
400	1 x 400 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{2 x 50 on 1:00 Kick {2 x 75 on 1:30 Kick {2 x 100 on 2:00 Kick {2 x 125 on 2:30 Kick
500	1 x 500 on 7:30 Pulls-no paddles
100	2x{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 1:40 Freestyle {1 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:25 Freestyle {1 x 100 on 1:30 Freestyle {1 x 100 on 1:35 Freestyle {1 x 50 on :50 Freestyle
300	6 x 50 on 1:00 Stroke Drills
5:00 PM	3,000 Yards - Stress Value = 28

Workout #7402 - Tuesday, 13 April 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 Physio Ball Abs/Stretch
350	1 x 350 on 7:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	1x{2 x 50 on 1:05 Kick {2 x 75 on 1:40 Kick {2 x 100 on 2:15 Kick {2 x 75 on 1:40 Kick
400	1 x 400 on 7:30 Pulls-no paddles
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 100 on 1:50 Freestyle {1 x 100 on 1:45 Freestyle {1 x 100 on 1:40 Freestyle {1 x 100 on 1:35 Freestyle {1 x 100 on 1:40 Freestyle {1 x 100 on 1:45 Freestyle {1 x 100 on 1:50 Freestyle
300	6 x 50 on 1:00 Stroke Drills
5:00 PM	2,600 Yards - Stress Value = 24

Workout #7403 - Tuesday, 13 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Ball Abs/Stretch
 300 1 x 300 on 7:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1x{2 x 50 on 1:10 Kick
 {2 x 75 on 1:45 Kick
 {2 x 100 on 2:20 Kick
 {3 x 50 on 1:10 Kick
 350 1 x 350 on 7:30 Pulls-no paddles
 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 100 on 2:00 Freestyle
 {1 x 100 on 1:55 Freestyle
 {1 x 100 on 1:50 Freestyle
 {1 x 100 on 1:45 Freestyle
 {1 x 100 on 1:50 Freestyle
 {1 x 100 on 1:55 Freestyle
 {1 x 50 on 1:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 2,450 Yards - Stress Value = 23

{3 x 50 on :50 Freestyle
 {3 x 100 on 1:30 Freestyle
 {3 x 50 on :50 Freestyle
 {4 x 75 on 1:05 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,950 Yards - Stress Value = 39

Workout #7406 - Thursday, 15 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/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
 350 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 1:40 Kick
 {2 x 50 on 1:05 Kick
 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
 1,300 1x{1 x 150 on 2:30 Freestyle
 {3 x 50 on :55 Freestyle
 {2 x 125 on 2:05 Freestyle
 {3 x 50 on :55 Freestyle
 {3 x 100 on 1:40 Freestyle
 {3 x 50 on :55 Freestyle
 {2 x 75 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,700 Yards - Stress Value = 36

Workout #7404 - Thursday, 15 April 2010

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/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
 400 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick
 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
 1,600 1x{1 x 150 on 2:00 Freestyle
 {3 x 50 on :45 Freestyle
 {2 x 125 on 1:40 Freestyle
 {3 x 50 on :45 Freestyle
 {3 x 100 on 1:20 Freestyle
 {3 x 50 on :45 Freestyle
 {4 x 75 on 1:00 Freestyle
 {3 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,100 Yards - Stress Value = 41

Workout #7407 - Thursday, 15 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 300 1 x 300 on 7:00 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 75 on 1:50 Kick
 {1 x 50 on 1:15 Kick
 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
 1,250 1x{1 x 150 on 2:45 Freestyle
 {2 x 50 on 1:00 Freestyle
 {2 x 125 on 2:15 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 75 on 1:25 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 2,550 Yards - Stress Value = 34

Workout #7405 - Thursday, 15 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/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
 400 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:30 Kick
 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
 1,450 1x{1 x 150 on 2:15 Freestyle
 {3 x 50 on :50 Freestyle
 {2 x 125 on 1:50 Freestyle

Workout #7408 - Monday, 19 April 2010

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 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 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 400 2x{1 x 50 on :45 Pull no br L.6 yds
 {1 x 50 on :45 Pull no br L.8 yds
 {1 x 50 on :45 Pull no br L.10 yds
 {1 x 50 on :45 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
 1,800 1x{3 x 300 on 4:00 Freestyle
 {2 x 300 on 3:55 Freestyle
 {1 x 300 on 3:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 4,050 Yards - Stress Value = 49

Workout #7409 - Monday, 19 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 500 1 x 500 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 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 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:50 Kick
 400 2x{1 x 50 on :45 Pull no br L.6 yds
 {1 x 50 on :45 Pull no br L.8 yds
 {1 x 50 on :45 Pull no br L.10 yds
 {1 x 50 on :45 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{3 x 300 on 4:30 Freestyle
 {2 x 250 on 3:40 Freestyle
 {1 x 200 on 2:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,850 Yards - Stress Value = 46

Workout #7410 - Monday, 19 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 450 1 x 450 on 9:00 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 2:15 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
 {2 x 75 on 1:35 Kick
 400 2x{1 x 50 on :50 Pull no br L.6 yds

{1 x 50 on :50 Pull no br L.8 yds
 {1 x 50 on :50 Pull no br L.10 yds
 {1 x 50 on :50 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{3 x 250 on 4:15 Freestyle
 {2 x 250 on 4:10 Freestyle
 {1 x 150 on 2:30 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,550 Yards - Stress Value = 43

Workout #7411 - Monday, 19 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 400 1 x 400 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 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
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:30 Kick
 300 2x{1 x 50 on :55 Pull no br L.6 yds
 {1 x 50 on :55 Pull no br L.8 yds
 {1 x 50 on :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
 1,200 1x{3 x 200 on 4:00 Freestyle
 {2 x 200 on 3:55 Freestyle
 {1 x 200 on 3:50 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,100 Yards - Stress Value = 38

Workout #7412 - Tuesday, 20 April 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Ball Abs/Stretch
 500 1 x 500 on 9:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1 x 400 on 8:00 Kick-100's
 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
 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
 1,400 1x{4 x 50 on :50 Backstroke
 {4 x 75 on 1:15 Backstroke
 {4 x 100 on 1:40 Backstroke
 {4 x 125 on 2:05 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:16 PM 3,900 Yards - Stress Value = 40

Workout #7413 - Tuesday, 20 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 25:00 Physio Ball Abs/Stretch
500	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 8:00 Kick-100's
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
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
1,250	1x{4 x 50 on :55 Backstroke
	{4 x 75 on 1:20 Backstroke
	{4 x 100 on 1:50 Backstroke
	{2 x 125 on 2:15 Backstroke
	{1 x 100 on 1:50 Freestyle
250	1 x 250 on 4:00 Stroke Drills
5:15 PM 3,700 Yards - Stress Value = 38	

Workout #7414 - Tuesday, 20 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
450	1 on 25:00 Physio Ball Abs/Stretch
450	1 x 450 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 8:00 Kick-100's
450	1x{1 x 125 on 2:50 Kick
	{1 x 125 on 2:45 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:05 Kick
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
1,150	1x{4 x 50 on 1:00 Backstroke
	{4 x 75 on 1:30 Backstroke
	{4 x 100 on 2:00 Backstroke
	{2 x 125 on 2:30 Backstroke
250	1 x 250 on 4:00 Stroke Drills
5:15 PM 3,400 Yards - Stress Value = 35	

Workout #7415 - Tuesday, 20 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 25:00 Physio Ball Abs/Stretch
400	1 x 400 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	1 x 400 on 8:00 Kick-100's
400	1x{1 x 125 on 3:00 Kick
	{1 x 125 on 2:55 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:05 Kick
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
950	1x{4 x 50 on 1:10 Backstroke
	{4 x 75 on 1:45 Backstroke
	{4 x 100 on 2:20 Backstroke
	{1 x 50 on 1:10 Backstroke

250 1 x 250 on 4:00 Stroke Drills
5:15 PM 3,100 Yards - Stress Value = 32

Workout #7416 - Thursday, 22 April 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	9 x 100 on 2:00 Kick-odd 100's fast
750	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
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 2:40 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{1 x 50 on :55 Breaststroke
	{1 x 50 on :50 Breaststroke
	{2 x 150 on 2:40 Breaststroke
	{1 x 50 on :55 Breaststroke
	{1 x 50 on :50 Breaststroke
	{1 x 50 on :45 Breaststroke
	{3 x 150 on 2:45 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,800 Yards - Stress Value = 42	

Workout #7417 - Thursday, 22 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 25:00 Physio Balls/Stretch
500	1 x 500 on 9:00 Underwater trn drill
150	10 x 15 on :45 Shooters
900	9 x 100 on 2:00 Kick-odd 100's fast
700	1x{2 x 125 on 1:55 Lungbuster pulls
	{2 x 125 on 1:50 Lungbuster pulls
	{2 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
1,150	1x{1 x 150 on 2:50 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{1 x 50 on :55 Breaststroke
	{2 x 150 on 2:50 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{1 x 50 on :55 Breaststroke
	{1 x 50 on :50 Breaststroke
	{2 x 150 on 2:50 Breaststroke
	{1 x 100 on 1:50 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
5:15 PM 3,700 Yards - Stress Value = 42	

Workout #7418 - Thursday, 22 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Physio Balls/Stretch
 450 1 x 450 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 2:15 Kick-odd 100's fast
 650 1x{2 x 125 on 2:10 Lungbuster pulls
 {2 x 125 on 2:05 Lungbuster pulls
 {2 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
 1,050 1x{1 x 150 on 3:00 Breaststroke
 {1 x 50 on 1:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {1 x 50 on 1:00 Breaststroke
 {2 x 150 on 3:00 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on :55 Breaststroke
 {2 x 150 on 3:00 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,400 Yards - Stress Value = 39

{4 x 50 on :55 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on :50 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on :45 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 250 1 x 250 on 3:00 Stroke Drills
 5:00 PM 3,000 Yards - Stress Value = 18

Workout #7421 - Friday, 23 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and Stretch
 500 1 x 500 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 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{4 x 50 on 1:00 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on :55 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on :50 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on :45 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 250 1 x 250 on 3:00 Stroke Drills
 5:00 PM 3,000 Yards - Stress Value = 18

Workout #7419 - Thursday, 22 April 2010

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 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:30 Kick-odd 100's fast
 600 1x{2 x 125 on 2:20 Lungbuster pulls
 {2 x 125 on 2:15 Lungbuster pulls
 {2 x 50 on :55 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 1x{1 x 150 on 3:30 Breaststroke
 {1 x 50 on 1:15 Breaststroke
 {1 x 50 on 1:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {2 x 150 on 3:30 Breaststroke
 {1 x 50 on 1:10 Breaststroke
 {1 x 50 on 1:05 Breaststroke
 {1 x 50 on 1:00 Breaststroke
 {1 x 150 on 3:30 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 5:15 PM 3,050 Yards - Stress Value = 35

Workout #7422 - Friday, 23 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and Stretch
 450 1 x 450 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 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 50 on 1:05 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on 1:00 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {4 x 50 on :55 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 {2 x 50 on :50 Fly 2-2
 {4 x 25 on :30 Odds free evens fly
 250 1 x 250 on 3:00 Stroke Drills
 5:00 PM 2,850 Yards - Stress Value = 17

Workout #7420 - Friday, 23 April 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and Stretch
 500 1 x 500 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 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{4 x 50 on 1:00 Fly 2-2
 {4 x 25 on :30 Odds free evens fly

Workout #7423 - Friday, 23 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and Stretch
 400 1 x 400 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{3 x 50 on 1:15 Fly 2-2
 {4 x 25 on :40 Odds free evens fly
 {3 x 50 on 1:15 Fly 2-2
 {4 x 25 on :40 Odds free evens fly
 {3 x 50 on 1:10 Fly 2-2
 {4 x 25 on :40 Odds free evens fly
 {2 x 50 on 1:05 Fly 2-2
 250 1 x 250 on 3:00 Stroke Drills
 5:00 PM 2,550 Yards - Stress Value = 16

Workout #7424 - Monday, 26 April 2010

Group 3 - Distance

1 minute rest between sets

3:30 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 BSLR
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {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
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,250 15 x 150 on 2:00 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,700 Yards - Stress Value = 77

Workout #7425 - Monday, 26 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 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
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {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 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 13 x 150 on 2:15 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,300 Yards - Stress Value = 69

Workout #7426 - Monday, 26 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 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
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {1 x 50 on 1:00 Kick
 {1 x 100 on 2:00 Kick
 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 2:30 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:30 PM 4,050 Yards - Stress Value = 65

Workout #7427 - Monday, 26 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 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
 950 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:00 Kick
 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 2:45 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:31 PM 3,750 Yards - Stress Value = 60

Workout #7428 - Tuesday, 27 April 2010

Group 3 - Back

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 10:00 Kick-100's on your choice i
 900 1x{1 x 100 on 1:50 Kick
 {2 x 50 on 1:00 Kick #2 Fast
 {2 x 100 on 1:50 Kick
 {2 x 50 on 1:00 Kick #2 Fast
 {3 x 100 on 1:50 Kick
 {2 x 50 on 1:00 Kick #2 Fast
 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{5 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Backstroke-10 KOW-Great Effort
 {4 x 125 on 1:55 Backstroke
 {4 x 25 on :35 Backstroke 10 KOW-Great Effort
 {3 x 150 on 2:15 Backstroke
 {4 x 25 on :40 Backstroke-10 KOW-Great Effort
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,350 Yards - Stress Value = 64

Workout #7429 - Tuesday, 27 April 2010

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 1 x 500 on 10:00 Kick-100's on your choice i
 800 1x{1 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick #2 Fast
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick #2 Fast
 {2 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick #2 Fast
 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{5 x 100 on 1:40 Backstroke
 {4 x 25 on :30 Backstroke-10 KOW-Great Effort
 {4 x 125 on 2:05 Backstroke
 {4 x 25 on :35 Backstroke 10 KOW-Great Effort
 {2 x 150 on 2:30 Backstroke
 {4 x 25 on :40 Backstroke-10 KOW-Great Effort
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,100 Yards - Stress Value = 61

Workout #7430 - Tuesday, 27 April 2010

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 Kick-100's on your choice i
 750 1x{1 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick #2 Fast
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick #2 Fast
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:10 Kick- Fast

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 100 on 1:50 Backstroke
 {4 x 25 on :35 Backstroke-10 KOW-Great Effort
 {3 x 125 on 2:20 Backstroke
 {4 x 25 on :40 Backstroke 10 KOW-Great Effort
 {2 x 150 on 2:45 Backstroke
 {5 x 25 on :45 Backstroke-10 KOW-Great Effort
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,800 Yards - Stress Value = 58

Workout #7431 - Tuesday, 27 April 2010

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 Kick-100's on your choice i
 700 1x{1 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick #2 Fast
 {1 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick #2 Fast
 {2 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-#2 Fast
 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 100 on 2:00 Backstroke
 {4 x 25 on :35 Backstroke-10 KOW-Great Effort
 {4 x 125 on 2:30 Backstroke
 {4 x 25 on :40 Backstroke 10 KOW-Great Effort
 {1 x 150 on 3:00 Backstroke
 {4 x 25 on :45 Backstroke-10 KOW-Great Effort
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,650 Yards - Stress Value = 57

Workout #7432 - Wednesday, 28 April 2010

Group 3 - Breast

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 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 1,150 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
 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
 1,400 1x{4 x 25 on :45 Breast TO drill
 {1 x 100 on 1:20 25 Breast 75 Free
 {4 x 25 on :30 Breast w/fly kick
 {2 x 100 on 1:30 50 Breast 50 free
 {4 x 25 on :45 Breast TO drill
 {3 x 100 on 1:35 75 Breast 25 free
 {4 x 25 on :30 Breast w/fly kick
 {4 x 100 on 1:40 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,950 Yards - Stress Value = 71

Workout #7433 - Wednesday, 28 April 2010

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 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 1,050 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 75 on 1:25 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
 1,300 1x{4 x 25 on :45 Breast TO drill
 {1 x 100 on 1:30 25 Breast 75 Free
 {4 x 25 on :30 Breast w/fly kick
 {2 x 100 on 1:40 50 Breast 50 free
 {4 x 25 on :45 Breast TO drill
 {3 x 100 on 1:45 75 Breast 25 free
 {4 x 25 on :30 Breast w/fly kick
 {3 x 100 on 1:45 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,750 Yards - Stress Value = 67

Workout #7434 - Wednesday, 28 April 2010

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 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 1,000 1x{4 x 25 on :45 Kick no board B---
 {2 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board -S--
 {2 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board --L-
 {2 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
 1,300 1x{4 x 25 on :45 Breast TO drill
 {1 x 100 on 1:40 25 Breast 75 Free
 {4 x 25 on :30 Breast w/fly kick
 {2 x 100 on 1:45 50 Breast 50 free
 {4 x 25 on :45 Breast TO drill
 {3 x 100 on 1:50 75 Breast 25 free
 {4 x 25 on :30 Breast w/fly kick
 {3 x 100 on 1:55 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:31 PM 3,650 Yards - Stress Value = 66

Workout #7435 - Wednesday, 28 April 2010

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 Free L.25 of each 100 non f

150 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 950 1x{4 x 25 on :45 Kick no board B---
 {2 x 100 on 2:25 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-
 {2 x 75 on 1:40 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 :40 12.5 ez 12.5 fast grt finishes
 {1 x 25 on :50 Sculling drills
 1,100 1x{4 x 25 on :45 Breast TO drill
 {1 x 100 on 1:50 25 Breast 75 Free
 {4 x 25 on :45 Breast w/fly kick
 {2 x 100 on 1:55 50 Breast 50 free
 {4 x 25 on :45 Breast TO drill
 {3 x 100 on 2:00 75 Breast 25 free
 {4 x 25 on :45 Breast w/fly kick
 {1 x 100 on 2:00 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,350 Yards - Stress Value = 61

Workout #7436 - Thursday, 29 April 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulers 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{5 x 100 on 1:30 Kick with flippers
 {5 x 100 on 1:25 Kick with flippers
 {5 x 100 on 1:20 Kick with flippers
 750 1 x 750 on 10:00 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{4 x 125 on 1:55 2 strokes fly off walls
 {4 x 25 on :30 Fly lup ldown
 {4 x 100 on 1:30 3 strokes fly off walls
 {4 x 25 on :30 Fly lup 2down
 {4 x 75 on 1:10 4 strokes fly off walls
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 4,850 Yards - Stress Value = 81

Workout #7437 - Thursday, 29 April 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulers 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
 1,400 1x{4 x 100 on 1:40 Kick with flippers
 {4 x 100 on 1:35 Kick with flippers
 {6 x 100 on 1:30 Kick with flippers
 700 1 x 700 on 10:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,325 1x{4 x 125 on 2:05 2 strokes fly off walls
 {4 x 25 on :30 Fly lup ldown
 {4 x 100 on 1:40 3 strokes fly off walls
 {4 x 25 on :30 Fly lup 2down
 {3 x 75 on 1:15 4 strokes fly off walls
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 4,625 Yards - Stress Value = 76

Workout #7438 - Thursday, 29 April 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Shoulers 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
1,300	1x{5 x 100 on 1:45 Kick with flippers {4 x 100 on 1:40 Kick with flippers {4 x 100 on 1:35 Kick with flippers
600	1 x 600 on 10:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 125 on 2:15 2 strokes fly off walls {4 x 25 on :30 Fly lup 1down {4 x 100 on 1:45 3 strokes fly off walls {4 x 25 on :30 Fly lup 2down {2 x 75 on 1:20 4 strokes fly off walls
250	5 x 50 on 1:00 Stroke Drills
5:30 PM 4,300 Yards - Stress Value = 71	

Yards	Set Description
600	1 on 30:00 Core and Stretch 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 {3 x 100 on 1:50 Kick {2 x 100 on 1:45 Kick {1 x 100 on 1:40 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:45 Kick {2 x 100 on 1:40 Kick {1 x 100 on 1:35 Kick {4 x 25 on :45 Kick no board BSLR
450	1x{3 x 50 on :50 Pull no br L. {3 x 50 on :45 Pull no br L. {3 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
2,400	3x{1 x 200 on 3:00 Free DPS {2 x 100 on 1:25 2nd 100 faster then 1st {4 x 50 on :40 Free #1-4bk, #2-2bk { #3-6bk, #4-4bk no breath L.12 yds {1 x 200 on 2:30 Freestyle Great effort
300	1 x 300 on 5:00 Stroke Drills
5:45 PM 5,600 Yards - Stress Value = 86	

Workout #7439 - Thursday, 29 April 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Shoulers 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
1,150	1x{5 x 100 on 1:55 Kick with flippers {4 x 100 on 1:50 Kick with flippers {2 x 100 on 1:45 Kick with flippers {1 x 50 on :50 Kick with flippers
550	1 x 550 on 10:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{4 x 125 on 2:30 2 strokes fly off walls {4 x 25 on :40 Fly lup 1down {3 x 100 on 2:00 3 strokes fly off walls {4 x 25 on :40 Fly lup 2down {2 x 50 on 1:00 4 strokes fly off walls
250	5 x 50 on 1:00 Stroke Drills
5:31 PM 3,900 Yards - Stress Value = 64	

Workout #7442 - Monday, 03 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Core and Stretch 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 {3 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {3 x 100 on 1:55 Kick {1 x 100 on 1:50 Kick {1 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR
400	1x{3 x 50 on :55 Pull no br L. {3 x 50 on :50 Pull no br L. {2 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
2,400	3x{1 x 200 on 3:10 Free DPS {2 x 100 on 1:30 2nd 100 faster then 1st {4 x 50 on :45 Free #1-4bk, #2-2bk { #3-6bk, #4-4bk no breath L.12 yds {1 x 200 on 2:45 Freestyle Great effort Skip the 100's on the 3rd set
300	1 x 300 on 5:00 Stroke Drills
5:48 PM 5,450 Yards - Stress Value = 83	

Workout #7440 - Friday, 30 April 2010

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
500	1 on 25:00 Abs and Stretch		L	I
500	1 x 500 on 9:00 Reverse IM drill	REC		D
150	10 x 15 on :45 Shooters	SP3		S
640	8x{2 x 20 on 1:15 Running Pit Sprint { +1 pushup after every pit sprint {1 x 40 on 2:00 Tombstone Kick	SP1		S
500	10 x 50 on 1:00 Stroke Drills	EN2		K
500	10 x 50 on 1:00 Stroke Drills	REC		D
5:01 PM 1,790 Yards - Stress Value = 38				

Workout #7441 - Monday, 03 May 2010

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Workout #7443 - Monday, 03 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 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
 1,300 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR
 350 1x{3 x 50 on 1:00 Pull no br L.
 {2 x 50 on :55 Pull no br L.
 {2 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
 2,100 3x{1 x 200 on 3:30 Free DPS
 {2 x 100 on 1:40 2nd 100 faster then 1st
 {4 x 50 on :50 Free #1-4bk, #2-2bk
 { #3-6bk, #4-4bk no breath L.12 yds
 {1 x 100 on 1:30 Freestyle Great effort
 Skip the last 100 on the 3rd set
 300 1 x 300 on 5:00 Stroke Drills
 5:47 PM 4,950 Yards - Stress Value = 74

Workout #7444 - Monday, 03 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 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
 1,150 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {3 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 350 1x{2 x 50 on 1:05 Pull no br L.
 {2 x 50 on 1:00 Pull no br L.
 {3 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
 1,950 3x{1 x 150 on 3:00 Free DPS
 {2 x 100 on 1:55 2nd 100 faster then 1st
 {4 x 50 on :55 Free #1-4bk, #2-2bk
 { #3-6bk, #4-4bk no breath L.12 yds
 {1 x 100 on 1:45 Freestyle Great effort
 Skip the 4 X 50's on the 3rd set
 300 1 x 300 on 5:00 Stroke Drills
 5:49 PM 4,600 Yards - Stress Value = 69

Workout #7445 - Tuesday, 04 May 2010

Group 3 - Back

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 Underwater trn drill F
 150 10 x 15 on :45 Shooters S
 500 1 x 500 on 10:00 Kick-you choice interval E
 1,000 1x{4 x 125 on 2:15 Kick E
 {3 x 100 on 1:45 Kick E
 {2 x 75 on 1:15 Kick E
 {1 x 50 on :45 Kick E
 500 5 x 100 on 1:30 Pulls E
 Odds breathe toward blchr
 Evens breathe toward scrbd
 1,650 1x{4 x 25 on 1:00 Underwater Fly Kick on back E
 {6 x 50 on 1:00 Back +1 KOW start w/3 E
 {1 x 200 on 3:30 25L25R 100 Bulild 25L25R E
 {4 x 25 on 1:00 Underwater Fly Kick on back E
 {5 x 50 on :55 Back+1 KOW start w/4 E
 {1 x 200 on 3:30 25L25R 100 Build 25L25R E
 {4 x 25 on 1:00 Underwater Fly Kick on back E
 {4 x 50 on :50 Back +1 KOW start w/5 E
 {1 x 200 on 3:30 25L25R 100 Build 25L25R E
 100 1 x 100 on 3:00 Backstroke For Time S
 250 5 x 50 on 1:00 Stroke Drills F
 5:46 PM 4,750 Yards - Stress Value = 77

Workout #7446 - Tuesday, 04 May 2010

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 Underwater trn drill F
 150 10 x 15 on :45 Shooters S
 500 1 x 500 on 10:00 Kick-you choice interval E
 900 1x{4 x 125 on 2:30 Kick E
 {3 x 100 on 1:55 Kick E
 {2 x 50 on :55 Kick E
 500 5 x 100 on 1:30 Pulls E
 Odds breathe toward blchr
 Evens breathe toward scrbd
 1,650 1x{4 x 25 on 1:00 Underwater Fly Kick on back E
 {6 x 50 on 1:00 Back +1 KOW start w/3 E
 {1 x 200 on 3:30 25L25R 100 Bulild 25L25R E
 {4 x 25 on 1:00 Underwater Fly Kick on back E
 {5 x 50 on :55 Back+1 KOW start w/4 E
 {1 x 200 on 3:30 25L25R 100 Build 25L25R E
 {4 x 25 on 1:00 Underwater Fly Kick on back E
 {4 x 50 on :50 Back +1 KOW start w/5 E
 {1 x 200 on 3:30 25L25R 100 Build 25L25R E
 100 1 x 100 on 3:00 Backstroke For Time S
 250 5 x 50 on 1:00 Stroke Drills F
 5:46 PM 4,650 Yards - Stress Value = 75

Workout #7447 - Tuesday, 04 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 Physio Balls/Stretch	
550	1 x 550 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
500	1 x 500 on 10:00 Kick-you choice interval	E
800	1x{2 x 125 on 2:45 Kick	E
	{3 x 100 on 2:10 Kick	E
	{2 x 75 on 1:35 Kick	E
	{2 x 50 on 1:05 Kick	E
450	1x{4 x 100 on 1:45 Pulls	E
	{1 x 50 on :50 Pulls	E
	{ Odds breathe toward blchr	
	{ Evens breathe toward scrbd	
1,350	1x{4 x 25 on 1:10 Underwater Fly Kick on back	E
	{6 x 50 on 1:10 Back +1 KOW start w/3	E
	{1 x 200 on 4:00 25L25R 100 Bulild 25L25R	E
	{4 x 25 on 1:10 Underwater Fly Kick on back	E
	{5 x 50 on 1:05 Back+1 KOW start w/4	E
	{1 x 200 on 4:00 25L25R 100 Build 25L25R	E
	{4 x 25 on 1:10 Underwater Fly Kick on back	E
	{2 x 50 on 1:00 Back +1 KOW start w/5	E
100	1 x 100 on 3:00 Backstroke For Time	S
250	5 x 50 on 1:00 Stroke Drills	F
	5:46 PM 4,150 Yards - Stress Value = 68	

Workout #7448 - Tuesday, 04 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 Physio Balls/Stretch	
500	1 x 500 on 10:00 Underwater trn drill	F
150	10 x 15 on :45 Shooters	S
500	1 x 500 on 10:00 Kick-you choice interval	E
750	1x{2 x 125 on 3:00 Kick	E
	{2 x 100 on 2:25 Kick	E
	{2 x 75 on 1:45 Kick	E
	{3 x 50 on 1:10 Kick	E
400	4 x 100 on 1:50 Pulls	E
	Evens breathe toward scrbd	
	Odds breathe toward blchr	
1,200	1x{4 x 25 on 1:15 Underwater Fly Kick on back	E
	{5 x 50 on 1:15 Back +1 KOW start w/3	E
	{1 x 150 on 3:30 25L25R 50 Bulild 25L25R	E
	{4 x 25 on 1:15 Underwater Fly Kick on back	E
	{4 x 50 on 1:10 Back+1 KOW start w/4	E
	{1 x 150 on 3:30 25L25R 50 Build 25L25R	E
	{4 x 25 on 1:15 Underwater Fly Kick on back	E
	{3 x 50 on 1:05 Back +1 KOW start w/5	E
100	1 x 100 on 3:00 Backstroke For Time	S
250	5 x 50 on 1:00 Stroke Drills	F
	5:46 PM 3,850 Yards - Stress Value = 66	

Workout #7449 - Wednesday, 05 May 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 Physio Ball Abs/Stretch	
600	1 x 600 on 10:00 Free L.25 of each 100 non f	
150	10 x 15 on :45 Shooters	
1,500	1x{4 x 25 on :45 Kick no board B---	
	{5 x 50 on :50 Kick	

	{4 x 25 on :45 Kick no board -S--	
	{4 x 75 on 1:20 Kick	
	{4 x 25 on :45 Kick no board --S-	
	{3 x 100 on 1:45 Kick	
	{4 x 25 on :45 Kick no board ---R	
	{2 x 125 on 2:10 Kick	
600	6 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	
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	
300	6 x 50 on 1:00 Stroke Drills	
	5:45 PM 5,350 Yards - Stress Value = 84	

Workout #7450 - Wednesday, 05 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 Physio Ball Abs/Stretch	
600	1 x 600 on 10:00 Free L.25 of each 100 non f	
150	10 x 15 on :45 Shooters	
1,450	1x{4 x 25 on :45 Kick no board B---	
	{4 x 50 on :55 Kick	
	{4 x 25 on :45 Kick no board -S--	
	{4 x 75 on 1:25 Kick	
	{4 x 25 on :45 Kick no board --S-	
	{3 x 100 on 1:55 Kick	
	{4 x 25 on :45 Kick no board ---R	
	{2 x 125 on 2:25 Kick	
600	6 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	
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	
300	6 x 50 on 1:00 Stroke Drills	
	5:45 PM 5,000 Yards - Stress Value = 77	

Workout #7451 - Wednesday, 05 May 2010

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 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---
	{4 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board -S--
	{4 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no board --S-
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board ---R
	{2 x 50 on 1:05 Kick
500	5 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
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
300	6 x 50 on 1:00 Stroke Drills
5:45 PM 4,525 Yards - Stress Value = 69	

Group 3 - Breast

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
	1 on 28:00 Shoulders 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
1,600	1x{1 x 100 on 1:45 Kick
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:40 Kick
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:35 Kick
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:30 Kick
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:25 Kick
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:20 Kick
	{3 x 50 on 1:00 Kick
	{1 x 100 on 1:15 Kick
500	10 x 50 on :45 Pulls-Alt break when
	shldrs, hips, knees, feet pass the flags
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 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
200	1 x 200 on 3:00 Stroke Drills
5:45 PM 4,750 Yards - Stress Value = 70	

Workout #7452 - Wednesday, 05 May 2010

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 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 B---
	{4 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board -S--
	{4 x 75 on 1:50 Kick
	{4 x 25 on :45 Kick no board --S-
	{3 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board ---R
400	4 x 100 on 1:55 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,325	1x{1 x 25 on :45 Butterfly
	{1 x 50 on 1:00 Freestyle
	{2 x 25 on :45 Butterfly
	{2 x 50 on 1:00 Freestyle
	{3 x 25 on :45 Butterfly
	{3 x 50 on 1:00 Freestyle
	{4 x 25 on :45 Butterfly
	{4 x 50 on 1:00 Freestyle
	{5 x 25 on :45 Butterfly
	{5 x 50 on 1:00 Freestyle
	{6 x 25 on :45 Butterfly
	{1 x 50 on 1:00 Freestyle
300	6 x 50 on 1:00 Stroke Drills
5:45 PM 3,975 Yards - Stress Value = 60	

Workout #7453 - Thursday, 06 May 2010

Workout #7454 - Thursday, 06 May 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
600	1 on 28:00 Shoulders 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
1,400	1x{1 x 100 on 2:00 Kick {3 x 50 on 1:05 Kick {1 x 100 on 1:55 Kick {3 x 50 on 1:05 Kick {1 x 100 on 1:50 Kick {3 x 50 on 1:05 Kick {1 x 100 on 1:45 Kick {3 x 50 on 1:05 Kick {1 x 100 on 1:40 Kick {3 x 50 on 1:05 Kick {1 x 100 on 1:35 Kick {1 x 50 on 1:05 Kick
500	10 x 50 on :45 Pulls-Alt break when shldrs, hips, knees, feet pass the flags
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 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
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 4,550 Yards - Stress Value = 66

Workout #7456 - Thursday, 06 May 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
500	1 on 28:00 Shoulders 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
1,200	1x{1 x 100 on 2:30 Kick {3 x 50 on 1:15 Kick {1 x 100 on 2:25 Kick {3 x 50 on 1:15 Kick {1 x 100 on 2:20 Kick {3 x 50 on 1:15 Kick {1 x 100 on 2:15 Kick {3 x 50 on 1:15 Kick {1 x 100 on 2:10 Kick {1 x 50 on 1:15 Kick {1 x 50 on 1:00 Kick
400	8 x 50 on :55 Pulls-Alt break when shldrs, hips, knees, feet pass the flags
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 100 on 1:45 Freestyle {8 x 25 on 1:00 From dive/10 pushups {2 x 75 on 1:40 25 Breast 50 Free {8 x 25 on 1:00 From dive/10 pushups {3 x 50 on 1:35 Breaststroke {8 x 25 on 1:00 From dive/10 pushups {4 x 75 on 1:30 25 Breast 50 Free
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 3,850 Yards - Stress Value = 56

Workout #7455 - Thursday, 06 May 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
550	1 on 28:00 Shoulders 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
1,300	1x{1 x 100 on 2:15 Kick {3 x 50 on 1:10 Kick {1 x 100 on 2:10 Kick {3 x 50 on 1:10 Kick {1 x 100 on 2:05 Kick {3 x 50 on 1:10 Kick {1 x 100 on 2:00 Kick {3 x 50 on 1:10 Kick {1 x 100 on 1:55 Kick {3 x 50 on 1:10 Kick {1 x 50 on :55 Kick
450	9 x 50 on :50 Pulls-Alt break when shldrs, hips, knees, feet pass the flags
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 100 on 1:45 75 Breast 25 Free {8 x 25 on 1:00 From dive/10 pushups {2 x 100 on 1:40 50 Breast 50 Free {8 x 25 on 1:00 From dive/10 pushups {3 x 100 on 1:35 25 Breast 75 free {8 x 25 on 1:00 From dive/10 pushups {4 x 100 on 1:30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 4,350 Yards - Stress Value = 64

Workout #7457 - Friday, 07 May 2010

Group 3 - All

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
	3:30 PM Start			
	1 on 30:00 Abs and Stretch			L I
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		S
150	10 x 15 on :45 Shooters			SP3 S
100	1 x 100 on 5:00 IM for time			SP2 S
500	1 x 500 on 10:00 Social Kick	REC		K C
	1 on 24:00 IM Relay Game			
	5:00 PM 1,350 Yards - Stress Value = 16			

Workout #7458 - Monday, 10 May 2010

Group 3 - Distance

1 minute rest between sets

3:30 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
 1,850 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 {3 x 150 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 150 on 2:25 Kick
 500 1 x 500 on 6:30 Pull no br L.12 yds of each
 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
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 6,750 Yards - Stress Value = 113

Workout #7459 - Monday, 10 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 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
 1,750 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 150 on 3:00 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 2:55 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 {3 x 150 on 2:50 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 50 on :55 Kick
 450 1 x 450 on 6:30 Pull no br L.12 yds of each
 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 400 on 5:50 Freestyle
 {4 x 100 on 1:20 Freestyle
 {1 x 400 on 5:45 Freestyle
 {4 x 100 on 1:25 Freestyle
 {1 x 400 on 5:40 Freestyle
 {4 x 100 on 1:30 Freestyle
 {1 x 400 on 5:35 Freestyle
 {3 x 100 on 1:35 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:05 PM 6,500 Yards - Stress Value = 108

Workout #7460 - Monday, 10 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 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
 1,650 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 150 on 3:15 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 3:10 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 {2 x 150 on 3:05 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 3:00 Kick
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 100 on 1:55 Kick
 400 1 x 400 on 6:30 Pull no br L.12 yds of each
 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 6:40 Freestyle
 {4 x 100 on 1:30 Freestyle
 {1 x 400 on 6:35 Freestyle
 {4 x 100 on 1:35 Freestyle
 {1 x 400 on 6:30 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,700 Yards - Stress Value = 94

Workout #7461 - Monday, 10 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 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
 1,500 1x{4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 150 on 3:45 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {2 x 150 on 3:40 Kick
 {4 x 25 on :45 Kick no board BSLR 14 KOW
 {2 x 150 on 3:35 Kick
 {4 x 25 on :45 Kick no board BSLR 12 KOW
 {1 x 150 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR 10 KOW
 {1 x 100 on 2:15 Kick
 350 1 x 350 on 6:30 Pull no br L.12 yds of each
 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 400 on 7:20 Freestyle
 {4 x 100 on 1:40 Freestyle
 {1 x 400 on 7:15 Freestyle
 {4 x 100 on 1:45 Freestyle
 {1 x 400 on 7:10 Freestyle
 {3 x 100 on 1:50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,250 Yards - Stress Value = 87

Workout #7462 - Tuesday, 11 May 2010

Group 3 - Back

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick-6X100 @ fastest interv
 1,400 1x{2 x 125 on 2:20 Kick
 {4 x 25 on :30 Kick on Back
 {2 x 125 on 2:15 Kick
 {4 x 25 on :30 Kick on Back
 {2 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick on Back
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick on Back
 900 1x{1 x 300 on 4:00 Pull breathe on 3
 {1 x 250 on 3:25 Pull breathe on 5
 {1 x 200 on 2:50 Pull breathe on 7
 {1 x 150 on 2:10 Pull breathe on 9
 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 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :30 Backstroke-100%
 {4 x 25 on :25 Backstroke-100%
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 6,300 Yards - Stress Value = 85

{1 x 200 on 4:00 Backstroke Drill
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 3:00 Backstroke Drill
 {3 x 50 on :50 Backstroke
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :30 Backstroke-100%
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,950 Yards - Stress Value = 79

Workout #7464 - Tuesday, 11 May 2010

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
 600 1 x 600 on 12:00 Kick-6X100 @ fastest interv
 1,150 1x{2 x 125 on 2:45 Kick
 {4 x 25 on :40 Kick on Back
 {2 x 125 on 2:40 Kick
 {4 x 25 on :40 Kick on Back
 {2 x 125 on 2:35 Kick
 {4 x 25 on :40 Kick on Back
 {2 x 50 on 1:00 Kick
 750 1x{1 x 300 on 5:05 Pull breathe on 3
 {1 x 200 on 3:25 Pull breathe on 5
 {1 x 150 on 2:35 Pull breathe on 7
 {1 x 100 on 1:45 Pull breathe on 9
 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 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 150 on 3:30 Backstroke Drill
 {2 x 75 on 1:25 Backstroke
 {2 x 75 on 1:20 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 100 on 2:30 Backstroke Drill
 {3 x 50 on 1:00 Backstroke
 {3 x 50 on :55 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 50 on 1:30 Backstroke
 {4 x 25 on :30 Backstroke-100%
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 5,350 Yards - Stress Value = 72

Workout #7463 - Tuesday, 11 May 2010

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick-6X100 @ fastest interv
 1,300 1x{2 x 125 on 2:30 Kick
 {4 x 25 on :35 Kick on Back
 {2 x 125 on 2:25 Kick
 {4 x 25 on :35 Kick on Back
 {2 x 125 on 2:20 Kick
 {4 x 25 on :35 Kick on Back
 {2 x 125 on 2:15 Kick
 850 1x{1 x 300 on 4:30 Pull breathe on 3
 {1 x 250 on 3:45 Pull breathe on 5
 {1 x 200 on 3:00 Pull breathe on 7
 {1 x 100 on 1:30 Pull breathe on 9
 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 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke

Workout #7465 - Tuesday, 11 May 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 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
600	1 x 600 on 12:00 Kick-6X100 @ fastest interv
1,050	1x{2 x 125 on 3:00 Kick
	{4 x 25 on :40 Kick on Back
	{2 x 125 on 2:55 Kick
	{4 x 25 on :40 Kick on Back
	{2 x 125 on 2:50 Kick
	{4 x 25 on :40 Kick on Back
650	1x{1 x 250 on 4:45 Pull breathe on 3
	{1 x 200 on 3:45 Pull breathe on 5
	{1 x 150 on 2:45 Pull breathe on 7
	{1 x 50 on :55 Pull breathe on 9
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 100 on 2:15 Backstroke
	{1 x 100 on 2:10 Backstroke
	{1 x 100 on 2:05 Backstroke
	{1 x 150 on 3:30 Backstroke Drill
	{2 x 75 on 1:40 Backstroke
	{2 x 75 on 1:35 Backstroke
	{2 x 75 on 1:30 Backstroke
	{1 x 100 on 2:30 Backstroke Drill
	{3 x 50 on 1:15 Backstroke
	{2 x 50 on 1:10 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:30 Backstroke
	{4 x 25 on :30 Backstroke-100%
250	5 x 50 on 1:00 Stroke Drills
	6:00 PM 4,850 Yards - Stress Value = 63

6:01 PM 5,800 Yards - Stress Value = 85

Workout #7467 - Wednesday, 12 May 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	=====
	1 on 30:00 Physio Ball Abs/Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :45 Kick no board B---
	{12 x 50 on 1:00 Kick-descend in 3's
	{4 x 25 on :45 Kick no board -S--
	{9 x 50 on 1:00 Kick descend in 3's
	{4 x 25 on :45 Kick no board --L-
	{6 x 50 on 1:00 Kick descend in 3's
	{4 x 25 on :45 Kick no board ---R
	{3 x 50 on 1:00 Kick-descend to 100%
750	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 150 on 2:10 Lungbuster pulls
	Breathe 3-5-7-9 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
1,650	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
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,650 Yards - Stress Value = 82

Workout #7466 - Wednesday, 12 May 2010

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	=====
	1 on 30:00 Physio Ball Abs/Stretch
600	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :45 Kick no board B---
	{12 x 50 on 1:00 Kick-descend in 3's
	{4 x 25 on :45 Kick no board -S--
	{9 x 50 on 1:00 Kick descend in 3's
	{4 x 25 on :45 Kick no board --L-
	{6 x 50 on 1:00 Kick descend in 3's
	{4 x 25 on :45 Kick no board ---R
	{3 x 50 on 1:00 Kick-descend to 100%
800	1x{1 x 200 on 3:00 Lungbuster pulls
	{1 x 200 on 2:50 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
	{1 x 200 on 2:30 Lungbuster pulls
	Breathe 3-5-7-9 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
1,750	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	8 x 50 on 1:00 Stroke Drills

Workout #7468 - Wednesday, 12 May 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	=====
	1 on 30:00 Physio Ball Abs/Stretch
550	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :45 Kick no board B---
	{12 x 50 on 1:05 Kick-descend in 3's
	{4 x 25 on :45 Kick no board -S--
	{9 x 50 on 1:05 Kick descend in 3's
	{4 x 25 on :45 Kick no board --L-
	{6 x 50 on 1:05 Kick descend in 3's
	{4 x 25 on :45 Kick no board ---R
650	1x{1 x 200 on 3:25 Lungbuster pulls
	{1 x 200 on 3:20 Lungbuster pulls
	{1 x 150 on 2:25 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
	Breathe 3-5-7-9 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
1,400	1x{1 x 100 on 2:10 Breaststroke
	{4 x 50 on 1:10 Breast under/over
	{2 x 100 on 2:05 Breaststroke
	{3 x 50 on 1:10 Breast under/over
	{3 x 100 on 2:00 Breaststroke
	{2 x 50 on 1:10 Breast under/over
	{3 x 100 on 1:55 Breaststroke-descend
	{1 x 50 on 1:10 Breast unde/over
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,100 Yards - Stress Value = 74

Workout #7469 - Wednesday, 12 May 2010

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 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 B---
 {9 x 50 on 1:15 Kick-descend in 3's
 {4 x 25 on :45 Kick no board -S--
 {6 x 50 on 1:15 Kick descend in 3's
 {4 x 25 on :45 Kick no board --L-
 {6 x 50 on 1:15 Kick descend in 3's
 {4 x 25 on :45 Kick no board ---R
 {3 x 50 on 1:15 Kick-descend to 100%
 600 1x{1 x 200 on 3:45 Lungbuster pulls
 {1 x 200 on 3:40 Lungbuster pulls
 {1 x 200 on 3:35 Lungbuster pulls
 Breathe 3-5-7-9 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
 1,300 1x{1 x 100 on 2:20 Breaststroke
 {4 x 50 on 1:15 Breast under/over
 {2 x 100 on 2:15 Breaststroke
 {3 x 50 on 1:15 Breast under/over
 {3 x 100 on 2:10 Breaststroke
 {2 x 50 on 1:15 Breast under/over
 {2 x 100 on 2:05 Breaststroke-descend
 {1 x 50 on 1:15 Breast unde/over
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 4,750 Yards - Stress Value = 68

Workout #7470 - Thursday, 13 May 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 900 1x{3 x 100 on 1:30 Fly 2 strokes off each wall
 {3 x 100 on 1:25 Fly 2 strokes off each wall
 {3 x 100 on 1:20 Fly 2 strokes off each wall
 900 1x{1 x 25 on :45 Tombstone Kicking
 {8 x 20 on 1:00 Underwater Fly Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 20 on 1:00 Underwater Fly Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 20 on 1:00 Underwater Fly Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 20 on 1:00 Underwater Fly Kicking
 {1 x 25 on :45 Tomstone Kicking
 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 Fly 2 strokes off each wall
 {3 x 100 on 1:25 Fly 2 strokes off each wall
 {3 x 100 on 1:20 Fly 2 strokes off each wall
 750 1 x 750 on 10:00 Pull Alt breakouts-shldrs
 hips, knees, feet
 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 Fly 2 strokes off each wall
 {3 x 100 on 1:25 Fly 2 strokes off each wall
 {3 x 100 on 1:20 Fly 2 strokes off each wall
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,550 Yards - Stress Value = 85

Workout #7471 - Thursday, 13 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 800 1x{3 x 100 on 1:35 Fly 2 strokes off each wall
 {3 x 100 on 1:30 Fly 2 strokes off each wall
 {2 x 100 on 1:25 Fly 2 strokes off each wall
 900 1x{1 x 25 on :45 Tombstone Kicking
 {8 x 20 on 1:00 Underwater Fly Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 20 on 1:00 Underwater Fly Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 20 on 1:00 Underwater Fly Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 20 on 1:00 Underwater Fly Kicking
 {1 x 25 on :45 Tomstone Kicking
 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 Fly 2 strokes off each wall
 {3 x 100 on 1:30 Fly 2 strokes off each wall
 {2 x 100 on 1:25 Fly 2 strokes off each wall
 700 1 x 700 on 10:00 Pull Alt breakouts-shldrs
 hips, knees, feet
 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 Fly 2 strokes off each wall
 {3 x 100 on 1:30 Fly 2 strokes off each wall
 {2 x 100 on 1:25 Fly 2 strokes off each wall
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,200 Yards - Stress Value = 78

Workout #7472 - Thursday, 13 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 750 1x{3 x 100 on 1:45 Fly 2 strokes off each wall
 {3 x 100 on 1:40 Fly 2 strokes off each wall
 {3 x 50 on :50 Fly 2 strokes off each wall
 900 1x{1 x 25 on :45 Tombstone Kicking
 {8 x 20 on 1:00 Underwater Fly Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 20 on 1:00 Underwater Fly Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 20 on 1:00 Underwater Fly Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 20 on 1:00 Underwater Fly Kicking
 {1 x 25 on :45 Tomstone Kicking
 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 Fly 2 strokes off each wall
 {3 x 100 on 1:40 Fly 2 strokes off each wall
 {3 x 50 on :50 Fly 2 strokes off each wall
 600 1 x 600 on 10:00 Pull Alt breakouts-shldrs
 hips, knees, feet
 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 Fly 2 strokes off each wall
 {3 x 100 on 1:40 Fly 2 strokes off each wall
 {3 x 50 on :50 Fly 2 strokes off each wall
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,900 Yards - Stress Value = 74

Workout #7473 - Thursday, 13 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 650 1x{3 x 100 on 2:00 Fly 2 strokes off each wall
 {2 x 100 on 1:55 Fly 2 strokes off each wall
 {3 x 50 on :55 Fly 2 strokes off each wall
 900 1x{1 x 25 on :45 Tombstone Kicking
 {8 x 20 on 1:00 Underwater Fly Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 20 on 1:00 Underwater Fly Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 20 on 1:00 Underwater Fly Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 20 on 1:00 Underwater Fly Kicking
 {1 x 25 on :45 Tomstone Kicking
 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 Fly 2 strokes off each wall
 {2 x 100 on 1:55 Fly 2 strokes off each wall
 {3 x 50 on :55 Fly 2 strokes off each wall
 550 1 x 550 on 10:00 Pull Alt breakouts-shldrs
 hips, knees, feet
 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 Fly 2 strokes off each wall
 {2 x 100 on 1:55 Fly 2 strokes off each wall
 {3 x 50 on :55 Fly 2 strokes off each wall

250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 4,500 Yards - Stress Value = 68

Workout #7474 - Friday, 14 May 2010

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 20:00 Abs and Stretch L I
 600 1 x 600 on 10:00 Reverse IM drill REC D
 150 3x{1 x 17 on :45 Start SP3 S C
 {1 x 17 on :45 Shooters SP3 S C
 {1 x 16 on :45 Shooters SP3 S C
 400 1 x 400 on 8:00 Social Kick REC K C
 1,800 6x{1 x 25 on :30 Freestyle EN3 S
 {1 x 25 on :40 Freestyle EN3 S
 {1 x 25 on :50 Freestyle EN3 S
 {1 x 25 on 1:00 Freestyle EN3 S
 {1 x 200 on 4:00 Stroke Drills REC D
 5:00 PM 2,950 Yards - Stress Value = 42

Workout #7475 - Monday, 17 May 2010

Group 3 - Distance

1 minute rest between sets

3:30 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
 2,000 1x{4 x 25 on :45 Kick no board BSLR
 {5 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 1:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:20 Kick
 750 6 x 125 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
 2,200 11 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:03 PM 6,400 Yards - Stress Value = 100

Workout #7476 - Monday, 17 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 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
 1,750 1x{4 x 25 on :45 Kick no board BSLR
 {5 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:55 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
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :50 Kick
 700 1x{4 x 125 on 1:55 Pull no br L.12 yds
 {2 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
 2,200 11 x 200 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:03 PM 6,100 Yards - Stress Value = 94

Workout #7477 - Monday, 17 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 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
 1,650 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:10 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
 {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
 {1 x 50 on :55 Kick
 650 1x{4 x 125 on 2:05 Pull no br L.12 yds
 {2 x 75 on 1:15 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
 1,925 11 x 175 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:03 PM 5,625 Yards - Stress Value = 86

Workout #7478 - Monday, 17 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 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
 1,500 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 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 no board BSLR

{1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 550 1x{4 x 100 on 1:55 Pull no br L.12 yds
 {2 x 75 on 1:20 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
 1,650 11 x 150 on 3:00 Challenge Set!!!!!!!!!!!!!!!!!!!!
 500 10 x 50 on 1:00 Stroke Drills
 6:03 PM 5,050 Yards - Stress Value = 77

Workout #7479 - Tuesday, 18 May 2010

Group 3 - Back

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick 6X100@ fastest interva
 1,200 1x{3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {3 x 100 on 1:50 Kick
 {3 x 100 on 1:45 Kick
 #1 free, #2 fly, #3 brst
 750 1x{1 x 150 on 2:15 Pulls br toward blchr
 {1 x 150 on 2:10 Pulls br toward scrbd
 {1 x 150 on 2:05 Pulls br toward blchr
 {1 x 150 on 2:00 Pulls br toward scrbd
 {1 x 150 on 1:55 Pulls br 3-5-7 by 50
 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{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
 {1 x 50 on 1:00 Back-Great Effort
 {4 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
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 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
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,000 Yards - Stress Value = 87

Workout #7480 - Tuesday, 18 May 2010

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 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 1 x 600 on 12:00 Kick 6X100@ fastest interval
 1,100 1x{3 x 100 on 2:10 Kick
 {3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 Kick
 {4 x 50 on 1:00 Kick #4 choice
 #1 free, #2 fly, #3 brst
 750 1x{1 x 150 on 2:15 Pulls br toward blchr
 {1 x 150 on 2:15 Pulls br toward scrbd
 {1 x 150 on 2:10 Pulls br toward blchr
 {1 x 150 on 2:10 Pulls br toward scrbd
 {1 x 150 on 2:05 Pulls br 3-5-7 by 50
 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 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 {4 x 25 on :45 Back TO/6 kick switch
 {2 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {3 x 100 on 1:40 Backstroke
 {3 x 100 on 1:35 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 82

{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 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {3 x 100 on 1:50 Backstroke
 {3 x 50 on :55 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,350 Yards - Stress Value = 75

Workout #7482 - Tuesday, 18 May 2010

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
 600 1 x 600 on 12:00 Kick 6X100@ fastest interval
 900 1x{3 x 100 on 2:40 Kick
 {3 x 100 on 2:35 Kick
 {3 x 75 on 1:50 Kick
 {1 x 75 on 1:45 Kick-choice
 #1 free, #2 fly, #3 brst
 600 1x{1 x 150 on 2:45 Pulls br toward blchr
 {1 x 150 on 2:45 Pulls br toward scrbd
 {1 x 150 on 2:40 Pulls br toward blchr
 {1 x 150 on 2:40 Pulls br toward scrbd
 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 :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 1:15 Back-Great Effort
 {4 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 1:15 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {3 x 50 on 1:05 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 50 on :55 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,000 Yards - Stress Value = 71

Workout #7481 - Tuesday, 18 May 2010

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
 600 1 x 600 on 12:00 Kick 6X100@ fastest interval
 1,000 1x{3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 {2 x 50 on 1:00 Kick
 #1 free, #2 fly, #3 brst
 650 1x{1 x 150 on 2:30 Pulls br toward blchr
 {1 x 150 on 2:30 Pulls br toward scrbd
 {1 x 150 on 2:25 Pulls br toward blchr
 {1 x 150 on 2:25 Pulls br toward scrbd
 {1 x 50 on :45 Pulls br 5-7 by 25
 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 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 {4 x 25 on :45 Back TO/6 kick switch

Workout #7483 - Wednesday, 19 May 2010

Group 3 - Fly

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 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,800	1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{6 x 25 on :45 Kick no brd R-9/10/11/12
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
1,000	1x{1 x 400 on 5:30 Lungbuster pulls
	{1 x 300 on 4:05 Lungbuster pulls
	{1 x 200 on 2:45 Lungbuster pulls
	{1 x 100 on 1:20 Lungbuster pulls
	{ Br 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
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
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 6,350 Yards - Stress Value = 100

Workout #7484 - Wednesday, 19 May 2010

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 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,650	1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{6 x 25 on :45 Kick no brd R-9/10/11/12
	{1 x 75 on 1:15 Kick
	{1 x 75 on 1:10 Kick
900	1x{1 x 400 on 5:55 Lungbuster pulls
	{1 x 300 on 4:25 Lungbuster pulls
	{1 x 150 on 2:10 Lungbuster pulls
	{1 x 50 on :45 Lungbuster pulls
	{ Br 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
1,900	1x{4 x 75 on 1:25 Fly-25L-25B-25L
	{1 x 100 on 1:25 Freestyle
	{4 x 75 on 1:20 Fly-25L-25B-25R
	{2 x 100 on 1:25 Freestyle

{2 x 75 on 1:15 Fly-25L-25B-25R

{3 x 100 on 1:25 Freestyle

{2 x 75 on 1:10 Fly-25L-25B-25R

{4 x 100 on 1:25 Freestyle

500 10 x 50 on 1:00 Stroke Drills

6:00 PM 5,850 Yards - Stress Value = 91

Workout #7485 - Wednesday, 19 May 2010

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 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,550	1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
	{6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{6 x 25 on :45 Kick no brd R-9/10/11/12
	{1 x 50 on 1:00 Kick
800	1x{1 x 300 on 5:00 Lungbuster pulls
	{1 x 250 on 4:05 Lungbuster pulls
	{1 x 200 on 3:15 Lungbuster pulls
	{1 x 50 on :55 Lungbuster pulls
	{ Br 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
1,800	1x{2 x 75 on 1:30 Fly-25L-25B-25L
	{1 x 100 on 1:35 Freestyle
	{2 x 75 on 1:30 Fly-25L-25B-25R
	{2 x 100 on 1:35 Freestyle
	{4 x 75 on 1:30 Fly-25L-25B-25R
	{3 x 100 on 1:35 Freestyle
	{4 x 75 on 1:30 Fly-25L-25B-25R
	{3 x 100 on 1:35 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:03 PM 5,500 Yards - Stress Value = 87

Workout #7486 - Wednesday, 19 May 2010

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 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 brd B- 9/10/11/12 KOW {2 x 75 on 1:55 Kick {2 x 75 on 1:50 Kick {6 x 25 on :45 Kick no brd S-9/10/11/12 KOW {2 x 50 on 1:15 Kick {2 x 50 on 1:10 Kick {6 x 25 on :45 Kick no brd L-9/10/11/12 KOW {2 x 50 on 1:10 Kick {2 x 50 on 1:05 Kick {6 x 25 on :45 Kick no brd R-9/10/11/12 {1 x 50 on 1:05 Kick {1 x 50 on 1:00 Kick
700	1x{1 x 300 on 5:30 Lungbuster pulls {1 x 200 on 3:40 Lungbuster pulls {1 x 150 on 2:45 Lungbuster pulls {1 x 50 on 1:00 Lungbuster pulls { Br 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
1,600	1x{2 x 75 on 1:45 Fly-25L-25B-25L {1 x 100 on 1:45 Freestyle {2 x 75 on 1:40 Fly-25L-25B-25R {2 x 100 on 1:45 Freestyle {2 x 75 on 1:35 Fly-25L-25B-25R {3 x 100 on 1:45 Freestyle {2 x 75 on 1:30 Fly-25L-25B-25R {4 x 100 on 1:45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:01 PM 5,050 Yards - Stress Value = 79

Workout #7487 - Thursday, 20 May 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders 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
1,270	1x{1 x 125 on 2:30 Kick {2 x 15 on :45 Underwater Fly Kick {2 x 100 on 1:55 Kick {2 x 15 on :40 Underwater Fly Kick {3 x 100 on 1:50 Kick {2 x 15 on :35 Underwater Fly Kick {4 x 100 on 1:45 Kick {2 x 15 on :30 Underwater Fly Kick {1 x 125 on 2:30 Kick
1,200	1x{1 x 100 on 1:30 Pulls {2 x 50 on :45 Pulls {1 x 200 on 3:00 Pulls {4 x 50 on :45 Pulls {1 x 300 on 4:30 Pulls {6 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
2,400	1x{2 x 50 on 1:00 Breaststroke-2X Pullouts {4 x 125 on 1:50 Individual Medley w/50 brea {2 x 50 on :55 Breaststroke-2X pullouts {3 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
400 8 x 50 on 1:00 Stroke Drills
6:00 PM 6,220 Yards - Stress Value = 86

Workout #7488 - Thursday, 20 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders 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
1,220	1x{1 x 125 on 2:30 Kick {2 x 15 on :45 Underwater Fly Kick {2 x 100 on 2:00 Kick {2 x 15 on :40 Underwater Fly Kick {3 x 100 on 2:00 Kick {2 x 15 on :35 Underwater Fly Kick {4 x 100 on 2:00 Kick {2 x 15 on :30 Underwater Fly Kick {1 x 75 on 1:30 Kick
1,200	1x{1 x 100 on 1:30 Pulls {2 x 50 on :45 Pulls {1 x 200 on 3:00 Pulls {4 x 50 on :45 Pulls {1 x 300 on 4:30 Pulls {6 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
2,150	1x{2 x 50 on 1:00 Breaststroke-2X Pullouts {4 x 125 on 2:05 Individual Medley w/50 brea {2 x 50 on :55 Breaststroke-2X pullouts {2 x 250 on 4:10 Individual Medley-w/100 brea {2 x 50 on :55 Breaststroke-2X pullouts {2 x 375 on 6:15 Individual Medley w/150 brea {2 x 50 on :50 Breaststroke 2X pullouts
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 5,920 Yards - Stress Value = 81

Workout #7489 - Thursday, 20 May 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
550	1 on 30:00 Shoulders 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
1,120	1x{1 x 125 on 2:40 Kick {2 x 15 on :45 Underwater Fly Kick {2 x 100 on 2:10 Kick {2 x 15 on :40 Underwater Fly Kick {3 x 100 on 2:10 Kick {2 x 15 on :35 Underwater Fly Kick {3 x 100 on 2:10 Kick {2 x 15 on :30 Underwater Fly Kick {1 x 75 on 1:30 Kick
1,050	1x{1 x 100 on 1:40 Pulls {2 x 50 on :50 Pulls {1 x 200 on 3:20 Pulls {4 x 50 on :50 Pulls {1 x 300 on 5:00 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{2 x 50 on 1:10 Breaststroke-2X Pullouts {4 x 125 on 2:20 Individual Medley w/50 breas {2 x 50 on 1:05 Breaststroke-2X pullouts {1 x 250 on 4:40 Individual Medley-w/100 breas {2 x 50 on 1:00 Breaststroke-2X pullouts {2 x 375 on 7:00 Individual Medley w/150 breas {2 x 50 on :50 Breaststroke 2X pullouts
400	8 x 50 on 1:00 Stroke Drills
6:00 PM	5,370 Yards - Stress Value = 73

Workout #7490 - Thursday, 20 May 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
500	1 on 30:00 Shoulders 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
920	1x{1 x 75 on 1:50 Kick {2 x 15 on 1:00 Underwater Fly Kick {2 x 100 on 2:30 Kick {2 x 15 on :55 Underwater Fly Kick {2 x 100 on 2:25 Kick {2 x 15 on :50 Underwater Fly Kick {2 x 100 on 2:20 Kick {2 x 15 on :45 Underwater Fly Kick {1 x 125 on 3:00 Kick
950	1x{1 x 100 on 1:50 Pulls {2 x 50 on :55 Pulls {1 x 200 on 3:40 Pulls {4 x 50 on :55 Pulls {1 x 300 on 5:30 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
1,725	1x{2 x 50 on 1:15 Breaststroke-2X Pullouts {2 x 125 on 2:40 Individual Medley w/50 breas {2 x 50 on 1:10 Breaststroke-2X pullouts {3 x 250 on 5:20 Individual Medley-w/100 breas {2 x 50 on 1:05 Breaststroke-2X pullouts {1 x 375 on 8:00 Individual Medley w/150 breas {1 x 50 on 1:00 Breaststroke 2X pullouts

400 8 x 50 on 1:00 Stroke Drills
6:01 PM 4,845 Yards - Stress Value = 65

Workout #7491 - Monday, 24 May 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	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
2,000	1x{4 x 25 on :45 Kick no board BSLR {1 x 250 on 4:35 Kick {1 x 50 on :45 Kick {4 x 25 on :45 Kick no board BSLR {1 x 200 on 3:40 Kick {1 x 100 on 1:30 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 2:45 Kick {1 x 150 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:50 Kick {1 x 200 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on :55 Kick {1 x 250 on 3:45 Kick
800	4 x 200 on 2:45 Pull no br L.12yds +1
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
500	10 x 50 on 1:00 Stroke Drills
6:01 PM	6,650 Yards - Stress Value = 112

Workout #7492 - Monday, 24 May 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	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
1,800	1x{4 x 25 on :45 Kick no board BSLR {1 x 250 on 5:00 Kick {1 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {1 x 200 on 4:00 Kick {1 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:00 Kick {1 x 150 on 2:40 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:00 Kick {1 x 200 on 3:30 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 1:45 Kick
700	1x{3 x 200 on 3:00 Pull no br L.12yds +1 {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	6 x 400 on 5:30 Freestyle
350	7 x 50 on 1:00 Stroke Drills
6:01 PM	6,200 Yards - Stress Value = 105

Workout #7493 - Monday, 24 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 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
1,650	1x{4 x 25 on :45 Kick no board BSLR {1 x 250 on 5:25 Kick {1 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board BSLR {1 x 200 on 4:20 Kick {1 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:15 Kick {1 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:05 Kick {1 x 200 on 4:00 Kick {4 x 25 on :45 Kick no board BSLR
650	1x{3 x 200 on 3:20 Pull no br L.12yds +1 {1 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
2,000	5 x 400 on 6:20 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	6:01 PM 5,600 Yards - Stress Value = 93

Workout #7494 - Monday, 24 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 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
1,550	1x{4 x 25 on :45 Kick no board BSLR {1 x 200 on 5:00 Kick {1 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board BSLR {1 x 150 on 3:45 Kick {1 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick {1 x 150 on 3:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Kick {1 x 200 on 4:20 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:05 Kick
550	1x{2 x 200 on 3:45 Pull no br L.12yds +1 {1 x 150 on 2:45 Pull no br L.12yds +1
200	4x{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 7:15 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,050 Yards - Stress Value = 81

Workout #7495 - Tuesday, 25 May 2010

Group 3 - Back

1 minute rest between sets

3:30 PM 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

700	1 x 700 on 14:00 Kick 7X100@fastest interval
1,250	1x{2 x 125 on 2:30 Kick-alt kick by the 25 {2 x 125 on 2:25 Kick-alt kick by the 25 {2 x 125 on 2:20 Kick-alt kick by the 25 {2 x 125 on 2:15 Kick-alt kick by the 25 {2 x 125 on 2:10 Kick-alt kick by the 25
700	7 x 100 on 1:20 Pulls-odds breathe toward bl evens breathe toward scrbd
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	5x{2 x 100 on 1:30 Back 12 KOLW {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {1 x 50 on :35 Backstroke {1 x 100 on 2:00 EZ Free
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 6,150 Yards - Stress Value = 83

Workout #7496 - Tuesday, 25 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM 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
700	1 x 700 on 14:00 Kick 7X100@fastest interval
1,150	1x{2 x 125 on 2:40 Kick-alt kick by the 25 {2 x 125 on 2:35 Kick-alt kick by the 25 {2 x 125 on 2:30 Kick-alt kick by the 25 {2 x 125 on 2:25 Kick-alt kick by the 25 {2 x 75 on 1:25 Kick-alt kick by the 25
650	1x{6 x 100 on 1:30 Pulls-odds breathe toward bl {1 x 50 on :45 Pulls evens breathe toward scrbd
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{2 x 100 on 1:40 Back 12 KOLW {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {1 x 150 on 3:00 EZ Free
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 5,750 Yards - Stress Value = 73

Workout #7497 - Tuesday, 25 May 2010

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
 700 1 x 700 on 14:00 Kick 7X100@fastest interval
 1,100 1x{2 x 125 on 2:50 Kick-alt kick by the 25
 {2 x 125 on 2:45 Kick-alt kick by the 25
 {2 x 125 on 2:35 Kick-alt kick by the 25
 {2 x 100 on 2:10 Kick-alt kick by the 25
 {2 x 75 on 1:35 Kick-alt kick by the 25
 600 1x{6 x 100 on 1:40 Pulls-odds breathe toward bl
 evens breathe toward scrbd
 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{2 x 100 on 1:50 Back 12 KOLW
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 100 on 2:30 EZ Free
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,400 Yards - Stress Value = 72

{12 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:20 Kick with flippers
 {1 x 100 on 1:15 Kick with flippers
 {1 x 100 on 1:10 Kick with flippers
 {16 x 25 on :45 Kick with flippers
 {1 x 100 on 1:15 Kick with flippers
 {1 x 100 on 1:10 Kick with flippers
 {1 x 100 on 1:05 Kick with flippers
 600 1x{2 x 75 on 1:30 Pulls 50br25fr
 {2 x 75 on 1:25 Pulls 50br25fr
 {2 x 75 on 1:15 Pulls 50br25fr
 {2 x 75 on 1:20 Pulls 50br25fr
 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 2:30 Breaststroke
 {3 x 50 on 1:00 Breast #1-100%
 {1 x 150 on 2:25 Breaststroke
 {3 x 50 on 1:00 Breast #2-100%
 {1 x 150 on 2:20 Breaststroke
 {3 x 50 on 1:00 Breast #3-100%
 {1 x 150 on 2:15 Breaststroke
 {3 x 50 on 1:00 Breast-All 100%
 100 1 x 100 on 2:00 Freestyle
 100 1 x 100 on 3:00 Breast for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,400 Yards - Stress Value = 100

Workout #7500 - Wednesday, 26 May 2010

Group 3 - Gold

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
 700 1 x 700 on 14:00 Kick 7X100@fastest interval
 950 1x{2 x 125 on 3:10 Kick-alt kick by the 25
 {2 x 125 on 3:05 Kick-alt kick by the 25
 {2 x 125 on 3:00 Kick-alt kick by the 25
 {2 x 100 on 2:20 Kick-alt kick by the 25
 500 1x{5 x 100 on 1:50 Pulls-odds breathe toward bl
 evens breathe toward scrbd
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{2 x 100 on 2:00 Back 12 KOLW
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on 2:00 EZ Free
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 4,900 Yards - Stress Value = 68

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 2,050 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:40 Kick with flippers
 {1 x 100 on 1:35 Kick with flippers
 {1 x 100 on 1:30 Kick with flippers
 {8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:35 Kick with flippers
 {1 x 100 on 1:30 Kick with flippers
 {1 x 100 on 1:25 Kick with flippers
 {12 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick with flippers
 {1 x 100 on 1:25 Kick with flippers
 {1 x 100 on 1:20 Kick with flippers
 {16 x 25 on :45 Kick with flippers
 {1 x 100 on 1:25 Kick with flippers
 {1 x 50 on :40 Kick with flippers
 500 1x{2 x 75 on 1:40 Pulls 50br25fr
 {2 x 75 on 1:35 Pulls 50br25fr
 {2 x 75 on 1:30 Pulls 50br25fr
 {1 x 50 on 1:00 Pulls 25br25fr
 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 Breaststroke
 {3 x 50 on 1:00 Breast #1-100%
 {1 x 150 on 2:45 Breaststroke
 {3 x 50 on 1:00 Breast #2-100%
 {1 x 150 on 2:40 Breaststroke
 {3 x 50 on 1:00 Breast #3-100%
 {1 x 100 on 1:45 Breaststroke
 {3 x 50 on 1:00 Breast-All 100%
 100 1 x 100 on 2:00 Freestyle
 100 1 x 100 on 3:00 Breast for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,100 Yards - Stress Value = 94

Workout #7499 - Wednesday, 26 May 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 2,200 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:30 Kick with flippers
 {1 x 100 on 1:25 Kick with flippers
 {1 x 100 on 1:20 Kick with flippers
 {8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:25 Kick with flippers
 {1 x 100 on 1:20 Kick with flippers
 {1 x 100 on 1:15 Kick with flippers

Workout #7501 - Wednesday, 26 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 1,950 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick with flippers
 {1 x 100 on 1:45 Kick with flippers
 {1 x 100 on 1:40 Kick with flippers
 {8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick with flippers
 {1 x 100 on 1:40 Kick with flippers
 {1 x 100 on 1:35 Kick with flippers
 {12 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:35 Kick with flippers
 {1 x 100 on 1:30 Kick with flippers
 {1 x 100 on 1:25 Kick with flippers
 {16 x 25 on :45 Kick with flippers
 {1 x 50 on :45 Kick
 450 1x{2 x 75 on 1:50 Pulls 50br25fr
 {2 x 75 on 1:45 Pulls 50br25fr
 {2 x 50 on 1:10 Pulls 25br25fr
 {1 x 50 on 1:05 Pulls 25br25fr
 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 150 on 3:10 Breaststroke
 {3 x 50 on 1:05 Breast #1-100%
 {1 x 100 on 2:05 Breaststroke
 {3 x 50 on 1:05 Breast #2-100%
 {1 x 100 on 2:00 Breaststroke
 {3 x 50 on 1:05 Breast #3-100%
 {1 x 100 on 1:55 Breaststroke
 {2 x 50 on 1:05 Breast-All 100%
 100 1 x 100 on 2:00 Freestyle
 100 1 x 100 on 3:00 Breast for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,750 Yards - Stress Value = 86

Workout #7502 - Wednesday, 26 May 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 1,950 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick with flippers
 {1 x 100 on 1:45 Kick with flippers
 {1 x 100 on 1:40 Kick with flippers
 {8 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick with flippers
 {1 x 100 on 1:40 Kick with flippers
 {1 x 100 on 1:35 Kick with flippers
 {12 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:35 Kick with flippers
 {1 x 100 on 1:30 Kick with flippers
 {1 x 100 on 1:25 Kick with flippers
 {16 x 25 on :45 Kick with flippers
 {1 x 50 on :45 Kick
 400 1x{2 x 75 on 2:00 Pulls 50br25fr
 {2 x 75 on 1:55 Pulls 50br25fr
 {1 x 50 on 1:15 Pulls 25br25fr
 {1 x 50 on 1:10 Pulls 25br25fr
 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 100 on 2:15 Breaststroke
 {3 x 50 on 1:10 Breast #1-100%
 {1 x 100 on 2:10 Breaststroke
 {3 x 50 on 1:10 Breast #2-100%
 {1 x 100 on 2:05 Breaststroke
 {3 x 50 on 1:10 Breast #3-100%
 {1 x 100 on 2:00 Breaststroke
 {2 x 50 on 1:05 Breast-All 100%
 100 1 x 100 on 2:00 Freestyle
 100 1 x 100 on 3:00 Breast for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,600 Yards - Stress Value = 84

Workout #7503 - Thursday, 27 May 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders & Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100s free even 100's back
 150 10 x 15 on :45 Shooters
 800 4x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 1,850 1x{1 x 125 on 2:30 Kick
 {8 x 15 on :45 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 1:45 Kick
 {6 x 15 on :40 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 1:40 Kick
 {4 x 15 on :35 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 1:35 Kick
 {2 x 15 on :30 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 1:30 Kick
 {1 x 25 on 1:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 4,800 Yards - Stress Value = 72

Workout #7504 - Thursday, 27 May 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 Shoulders & Stretch
 1 x 600 on 10:00 Underwater trn drill
 Odd 100s free even 100's back
 150 10 x 15 on :45 Shooters
 800 4x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 1,700 1x{1 x 125 on 2:30 Kick
 {8 x 15 on :45 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 2:00 Kick
 {6 x 15 on :40 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 1:55 Kick
 {4 x 15 on :35 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 1:50 Kick
 {2 x 15 on :30 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 50 on :55 Kick
 {1 x 25 on 1:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 4,650 Yards - Stress Value = 69

Workout #7505 - Thursday, 27 May 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 Shoulders & Stretch
 1 x 550 on 10:00 Underwater trn drill
 Odd 100s free even 100's back
 150 10 x 15 on :45 Shooters
 800 4x{8 x 25 on :30 Odds fly evens free
 {1 on 1:00 Rest
 1,400 1x{1 x 125 on 2:45 Kick
 {8 x 15 on 1:00 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 2:10 Kick
 {6 x 15 on :55 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 2:05 Kick
 {4 x 15 on :50 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {2 x 100 on 2:00 Kick
 {2 x 15 on :30 Underwater Fly Kick
 {1 x 25 on 1:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 4x{8 x 25 on :30 Odds fly evens free
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 4,300 Yards - Stress Value = 63

Workout #7506 - Thursday, 27 May 2010

Group 3 - Bronze

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
 Odd 100s free even 100's back
 150 10 x 15 on :45 Shooters
 600 4x{6 x 25 on :40 Odds fly evens free
 {1 on 1:00 Rest
 1,300 1x{1 x 125 on 3:00 Kick
 {8 x 15 on 1:00 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {3 x 100 on 2:25 Kick
 {6 x 15 on :55 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {2 x 100 on 2:20 Kick
 {4 x 15 on :50 Underwater Fly Kick
 {1 x 50 on 1:30 1:00 Vertical Kick
 {2 x 100 on 2:15 Kick
 {2 x 15 on :30 Underwater Fly Kick
 {1 x 25 on 1:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 4x{6 x 25 on :40 Odds fly evens free
 {1 on 1:00 Rest
 400 8 x 50 on 1:00 Stroke Drills
 6:01 PM 3,750 Yards - Stress Value = 54

Workout #7507 - Friday, 28 May 2010

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1,050 3x{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
 100 4 x 25 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 4:00 Stroke Drills
 5:00 PM 2,650 Yards - Stress Value = 117

Workout #7508 - Tuesday, 01 June 2010

Group 3 - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,550 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:15 Kick
 {2 x 100 on 1:45 Kick
 {3 x 75 on 1:20 Kick
 {4 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:10 Kick
 {2 x 100 on 1:40 Kick
 {3 x 75 on 1:15 Kick
 {4 x 50 on :50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:05 Kick
 {2 x 100 on 1:35 Kick
 {3 x 75 on 1:10 Kick
 {4 x 50 on :45 Kick
 600 12 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
 2,250 1x{2 x 225 on 2:55 Freestyle
 {3 x 50 on 1:00 Free 6bk-4 breaths L.25
 {2 x 225 on 2:50 Freestyle
 {3 x 50 on 1:00 Free 6bk-3 breaths L.25
 {2 x 225 on 2:45 Freestyle
 {3 x 50 on 1:00 Free 6bk 2 breaths L.25
 {2 x 225 on 2:40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:26 AM 6,600 Yards - Stress Value = 125

Workout #7509 - Tuesday, 01 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,350 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:25 Kick
 {2 x 100 on 1:55 Kick
 {3 x 75 on 1:25 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:20 Kick
 {2 x 100 on 1:50 Kick
 {3 x 75 on 1:20 Kick
 {4 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:15 Kick
 {2 x 100 on 1:45 Kick
 {1 x 75 on 1:15 Kick
 {3 x 50 on :50 Kick
 500 10 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
 2,050 1x{2 x 225 on 3:15 Freestyle
 {3 x 50 on 1:00 Free 6bk-4 breaths L.25
 {2 x 225 on 3:10 Freestyle
 {3 x 50 on 1:00 Free 6bk-3 breaths L.25
 {2 x 225 on 3:05 Freestyle
 {3 x 50 on 1:00 Free 6bk 2 breaths L.25
 {2 x 125 on 1:40 Freestyle

250 1 x 250 on 4:00 Stroke Drills
 9:26 AM 6,100 Yards - Stress Value = 117

Workout #7513 - Tuesday, 01 June 2010

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Underwater trn drill
 165 11 x 15 on :45 Cross pool sprints
 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 30:00 Teds Abs and Stretch
 6:30 PM 3,015 Yards - Stress Value = 55

Workout #7510 - Tuesday, 01 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 Core and Stretch
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:45 Kick
 {2 x 100 on 2:10 Kick
 {3 x 75 on 1:40 Kick
 {4 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:40 Kick
 {2 x 100 on 2:05 Kick
 {3 x 75 on 1:35 Kick
 {4 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 125 on 2:35 Kick
 {1 x 100 on 1:45 Kick
 {1 x 75 on 1:30 Kick
 450 9 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
 1,850 1x{2 x 225 on 3:45 Freestyle
 {3 x 50 on 1:00 Free 6bk-4 breaths L.25
 {2 x 225 on 3:40 Freestyle
 {3 x 50 on 1:00 Free 6bk-3 breaths L.25
 {2 x 225 on 3:35 Freestyle
 {1 x 50 on 1:00 Free 6bk 2 breaths L.25
 {2 x 75 on 1:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:26 AM 5,550 Yards - Stress Value = 103

Workout #7514 - Tuesday, 01 June 2010

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Underwater trn drill
165	11 x 15 on :45 Cross pool sprints
1,850	1x{16 x 50 on :50 Freestyle every 4th one 100% {12 x 50 on :55 Freestyle every 3rd one 100% {5 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 30:00 Teds Abs and Stretch
6:30 PM	2,865 Yards - Stress Value = 52

5:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Underwater trn drill
165	11 x 15 on :45 Cross pool sprints
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 30:00 Teds Abs and Stretch
6:30 PM	3,015 Yards - Stress Value = 55

Workout #7516 - Wednesday, 02 June 2010

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{4 x 25 on :45 Kick no board BSLR {1 x 125 on 3:00 Kick {2 x 100 on 2:25 Kick {3 x 75 on 1:50 Kick {4 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 125 on 2:55 Kick {2 x 100 on 2:20 Kick {3 x 75 on 1:45 Kick {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:05 Kick
400	8 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
1,750	1x{2 x 200 on 3:40 Freestyle {3 x 50 on 1:00 Free 6bk-4 breaths L.25 {2 x 200 on 3:35 Freestyle {3 x 50 on 1:00 Free 6bk-3 breaths L.25 {2 x 200 on 3:30 Freestyle {1 x 50 on 1:00 Free 6bk 2 breaths L.25 {2 x 100 on 1:40 Freestyle
250	1 x 250 on 4:00 Stroke Drills
9:26 AM	5,150 Yards - Stress Value = 97

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Shoulders & Stretch 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
700	1 x 700 on 14:00 Kick 7X100@fastest interval
1,800	1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {2 x 150 on 2:55 Kick {2 x 100 on 1:55 Kick {2 x 50 on :55 Kick {3 x 150 on 2:50 Kick {3 x 100 on 1:50 Kick {3 x 50 on :50 Kick
800	1x{2 x 100 on 1:30 Lungbuster pulls {2 x 100 on 1:25 Lungbuster pulls {2 x 100 on 1:20 Lungbuster pulls {2 x 100 on 1:15 Lungbuster pulls breathe 3-5-7-9 by 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{8 x 50 on :55 Alt br/fr des br {8 x 50 on :50 Alt br/fr des br {8 x 50 on :45 Alt br/fr des br {6 x 50 on :40 Alt br/fr des br
250	1 x 250 on 5:00 Stroke Drills
9:29 AM	6,000 Yards - Stress Value = 89

Workout #7515 - Tuesday, 01 June 2010

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Underwater trn drill
165	11 x 15 on :45 Cross pool sprints
1,700	1x{16 x 50 on :55 Freestyle every 4th one 100% {9 x 50 on 1:00 Freestyle every 3rd one 100% {6 x 50 on 1:05 Freestyle every 2nd one 100% {3 x 50 on 1:10 Freestyle all 100%
250	1 x 250 on 4:00 Stroke Drills 1 on 30:00 Teds Abs and Stretch
6:30 PM	2,715 Yards - Stress Value = 47

Workout #7512 - Tuesday, 01 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Workout #7517 - Wednesday, 02 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Shoulders & Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
700	1 x 700 on 14:00 Kick 7X100@fastest interval
1,800	1x{1 x 150 on 3:00 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick {2 x 150 on 2:55 Kick {2 x 100 on 1:55 Kick {2 x 50 on :55 Kick {3 x 150 on 2:50 Kick {3 x 100 on 1:50 Kick {3 x 50 on :50 Kick
700	1x{2 x 100 on 1:35 Lungbuster pulls {2 x 100 on 1:30 Lungbuster pulls {2 x 100 on 1:25 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls breathe 3-5-7-9 by 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{8 x 50 on 1:00 Alt br/fr des br {8 x 50 on :55 Alt br/fr des br {6 x 50 on :50 Alt br/fr des br {6 x 50 on :45 Alt br/fr des br
250	1 x 250 on 5:00 Stroke Drills
9:30 AM 5,800 Yards - Stress Value = 85	

Workout #7518 - Wednesday, 02 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Shoulders & Stretch
150	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
700	1 x 700 on 14:00 Kick 7X100@fastest interval
1,550	1x{1 x 150 on 3:20 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:10 Kick {2 x 150 on 3:15 Kick {2 x 100 on 2:10 Kick {2 x 50 on 1:05 Kick {3 x 150 on 3:10 Kick {1 x 100 on 2:05 Kick {2 x 50 on 1:05 Kick
650	1x{2 x 100 on 1:45 Lungbuster pulls {2 x 100 on 1:40 Lungbuster pulls {2 x 100 on 1:35 Lungbuster pulls {1 x 50 on :45 Lungbuster pulls breathe 3-5-7-9 by 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{8 x 50 on 1:05 Alt br/fr des br {8 x 50 on 1:00 Alt br/fr des br {8 x 50 on :55 Alt br/fr des br {6 x 50 on :50 Alt br/fr des br
250	1 x 250 on 5:00 Stroke Drills
9:34 AM 5,550 Yards - Stress Value = 81	

Workout #7519 - Wednesday, 02 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 30:00 Shoulders & Stretch
150	1 x 500 on 10:00 Free L.25 of each 100 non f
700	10 x 15 on :45 Shooters
1,400	1 x 700 on 14:00 Kick 7X100@fastest interval
1,400	1x{1 x 150 on 3:40 Kick {1 x 100 on 2:30 Kick {1 x 50 on 1:15 Kick {2 x 150 on 3:35 Kick {2 x 100 on 2:25 Kick {2 x 50 on 1:10 Kick {3 x 150 on 3:30 Kick {1 x 50 on 1:05 Kick
600	1x{2 x 100 on 1:55 Lungbuster pulls {2 x 100 on 1:50 Lungbuster pulls {2 x 100 on 1:45 Lungbuster pulls breathe 3-5-7-9 by 25
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{8 x 50 on 1:10 Alt br/fr des br {8 x 50 on 1:05 Alt br/fr des br {6 x 50 on 1:00 Alt br/fr des br
250	1 x 250 on 5:00 Stroke Drills
9:29 AM 4,900 Yards - Stress Value = 70	

Workout #7520 - Thursday, 03 June 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Ted's Abs and Stretch
165	1 x 600 on 10:00 Underwater trn drill
2,250	Odd 100's free even 100's back
2,250	11 x 15 on :45 Cross pool sprints
2,250	1x{3 x 50 on 1:00 Kick Alt fly/brst/free {3 x 50 on 1:00 Kick-100% {3 x 75 on 1:30 Kick-Alt fly/brst/free {3 x 50 on 1:00 Kick-100% {3 x 100 on 2:00 Kick-Alt fly/brst/free {3 x 50 on 1:00 Kick-100% {3 x 125 on 2:30 Kick-Alt fly/brst/free {3 x 50 on 1:00 Kick-100% {3 x 150 on 3:00 Kick-Alt fly/brst/free {3 x 50 on 1:00 Kick-100%
1,000	1 x 1000 on 13:30 Pull alt 50 br twrd blchr 50 breathe on 3
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 50 on :50 Fly 2-2 {6 x 50 on :50 Fly 3-2 {6 x 50 on :50 Fly 4-2 {4 x 50 on :45 Fly 2-2 {4 x 50 on :45 Fly 3-2 {4 x 50 on :45 Fly 4-2 {2 x 50 on :40 Fly 2-2 {2 x 50 on :40 Fly 3-2 {2 x 50 on :40 Fly 4-2
200	1 x 200 on 3:00 Stroke Drills
9:31 AM 6,215 Yards - Stress Value = 91	

Workout #7521 - Thursday, 03 June 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
600	1 on 30:00 Ted's Abs and Stretch	
	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
165	11 x 15 on :45 Cross pool sprints	
2,100	1x{3 x 50 on 1:05 Kick Alt fly/brst/free	
	{3 x 50 on 1:00 Kick-100%	
	{3 x 75 on 1:35 Kick-Alt fly/brst/free	
	{3 x 50 on 1:00 Kick-100%	
	{3 x 100 on 2:10 Kick-Alt fly/brst/free	
	{3 x 50 on 1:00 Kick-100%	
	{3 x 125 on 2:45 Kick-Alt fly/brst/free	
	{3 x 50 on 1:00 Kick-100%	
	{2 x 150 on 3:15 Kick-Alt fly/brst	
	{3 x 50 on 1:00 Kick-100%	
900	1 x 900 on 13:30 Pull alt 50 br twrd	
	blchr 50 breathe on 3	
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{5 x 50 on :55 Fly 2-2	
	{5 x 50 on :55 Fly 3-2	
	{5 x 50 on :55 Fly 4-2	
	{4 x 50 on :50 Fly 2-2	
	{4 x 50 on :50 Fly 3-2	
	{3 x 50 on :50 Fly 4-2	
	{2 x 50 on :45 Fly 2-2	
	{2 x 50 on :45 Fly 3-2	
	{2 x 50 on :45 Fly 4-2	
200	1 x 200 on 3:00 Stroke Drills	
	9:31 AM 5,765 Yards - Stress Value = 83	

Workout #7525 - Thursday, 03 June 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
600	1 x 600 on 10:00 Alt 100 free 100 IM	RE
150	6 x 25 on 2:00 Free OTB 12 yds underwater	SE
1,550	1x{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:20 Tombstone Kicking	EN
	{1 x 125 on 2:35 Kick	EN
	{1 x 125 on 2:30 Kick	EN
	{1 x 125 on 2:25 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:15 Tombstone Kicking	EN
	{1 x 125 on 2:30 Kick	EN
	{1 x 125 on 2:25 Kick	EN
	{1 x 125 on 2:20 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:10 Tombstone Kicking	EN
	{1 x 100 on 1:55 Kick	EN
	{1 x 50 on :55 Kick	EN
	{1 x 50 on :50 Kick	EN
200	1 x 200 on 3:00 Stroke Drill	RE
	1 on 29:00 Abs and Stretch	
	6:30 PM 2,500 Yards - Stress Value = 43	

Workout #7522 - Thursday, 03 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
	1 on 30:00 Ted's Abs and Stretch	

550	1 x 550 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
165	11 x 15 on :45 Cross pool sprints	
1,950	1x{3 x 50 on 1:10 Kick Alt fly/brst/free	
	{3 x 50 on 1:05 Kick-100%	
	{3 x 75 on 1:45 Kick-Alt fly/brst/free	
	{3 x 50 on 1:05 Kick-100%	
	{3 x 100 on 2:20 Kick-Alt fly/brst/free	
	{3 x 50 on 1:05 Kick-100%	
	{3 x 125 on 2:55 Kick-Alt fly/brst/free	
	{3 x 50 on 1:05 Kick-100%	
	{1 x 150 on 3:30 Kick-alt by 50's fly/br/fr	
	{3 x 50 on 1:05 Kick-100%	
800	1 x 800 on 13:30 Pull alt 50 br twrd	
	blchr 50 breathe on 3	
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 1:00 Fly 2-2	
	{4 x 50 on 1:00 Fly 3-2	
	{4 x 50 on 1:00 Fly 4-2	
	{4 x 50 on :55 Fly 2-2	
	{4 x 50 on :55 Fly 3-2	
	{3 x 50 on :55 Fly 4-2	
	{2 x 50 on :50 Fly 2-2	
	{2 x 50 on :50 Fly 3-2	
	{2 x 50 on :50 Fly 4-2	
200	1 x 200 on 3:00 Stroke Drills	
	9:31 AM 5,315 Yards - Stress Value = 79	

Workout #7526 - Thursday, 03 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
550	1 x 550 on 10:00 Alt 100 free 100 IM	RE
150	6 x 25 on 2:00 Free OTB 12 yds underwater	SE
1,400	1x{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:30 Tombstone Kicking	EN
	{1 x 100 on 2:15 Kick	EN
	{1 x 100 on 2:10 Kick	EN
	{1 x 100 on 2:05 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:25 Tombstone Kicking	EN
	{1 x 100 on 2:10 Kick	EN
	{1 x 100 on 2:05 Kick	EN
	{1 x 100 on 2:00 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:20 Tombstone Kicking	EN
	{1 x 100 on 2:05 Kick	EN
	{1 x 50 on 1:00 Kick	EN
	{1 x 50 on :55 Kick	EN
200	1 x 200 on 3:00 Stroke Drill	RE
	1 on 29:00 Abs and Stretch	
	6:30 PM 2,300 Yards - Stress Value = 43	

Workout #7523 - Thursday, 03 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
	=====	
	1 on 30:00 Ted's Abs and Stretch	
500	1 x 500 on 10:00 Underwater trn drill	
	Odd 100's free even 100's back	
165	11 x 15 on :45 Cross pool sprints	
1,750	1x{3 x 50 on 1:20 Kick Alt fly/brst/free	
	{3 x 50 on 1:10 Kick-100%	
	{3 x 75 on 2:00 Kick-Alt fly/brst/free	
	{3 x 50 on 1:10 Kick-100%	
	{3 x 100 on 2:40 Kick-Alt fly/brst/free	
	{3 x 50 on 1:10 Kick-100%	
	{3 x 125 on 3:20 Kick-Alt fly/brst/free	
	{3 x 50 on 1:10 Kick-100%	
	{1 x 100 on 2:40 Kick-alt by 50's fly/br	
750	1 x 750 on 13:30 Pull alt 50 br twrd	
	blchr 50 breathe on 3	
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{4 x 50 on 1:10 Fly 2-2	
	{4 x 50 on 1:10 Fly 3-2	
	{4 x 50 on 1:10 Fly 4-2	
	{3 x 50 on 1:05 Fly 2-2	
	{3 x 50 on 1:05 Fly 3-2	
	{3 x 50 on 1:05 Fly 4-2	
	{2 x 50 on 1:00 Fly 2-2	
	{1 x 50 on 1:00 Fly 3-2	
	{1 x 50 on 1:00 Fly 4-2	
200	1 x 200 on 3:00 Stroke Drills	
	9:31 AM 4,815 Yards - Stress Value = 71	

Workout #7527 - Thursday, 03 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
	=====	
550	1 x 550 on 10:00 Alt 100 free 100 IM	RE
150	6 x 25 on 2:00 Free OTB 12 yds underwater	SF
1,300	1x{1 x 50 on 1:00 :45 Vertical Kick	EN
	{2 x 50 on 1:40 Tombstone Kicking	EN
	{1 x 100 on 2:30 Kick	EN
	{1 x 100 on 2:25 Kick	EN
	{1 x 100 on 2:20 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{2 x 50 on 1:35 Tombstone Kicking	EN
	{1 x 100 on 2:25 Kick	EN
	{1 x 100 on 2:20 Kick	EN
	{1 x 100 on 2:15 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:30 Tombstone Kicking	EN
	{1 x 100 on 2:20 Kick	EN
	{1 x 50 on 1:10 Kick	EN
	{1 x 50 on 1:05 Kick	EN
200	1 x 200 on 3:00 Stroke Drill	RE
	1 on 29:00 Abs and Stretch	
	6:30 PM 2,200 Yards - Stress Value = 41	

Workout #7524 - Thursday, 03 June 2010

Group 3 - Sprint

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
	=====	
600	1 x 600 on 10:00 Alt 100 free 100 IM	RE
150	6 x 25 on 2:00 Free OTB 12 yds underwater	SF

1,725	1x{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:15 Tombstone Kicking	EN
	{1 x 125 on 2:20 Kick	EN
	{1 x 125 on 2:15 Kick	EN
	{1 x 125 on 2:10 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:10 Tombstone Kicking	EN
	{1 x 125 on 2:15 Kick	EN
	{1 x 125 on 2:10 Kick	EN
	{1 x 125 on 2:05 Kick	EN
	{1 x 50 on 1:00 :45 Vertical Kick	EN
	{3 x 50 on 1:05 Tombstone Kicking	EN
	{1 x 125 on 2:05 Kick	EN
	{1 x 125 on 2:00 Kick	EN
	{1 x 125 on 1:55 Kick	EN
200	1 x 200 on 3:00 Stroke Drill	RE
	1 on 29:00 Abs and Stretch	
	6:30 PM 2,675 Yards - Stress Value = 45	

Workout #7528 - Friday, 04 June 2010

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
	=====	
	1 on 30:00 Shoulders and Stretch	
600	1 x 600 on 10:00 Choice	
150	10 x 15 on :45 Shooters	
1,440	6x{1 x 150 on 3:00 Kick hold under 225	
	{6 x 15 on :45 Underwater Fly Kick-100%	
900	1x{3 x 100 on 1:25 Pulls-nbbf&w + 2 yds	
	{3 x 100 on 1:20 Pulls-nbbf&w + 3 yds	
	{3 x 100 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	
2,000	10x{1 x 100 on 1:20 Individual Medley	
	{1 x 50 on :35 Freestyle	
	{1 x 50 on :45 Freestyle	
300	6 x 50 on 1:00 Stroke Drills	
	9:30 AM 5,590 Yards - Stress Value = 84	

Workout #7529 - Friday, 04 June 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
	=====	
	1 on 30:00 Shoulders and Stretch	
600	1 x 600 on 10:00 Choice	
150	10 x 15 on :45 Shooters	
1,440	6x{1 x 150 on 2:40 Kick hold under 240	
	{6 x 15 on :45 Underwater Fly Kick-100%	
900	1x{3 x 100 on 1:35 Pulls-nbbf&w + 2 yds	
	{3 x 100 on 1:30 Pulls-nbbf&w + 3 yds	
	{3 x 100 on 1:25 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	
1,800	9x{1 x 100 on 1:30 Individual Medley	
	{1 x 50 on :40 Freestyle	
	{1 x 50 on :50 Freestyle	
300	6 x 50 on 1:00 Stroke Drills	
	9:30 AM 5,390 Yards - Stress Value = 80	

Workout #7530 - Friday, 04 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
550	1 on 30:00 Shoulders and Stretch
150	1 x 550 on 10:00 Choice
1,290	10 x 15 on :45 Shooters
700	6x{1 x 125 on 3:00 Kick hold under 225 {6 x 15 on :45 Underwater Fly Kick-100%
200	1x{2 x 100 on 1:45 Pulls-nbbf&w + 2 yds {2 x 100 on 1:40 Pulls-nbbf&w + 3 yds {3 x 100 on 1:35 Pulls-nbbf&w + 4 yds
1,600	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	8x{1 x 100 on 1:45 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on :55 Freestyle
9:31 AM	4,790 Yards - Stress Value = 72

Workout #7531 - Friday, 04 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 on 30:00 Shoulders and Stretch
150	1 x 500 on 10:00 Choice
1,140	10 x 15 on :45 Shooters
650	6x{1 x 100 on 3:00 Kick hold under 215 {6 x 15 on :45 Underwater Fly Kick-100%
200	1x{2 x 100 on 1:55 Pulls-nbbf&w + 2 yds {2 x 100 on 1:50 Pulls-nbbf&w + 3 yds {2 x 100 on 1:45 Pulls-nbbf&w + 4 yds {1 x 50 on :50 Pulls-nbbf&w + 4 yds
1,400	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	7x{1 x 100 on 2:00 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle
9:30 AM	4,340 Yards - Stress Value = 65

Workout #7532 - Friday, 04 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
700	1 on 30:00 Ted's Abs and Stretch			L DF
250	1x{4 x 50 on 1:00 Stroke Drills	REC		D CF
	{2 x 25 on :45 Free build to 100%	SP2		S F
	{3 x 50 on 1:00 Stroke Drills	REC		D CF
	{2 x 25 on :40 Free build to 100%	SP2		S F
	{2 x 50 on 1:00 Stroke Drills	REC		D CF
	{2 x 25 on :35 Free build to 100%	SP2		S F
	{1 x 50 on 1:00 Stroke Drills	REC		D CF
	{2 x 25 on :30 Free build to 100%	SP2		S F
500	1 x 500 on 10:00 Social Kick	REC		K CF
250	1 on 30:00 Killer Relays	SP2		S C
250	1 x 250 on 4:00 Stroke Drills	REC		D C
6:31 PM	1,450 Yards - Stress Value = 20			

Workout #7533 - Monday, 07 June 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Core and Stretch
165	1 x 600 on 10:00 Swim-kick-pull-swim
2,000	11 x 15 on :45 Cross pool sprints
1,000	1x{4 x 25 on :45 Kick no board BSLR {4 x 125 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR {4 x 100 on 1:40 Kick {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:15 Kick {4 x 25 on :45 Kick no board BSLR {4 x 50 on :50 Kick {4 x 25 on :45 Kick no board BSLR {4 x 25 on :25 Kick
200	1 x 1000 on 13:00 Pulls Every 2 minutes switch breathing
2,500	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{4 x 250 on 3:15 Freestyle {3 x 250 on 3:10 Freestyle {2 x 250 on 3:05 Freestyle {1 x 250 on 3:00 Freestyle
9:31 AM	6,715 Yards - Stress Value = 109

Workout #7534 - Monday, 07 June 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Core and Stretch
165	1 x 600 on 10:00 Swim-kick-pull-swim
1,800	11 x 15 on :45 Cross pool sprints
900	1x{4 x 25 on :45 Kick no board BSLR {4 x 125 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR {4 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:25 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on :55 Kick {4 x 25 on :45 Kick no board BSLR
200	1 x 900 on 13:00 Pulls Every 2 minutes switch breathing
2,200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{4 x 250 on 3:35 Freestyle {3 x 200 on 2:50 Freestyle {2 x 200 on 2:45 Freestyle {1 x 200 on 2:40 Freestyle
250	5 x 50 on 1:00 Stroke Drills
9:30 AM	6,115 Yards - Stress Value = 98

Workout #7535 - Monday, 07 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,600 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 125 on 2:45 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 75 on 1:40 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
 800 1 x 800 on 13:00 Pulls
 Every 2 minutes switch breathing
 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 200 on 3:20 Freestyle
 {3 x 200 on 3:15 Freestyle
 {2 x 200 on 3:10 Freestyle
 {1 x 150 on 2:20 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 9:31 AM 5,515 Yards - Stress Value = 88

Workout #7536 - Monday, 07 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 165 11 x 15 on :45 Cross pool sprints
 1,460 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 125 on 3:00 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
 {2 x 75 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 5 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 800 1 x 800 on 13:00 Pulls
 Every 2 minutes switch breathing
 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{4 x 200 on 3:45 Freestyle
 {3 x 150 on 2:45 Freestyle
 {2 x 150 on 2:40 Freestyle
 {1 x 150 on 2:35 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 9:31 AM 5,075 Yards - Stress Value = 80

Workout #7537 - Monday, 07 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 600 1 x 600 on 10:00 Choice REC S CF
 500 5 x 100 on 2:00 Kick-odds 100% EN2 K CF
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S I
 1,200 16 x 75 on 1:30 Freestyle EN3 S F
 250 1 x 250 on 4:00 Stroke Drills REC D C
 1 on 29:00 Abs and Stretch L DF

6:30 PM 2,730 Yards - Stress Value = 89

Workout #7538 - Tuesday, 08 June 2010

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
 800 1 x 800 on 16:00 8X100 Kick @fastest interva
 1,200 1x{1 x 150 on 3:00 Kick
 {1 x 150 on 2:55 Kick
 {1 x 150 on 2:50 Kick
 {1 x 150 on 2:45 Kick
 {1 x 150 on 2:40 Kick
 {1 x 150 on 2:35 Kick
 {1 x 150 on 2:30 Kick
 {1 x 150 on 2:25 Kick
 1,000 1x{2 x 125 on 1:45 Pull no br L.14 yds
 {2 x 125 on 1:45 Pull no br L.16 yds
 {2 x 125 on 1:45 Pull no br L.18 yds
 {2 x 125 on 1:45 Pull no br L.20 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 50 on 1:00 Backstroke-des in 3's
 {1 x 200 on 4:00 Backstroke Drill
 {6 x 50 on :55 Backstroke des in 3's
 {1 x 200 on 4:00 Backstroke Drill
 {6 x 50 on :50 Backstroke-des in 3's
 {1 x 200 on 4:00 Backstroke Drill
 {6 x 50 on :45 Backstroke-des in 3's
 300 1 x 300 on 5:00 Stroke Drills
 9:31 AM 6,050 Yards - Stress Value = 66

Workout #7539 - Tuesday, 08 June 2010

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
 800 1 x 800 on 16:00 8X100 Kick @fastest interva
 1,100 1x{1 x 150 on 3:15 Kick
 {1 x 150 on 3:10 Kick
 {1 x 150 on 3:05 Kick
 {1 x 150 on 3:00 Kick
 {1 x 150 on 2:55 Kick
 {1 x 150 on 2:50 Kick
 {1 x 150 on 2:45 Kick
 {1 x 50 on :55 Kick
 900 1x{2 x 125 on 1:55 Pull no br L.14 yds
 {2 x 125 on 1:55 Pull no br L.16 yds
 {2 x 125 on 1:55 Pull no br L.18 yds
 {2 x 75 on 1:10 Pull no br L.20 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 50 on 1:00 Backstroke-des in 3's
 {1 x 200 on 4:00 Backstroke Drill
 {6 x 50 on :55 Backstroke des in 3's
 {1 x 200 on 4:00 Backstroke Drill
 {6 x 50 on :50 Backstroke-des in 3's
 {1 x 200 on 4:00 Backstroke Drill
 {6 x 50 on :45 Backstroke-des in 3's
 300 1 x 300 on 5:00 Stroke Drills
 9:31 AM 5,850 Yards - Stress Value = 65

Workout #7540 - Tuesday, 08 June 2010

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
800	1 x 800 on 16:00 8X100 Kick @fastest interval
1,000	1x{1 x 150 on 3:30 Kick {1 x 150 on 3:25 Kick {1 x 150 on 3:20 Kick {1 x 150 on 3:15 Kick {1 x 150 on 3:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:00 Kick {1 x 50 on 1:00 Kick
800	1x{2 x 125 on 2:05 Pull no br L.14 yds {2 x 125 on 2:05 Pull no br L.16 yds {2 x 125 on 2:05 Pull no br L.18 yds {1 x 50 on :50 Pull no br L.20 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{6 x 50 on 1:10 Backstroke-des in 3's {1 x 150 on 3:30 Backstroke Drill {6 x 50 on 1:05 Backstroke des in 3's {1 x 150 on 3:30 Backstroke Drill {6 x 50 on 1:00 Backstroke-des in 3's {1 x 150 on 3:30 Backstroke Drill {3 x 50 on :55 Backstroke-des in 3's
300	1 x 300 on 5:00 Stroke Drills
	9:31 AM 5,300 Yards - Stress Value = 58

Workout #7541 - Tuesday, 08 June 2010

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
800	1 x 800 on 16:00 8X100 Kick @fastest interval
850	1x{1 x 150 on 4:00 Kick {1 x 150 on 3:55 Kick {1 x 150 on 3:50 Kick {1 x 150 on 3:45 Kick {1 x 150 on 3:40 Kick {1 x 100 on 2:20 Kick
750	1x{2 x 125 on 2:20 Pull no br L.14 yds {2 x 125 on 2:20 Pull no br L.16 yds {2 x 125 on 2:20 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
1,350	1x{6 x 50 on 1:15 Backstroke-descend {1 x 100 on 3:00 Backstroke Drill {6 x 50 on 1:10 Backstroke des in 3's {1 x 100 on 3:00 Backstroke Drill {6 x 50 on 1:05 Backstroke-des in 3's {1 x 100 on 3:00 Backstroke Drill {3 x 50 on 1:00 Backstroke-des in 3's
300	1 x 300 on 5:00 Stroke Drills
	9:31 AM 4,900 Yards - Stress Value = 55

Workout #7542 - Tuesday, 08 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description

Yards	Set Description
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
450	3x{3 x 25 on :45 Tombstone 100% Effort {1 x 75 on 2:00 EZ Kick
1,000	1 x 1000 on 12:30 Freestyle
400	8x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint, rest 5 secs @25 {1 x 25 on 1:29 Kick no board BSLR 1 on 30:00 Dryland and stretch
	6:30 PM 2,600 Yards - Stress Value = 44

Workout #7543 - Wednesday, 09 June 2010

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
2,300	1x{4 x 25 on :45 Kick no board BSLR 10 KOW {3 x 150 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {4 x 125 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {5 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR 16 KOW {6 x 75 on 1:20 Kick
1,200	4 x 300 on 3:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{4 x 25 on :30 Breast 2X pullouts {3 x 125 on 2:05 Breaststroke {4 x 25 on :30 Breast 2X pullouts {3 x 100 on 1:40 Breaststroke {4 x 25 on :30 Breast 2X pullouts {3 x 75 on 1:15 Breaststroke {4 x 25 on :30 Breast 2X pullouts {3 x 50 on :50 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 6,150 Yards - Stress Value = 93

Workout #7544 - Wednesday, 09 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Ted's Abs and Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
2,100	1x{4 x 25 on :45 Kick no board BSLR 10 KOW {3 x 150 on 2:55 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {4 x 125 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {5 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR 16 KOW {5 x 50 on :55 Kick
1,000	4 x 250 on 3:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{4 x 25 on :30 Breast 2X pullouts {3 x 125 on 2:15 Breaststroke {4 x 25 on :30 Breast 2X pullouts {3 x 100 on 1:45 Breaststroke {4 x 25 on :30 Breast 2X pullouts {3 x 75 on 1:20 Breaststroke {4 x 25 on :30 Breast 2X pullouts {2 x 50 on :55 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
9:30 AM 5,700 Yards - Stress Value = 84	

Workout #7545 - Wednesday, 09 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Ted's Abs and Stretch
150	1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,950	1x{4 x 25 on :45 Kick no board BSLR 10 KOW {3 x 150 on 3:15 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {4 x 125 on 2:40 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {5 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR 16 KOW {2 x 50 on 1:05 Kick
900	4 x 225 on 3:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 25 on :35 Breast 2X pullouts {3 x 125 on 2:20 Breaststroke {4 x 25 on :35 Breast 2X pullouts {3 x 100 on 1:55 Breaststroke {4 x 25 on :35 Breast 2X pullouts {1 x 75 on 1:25 Breaststroke {4 x 25 on :35 Breast 2X pullouts {2 x 50 on 1:00 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
9:30 AM 5,250 Yards - Stress Value = 78	

Workout #7546 - Wednesday, 09 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 on 30:00 Ted's 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
1,750	1x{4 x 25 on :45 Kick no board BSLR 10 KOW {3 x 150 on 3:40 Kick {4 x 25 on :45 Kick no board BSLR 12 KOW {2 x 125 on 3:00 Kick {4 x 25 on :45 Kick no board BSLR 14 KOW {4 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR 16 KOW {5 x 50 on 1:10 Kick
800	4 x 200 on 3:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{4 x 25 on :40 Breast 2X pullouts {3 x 125 on 2:40 Breaststroke {4 x 25 on :40 Breast 2X pullouts {3 x 100 on 2:10 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 75 on 1:35 Breaststroke {2 x 25 on :40 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
9:30 AM 4,750 Yards - Stress Value = 70	

Workout #7547 - Thursday, 10 June 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Shooters
1,520	4x{1 x 200 on 4:00 Kick-hold under 3:15 {6 x 30 on 1:30 Fly Kick/Free Sprint
400	8 x 50 on :45 Pulls-break when
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 100 on 1:30 Butterfly {1 x 50 on :45 Freestyle {4 x 25 on :25 Fly lupldown +1 {1 x 50 on :45 Freestyle {1 x 150 on 2:15 Butterfly {1 x 50 on :45 Freestyle {6 x 25 on :25 Fly lupldown +1 {1 x 50 on :45 Freestyle {1 x 200 on 3:00 Butterfly {1 x 50 on :45 Freestyle {8 x 25 on :25 Fly lupldown+1 {1 x 50 on :45 Freestyle {1 x 150 on 2:15 Butterfly {1 x 50 on :45 Freestyle {6 x 25 on :25 Fly lupldown+1 {1 x 50 on :45 Freestyle {1 x 100 on 1:30 Butterfly {1 x 50 on :45 Freestyle {4 x 25 on :25 Fly lupldown+1
250	1 x 250 on 4:00 Stroke Drills
9:31 AM 4,970 Yards - Stress Value = 70	

Workout #7548 - Thursday, 10 June 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Shooters
1,520	4x{1 x 200 on 4:00 Kick-hold under 3:35 {6 x 30 on 1:30 Fly Kick/Free Sprint
400	8 x 50 on :45 Pulls-break when
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 100 on 1:40 Butterfly {1 x 50 on :45 Freestyle {4 x 25 on :30 Fly lupldown +1 {1 x 50 on :45 Freestyle {1 x 150 on 2:30 Butterfly {1 x 50 on :45 Freestyle {6 x 25 on :30 Fly lupldown +1 {1 x 50 on :45 Freestyle {1 x 200 on 3:20 Butterfly {1 x 50 on :45 Freestyle {8 x 25 on :30 Fly lupldown+1 {1 x 50 on :45 Freestyle {1 x 150 on 2:30 Butterfly {1 x 50 on :45 Freestyle {4 x 25 on :30 Fly lupldown+1 {1 x 50 on :45 Freestyle {1 x 100 on 1:40 Butterfly
250	1 x 250 on 4:00 Stroke Drills
9:31 AM 4,770 Yards - Stress Value = 67	

Workout #7549 - Thursday, 10 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
550	1 on 30:00 Shoulders & Stretch
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Shooters
1,420	4x{1 x 175 on 4:00 Kick-hold under 3:30 {6 x 30 on 1:30 Fly Kick/Free Sprint
350	7 x 50 on :50 Pulls-break when
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 100 on 1:50 Butterfly {1 x 50 on :50 Freestyle {4 x 25 on :35 Fly lupldown +1 {1 x 50 on :50 Freestyle {1 x 150 on 2:45 Butterfly {1 x 50 on :50 Freestyle {6 x 25 on :35 Fly lupldown +1 {1 x 50 on :50 Freestyle {1 x 200 on 3:40 Butterfly {1 x 50 on :50 Freestyle {8 x 25 on :35 Fly lupldown+1 {1 x 50 on :50 Freestyle {1 x 150 on 2:45 Butterfly {1 x 50 on :50 Freestyle {2 x 25 on :35 Fly lupldown+1
250	1 x 250 on 4:00 Stroke Drills
9:31 AM 4,370 Yards - Stress Value = 62	

Workout #7552 - Thursday, 10 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
450	1x{1 x 150 on 3:00 Stroke Drills {3 x 50 on 1:00 Free-descend	REC	D
	{1 x 100 on 1:45 Stroke Drills {1 x 50 on :50 Free-Fast	EN1	S
60	6 x 10 on :45 Spinners	EN2	S
1,500	1x{3 x 100 on 3:00 Kick Fly/Free/Brst {1 x 75 on 2:00 Kick-100%	EN2	K
	{3 x 100 on 2:50 Kick Fly/Free/Brst {1 x 75 on 2:00 Kick-100%	EN3	K
	{3 x 100 on 2:40 Kick Fly/Free/Brst {1 x 75 on 2:00 Kick-100%	EN2	K
	{3 x 100 on 2:30 Kick Fly/Free/Brst {1 x 75 on 2:00 Kick-100%	EN3	K
200	1 x 200 on 3:00 Stroke Drills	EN2	K
	1 on 29:00 Dryland and stretch	REC	D
6:30 PM 2,210 Yards - Stress Value = 45			

Workout #7550 - Thursday, 10 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	1 on 30:00 Shoulders & Stretch
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Shooters
1,320	4x{1 x 150 on 4:00 Kick-hold under 3:25 {6 x 30 on 1:30 Fly Kick/Free Sprint
300	6 x 50 on :55 Pulls-break when
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 2:05 Butterfly {1 x 50 on :55 Freestyle {4 x 25 on :40 Fly lupldown +1 {1 x 50 on :55 Freestyle {1 x 150 on 3:10 Butterfly {1 x 50 on :55 Freestyle {6 x 25 on :40 Fly lupldown +1 {1 x 50 on :55 Freestyle {1 x 200 on 4:15 Butterfly {1 x 50 on :55 Freestyle {6 x 25 on :40 Fly lupldown +1 {1 x 50 on :55 Freestyle {1 x 150 on 3:10 Butterfly
250	1 x 250 on 4:00 Stroke Drills
9:31 AM 4,020 Yards - Stress Value = 57	

Workout #7553 - Thursday, 10 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
400	1x{1 x 200 on 4:30 Stroke Drills	REC	D	C
	{4 x 50 on 1:00 Free-descend	EN1	S	
60	6 x 10 on :45 Spinners	SP3	S	
1,200	1x{3 x 75 on 3:00 Kick Fly/Free/Brst	EN2	K	C
	{1 x 75 on 2:00 Kick-100%	EN3	K	C
	{3 x 75 on 2:50 Kick Fly/Free/Brst	EN2	K	C
	{1 x 75 on 2:00 Kick-100%	EN3	K	C
	{3 x 75 on 2:40 Kick Fly/Free/Brst	EN2	K	C
	{1 x 75 on 2:00 Kick-100%	EN3	K	C
	{3 x 75 on 2:30 Kick Fly/Free/Brst	EN2	K	C
	{1 x 75 on 2:00 Kick-100%	EN3	K	C
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 29:00 Dryland and stretch		L	I
6:30 PM 1,860 Yards - Stress Value = 36				

	{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1
2,000	1x{1 x 100 on 1:45 Kick	EN2
	{3 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:40 Kick	EN1
	{3 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:35 Kick	EN1
	{3 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:30 Kick	EN2
	{3 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:25 Kick	EN2
	{3 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:35 Kick	EN1
	{3 x 50 on 1:00 Kick	EN1
	{1 x 100 on 1:40 Kick	EN2
	{3 x 50 on 1:00 Kick	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
9:32 AM 6,600 Yards - Stress Value = 94		

Workout #7555 - Friday, 11 June 2010

Group 3 - Gold

1 minute rest between sets

Workout #7551 - Thursday, 10 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
550	1x{1 x 150 on 2:40 Stroke Drills	REC	D	
	{3 x 50 on :50 Free-descend	EN1	S	
	{1 x 100 on 1:45 Stroke Drills	REC	D	
	{3 x 50 on :40 Free-descend	EN2	S	
60	6 x 10 on :45 Spinners	SP3	S	
1,800	1x{3 x 125 on 3:00 Kick Fly/Free/Brst	EN2	K	
	{1 x 75 on 2:00 Kick-100%	EN3	K	
	{3 x 125 on 2:50 Kick Fly/Free/Brst	EN2	K	
	{1 x 75 on 2:00 Kick-100%	EN3	K	
	{3 x 125 on 2:40 Kick Fly/Free/Brst	EN2	K	
	{1 x 75 on 2:00 Kick-100%	EN3	K	
	{3 x 125 on 2:30 Kick Fly/Free/Brst	EN2	K	
	{1 x 75 on 2:00 Kick-100%	EN3	K	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 29:00 Dryland and stretch		L	
6:30 PM 2,610 Yards - Stress Value = 55				

Yards	Set Description	EGY	WOF	S
7:00 AM Start				
	1 on 30:00 Ted's Abs and Stretch			
600	1 x 600 on 10:00 Choice	REC		
150	10 x 15 on :45 Shooters	SP3		
2,700	1x{6 x 25 on :30 Freestyle	EN1		
	{1 x 100 on 1:40 Individual Medley	EN2		
	{6 x 25 on :30 odds free evens fly	EN1		
	{1 x 200 on 3:20 Individual Medley	EN2		
	{6 x 25 on :30 odds free evens back	EN1		
	{1 x 300 on 5:00 Individual Medley	EN2		
	{6 x 25 on :30 odds free evens brst	EN1		
	{1 x 400 on 6:00 Individual Medley	EN2		
	{6 x 25 on :25 odds free evens fly	EN2		
	{1 x 300 on 4:30 Individual Medley	EN2		
	{6 x 25 on :25 odds free evens back	EN2		
	{1 x 200 on 3:00 Individual Medley	EN2		
	{6 x 25 on :25 odds free evens brst	EN2		
	{1 x 100 on 1:30 Individual Medley	EN2		
	{2 x 25 on :25 Freestyle	EN1		
800	1x{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1		
	{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1		
	{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds	EN1		
2,000	1x{1 x 100 on 1:45 Kick	EN2		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:40 Kick	EN1		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:35 Kick	EN1		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:30 Kick	EN2		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:25 Kick	EN2		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:30 Kick	EN2		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:35 Kick	EN1		
	{3 x 50 on 1:00 Kick	EN1		
	{1 x 100 on 1:40 Kick	EN2		
	{3 x 50 on 1:00 Kick	EN1		
250	1 x 250 on 4:00 Stroke Drills	REC		
9:32 AM 6,500 Yards - Stress Value = 92				

Workout #7554 - Friday, 11 June 2010

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WOF	S
7:00 AM Start				
	1 on 30:00 Ted's Abs and Stretch			
600	1 x 600 on 10:00 Choice	REC		
150	10 x 15 on :45 Shooters	SP3		
2,800	1x{6 x 25 on :30 Freestyle	EN1		
	{1 x 100 on 1:30 Individual Medley	EN2		
	{6 x 25 on :30 odds free evens fly	EN1		
	{1 x 200 on 3:00 Individual Medley	EN2		
	{6 x 25 on :30 odds free evens back	EN1		
	{1 x 300 on 4:30 Individual Medley	EN2		
	{6 x 25 on :30 odds free evens brst	EN1		
	{1 x 400 on 5:40 Individual Medley	EN2		
	{6 x 25 on :25 odds free evens fly	EN2		
	{1 x 300 on 4:15 Individual Medley	EN2		
	{6 x 25 on :25 odds free evens back	EN2		
	{1 x 200 on 2:50 Individual Medley	EN2		
	{6 x 25 on :25 odds free evens brst	EN2		
	{1 x 100 on 1:25 Individual Medley	EN2		
	{6 x 25 on :25 Freestyle	EN1		
800	1x{3 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN1		
	{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds	EN1		

Workout #7556 - Friday, 11 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Ted's Abs and Stretch		
550	1 x 550 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
2,400	1x{6 x 25 on :30 Freestyle	EN1	
	{1 x 100 on 1:50 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens fly	EN1	
	{1 x 200 on 3:40 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens back	EN1	
	{1 x 300 on 5:30 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens brst	EN1	
	{1 x 100 on 1:45 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens fly	EN2	
	{1 x 300 on 5:15 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens back	EN2	
	{1 x 200 on 3:30 Individual Medley	EN2	
	{6 x 25 on :30 odds free evens brst	EN2	
	{1 x 100 on 1:45 Individual Medley	EN2	
	{2 x 25 on :30 Freestyle	EN1	
700	1x{2 x 100 on 1:40 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 150 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 200 on 3:20 Pulls-nbbf&w + 2 yds	EN1	
1,700	1x{1 x 100 on 2:10 Kick	EN2	
	{3 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 2:05 Kick	EN1	
	{3 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{3 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{3 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 1:50 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 1:55 Kick	EN2	
	{3 x 50 on 1:05 Kick	EN1	
	{1 x 100 on 2:00 Kick	EN1	
	{3 x 50 on 1:05 Kick	EN1	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:31 AM 5,750 Yards - Stress Value = 80			

1,500	1x{1 x 100 on 2:25 Kick	EN2
	{2 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:20 Kick	EN1
	{2 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:15 Kick	EN1
	{3 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:10 Kick	EN2
	{3 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:15 Kick	EN2
	{2 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:20 Kick	EN2
	{2 x 50 on 1:15 Kick	EN1
	{1 x 100 on 2:25 Kick	EN1
	{2 x 50 on 1:15 Kick	EN1
250	1 x 250 on 4:00 Stroke Drills	REC
9:32 AM 5,100 Yards - Stress Value = 69		

Workout #7558 - Friday, 11 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
	1 on 20:00 Stomach and Stretch
1,050	3x{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
6:30 PM 2,670 Yards - Stress Value = 117	

Workout #7557 - Friday, 11 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	1 on 30:00 Ted's Abs and Stretch		
500	1 x 500 on 10:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
2,050	1x{4 x 25 on :40 Freestyle	EN1	
	{1 x 100 on 2:05 Individual Medley	EN2	
	{4 x 25 on :40 odds free evens fly	EN1	
	{1 x 200 on 4:10 Individual Medley	EN2	
	{4 x 25 on :40 odds free evens back	EN1	
	{1 x 300 on 6:15 Individual Medley	EN2	
	{4 x 25 on :40 odds free evens brst	EN1	
	{1 x 100 on 2:00 Individual Medley	EN2	
	{4 x 25 on :35 odds free evens fly	EN2	
	{1 x 300 on 6:00 Individual Medley	EN2	
	{4 x 25 on :35 odds free evens back	EN2	
	{1 x 200 on 4:00 Individual Medley	EN2	
	{4 x 25 on :35 odds free evens brst	EN2	
	{1 x 100 on 2:00 Individual Medley	EN2	
	{2 x 25 on :35 Freestyle	EN1	
650	1x{1 x 100 on 1:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 200 on 3:40 Pulls-nbbf&w + 2 yds	EN1	

Workout #7559 - Monday, 14 June 2010

Group 3 - Distance

1 minute rest between sets

```

7:00 AM Start
Meters 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
1,900 1x{5 x 100 on 1:45 Kick
      {4 x 25 on :45 Kick no board B---
      {4 x 100 on 1:45 Kick
      {4 x 25 on :45 Kick no board -S--
      {3 x 100 on 1:45 Kick
      {4 x 25 on :45 Kick no board --L-
      {2 x 100 on 1:45 Kick
      {4 x 25 on :45 Kick no board ---R
      {1 x 100 on 1:45 Kick
750 1x{1 x 125 on 2:00 Pull no br L.12 yds
      {2 x 125 on 1:55 Pull no br L.12 yds
      {3 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
2,200 1x{1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 3:05 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 3:00 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 2:55 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 2:50 Freestyle
400 8 x 50 on 1:00 Stroke Drills
9:31 AM 6,200 Meters - Stress Value = 121
    
```

```

      {2 x 150 on 2:05 Freestyle
400 8 x 50 on 1:00 Stroke Drills
9:31 AM 5,900 Meters - Stress Value = 116
    
```

Workout #7561 - Monday, 14 June 2010

Group 3 - Silver

1 minute rest between sets

```

7:00 AM Start
Meters 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
1,600 1x{3 x 100 on 2:15 Kick
      {4 x 25 on :45 Kick no board B---
      {4 x 100 on 2:15 Kick
      {4 x 25 on :45 Kick no board -S--
      {3 x 100 on 2:15 Kick
      {4 x 25 on :45 Kick no board --L-
      {2 x 100 on 2:15 Kick
      {4 x 25 on :45 Kick no board ---R
650 1x{1 x 75 on 1:20 Pull no br L.12 yds
      {2 x 100 on 1:45 Pull no br L.12 yds
      {3 x 125 on 2:10 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
1,750 1x{1 x 50 on :01 Freestyle
      {1 x 50 on 2:29 Freestyle
      {2 x 225 on 3:50 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 2:29 Freestyle
      {2 x 225 on 3:45 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 2:29 Freestyle
      {2 x 225 on 3:40 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:29 Freestyle
400 8 x 50 on 1:00 Stroke Drills
9:31 AM 5,300 Meters - Stress Value = 105
    
```

Workout #7560 - Monday, 14 June 2010

Group 3 - Gold

1 minute rest between sets

```

7:00 AM Start
Meters 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
1,800 1x{5 x 100 on 1:55 Kick
      {4 x 25 on :45 Kick no board B---
      {4 x 100 on 1:55 Kick
      {4 x 25 on :45 Kick no board -S--
      {3 x 100 on 1:55 Kick
      {4 x 25 on :45 Kick no board --L-
      {2 x 100 on 1:55 Kick
      {4 x 25 on :45 Kick no board ---R
700 1x{1 x 75 on 1:15 Pull no br L.12 yds
      {2 x 125 on 2:05 Pull no br L.12 yds
      {3 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 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 3:20 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 3:15 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
      {2 x 225 on 3:10 Freestyle
      {1 x 50 on :01 Freestyle
      {1 x 50 on 1:59 Freestyle
    
```

Workout #7562 - Monday, 14 June 2010

Group 3 - Bronze

1 minute rest between sets

Meters	Set Description
	7:00 AM Start
	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
1,450	1x{2 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board B---
	{4 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board -S--
	{3 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board --L-
	{3 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board ---R
600	1x{1 x 100 on 2:05 Pull no br L.12 yds
	{2 x 100 on 2:00 Pull no br L.12 yds
	{3 x 100 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 50 on :01 Freestyle
	{1 x 50 on 2:29 Freestyle
	{2 x 200 on 3:50 Freestyle
	{1 x 50 on :01 Freestyle
	{1 x 50 on 2:29 Freestyle
	{2 x 200 on 3:45 Freestyle
	{1 x 50 on :01 Freestyle
	{1 x 50 on 2:29 Freestyle
	{2 x 200 on 3:40 Freestyle
	{1 x 50 on :01 Freestyle
	{1 x 50 on 1:29 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 4,900 Meters - Stress Value = 97

Workout #7564 - Tuesday, 15 June 2010

Group 3 - Gold

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
800	1 x 800 on 16:00 8X100 Kick @fastest interva
125	1 x 125 on 2:30 Kick
1,080	3x{1 x 15 on :45 Underwater fly kick
	{1 x 15 on :40 Underwater Fly Kick
	{1 x 15 on :35 Underwater Fly Kick
	{1 x 15 on :30 Underwater Fly Kick
	{3 x 100 on 2:00 Kick-descend
125	1 x 125 on 2:30 Kick
800	8 x 100 on 1:30 Pulls
	Odds br toward blchr
	Evens br toward scbd
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 :50 Backstroke
	{1 x 200 on 3:15 Backstroke
	{3 x 50 on :50 Backstroke
	{1 x 200 on 3:10 Backstroke
	{3 x 50 on :50 Backstroke
	{1 x 200 on 3:05 Backstroke
	{3 x 50 on :50 Backstroke
	{1 x 200 on 3:00 Backstroke
	{3 x 50 on :50 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	9:32 AM 5,680 Yards - Stress Value = 84

Workout #7565 - Tuesday, 15 June 2010

Group 3 - Silver

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
800	1 x 800 on 16:00 8X100 Kick @fastest interva
125	1 x 125 on 2:30 Kick
1,080	3x{1 x 15 on :45 Underwater fly kick
	{1 x 15 on :40 Underwater Fly Kick
	{1 x 15 on :35 Underwater Fly Kick
	{1 x 15 on :30 Underwater Fly Kick
	{3 x 100 on 2:00 Kick-descend
125	1 x 125 on 2:30 Kick
800	8 x 100 on 1:30 Pulls
	Odds br toward blchr
	Evens br toward scbd
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 :45 Backstroke
	{1 x 200 on 2:55 Backstroke
	{3 x 50 on :45 Backstroke
	{1 x 200 on 2:50 Backstroke
	{3 x 50 on :45 Backstroke
	{1 x 200 on 2:45 Backstroke
	{3 x 50 on :45 Backstroke
	{1 x 200 on 2:40 Backstroke
	{3 x 50 on :45 Backstroke
	{1 x 200 on 2:35 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	9:32 AM 5,880 Yards - Stress Value = 88

Yards	Set Description
	7:00 AM Start
	1 on 30:00 Shoulders & Stretch
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 8X100 Kick @fastest interva
75	1 x 75 on 2:30 Kick
1,080	3x{1 x 15 on :45 Underwater fly kick
	{1 x 15 on :40 Underwater Fly Kick
	{1 x 15 on :35 Underwater Fly Kick
	{1 x 15 on :30 Underwater Fly Kick
	{3 x 100 on 2:10 Kick-descend
75	1 x 75 on 1:30 Kick
700	7 x 100 on 1:40 Pulls
	Odds br toward blchr
	Evens br toward scbd
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 50 on :55 Backstroke
	{1 x 200 on 3:35 Backstroke
	{3 x 50 on :55 Backstroke
	{1 x 200 on 3:30 Backstroke
	{3 x 50 on :55 Backstroke
	{1 x 200 on 3:25 Backstroke
	{3 x 50 on :55 Backstroke
	{1 x 200 on 3:20 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	9:32 AM 5,280 Yards - Stress Value = 80

Workout #7566 - Tuesday, 15 June 2010

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
800	1 x 800 on 16:00 8X100 Kick @fastest interval
75	1 x 75 on 2:30 Kick
920	2x{1 x 15 on 1:00 Underwater fly kick {1 x 15 on :55 Underwater Fly Kick {1 x 15 on :50 Underwater Fly Kick {1 x 15 on :45 Underwater Fly Kick {4 x 100 on 2:30 Kick-descend
25	1 x 25 on 1:30 Kick
600	6 x 100 on 1:50 Pulls Odds br toward blchr Evens br toward scbd
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{3 x 50 on 1:00 Backstroke {1 x 200 on 3:55 Backstroke {3 x 50 on 1:00 Backstroke {1 x 200 on 3:50 Backstroke {3 x 50 on 1:00 Backstroke {1 x 200 on 3:45 Backstroke {3 x 50 on 1:00 Backstroke {1 x 100 on 1:50 Backstroke
250	1 x 250 on 4:00 Stroke Drills
9:32 AM 4,820 Yards - Stress Value = 73	

Workout #7567 - Tuesday, 15 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
480	6x{1 x 15 on :45 Pit Sprint/turn drill { with explosive jump to bulkhead {1 x 25 on 1:00 10 yards under/15 yards { super fast w/great breakouts & f {1 x 25 on :01 Your best non free stroke OTB { with explosive jump to bulkhead {1 x 15 on 1:29 Sculling drill
400	8 x 50 on 1:00 Stroke Drills 1 on 24:00 Abs and Stretch
6:30 PM 2,430 Yards - Stress Value = 53	

Workout #7568 - Wednesday, 16 June 2010

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
2,000	1x{4 x 75 on 1:25 Kick {1 x 100 on 2:00 Kick-100% {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:20 Kick {1 x 100 on 2:00 Kick-100% {4 x 25 on :40 Kick no board BSLR {4 x 75 on 1:15 Kick {1 x 100 on 2:00 Kick-100%

	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{1 x 100 on 2:00 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
1,000	1 x 1000 on 13:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{1 x 150 on 2:15 Breaststroke {1 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke {2 x 150 on 2:10 Breaststroke {1 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke {1 x 50 on :45 Breaststroke {3 x 150 on 2:05 Breaststroke {1 x 50 on :50 Breaststroke {1 x 50 on :45 Breaststroke {1 x 50 on :40 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
9:30 AM 6,300 Yards - Stress Value = 88	

Workout #7569 - Wednesday, 16 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
1,800	1x{4 x 75 on 1:35 Kick {1 x 100 on 2:10 Kick-100% {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:30 Kick {1 x 100 on 2:10 Kick-100% {4 x 25 on :40 Kick no board BSLR {4 x 75 on 1:25 Kick {1 x 100 on 2:10 Kick-100% {4 x 25 on :35 Kick no board BSLR {2 x 50 on :55 Kick {1 x 100 on 2:10 Kick-100% {4 x 25 on :30 Kick no board BSLR
950	1 x 950 on 13:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1 x 150 on 2:35 Breaststroke {1 x 50 on 1:05 Breaststroke {1 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke {2 x 150 on 2:30 Breaststroke {1 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke {3 x 150 on 2:25 Breaststroke {1 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke {1 x 50 on :45 Breaststroke {3 x 100 on 1:40 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
9:30 AM 5,750 Yards - Stress Value = 78	

Workout #7570 - Wednesday, 16 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
1,750	1x{4 x 75 on 1:40 Kick
	{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:35 Kick
	{1 x 100 on 2:10 Kick-100%
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:30 Kick
	{1 x 100 on 2:10 Kick-100%
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :55 Kick
	{1 x 100 on 2:15 Kick-100%
	{4 x 25 on :30 Kick no board BSLR
850	1 x 850 on 13:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 150 on 2:55 Breaststroke
	{1 x 50 on 1:10 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{2 x 150 on 2:50 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{1 x 50 on :55 Breaststroke
	{3 x 150 on 2:45 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{1 x 50 on :55 Breaststroke
	{1 x 50 on :50 Breaststroke
400	{2 x 75 on 1:20 Breaststroke
	8 x 50 on 1:00 Stroke Drills
	9:30 AM 5,400 Yards - Stress Value = 72

Workout #7571 - Wednesday, 16 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
1,550	1x{4 x 75 on 1:50 Kick
	{1 x 100 on 2:30 Kick-100%
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:45 Kick
	{1 x 100 on 2:30 Kick-100%
	{4 x 25 on :45 Kick no board BSLR
	{4 x 75 on 1:40 Kick
	{1 x 100 on 2:30 Kick-100%
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 Kick
750	1 x 750 on 13:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 150 on 3:10 Breaststroke
	{1 x 50 on 1:15 Breaststroke
	{1 x 50 on 1:10 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{2 x 150 on 3:05 Breaststroke
	{1 x 50 on 1:10 Breaststroke
	{1 x 50 on 1:05 Breaststroke
	{1 x 50 on 1:00 Breaststroke
	{3 x 150 on 3:00 Breaststroke

{1 x 50 on 1:05 Breaststroke

{1 x 50 on 1:00 Breaststroke

{1 x 50 on :55 Breaststroke

400 8 x 50 on 1:00 Stroke Drills

9:30 AM 4,900 Yards - Stress Value = 65

Workout #7572 - Thursday, 17 June 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch
	With weights
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
2,000	1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:15 Alt 50 fly kick on back
	{ 50 tombstone kick
	{3 x 100 on 1:55 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:10 Kick same as above
	{3 x 100 on 1:50 Kick 25-fly/fr/br/cho
	{4 x 50 on 1:05 Kick-Same as above
	{3 x 100 on 1:45 Kick 25 fly/fr/br/cho
	{4 x 50 on 1:00 Kick-Same as above
1,000	1x{2 x 100 on 1:30 Pulls
	{2 x 100 on 1:25 Pulls
	{2 x 100 on 1:20 Pulls
	{2 x 100 on 1:15 Pulls
	{2 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
2,100	1x{1 x 25 on :25 Butterfly-lup1down
	{1 x 50 on :40 Freestyle
	{2 x 25 on :25 Butterfly 1up2down
	{2 x 50 on :40 Freestyle
	{3 x 25 on :25 Butterfly 1up3down
	{3 x 50 on :40 Freestyle
	{4 x 25 on :25 Butterfly 1up4down
	{4 x 50 on :40 Freestyle
	{5 x 25 on :25 Butterfly 2up3down
	{5 x 50 on :40 Freestyle
	{6 x 25 on :25 Butterfly 2up2down
	{6 x 50 on :40 Freestyle
	{7 x 25 on :25 Butterfly 2up1down
	{7 x 50 on :40 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	9:30 AM 6,300 Yards - Stress Value = 108

Workout #7573 - Thursday, 17 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 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{3 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:05 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Kick same as above
 {3 x 100 on 2:00 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Kick-Same as above
 {2 x 100 on 1:55 Kick 25 fly/fr/br/cho
 {3 x 50 on 1:05 Kick-Same as above
 900 1x{1 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 {2 x 100 on 1:30 Pulls
 {2 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
 1,800 1x{1 x 25 on :30 Butterfly-lup1down
 {1 x 50 on :45 Freestyle
 {2 x 25 on :30 Butterfly 1up2down
 {2 x 50 on :45 Freestyle
 {3 x 25 on :30 Butterfly 1up3down
 {3 x 50 on :45 Freestyle
 {4 x 25 on :30 Butterfly 1up4down
 {4 x 50 on :45 Freestyle
 {5 x 25 on :30 Butterfly 2up3down
 {4 x 50 on :45 Freestyle
 {6 x 25 on :30 Butterfly 2up2down
 {4 x 50 on :45 Freestyle
 {7 x 25 on :30 Butterfly 2up1down
 {4 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,750 Yards - Stress Value = 97

Workout #7577 - Thursday, 17 June 2010

Group 3 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 1,400 4x{4 x 25 on :45 Side Kicking
 {1 x 50 on :55 Kick
 {1 x 50 on :54 Kick
 {1 x 50 on :53 Kick
 {1 x 50 on :52 Kick
 {1 x 50 on 2:26 25 streamline kick/no breath
 { between flags and wall-25 100% br on 7
 200 1 x 200 on 3:00 Stroke Drills
 1 on 29:00 Abs and Stretch
 6:30 PM 2,380 Yards - Stress Value = 49

Workout #7574 - Thursday, 17 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch

With weights

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
 1,700 1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:15 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Kick same as above
 {3 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Kick-Same as above
 {2 x 100 on 2:05 Kick 25 fly/fr/br/cho
 800 1x{1 x 100 on 1:50 Pulls
 {1 x 100 on 1:45 Pulls
 {2 x 100 on 1:40 Pulls
 {2 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
 1,550 1x{1 x 25 on :35 Butterfly-lup1down
 {1 x 50 on :50 Freestyle
 {2 x 25 on :35 Butterfly 1up2down
 {2 x 50 on :50 Freestyle
 {3 x 25 on :35 Butterfly 1up3down
 {3 x 50 on :50 Freestyle
 {4 x 25 on :35 Butterfly 1up4down
 {4 x 50 on :50 Freestyle
 {5 x 25 on :35 Butterfly 2up3down
 {3 x 50 on :50 Freestyle
 {6 x 25 on :35 Butterfly 2up2down
 {2 x 50 on :50 Freestyle
 {7 x 25 on :35 Butterfly 2up1down
 {2 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,200 Yards - Stress Value = 87

Workout #7578 - Thursday, 17 June 2010

Group 3 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 550 1 x 550 on 10:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 1,400 4x{4 x 25 on :45 Side Kicking
 {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% br on 7
 200 1 x 200 on 3:00 Stroke Drills
 1 on 29:00 Abs and Stretch
 6:30 PM 2,330 Yards - Stress Value = 49

Workout #7575 - Thursday, 17 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 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
 1,600 1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:25 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Kick same as above
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Kick-Same as above
 {1 x 100 on 2:15 Kick 25 fly/fr/br/cho
 700 1x{1 x 100 on 2:00 Pulls
 {1 x 100 on 1:55 Pulls
 {2 x 100 on 1:50 Pulls
 {2 x 100 on 1:45 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
 1,400 1x{1 x 25 on :40 Butterfly-1up1down
 {1 x 50 on :55 Freestyle
 {2 x 25 on :40 Butterfly 1up2down
 {2 x 50 on :55 Freestyle
 {3 x 25 on :40 Butterfly 1up3down
 {3 x 50 on :55 Freestyle
 {4 x 25 on :40 Butterfly 1up4down
 {3 x 50 on :55 Freestyle
 {5 x 25 on :40 Butterfly 2up3down
 {2 x 50 on :55 Freestyle
 {6 x 25 on :40 Butterfly 2up2down
 {2 x 50 on :55 Freestyle
 {7 x 25 on :40 Butterfly 2up1down
 {1 x 50 on :55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 4,800 Yards - Stress Value = 81

{1 x 50 on :50 Kick
 {1 x 50 on :49 Kick
 {1 x 50 on :48 Kick
 {1 x 50 on :47 Kick
 {1 x 50 on :46 Kick
 {1 x 50 on 2:00 25 streamline kick/no breath
 { between flags and wall-25 100% br on 7
 1 x 200 on 3:00 Stroke Drills
 1 on 29:00 Abs and Stretch
 6:30 PM 2,580 Yards - Stress Value = 53

Workout #7580 - Friday, 18 June 2010

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 2,400 1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
 {4 x 75 on 1:20 Kick
 {2 x 75 on 1:15 Kick
 {6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
 {4 x 75 on 1:15 Kick
 {2 x 75 on 1:10 Kick
 {6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
 {4 x 75 on 1:10 Kick
 {2 x 75 on 1:05 Kick
 {6 x 25 on :45 Kick no brd R-9/10/11/12
 {4 x 75 on 1:05 Kick
 {2 x 75 on 1:00 Kick
 600 12 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
 1,900 1x{1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:30 Butterfly
 {2 x 50 on :45 Backstroke
 {4 x 25 on :30 Breaststroke
 {2 x 100 on 1:25 Individual Medley
 {2 x 50 on :45 Butterfly
 {4 x 25 on :30 Backstroke
 {1 x 100 on 1:30 Breaststroke
 {3 x 100 on 1:20 Individual Medley
 {4 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Backstroke
 {2 x 50 on :45 Breaststroke
 {4 x 100 on 1:15 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 6,250 Yards - Stress Value = 100

Workout #7579 - Thursday, 17 June 2010

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 500 1 x 500 on 10:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 1,200 4x{4 x 25 on :45 Side Kicking
 {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 2:18 25 streamline kick/no breath
 { between flags and wall-25 100% br on 7
 200 1 x 200 on 3:00 Stroke Drills
 1 on 29:00 Abs and Stretch
 6:30 PM 2,080 Yards - Stress Value = 45

Workout #7576 - Thursday, 17 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 1,600 4x{4 x 25 on :45 Side Kicking

Workout #7581 - Friday, 18 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core and Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
2,100	1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
	{4 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
	{4 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{6 x 25 on :45 Kick no brd R-9/10/11/12
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
500	10 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
1,700	1x{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:40 Butterfly
	{2 x 50 on :50 Backstroke
	{4 x 25 on :30 Breaststroke
	{2 x 100 on 1:35 Individual Medley
	{2 x 50 on :50 Butterfly
	{4 x 25 on :30 Backstroke
	{1 x 100 on 1:40 Breaststroke
	{3 x 100 on 1:30 Individual Medley
	{4 x 25 on :30 Butterfly
	{1 x 100 on 1:40 Backstroke
	{2 x 50 on :50 Breaststroke
	{2 x 100 on 1:25 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:32 AM 5,650 Yards - Stress Value = 89

Workout #7582 - Friday, 18 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core and Stretch
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,950	1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
	{4 x 75 on 1:45 Kick
	{2 x 75 on 1:40 Kick
	{6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
	{6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{6 x 25 on :45 Kick no brd R-9/10/11/12
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
450	9 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
1,600	1x{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:50 Butterfly
	{2 x 50 on :55 Backstroke
	{4 x 25 on :30 Breaststroke
	{2 x 100 on 1:45 Individual Medley
	{2 x 50 on :55 Butterfly
	{4 x 25 on :30 Backstroke

	{1 x 100 on 1:50 Breaststroke
	{3 x 100 on 1:40 Individual Medley
	{4 x 25 on :30 Butterfly
	{1 x 100 on 1:50 Backstroke
	{2 x 50 on :55 Breaststroke
	{1 x 100 on 1:35 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:32 AM 5,300 Yards - Stress Value = 83

Workout #7583 - Friday, 18 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 Core and Stretch
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,800	1x{6 x 25 on :45 Kick no brd B- 9/10/11/12 KOW
	{2 x 75 on 1:55 Kick
	{2 x 75 on 1:50 Kick
	{6 x 25 on :45 Kick no brd S-9/10/11/12 KOW
	{2 x 75 on 1:50 Kick
	{2 x 75 on 1:45 Kick
	{6 x 25 on :45 Kick no brd L-9/10/11/12 KOW
	{2 x 75 on 1:45 Kick
	{2 x 75 on 1:40 Kick
	{6 x 25 on :45 Kick no brd R-9/10/11/12
	{2 x 75 on 1:40 Kick
	{3 x 50 on 1:05 Kick
400	8 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
1,400	1x{1 x 100 on 2:05 Individual Medley
	{1 x 100 on 2:00 Butterfly
	{2 x 50 on 1:00 Backstroke
	{4 x 25 on :30 Breaststroke
	{2 x 100 on 2:00 Individual Medley
	{2 x 50 on 1:00 Butterfly
	{4 x 25 on :30 Backstroke
	{1 x 100 on 2:00 Breaststroke
	{2 x 100 on 1:55 Individual Medley
	{4 x 25 on :30 Butterfly
	{1 x 100 on 2:00 Backstroke
	{2 x 50 on 1:00 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 4,850 Yards - Stress Value = 76

Workout #7584 - Monday, 21 June 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Core and Stretch 1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :45 Kick no board BSLR-16 KOW {2 x 50 on 1:00 Kick #4 {4 x 100 on 1:30 Kick {4 x 25 on :45 Kick no board BSLR-14 KOW {2 x 50 on 1:00 Kick #4 {3 x 100 on 1:25 Kick {4 x 25 on :45 Kick no board BSLR-12 KOW {2 x 50 on 1:00 Kick #4 {2 x 100 on 1:20 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {2 x 50 on 1:00 Kick #4 {1 x 100 on 1:15 Kick
1,000	1x{1 x 100 on 1:30 Pull no br L.12 yds {1 x 200 on 2:50 Pull no br L.14 yds {1 x 300 on 4:00 Pull no br L.16 yds {1 x 400 on 5:00 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
3,000	1x{1 x 500 on 6:15 Freestyle {2 x 400 on 4:55 Freestyle {3 x 300 on 3:40 Freestyle {4 x 200 on 2:25 Freestyle
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	7,000 Yards - Stress Value = 118

7:00 AM Start

Yards	Set Description
550	1 on 30:00 Core and Stretch 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-16 KOW {1 x 50 on 1:10 Kick #4 {3 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board BSLR-14 KOW {1 x 50 on 1:10 Kick #4 {3 x 100 on 2:05 Kick {4 x 25 on :45 Kick no board BSLR-12 KOW {1 x 50 on 1:10 Kick #4 {2 x 100 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {1 x 50 on 1:10 Kick #4 {1 x 50 on :55 Kick
850	1x{1 x 100 on 1:40 Pull no br L.12 yds {1 x 200 on 3:15 Pull no br L.14 yds {1 x 300 on 4:50 Pull no br L.16 yds {1 x 250 on 4:00 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
2,300	1x{1 x 500 on 8:00 Freestyle {2 x 400 on 6:20 Freestyle {3 x 300 on 4:40 Freestyle {1 x 100 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	5,750 Yards - Stress Value = 94

Workout #7587 - Monday, 21 June 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 on 30:00 Core and Stretch 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-16 KOW {1 x 50 on 1:05 Kick #4 {4 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board BSLR-14 KOW {1 x 50 on 1:05 Kick #4 {3 x 100 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR-12 KOW {1 x 50 on 1:05 Kick #4 {2 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {1 x 50 on 1:05 Kick #4 {1 x 100 on 1:40 Kick
950	1x{1 x 100 on 1:30 Pull no br L.12 yds {1 x 200 on 2:55 Pull no br L.14 yds {1 x 300 on 4:20 Pull no br L.16 yds {1 x 350 on 5:00 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
2,650	1x{1 x 500 on 7:00 Freestyle {2 x 400 on 5:35 Freestyle {3 x 300 on 4:05 Freestyle {2 x 225 on 3:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	6,400 Yards - Stress Value = 106

7:00 AM Start

Yards	Set Description
500	1 on 30:00 Core and Stretch 1 x 500 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-16 KOW {1 x 50 on 1:15 Kick #4 {3 x 100 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR-14 KOW {1 x 50 on 1:15 Kick #4 {2 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR-12 KOW {1 x 50 on 1:15 Kick #4 {1 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR-10 KOW {2 x 50 on 1:10 Kick #4 {1 x 100 on 2:15 Kick
750	1x{1 x 100 on 1:55 Pull no br L.12 yds {1 x 200 on 3:45 Pull no br L.14 yds {1 x 300 on 5:30 Pull no br L.16 yds {1 x 150 on 2:40 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
2,050	1x{1 x 500 on 9:10 Freestyle {2 x 400 on 7:10 Freestyle {2 x 300 on 5:15 Freestyle {1 x 150 on 2:35 Freestyle
250	1 x 250 on 4:00 Stroke Drills
9:30 AM	5,250 Yards - Stress Value = 85

Workout #7586 - Monday, 21 June 2010

Group 3 - Silver

1 minute rest between sets

Workout #7588 - Tuesday, 22 June 2010

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
 900 1 x 900 on 17:00 Kick 9X100@ fastest interval
 1,200 1x{3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {3 x 100 on 1:50 Kick
 {3 x 100 on 1:45 Kick
 #1 free, #2 fly, #3 brst
 600 1x{1 x 150 on 2:15 Pulls br toward blchr
 {1 x 150 on 2:10 Pulls br toward scrbd
 {1 x 150 on 2:05 Pulls br toward blchr
 {1 x 150 on 2:00 Pulls br toward scrbd
 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{4 x 25 on :45 Back TO/6 kick switch
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 {4 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
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 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
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:32 AM 6,150 Yards - Stress Value = 90

Workout #7589 - Tuesday, 22 June 2010

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
 900 1 x 900 on 17:00 Kick 9X100@ fastest interval
 1,100 1x{3 x 100 on 2:10 Kick
 {3 x 100 on 2:05 Kick
 {3 x 100 on 2:00 Kick
 {4 x 50 on 1:00 Kick #4 choice
 #1 free, #2 fly, #3 brst
 600 1x{1 x 150 on 2:15 Pulls br toward blchr
 {1 x 150 on 2:15 Pulls br toward scrbd
 {1 x 150 on 2:10 Pulls br toward blchr
 {1 x 150 on 2:10 Pulls br toward scrbd
 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 :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
 {1 x 50 on 1:00 Back-Great Effort
 {4 x 25 on :45 Back TO/6 kick switch
 {2 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke

{2 x 100 on 1:30 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {2 x 25 on :45 Back TO/6 kick switch
 {3 x 100 on 1:40 Backstroke
 {3 x 100 on 1:35 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,850 Yards - Stress Value = 84

Workout #7590 - Tuesday, 22 June 2010

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
 900 1 x 900 on 17:00 Kick 9X100@ fastest interval
 1,000 1x{3 x 100 on 2:20 Kick
 {3 x 100 on 2:15 Kick
 {3 x 100 on 2:10 Kick
 {2 x 50 on 1:00 Kick
 #1 free, #2 fly, #3 brst
 550 1x{1 x 150 on 2:30 Pulls br toward blchr
 {1 x 150 on 2:30 Pulls br toward scrbd
 {1 x 150 on 2:25 Pulls br toward blchr
 {1 x 100 on 1:35 Pulls br toward scrbd
 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 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 {4 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
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {3 x 100 on 1:50 Backstroke
 {3 x 50 on :55 Backstroke
 {2 x 50 on :50 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:32 AM 5,500 Yards - Stress Value = 78

Workout #7591 - Tuesday, 22 June 2010

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
 900 1 x 900 on 17:00 Kick 9X100@ fastest interval
 900 1x{3 x 100 on 2:40 Kick
 {3 x 100 on 2:35 Kick
 {3 x 75 on 1:50 Kick
 {1 x 75 on 1:45 Kick-choice
 #1 free, #2 fly, #3 brst
 450 1x{1 x 150 on 2:45 Pulls br toward blchr
 {1 x 150 on 2:45 Pulls br toward scrbd
 {1 x 150 on 2:40 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
 1,750 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
 {4 x 25 on :45 Back TO/6 kick switch
 {2 x 100 on 2:00 Backstroke
 {2 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 50 on 1:15 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {2 x 50 on 1:05 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 50 on :55 Backstroke
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5 KOW
 250 1 x 250 on 4:00 Stroke Drills
 9:32 AM 5,100 Yards - Stress Value = 74

Workout #7592 - Tuesday, 22 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 600 1 x 600 on 10:00 Choice REC I
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S
 1,200 1x{8 x 30 on 1:00 Freestyle SP2 S
 {1 x 120 on 3:00 Freestyle (8 LAPS) REC S
 {6 x 30 on 1:00 Freestyle SP2 S
 {1 x 120 on 3:00 Freestyle REC S
 {4 x 30 on 1:00 Freestyle SP2 S
 {1 x 120 on 3:00 Freestyle REC S
 {2 x 30 on 1:00 Freestyle SP2 S
 {1 x 240 on 6:00 Stroke Drills REC I
 1 on 30:00 Stomach and Stretch I
 6:26 PM 1,980 Yards - Stress Value = 67

Workout #7593 - Wednesday, 23 June 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 900 1x{3 x 100 on 1:25 Fly 3 strokes off each wall

{3 x 100 on 1:20 Fly 3 strokes off each wall
 {3 x 100 on 1:15 Fly 3 strokes off each wall
 1,300 1x{1 x 100 on 1:45 Kick
 {1 x 25 on :45 Tombstone Kicking
 {8 x 15 on :45 Underwater Fly Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 15 on :40 Underwater Fly Kick
 {1 x 100 on 1:45 Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 15 on :35 Underwater Fly Kick
 {1 x 100 on 1:45 Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 15 on :30 Underwater Fly Kicking
 {1 x 100 on 1:45 Kick
 {1 x 25 on :45 Tomstone Kicking
 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 Fly 3 strokes off each wall
 {3 x 100 on 1:20 Fly 3 strokes off each wall
 {3 x 100 on 1:15 Fly 3 strokes off each wall
 750 1 x 750 on 10:00 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 1x{3 x 100 on 1:25 Fly 3 strokes off each wall
 {3 x 100 on 1:20 Fly 3 strokes off each wall
 {3 x 100 on 1:15 Fly 3 strokes off each wall
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,950 Yards - Stress Value = 93

Workout #7594 - Wednesday, 23 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 800 1x{2 x 100 on 1:35 Fly 3 strokes off each wall
 {3 x 100 on 1:30 Fly 3 strokes off each wall
 {3 x 100 on 1:25 Fly 3 strokes off each wall
 1,300 1x{1 x 100 on 1:55 Kick
 {1 x 25 on :45 Tombstone Kicking
 {8 x 15 on :45 Underwater Fly Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 15 on :40 Underwater Fly Kick
 {1 x 100 on 1:55 Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 15 on :35 Underwater Fly Kick
 {1 x 100 on 1:55 Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 15 on :30 Underwater Fly Kicking
 {1 x 100 on 1:55 Kick
 {1 x 25 on :45 Tomstone Kicking
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{2 x 100 on 1:35 Fly 3 strokes off each wall
 {3 x 100 on 1:30 Fly 3 strokes off each wall
 {3 x 100 on 1:25 Fly 3 strokes off each wall
 700 1 x 700 on 10:00 Lungbuster 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{2 x 100 on 1:35 Fly 3 strokes off each wall
 {3 x 100 on 1:30 Fly 3 strokes off each wall
 {3 x 100 on 1:25 Fly 3 strokes off each wall
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,600 Yards - Stress Value = 86

Workout #7595 - Wednesday, 23 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
700	1x{2 x 100 on 1:45 Fly 3 strokes off each wall {2 x 100 on 1:40 Fly 3 strokes off each wall {3 x 100 on 1:35 Fly 3 strokes off each wall
1,250	1x{1 x 100 on 2:05 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:05 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :40 Underwater Fly Kick {1 x 100 on 2:05 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :35 Underwater Fly Kick {1 x 100 on 2:05 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 50 on 1:05 Kick {1 x 25 on :45 Tomstone Kicking
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 1:45 Fly 3 strokes off each wall {2 x 100 on 1:40 Fly 3 strokes off each wall {3 x 100 on 1:35 Fly 3 strokes off each wall
650	1 x 650 on 10:00 Lungbuster 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{2 x 100 on 1:45 Fly 3 strokes off each wall {2 x 100 on 1:40 Fly 3 strokes off each wall {3 x 100 on 1:35 Fly 3 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 5,150 Yards - Stress Value = 78

Workout #7596 - Wednesday, 23 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
600	1x{2 x 100 on 2:00 Fly 3 strokes off each wall {2 x 100 on 1:55 Fly 3 strokes off each wall {2 x 100 on 1:50 Fly 3 strokes off each wall
1,150	1x{1 x 100 on 2:15 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:15 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:15 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :45 Underwater Fly Kick {1 x 50 on 1:05 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{2 x 100 on 2:00 Fly 3 strokes off each wall {2 x 100 on 1:55 Fly 3 strokes off each wall {2 x 100 on 1:50 Fly 3 strokes off each wall
550	1 x 550 on 10:00 Lungbuster pulls

100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{2 x 100 on 2:00 Fly 3 strokes off each wall {2 x 100 on 1:55 Fly 3 strokes off each wall {2 x 100 on 1:50 Fly 3 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 4,600 Yards - Stress Value = 70

Workout #7597 - Thursday, 24 June 2010

Group 3 - Breast

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
1,800	1x{4 x 25 on :45 Kick no board B--- {1 x 100 on 1:45 Kick {2 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board -S--- {2 x 100 on 1:40 Kick {2 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 1:35 Kick {2 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board ---R {4 x 100 on 1:30 Kick {2 x 50 on 1:00 Kick
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{4 x 100 on 2:00 Breast Pull {3 x 75 on 1:20 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {4 x 100 on 1:55 Breast Pull {3 x 75 on 1:15 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {4 x 100 on 1:50 Breast Pull {3 x 75 on 1:10 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {4 x 100 on 1:45 Breast Pull {3 x 75 on 1:05 Breast 2X Pullouts {3 x 25 on :40 Breast-100%
250	1 x 250 on 4:00 Stroke Drills
	9:32 AM 5,800 Yards - Stress Value = 96

Workout #7598 - Thursday, 24 June 2010

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 Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no board B--- {1 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board -S-- {2 x 100 on 1:55 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 1:50 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board ---R {3 x 100 on 1:45 Kick
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 2:10 Breast Pull {3 x 75 on 1:25 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {4 x 100 on 2:05 Breast Pull {3 x 75 on 1:20 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {4 x 100 on 2:00 Breast Pull {3 x 75 on 1:15 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {2 x 100 on 1:55 Breast Pull {3 x 75 on 1:10 Breast 2X Pullouts {3 x 25 on :40 Breast-100%
250	1 x 250 on 4:00 Stroke Drills
	9:32 AM 5,400 Yards - Stress Value = 89

Workout #7599 - Thursday, 24 June 2010

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 Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :45 Kick no board B--- {1 x 100 on 2:05 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board -S-- {2 x 100 on 2:00 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 1:55 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board ---R {2 x 100 on 1:50 Kick {1 x 50 on 1:05 Kick
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{4 x 100 on 2:15 Breast Pull {3 x 75 on 1:35 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {4 x 100 on 2:10 Breast Pull {3 x 75 on 1:30 Breast 2X Pullouts {3 x 25 on :40 Breast-100% {3 x 100 on 2:05 Breast Pull {3 x 75 on 1:25 Breast 2X Pullouts {3 x 25 on :40 Breast-100%

	{2 x 100 on 2:00 Breast Pull
	{3 x 75 on 1:20 Breast 2X Pullouts
	{1 x 25 on :40 Breast-100%
250	1 x 250 on 4:00 Stroke Drills
	9:32 AM 5,150 Yards - Stress Value = 83

Workout #7600 - Thursday, 24 June 2010

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 Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :45 Kick no board B--- {1 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board -S-- {2 x 100 on 2:15 Kick {2 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board --L- {3 x 100 on 2:10 Kick {2 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board ---R {1 x 100 on 2:05 Kick {1 x 50 on 1:00 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,175	1x{3 x 100 on 2:30 Breast Pull {3 x 75 on 1:45 Breast 2X Pullouts {3 x 25 on :50 Breast-100% {3 x 100 on 2:25 Breast Pull {3 x 75 on 1:40 Breast 2X Pullouts {3 x 25 on :50 Breast-100% {3 x 100 on 2:20 Breast Pull {3 x 75 on 1:35 Breast 2X Pullouts {3 x 25 on :50 Breast-100% {2 x 100 on 2:15 Breast Pull {2 x 75 on 1:30 Breast 2X Pullouts {1 x 25 on :50 Breast-100%
225	1 x 225 on 4:00 Stroke Drills
	9:32 AM 4,700 Yards - Stress Value = 79

Workout #7601 - Thursday, 24 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
	1 x 625 on 10:00 Choice
625	11 x 15 on :45 Cross pool sprints in Diving
165	1 x 25 on :30 Your best stroke-100%
25	{1 x 100 on 3:00 Kick with shoes
1,700	1x{2 x 75 on 2:10 Kick with Shoes {3 x 50 on 1:25 Kick with Shoes {4 x 25 on :40 Kick with Shoes {1 x 400 on 8:00 Social Kick-Kick for 6:30 {8 x 100 on 1:15 Kick w/fins
250	1 x 250 on 4:00 Stroke Drills
	1 on 29:00 Stomach and Stretch
	6:30 PM 2,765 Yards - Stress Value = 35

Workout #7602 - Friday, 25 June 2010

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Core and Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
2,700	1x{1 x 100 on :20 Kick with flippers
	{1 x 100 on :25 Kick with flippers
	{1 x 100 on :30 Kick with flippers
	{1 x 100 on :35 Kick with flippers
	{1 x 100 on :40 Kick with flippers
	{1 x 100 on :45 Kick with flippers
	{1 x 100 on :50 Kick with flippers
	{1 x 100 on :55 Kick with flippers
	{1 x 100 on 1:00 Kick with flippers
	{1 x 100 on 1:05 Kick with flippers
	{1 x 100 on 1:10 Kick with flippers
	{1 x 100 on 1:15 Kick with flippers
	{1 x 100 on 1:20 Kick with flippers
	{1 x 100 on 1:25 Kick with flippers
	{1 x 100 on 1:30 Kick with flippers
	{1 x 100 on 1:35 Kick with flippers
	{1 x 100 on 1:40 Kick with flippers
	{1 x 100 on 1:45 Kick with flippers
	{1 x 100 on 1:50 Kick with flippers
	{1 x 100 on 1:55 Kick with flippers
	{1 x 100 on 2:00 Kick with flippers
	{1 x 100 on 2:05 Kick with flippers
	{1 x 100 on 2:10 Kick with flippers
	{1 x 100 on 2:15 Kick with flippers
	{1 x 100 on 2:20 Kick with flippers
	{1 x 100 on 2:25 Kick with flippers
	{1 x 100 on 2:30 Kick with flippers
750	15 x 50 on 1:00 Pulls-nbbf&w + 2 yds
	with paddles Plat under :30
	gold under :35, silver under :40
	bronze under :45
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 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	9:34 AM 5,250 Yards - Stress Value = 89

Workout #7603 - Monday, 28 June 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	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
1,950	1x{12 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:30 Kick-des in 3's
	{8 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:20 Kick des in 3's
	{4 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:10 Kick-des in 3's
900	1x{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
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 250 on 3:05 Freestyle
	{3 x 250 on 3:00 Freestyle
	{2 x 250 on 2:55 Freestyle
	{1 x 250 on 2:50 Freestyle

300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 6,600 Yards - Stress Value = 108

Workout #7604 - Monday, 28 June 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	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
1,850	1x{12 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:30 Kick-des in 3's
	{8 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:25 Kick des in 3's
	{4 x 25 on :45 Kick no board BSLR
	{7 x 50 on :55 Kick-des in 3's
800	1x{2 x 75 on 1:10 Pull no br L.12 yds
	{2 x 100 on 1:30 Pull no br L.12 yds
	{2 x 125 on 1:50 Pull no br L.12 yds
	{2 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
2,150	1x{3 x 250 on 3:35 Freestyle
	{3 x 250 on 3:30 Freestyle
	{2 x 250 on 3:25 Freestyle
	{1 x 150 on 1:55 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 6,050 Yards - Stress Value = 98

Workout #7605 - Monday, 28 June 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	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
1,700	1x{12 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:40 Kick-des in 3's
	{8 x 25 on :45 Kick no board BSLR
	{6 x 75 on 1:35 Kick des in 3's
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:00 Kick-des
700	1x{2 x 75 on 1:15 Pull no br L.12 yds
	{2 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 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
1,850	1x{4 x 200 on 3:15 Freestyle
	{3 x 200 on 3:10 Freestyle
	{2 x 200 on 3:05 Freestyle
	{1 x 50 on :45 Freestyle
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,450 Yards - Stress Value = 88

Workout #7606 - Monday, 28 June 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 1,600 1x{12 x 25 on :45 Kick no board BSLR
 {6 x 75 on 1:50 Kick-des in 3's
 {8 x 25 on :45 Kick no board BSLR
 {6 x 75 on 1:45 Kick des in 3's
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:10 Kick-both fast
 600 1x{2 x 75 on 1:25 Pull no br L.12 yds
 {2 x 100 on 1:50 Pull no br L.12 yds
 {2 x 125 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
 1,600 1x{4 x 200 on 3:45 Freestyle
 {3 x 200 on 3:40 Freestyle
 {1 x 150 on 2:45 Freestyle
 {1 x 50 on :55 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 4,950 Yards - Stress Value = 80

{2 x 100 on 2:00 Kick L.50 w/out board
 {1 x 50 on 1:00 Kick w/out board
 750 1x{2 x 150 on 2:10 Pulls-br toward blchr
 {2 x 150 on 2:05 Pulls br toward scrbd
 {2 x 75 on 1:00 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
 1,925 1x{8 x 75 on 1:10 Back-hold fastest possible av
 {1 x 100 on 2:30 Choice Drill
 {8 x 75 on 1:05 Back-hold fastest possible av
 {1 x 100 on 2:30 Choice Drill
 {7 x 75 on 1:00 Back-hold fastets possible av
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 6,225 Yards - Stress Value = 171

Workout #7609 - Tuesday, 29 June 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100 @fastest interv
 1,100 1x{1 x 150 on 3:15 Kick L.50 w/out board
 {2 x 100 on 2:10 Kick L.50 w/out board
 {3 x 50 on 1:05 Kick w/out board
 {3 x 150 on 3:15 Kick L.50 2/out board
 {1 x 100 on 2:10 Kick L.50 w/out board
 {1 x 50 on 1:05 Kick w/out board
 650 1x{1 x 150 on 2:30 Pulls-br toward blchr
 {2 x 150 on 2:25 Pulls br toward scrbd
 {2 x 100 on 1:35 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
 1,625 1x{6 x 75 on 1:20 Back-hold fastest possible av
 {1 x 100 on 3:00 Choice Drill
 {6 x 75 on 1:15 Back-hold fastest possible av
 {1 x 100 on 3:00 Choice Drill
 {7 x 75 on 1:10 Back-hold fastets possible av
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 5,675 Yards - Stress Value = 149

Workout #7607 - Tuesday, 29 June 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100 @fastest interv
 1,200 1x{1 x 150 on 3:00 Kick L.50 w/out board
 {2 x 100 on 2:00 Kick L.50 w/out board
 {3 x 50 on 1:00 Kick w/out board
 {3 x 150 on 3:00 Kick L.50 2/out board
 {2 x 100 on 2:00 Kick L.50 w/out board
 {1 x 50 on 1:00 Kick w/out board
 900 1x{2 x 150 on 2:00 Pulls-br toward blchr
 {2 x 150 on 1:55 Pulls br toward scrbd
 {2 x 150 on 1:50 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
 2,000 1x{8 x 75 on 1:05 Back-hold fastest possible av
 {1 x 100 on 2:30 Choice Drill
 {8 x 75 on 1:00 Back-hold fastest possible av
 {1 x 100 on 2:30 Choice Drill
 {8 x 75 on :55 Back-hold fastets possible av
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 6,450 Yards - Stress Value = 178

Workout #7608 - Tuesday, 29 June 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100 @fastest interv
 1,200 1x{1 x 150 on 3:00 Kick L.50 w/out board
 {2 x 100 on 2:00 Kick L.50 w/out board
 {3 x 50 on 1:00 Kick w/out board
 {3 x 150 on 3:00 Kick L.50 2/out board

Workout #7610 - Tuesday, 29 June 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100 @fastest interv
 1,000 1x{1 x 150 on 3:30 Kick L.50 w/out board
 {1 x 100 on 2:20 Kick L.50 w/out board
 {3 x 50 on 1:10 Kick w/out board
 {3 x 150 on 3:30 Kick L.50 2/out board
 {1 x 100 on 2:20 Kick L.50 w/out board
 {1 x 50 on 1:10 Kick w/out board
 600 1x{1 x 150 on 2:45 Pulls-br toward blchr
 {1 x 150 on 2:35 Pulls br toward scrbd
 {2 x 150 on 2:30 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
 1,400 1x{6 x 75 on 1:30 Back-hold fastest possible av
 {1 x 100 on 3:00 Choice Drill
 {6 x 75 on 1:25 Back-hold fastest possible av
 {1 x 100 on 3:00 Choice Drill
 {4 x 75 on 1:20 Back-hold fastets possible av
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,250 Yards - Stress Value = 132

Workout #7611 - Tuesday, 29 June 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 x 600 on 10:00 Choice
 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 4:55 Freestyle-all out!!!
 250 1 x 250 on 5:00 EZ swim
 600 2x{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
 1 on 25:00 Dryland and Stretch
 6:34 PM 3,080 Yards - Stress Value = 111

Workout #7612 - Wednesday, 30 June 2010

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's Abs and Stretch
 600 1 x 600 on 10:00 Freestyle
 150 10 x 15 on :45 Shooters
 2,600 1x{6 x 25 on :45 Kick no board B 9+1
 {4 x 125 on 2:30 Kick #1 & #3 100%
 {6 x 25 on :45 Kick no board S 9+1
 {4 x 125 on 2:25 Kick #2 & #4 100%
 {6 x 25 on :45 Kick no board L 9+1
 {4 x 125 on 2:20 Kick #1 & #2 100%
 {6 x 25 on :45 Kick no board R 9+1
 {4 x 125 on 2:15 Kick #3 & #4 100%
 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 200 on 3:00 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:15 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:30 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :45 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 85

Workout #7616 - Wednesday, 30 June 2010

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's Abs and Stretch
 400 1 x 400 on 10:00 Freestyle
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board BSLRBS
 {4 x 125 on 2:30 Kick #1 & #3 100%
 {6 x 25 on :45 Kick no board BSLRLR
 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 200 on 3:00 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:15 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:30 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :45 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 250 1 x 250 on 4:00 Stroke Drills
 8:47 AM 3,300 Yards - Stress Value = 49

Workout #7613 - Wednesday, 30 June 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's Abs and Stretch
 600 1 x 600 on 10:00 Freestyle
 150 10 x 15 on :45 Shooters
 2,600 1x{6 x 25 on :45 Kick no board B 9+1
 {4 x 125 on 2:30 Kick #1 & #3 100%
 {6 x 25 on :45 Kick no board S 9+1
 {4 x 125 on 2:25 Kick #2 & #4 100%
 {6 x 25 on :45 Kick no board L 9+1
 {4 x 125 on 2:20 Kick #1 & #2 100%
 {6 x 25 on :45 Kick no board R 9+1
 {4 x 125 on 2:15 Kick #3 & #4 100%
 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 200 on 3:20 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:30 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:40 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :50 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,500 Yards - Stress Value = 85

Workout #7614 - Wednesday, 30 June 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's Abs and Stretch
 600 1 x 600 on 10:00 Freestyle
 150 10 x 15 on :45 Shooters
 2,400 1x{6 x 25 on :45 Kick no board B 9+1
 {4 x 125 on 2:45 Kick #1 & #3 100%
 {6 x 25 on :45 Kick no board S 9+1
 {4 x 125 on 2:40 Kick #2 & #4 100%
 {6 x 25 on :45 Kick no board L 9+1
 {4 x 125 on 2:35 Kick #1 & #2 100%
 {6 x 25 on :45 Kick no board R 9+1
 {4 x 75 on 1:30 Kick #3 & #4 100%
 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 3:40 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {2 x 150 on 2:45 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {3 x 100 on 1:50 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {4 x 50 on :55 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,150 Yards - Stress Value = 78

25 1 x 25 on :30 Kick
 1,920 1x{3 x 100 on 1:45 Kick
 {8 x 30 on :45 underwater fly kick/print free
 {3 x 100 on 1:40 Kick
 {8 x 30 on :45 underwater fly kick.sprint fre
 {3 x 100 on 1:40 Kick
 {8 x 30 on :45 underwater fly kick/sprint fre
 {3 x 100 on 1:35 Kick
 25 1 x 25 on :30 Kick
 1,250 1x{1 x 125 on 1:40 Pull bwspf
 {2 x 125 on 1:45 Pull bwspf
 {3 x 125 on 1:50 Pull bwkpf
 {4 x 125 on 1:55 Pull 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 50 on :45 Butterfly
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Butterfly
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {1 x 150 on 2:15 Butterfly
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {1 x 200 on 3:00 Butterfly
 {8 x 25 on :25 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 5,770 Yards - Stress Value = 85

Workout #7622 - Thursday, 01 July 2010

Group 3 - Taper 1

1 minute rest between sets

Workout #7615 - Wednesday, 30 June 2010
Group 3 - Bronze
1 minute rest between sets
 7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's Abs and Stretch
 600 1 x 600 on 10:00 Freestyle
 150 10 x 15 on :45 Shooters
 2,200 1x{6 x 25 on :45 Kick no board B 9+1
 {4 x 100 on 2:30 Kick #1 & #3 100%
 {6 x 25 on :45 Kick no board S 9+1
 {4 x 100 on 2:25 Kick #2 & #4 100%
 {6 x 25 on :45 Kick no board L 9+1
 {4 x 100 on 2:20 Kick #1 & #2 100%
 {6 x 25 on :45 Kick no board R 9+1
 {4 x 100 on 2:15 Kick #3 & #4 100%
 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 200 on 4:00 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {2 x 150 on 3:00 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {3 x 100 on 2:00 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {4 x 50 on 1:00 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 4,850 Yards - Stress Value = 72

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 PhysBall w/weights & Stretch
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 25 1 x 25 on :30 Kick
 840 1x{2 x 100 on 1:45 Kick
 {4 x 30 on :45 underwater fly kick/print free
 {2 x 100 on 1:40 Kick
 {4 x 30 on :45 underwater fly kick.sprint fre
 {2 x 100 on 1:40 Kick
 25 1 x 25 on :30 Kick
 600 1x{1 x 100 on 1:20 Pull bwspf
 {2 x 100 on 1:25 Pull bwspf
 {3 x 100 on 1:30 Pull bwkpf
 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 50 on :45 Butterfly
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {1 x 100 on 1:30 Butterfly
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 {1 x 150 on 2:15 Butterfly
 {8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 300 6 x 50 on 1:00 Stroke Drills
 8:54 AM 3,440 Yards - Stress Value = 48

Workout #7617 - Thursday, 01 July 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 PhysBall w/weights & 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

Workout #7618 - Thursday, 01 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 PhysBall w/weights & 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
 25 1 x 25 on :30 Kick
 1,770 1x{3 x 100 on 2:00 Kick
 {8 x 30 on :45 underwater fly kick/print free
 {3 x 100 on 1:55 Kick
 {8 x 30 on :45 underwater fly kick.sprint fre
 {3 x 100 on 1:50 Kick
 {8 x 30 on :45 underwater fly kick/sprint fre
 {2 x 75 on 1:20 Kick
 25 1 x 25 on :30 Kick
 1,150 1x{1 x 125 on 1:50 Pull bwspf
 {2 x 125 on 1:55 Pull bwspf
 {3 x 125 on 2:00 Pull bwkpf
 {4 x 100 on 1:40 Pull bwfpf
 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 50 on :50 Butterfly
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {1 x 100 on 1:40 Butterfly
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {1 x 150 on 2:30 Butterfly
 {8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 {1 x 200 on 3:20 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 5,320 Yards - Stress Value = 77

Workout #7619 - Thursday, 01 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 PhysBall w/weights & 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
 25 1 x 25 on :30 Kick
 1,560 1x{3 x 100 on 2:10 Kick
 {8 x 30 on :50 underwater fly kick/print free
 {3 x 100 on 2:05 Kick
 {8 x 30 on :50 underwater fly kick.sprint fre
 {3 x 100 on 2:00 Kick
 {6 x 30 on :50 underwater fly kick/sprint fre
 25 1 x 25 on :30 Kick
 1,050 1x{1 x 100 on 1:35 Pull bwspf
 {2 x 100 on 1:40 Pull bwspf
 {3 x 100 on 1:45 Pull bwkpf
 {4 x 100 on 1:50 Pull bwfpf
 {1 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
 1,000 1x{1 x 50 on :55 Butterfly
 {6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {1 x 100 on 1:50 Butterfly
 {6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 {1 x 150 on 2:45 Butterfly
 {8 x 25 on :35 Butterfly

{1 on 1:00 Rest
 {1 x 200 on 3:40 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 4,860 Yards - Stress Value = 70

Workout #7620 - Thursday, 01 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 PhysBall w/weights & 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
 25 1 x 25 on :30 Kick
 1,440 1x{3 x 100 on 2:20 Kick
 {6 x 30 on 1:00 underwater fly kick/print fre
 {3 x 100 on 2:15 Kick
 {8 x 30 on 1:00 underwater fly kick.sprint fr
 {3 x 100 on 2:10 Kick
 {4 x 30 on :50 underwater fly kick/sprint fre
 25 1 x 25 on :30 Kick
 950 1x{1 x 50 on :55 Pull bwspf
 {2 x 100 on 1:50 Pull bwspf
 {3 x 100 on 1:55 Pull bwkpf
 {4 x 100 on 2:00 Pull bwfpf
 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 50 on 1:00 Butterfly
 {4 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {1 x 100 on 2:05 Butterfly
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {1 x 150 on 3:10 Butterfly
 {6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 {1 x 200 on 4:15 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 9:32 AM 4,490 Yards - Stress Value = 64

Workout #7621 - Thursday, 01 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 x 600 on 10:00 Choice
 300 12 x 25 on :40 Variable Speed
 The Kick Set is With Shoes
 200 10x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater f
 { kick to other side easy swim after you sur
 { every line you don't make = 5 pushups
 { ex. made it to lane 4 underwater you owe 2
 { made it to lane 3-you missed 5 lanes=25 pu
 500 1 x 500 on 10:00 Vert. Kick med balls and s
 100 1 x 100 on 2:00 Kick for time w/out shoes
 300 6 x 50 on 1:00 Stroke Drills
 1 on 30:00 12 min abs and stretch
 6:31 PM 2,000 Yards - Stress Value = 19

Workout #7623 - Friday, 02 July 2010

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 on 30:00 Core and Strech
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire kick set is with fins
2,200	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:15 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:10 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:05 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 150 on 2:00 Kick with flippers
	You may use paddles on the pull set if you
1,200	1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds
	{6 x 50 on :45 Pulls-nbbf&w + 4 yds
	{6 x 50 on :50 Pulls-nbbf&w + 6 yds
	{6 x 50 on :55 Pulls-nbbf&w + 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	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
300	6 x 50 on 1:00 Stroke Drills
9:31 AM	7,050 Yards - Stress Value = 112

Workout #7627 - Friday, 02 July 2010

Group 3 - Taper 1

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 on 30:00 Core and Strech
150	1 x 400 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire kick set is with fins
800	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 100 on 1:30 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 100 on 1:25 Kick with flippers
	You may use paddles on the pull set if you
600	1x{3 x 50 on :40 Pulls-nbbf&w + 2 yds
	{3 x 50 on :45 Pulls-nbbf&w + 4 yds
	{3 x 50 on :50 Pulls-nbbf&w + 6 yds
	{3 x 50 on :55 Pulls-nbbf&w + 8 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	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
250	1 x 250 on 4:00 Stroke Drills
8:41 AM	3,500 Yards - Stress Value = 54

Workout #7624 - Friday, 02 July 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
	1 on 30:00 Core and Strech
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
2,050	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:25 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:20 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:15 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{3 x 100 on 1:25 Kick with flippers
	You may use paddles on the pull set if you
1,050	1x{6 x 50 on :45 Pulls-nbbf&w + 2 yds
	{5 x 50 on :50 Pulls-nbbf&w + 4 yds
	{5 x 50 on :55 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:00 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	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
	{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 100 on 1:10 Freestyle
300	6 x 50 on 1:00 Stroke Drills
9:31 AM	6,450 Yards - Stress Value = 100

Workout #7625 - Friday, 02 July 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Core and Strech
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
1,950	1x{4 x 25 on :30 Kick no board BSLR 10KOW
	{3 x 150 on 2:35 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 12 KOW
	{3 x 150 on 2:30 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 14 KOW
	{3 x 150 on 2:25 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR 16KOW
	{2 x 100 on 1:35 Kick with flippers
	You may use paddles on the pull set if you
950	1x{4 x 50 on :50 Pulls-nbbf&w + 2 yds
	{5 x 50 on :55 Pulls-nbbf&w + 4 yds
	{5 x 50 on 1:00 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:05 Pulls-nbbf&w + 8 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
	{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
	{1 x 100 on 1:35 Individual Medley
300	6 x 50 on 1:00 Stroke Drills
	9:31 AM 5,950 Yards - Stress Value = 92

{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 100 on 1:40 Individual Medley
{1 x 50 on :50 Freestyle
{6 x 50 on 1:00 Stroke Drills
9:31 AM 5,550 Yards - Stress Value = 86

Workout #7628 - Monday, 05 July 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	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
2,150	1x{1 x 250 on 4:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 200 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 150 on 2:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 100 on 1:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{5 x 50 on :45 Kick
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{2 x 400 on 5:00 Freestyle
	{2 x 400 on 4:55 Freestyle
	{2 x 400 on 4:50 Freestyle
	{2 x 400 on 4:45 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,800 Yards - Stress Value = 115

Workout #7626 - Friday, 02 July 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Core and Strech
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire kick set is with fins
1,750	1x{4 x 25 on :40 Kick no board BSLR 10KOW
	{3 x 100 on 1:50 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR 12 KOW
	{3 x 100 on 1:45 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR 14 KOW
	{3 x 100 on 1:40 Kick with flippers
	{4 x 25 on :40 Kick no board BSLR 16KOW
	{3 x 150 on 2:20 Kick with flippers
	You may use paddles on the pull set if you
900	1x{4 x 50 on :55 Pulls-nbbf&w + 2 yds
	{4 x 50 on 1:00 Pulls-nbbf&w + 4 yds
	{5 x 50 on 1:05 Pulls-nbbf&w + 6 yds
	{5 x 50 on 1:10 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 200 on 4:00 Individual Medley
	{1 x 100 on 2:00 Individual Medley

Workout #7631 - Monday, 05 July 2010

Group 3 - Gold/Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	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
1,900	1x{1 x 250 on 5:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 200 on 4:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{4 x 100 on 2:00 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
2,700	1x{2 x 400 on 5:50 Freestyle
	{2 x 400 on 5:45 Freestyle
	{2 x 400 on 5:40 Freestyle
	{1 x 300 on 4:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	9:30 AM 6,050 Yards - Stress Value = 100

Workout #7629 - Monday, 05 July 2010

Group 3 - Platinum-Gold

1 minute rest between sets

7:00 AM 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
 2,150 1x{1 x 250 on 4:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 150 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on :45 Kick
 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{2 x 400 on 5:15 Freestyle
 {2 x 400 on 5:10 Freestyle
 {2 x 400 on 5:05 Freestyle
 {2 x 350 on 4:20 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,700 Yards - Stress Value = 113

Workout #7635 - Monday, 05 July 2010

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{1 x 250 on 4:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 3:30 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 400 on 5:20 Freestyle
 {1 x 400 on 5:15 Freestyle
 {1 x 400 on 5:10 Freestyle
 {1 x 400 on 5:05 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 8:42 AM 3,500 Yards - Stress Value = 53

Workout #7630 - Monday, 05 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,950 1x{1 x 250 on 5:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 3:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 150 on 2:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :55 Kick
 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{2 x 400 on 5:30 Freestyle
 {2 x 400 on 5:25 Freestyle

{2 x 400 on 5:20 Freestyle
 {2 x 250 on 3:15 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 6,300 Yards - Stress Value = 105

Workout #7632 - Monday, 05 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,800 1x{1 x 250 on 5:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 4:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:15 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
 {3 x 50 on 1:00 Kick
 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 400 on 6:20 Freestyle
 {2 x 400 on 6:15 Freestyle
 {2 x 400 on 6:10 Freestyle
 {1 x 100 on 1:30 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,700 Yards - Stress Value = 94

Workout #7634 - Monday, 05 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 1,650 1x{1 x 200 on 5:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:40 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:35 Kick
 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{2 x 400 on 7:20 Freestyle
 {1 x 400 on 7:15 Freestyle
 {1 x 400 on 7:10 Freestyle
 {1 x 400 on 7:05 Freestyle
 {1 x 150 on 2:35 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,150 Yards - Stress Value = 84

Workout #7633 - Monday, 05 July 2010

Group 3 - Silver/Bronze

1 minute rest between sets

7:00 AM 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
 1,800 1x{1 x 250 on 5:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 200 on 4:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:15 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
 {3 x 50 on 1:00 Kick
 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 400 on 6:40 Freestyle
 {2 x 400 on 6:35 Freestyle
 {1 x 400 on 6:30 Freestyle
 {1 x 350 on 5:40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 91

Yards Set Description
 =====
 1 on 30:00 Shoulders & Stretch
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1 x 400 on 8:00 4 X 100's on fasters interva
 500 1x{2 x 150 on 3:00 50ch25fl25br25fr50ch
 {2 x 100 on 2:00 25fl25br25fr25ch
 300 1x{2 x 50 on :50 Pulls alt br sides
 {2 x 50 on :45 Pulls alt br sides
 {2 x 50 on :40 Pulls alt br sides
 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{2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {1 x 150 on 3:00 Stroke Drills
 {2 x 50 on :50 Backstroke
 {2 x 50 on :45 Backstroke
 {2 x 50 on :40 Backstroke
 {1 x 100 on 2:00 Stroke Drills
 {2 x 25 on :30 Backstroke-100%
 {2 x 25 on :25 Backstroke-100%
 400 8 x 50 on 1:00 Stroke Drills
 8:50 AM 3,500 Yards - Stress Value = 41

Workout #7637 - Tuesday, 06 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100's on fasters ir
 1,200 1x{2 x 150 on 3:00 50ch25fl25br25fr50ch
 {2 x 150 on 2:55 50ch25fl25br25fr50ch
 {2 x 150 on 2:50 50ch25fl25br25fr50ch
 {2 x 150 on 2:45 50ch25fl25br25fr50ch
 600 1x{4 x 50 on :50 Pulls alt br sides
 {4 x 50 on :45 Pulls alt br sides
 {4 x 50 on :40 Pulls alt br sides
 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 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 4:00 Stroke Drills
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {1 x 150 on 3:00 Stroke Drills
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 2:00 Stroke Drills
 {4 x 25 on :30 Backstroke-100%
 {4 x 25 on :25 Backstroke-100%
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 6,200 Yards - Stress Value = 41

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
 1,000 1 x 1000 on 18:00 9/10 X 100's on fasters ir
 1,100 1x{2 x 150 on 3:10 50ch25fl25br25fr50ch
 {2 x 150 on 3:05 50ch25fl25br25fr50ch
 {2 x 150 on 3:00 50ch25fl25br25fr50ch
 {2 x 100 on 1:55 25ch25fl25br25fr
 550 1x{3 x 50 on :55 Pulls alt br sides
 {4 x 50 on :50 Pulls alt br sides
 {4 x 50 on :45 Pulls alt br sides
 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 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 200 on 4:00 Stroke Drills
 {2 x 75 on 1:20 Backstroke
 {2 x 75 on 1:15 Backstroke
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {1 x 150 on 3:00 Stroke Drills
 {3 x 50 on :50 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 100 on 2:00 Stroke Drills
 {4 x 25 on :35 Backstroke-100%
 {2 x 25 on :30 Backstroke-100%
 250 1 x 250 on 5:00 Stroke Drills
 9:30 AM 5,750 Yards - Stress Value = 75

Workout #7640 - Tuesday, 06 July 2010

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start

Workout #7638 - Tuesday, 06 July 2010

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 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	1 x 1000 on 18:00 9/10 X 100's on fasters ir
1,050	1x{2 x 150 on 3:20 50ch25fl25br25fr50ch
	{2 x 150 on 3:15 50ch25fl25br25fr50ch
	{2 x 150 on 3:10 50ch25fl25br25fr50ch
	{1 x 150 on 3:05 50ch25fl25br25fr50ch
500	1x{3 x 50 on 1:00 Pulls alt br sides
	{3 x 50 on :55 Pulls alt br sides
	{4 x 50 on :50 Pulls alt br sides
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 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 200 on 4:00 Stroke Drills
	{2 x 75 on 1:30 Backstroke
	{2 x 75 on 1:25 Backstroke
	{2 x 75 on 1:20 Backstroke
	{2 x 75 on 1:15 Backstroke
	{1 x 150 on 3:00 Stroke Drills
	{2 x 50 on :55 Backstroke
	{2 x 50 on :50 Backstroke
	{1 x 100 on 2:00 Stroke Drills
	{2 x 25 on :35 Backstroke-100%
	{2 x 25 on :30 Backstroke-100%
250	1 x 250 on 5:00 Stroke Drills
	9:30 AM 5,450 Yards - Stress Value = 72

Workout #7639 - Tuesday, 06 July 2010

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 Underwater trn drill
150	10 x 15 on :45 Shooters
1,000	1 x 1000 on 18:00 9/10 X 100's on fasters ir
950	1x{2 x 150 on 3:40 50ch25fl25br25fr50ch
	{2 x 150 on 3:35 50ch25fl25br25fr50ch
	{2 x 150 on 3:30 50ch25fl25br25fr50ch
	{1 x 50 on 1:05 50ch
450	1x{3 x 50 on 1:05 Pulls alt br sides
	{3 x 50 on 1:00 Pulls alt br sides
	{3 x 50 on :55 Pulls alt br sides
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 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 150 on 4:00 Stroke Drills
	{2 x 75 on 1:35 Backstroke
	{2 x 75 on 1:30 Backstroke
	{2 x 75 on 1:25 Backstroke
	{1 x 100 on 3:00 Stroke Drills
	{3 x 50 on 1:05 Backstroke
	{3 x 50 on 1:00 Backstroke
	{1 x 50 on 2:00 Stroke Drills
	{4 x 25 on :40 Backstroke-100%
250	1 x 250 on 6:00 Stroke Drills
	9:30 AM 4,950 Yards - Stress Value = 67

Workout #7641 - Tuesday, 06 July 2010

Group 3 - Speed Acquisition
1 minute rest between sets

Yards	Set Description
	5:00 PM Start
	=====
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
400	4x{1 x 50 on :01 Freestyle w/fins
	{ #1-4 breaths, #2 10 KOW on turn,
	{ #3 15m under water, #4 perfect swim
	{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
	1 on 30:00 Stomach and Stretch
	6:29 PM 2,030 Yards - Stress Value = 47

Workout #7642 - Wednesday, 07 July 2010

Group 3 - Breast
1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Ted's 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
1,850	1x{5 x 50 on 1:00 Kick #1-100%
	{6 x 25 on :45 Kick no board B
	{5 x 50 on 1:00 Kick #2-100%
	{6 x 25 on :45 Kick no board S
	{5 x 50 on 1:00 Kick #3-100%
	{6 x 25 on :45 Kick no board L
	{5 x 50 on 1:00 Kick #4-100%
	{6 x 25 on :45 Kick no board R
	{5 x 50 on 1:00 Kick #5-100%
1,000	1x{1 x 400 on 5:40 Lungbuster pulls
	{1 x 300 on 4:00 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
	{1 x 100 on 1:20 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
1,600	1x{8 x 50 on :55 Alt br/free des br
	{8 x 50 on :50 Alt br/free des br
	{8 x 50 on :45 Alt br/free des br
	{8 x 50 on :40 Alt br/free des br
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 5,800 Yards - Stress Value = 83

Workout #7646 - Wednesday, 07 July 2010

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 800 1x{5 x 50 on 1:00 Kick #1-100%
 {6 x 25 on :45 Kick no board BSLRBS
 {5 x 50 on 1:00 Kick #2-100%
 {6 x 25 on :45 Kick no board BSLRLR
 600 1x{1 x 300 on 4:15 Lungbuster pulls
 {1 x 200 on 2:50 Lungbuster pulls
 {1 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
 900 1x{6 x 50 on :55 Alt br/free des br
 {6 x 50 on :50 Alt br/free des br
 {6 x 50 on :45 Alt br/free des br
 350 7 x 50 on 1:00 Stroke Drills
 8:47 AM 3,500 Yards - Stress Value = 43

{6 x 25 on :45 Kick no board S
 {5 x 50 on 1:05 Kick #3-100%
 {6 x 25 on :45 Kick no board L
 {5 x 50 on 1:05 Kick #4-100%
 {6 x 25 on :45 Kick no board R
 {5 x 50 on 1:05 Kick #5-100%
 800 1x{1 x 300 on 5:00 Lungbuster pulls
 {1 x 200 on 3:20 Lungbuster pulls
 {1 x 150 on 2:30 Lungbuster pulls
 {1 x 100 on 1:40 Lungbuster pulls
 {1 x 50 on :50 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
 1,300 1x{8 x 50 on 1:05 Alt br/free des br
 {8 x 50 on 1:00 Alt br/free des br
 {8 x 50 on :55 Alt br/free des br
 {2 x 50 on :50 Alt br/free des br
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,150 Yards - Stress Value = 73

Workout #7645 - Wednesday, 07 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 1,600 1x{3 x 50 on 1:15 Kick #1-100%
 {6 x 25 on :45 Kick no board B
 {4 x 50 on 1:15 Kick #2-100%
 {6 x 25 on :45 Kick no board S
 {4 x 50 on 1:15 Kick #3-100%
 {6 x 25 on :45 Kick no board L
 {4 x 50 on 1:15 Kick #4-100%
 {6 x 25 on :45 Kick no board R
 {5 x 50 on 1:15 Kick #5-100%
 750 1x{1 x 300 on 5:30 Lungbuster pulls
 {1 x 200 on 3:40 Lungbuster pulls
 {1 x 100 on 1:50 Lungbuster pulls
 {3 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
 1,150 1x{6 x 50 on 1:15 Alt br/free des br
 {6 x 50 on 1:10 Alt br/free des br
 {6 x 50 on 1:05 Alt br/free des br
 {5 x 50 on 1:00 Alt br/free des br
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 4,750 Yards - Stress Value = 68

Workout #7643 - Wednesday, 07 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 1,850 1x{5 x 50 on 1:00 Kick #1-100%
 {6 x 25 on :45 Kick no board B
 {5 x 50 on 1:00 Kick #2-100%
 {6 x 25 on :45 Kick no board S
 {5 x 50 on 1:00 Kick #3-100%
 {6 x 25 on :45 Kick no board L
 {5 x 50 on 1:00 Kick #4-100%
 {6 x 25 on :45 Kick no board R
 {5 x 50 on 1:00 Kick #5-100%
 900 1x{1 x 300 on 4:30 Lungbuster pulls
 {1 x 250 on 3:45 Lungbuster pulls
 {1 x 200 on 3:00 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 {1 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
 1,450 1x{8 x 50 on 1:00 Alt br/free des br
 {8 x 50 on :55 Alt br/free des br
 {8 x 50 on :50 Alt br/free des br
 {5 x 50 on :45 Alt br/free des br
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,550 Yards - Stress Value = 78

Workout #7644 - Wednesday, 07 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's 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
 1,750 1x{3 x 50 on 1:05 Kick #1-100%
 {6 x 25 on :45 Kick no board B
 {5 x 50 on 1:05 Kick #2-100%

Workout #7647 - Thursday, 08 July 2010

1 minute rest between sets

Group 3 - Fly

1 minute rest between sets

7:00 AM Start		7:00 AM Start
Yards	Set Description	Set Description
600	1 on 30:00 Physio Balls/Stretch with weights	1 on 30:00 Physio Balls/Stretch with weights
600	1 x 600 on 10:00 Underwater trn drill	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters	10 x 15 on :45 Shooters
1,800	1x{2 x 100 on 1:50 Kick	1x{2 x 100 on 2:00 Kick
	{1 x 25 on :45 Tombstone Kicking	{1 x 25 on :45 Tombstone Kicking
	{8 x 15 on :30 Underwater Fly Kick	{8 x 15 on :35 Underwater Fly Kick
	{2 x 100 on 1:50 Kick	{2 x 100 on 2:00 Kick
	{4 x 25 on :45 Tombstone Kicking	{4 x 25 on :45 Tombstone Kicking
	{6 x 15 on :30 Underwater Fly Kick	{6 x 15 on :35 Underwater Fly Kick
	{2 x 100 on 1:50 Kick	{2 x 100 on 2:00 Kick
	{6 x 25 on :45 Tombstone Kicking	{6 x 25 on :45 Tombstone Kicking
	{4 x 15 on :30 Underwater Fly Kick	{4 x 15 on :35 Underwater Fly Kick
	{2 x 100 on 1:50 Kick	{2 x 100 on 2:00 Kick
	{8 x 25 on :45 Tombstone Kicking	{8 x 25 on :45 Tombstone Kicking
	{2 x 15 on :30 Underwater Fly Kicking	{2 x 15 on :35 Underwater Fly Kicking
	{2 x 100 on 1:50 Kick	{1 x 50 on 1:00 Kick
1,000	{1 x 25 on :45 Tomstone Kicking	{1 x 25 on :45 Tomstone Kicking
	10 x 100 on 1:25 Pulls break when-	9 x 100 on 1:35 Pulls break when-
	Pushoff-feet, 1st turn-knees, 2nd turn	Pushoff-feet, 1st turn-knees, 2nd turn
	hips, 3rd turn shoulders	hips, 3rd turn shoulders
200	4x{1 x 25 on :50 Sculling drills	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
1,800	1x{4 x 75 on 1:15 Fly-25L-25B-25L	1x{4 x 75 on 1:25 Fly-25L-25B-25L
	{2 x 100 on 1:20 Freestyle	{2 x 100 on 1:30 Freestyle
	{4 x 75 on 1:10 Fly-25L-25B-25R	{4 x 75 on 1:20 Fly-25L-25B-25R
	{2 x 100 on 1:20 Freestyle	{2 x 100 on 1:30 Freestyle
	{4 x 75 on 1:05 Fly-25L-25B-25R	{2 x 75 on 1:15 Fly-25L-25B-25R
	{2 x 100 on 1:20 Freestyle	{2 x 100 on 1:30 Freestyle
	{4 x 75 on 1:00 Fly-25L-25B-25R	{2 x 75 on 1:10 Fly-25L-25B-25R
300	6 x 50 on 1:00 Stroke Drills	{1 x 50 on :45 Freestyle
		6 x 50 on 1:00 Stroke Drills
	9:31 AM 5,850 Yards - Stress Value = 86	9:31 AM 5,350 Yards - Stress Value = 77

Workout #7651 - Thursday, 08 July 2010

Group 3 - Taper 1

1 minute rest between sets

7:00 AM Start	
Yards	Set Description
400	1 on 30:00 Physio Balls/Stretch
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
760	1x{2 x 100 on 2:00 Kick
	{1 x 25 on :45 Tombstone Kicking
	{8 x 15 on :35 Underwater Fly Kick
	{2 x 100 on 2:00 Kick
	{6 x 15 on :35 Underwater Fly Kick
	{5 x 25 on :45 Tomstone Kicking
500	5 x 100 on 1:30 Pulls break when-
	Pushoff-feet, 1st turn-knees, 2nd turn
	hips, 3rd turn shoulders
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{4 x 75 on 1:25 Fly-25L-25B-25L
	{2 x 100 on 1:30 Freestyle
	{4 x 75 on 1:20 Fly-25L-25B-25R
	{2 x 100 on 1:30 Freestyle
	{2 x 75 on 1:15 Fly-25L-25B-25R
400	8 x 50 on 1:00 Stroke Drills
	8:54 AM 3,460 Yards - Stress Value = 45

Workout #7648 - Thursday, 08 July 2010

Group 3 - Gold

Workout #7649 - Thursday, 08 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch with weights
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even's back
 150 10 x 15 on :45 Shooters
 1,610 1x{2 x 100 on 2:10 Kick
 {1 x 25 on :45 Tombstone Kicking
 {4 x 15 on :40 Underwater Fly Kick
 {2 x 100 on 2:10 Kick
 {4 x 25 on :45 Tombstone Kicking
 {4 x 15 on :40 Underwater Fly Kick
 {2 x 100 on 2:10 Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 15 on :40 Underwater Fly Kick
 {2 x 100 on 2:10 Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 15 on :35 Underwater Fly Kicking
 {1 x 100 on 2:10 Kick
 {1 x 25 on :45 Tomstone Kicking
 800 8 x 100 on 1:45 Pulls break when-
 Pushoff-feeet, 1st turn-knees, 2nd turn
 hips, 3rd turn shoulders
 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 75 on 1:30 Fly-25L-25B-25L
 {2 x 100 on 1:40 Freestyle
 {4 x 75 on 1:25 Fly-25L-25B-25R
 {2 x 100 on 1:40 Freestyle
 {2 x 75 on 1:20 Fly-25L-25B-25R
 {1 x 100 on 1:40 Freestyle
 {2 x 75 on 1:15 Fly-25L-25B-25R
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,010 Yards - Stress Value = 72

Workout #7650 - Thursday, 08 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch with weights
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even's back
 150 10 x 15 on :45 Shooters
 1,310 1x{1 x 100 on 2:30 Kick
 {1 x 25 on 1:00 Tombstone Kicking
 {4 x 15 on :45 Underwater Fly Kick
 {2 x 100 on 2:30 Kick
 {4 x 25 on 1:00 Tombstone Kicking
 {4 x 15 on :45 Underwater Fly Kick
 {2 x 100 on 2:30 Kick
 {6 x 25 on 1:00 Tombstone Kicking
 {4 x 15 on :45 Underwater Fly Kick
 {2 x 100 on 2:30 Kick
 {4 x 25 on 1:00 Tombstone Kicking
 {2 x 15 on :45 Underwater Fly Kicking
 {1 x 25 on :45 Tomstone Kicking
 700 7 x 100 on 1:55 Pulls break when-
 Pushoff-feeet, 1st turn-knees, 2nd turn
 hips, 3rd turn shoulders
 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{4 x 75 on 1:40 Fly-25L-25B-25L
 {1 x 100 on 1:50 Freestyle

{4 x 75 on 1:35 Fly-25L-25B-25R
 {1 x 100 on 1:50 Freestyle
 {2 x 75 on 1:30 Fly-25L-25B-25R
 {2 x 100 on 1:50 Freestyle
 {2 x 75 on 1:25 Fly-25L-25B-25R
 6 x 50 on 1:00 Stroke Drills
 9:31 AM 4,460 Yards - Stress Value = 63

Workout #7652 - Thursday, 08 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 825 1 x 825 on 13:00 Choice REC
 165 11 x 15 on :45 Cross pool sprints SP3
 400 4x{2 x 25 on :50 Sculling Drills w/snorkel REC
 {2 x 25 on :30 2 on each stroke EN1
 550 1 x 550 on 11:00 Social Kick REC
 550 11 x 50 on 1:00 Pulls-nbbf&w + 2 yds EN1
 concentrate on long strokes and fast turns
 1 on 11:00 Techniques-TiVo Starts
 1 on 20:00 Stretch
 6:30 PM 2,490 Yards - Stress Value = 15

Workout #7653 - Monday, 12 July 2010

Group 3 - Distance

1 minute rest between sets

7:00 AM 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
 2,000 1x{4 x 25 on :45 Kick no board BSLR
 {5 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:00 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
 {2 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 1,000 1 x 1000 on 15:00 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{1 x 200 on 2:30 Freestyle
 {3 x 150 on 2:15 Freestyle
 {1 x 200 on 2:35 Freestyle
 {2 x 150 on 2:15 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 150 on 2:15 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,850 Yards - Stress Value = 55

Workout #7657 - Monday, 12 July 2010

Group 3 - Taper 2

1 minute rest between sets

7:00 AM 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
 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
 500 1 x 500 on 7:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,050 1x{1 x 200 on 2:35 Freestyle
 {2 x 150 on 2:15 Freestyle
 {1 x 200 on 2:40 Freestyle
 {1 x 150 on 2:15 Freestyle
 {1 x 200 on 2:45 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 8:49 AM 3,650 Yards - Stress Value = 33

Workout #7662 - Monday, 12 July 2010

Group 3 - Taper 2

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders & Stretch
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 1 x 400 on 6:00 4 X 100@fastest interval
 300 1x{1 x 200 on 3:30 Kick Every 2nd lap fast
 {1 x 100 on 1:45 Kick-all fast
 450 1x{2 x 75 on 1:05 Pulls
 {2 x 75 on 1:00 Pulls
 {2 x 75 on :55 Pulls
 Odds breathe toward blchr
 Evens breathe toward scrbd
 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{2 x 125 on 1:50 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:45 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:40 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:35 Backstroke
 {3 x 50 on :50 Backstroke-descend
 250 1 x 250 on 4:00 Stroke Drills
 8:44 AM 3,650 Yards - Stress Value = 39

Workout #7654 - Monday, 12 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 1,900 1x{4 x 25 on :45 Kick no board BSLR
 {5 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:05 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 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 950 1 x 950 on 15:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 200 on 2:50 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 2:55 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 150 on 2:30 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 53

Workout #7655 - Monday, 12 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,850 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:15 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
 {2 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:05 Kick
 900 1 x 900 on 15:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 200 on 3:10 Freestyle
 {2 x 100 on 1:50 Freestyle
 {1 x 200 on 3:15 Freestyle
 {2 x 100 on 1:50 Freestyle
 {1 x 200 on 3:20 Freestyle
 {2 x 125 on 2:15 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,300 Yards - Stress Value = 50

Workout #7656 - Monday, 12 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 1,700 1x{4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:30 Kick
 {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
 {1 x 100 on 2:30 Kick
 800 1 x 800 on 15:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 200 on 3:30 Freestyle
 {2 x 100 on 2:00 Freestyle
 {1 x 200 on 3:35 Freestyle
 {2 x 100 on 2:00 Freestyle
 {1 x 200 on 3:40 Freestyle
 {3 x 50 on 1:00 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 4,900 Yards - Stress Value = 47

Workout #7658 - Tuesday, 13 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interva
 1,000 1x{1 x 400 on 7:00 Kick every 4th lap fast
 {1 x 300 on 5:15 Every 3rd lap fast
 {1 x 200 on 3:30 Kick Every 2nd lap fast
 {1 x 100 on 1:45 Kick-all fast
 1,350 1x{6 x 75 on 1:05 Pulls
 {6 x 75 on 1:00 Pulls
 {6 x 75 on :55 Pulls
 Odds breathe toward blchr
 Evens breathe toward scrbd
 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 125 on 1:55 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:50 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:45 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:40 Backstroke
 {3 x 50 on :50 Backstroke-descend
 {2 x 125 on 1:35 Backstroke
 {3 x 50 on :50 Backstroke-descend
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 6,600 Yards - Stress Value = 105

Workout #7659 - Tuesday, 13 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interva
 900 1x{1 x 300 on 6:00 Kick every 4th lap fast
 {1 x 300 on 6:00 Every 3rd lap fast
 {1 x 200 on 4:00 Kick Every 2nd lap fast
 {1 x 100 on 2:00 Kick-all fast
 1,200 1x{6 x 75 on 1:10 Pulls
 {6 x 75 on 1:05 Pulls
 {4 x 75 on 1:00 Pulls
 Odds breathe toward blchr
 Evens breathe toward scrbd
 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 125 on 2:10 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {2 x 125 on 2:05 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {2 x 125 on 2:00 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {2 x 125 on 1:55 Backstroke
 {3 x 50 on :55 Backstroke-descend
 {2 x 75 on 1:05 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 6,100 Yards - Stress Value = 97

Workout #7660 - Tuesday, 13 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interva
 800 1x{1 x 200 on 4:20 Kick every 4th lap fast
 {1 x 300 on 6:30 Every 3rd lap fast
 {1 x 200 on 4:20 Kick Every 2nd lap fast
 {1 x 100 on 2:10 Kick-all fast
 1,100 1x{6 x 75 on 1:15 Pulls
 {5 x 75 on 1:10 Pulls
 {3 x 75 on 1:05 Pulls
 {1 x 50 on :45 Pulls
 Odds breathe toward blchr
 Evens breathe toward scrbd
 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 2:25 Backstroke
 {3 x 50 on 1:00 Backstroke-descend
 {2 x 125 on 2:20 Backstroke
 {3 x 50 on 1:00 Backstroke-descend
 {2 x 125 on 2:15 Backstroke
 {3 x 50 on 1:00 Backstroke-descend
 {2 x 125 on 2:10 Backstroke
 {2 x 50 on 1:00 Backstroke-descend
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 5,650 Yards - Stress Value = 92

Workout #7661 - Tuesday, 13 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interval
 700 1x{1 x 100 on 2:30 Kick every 4th lap fast
 {1 x 300 on 7:30 Every 3rd lap fast
 {1 x 200 on 5:00 Kick Every 2nd lap fast
 {1 x 100 on 2:30 Kick-all fast
 1,000 1x{4 x 75 on 1:25 Pulls
 {4 x 75 on 1:20 Pulls
 {4 x 75 on 1:15 Pulls
 {2 x 50 on :50 Pulls
 Odds breathe toward blchr
 Evens breathe toward scrbd
 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{2 x 100 on 2:15 Backstroke
 {3 x 50 on 1:10 Backstroke-descend
 {2 x 100 on 2:10 Backstroke
 {3 x 50 on 1:10 Backstroke-descend
 {2 x 100 on 2:05 Backstroke
 {3 x 50 on 1:10 Backstroke-descend
 {2 x 100 on 2:00 Backstroke
 {2 x 50 on 1:10 Backstroke-descend
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 5,200 Yards - Stress Value = 86

Workout #7663 - Tuesday, 13 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 560 1 x 560 on 12:00 25 free drill/explosive jun
 15 underwater fly kick/15 streamline kick/
 25 non free drill-X8
 900 3x{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
 180 6x{1 on :15 Resistance Kicking w/partner
 {1 x 7 on :01 Y kicking
 {1 x 15 on :01 Underwater kick on back
 { This set is done with fins
 {1 x 8 on 1:13 Streamline to center of DW
 1,500 1x{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
 200 1 x 200 on 3:00 Stroke Drills
 1 on 20:00 Stretch
 6:31 PM 3,340 Yards - Stress Value = 41

Workout #7664 - Wednesday, 14 July 2010

Group 3 - Breast

1 minute rest between sets

7:00 AM Start
 Yards Set Description

=====
 1 on 30:00 Ted's Abs and Stretch
 600 1 x 600 on 10:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 1,950 1x{6 x 25 on :45 Kick no board B 10+1
 {3 x 75 on 1:20 Kick
 {6 x 25 on :45 Kick no board S 10+1
 {3 x 100 on 1:45 Kick
 {6 x 25 on :45 Kick no board L 10+1
 {3 x 125 on 2:10 Kick
 {6 x 25 on :45 Kick no board R 10+1
 {3 x 150 on 2:35 Kick
 750 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
 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 2:00 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 1:55 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 1:50 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 125 on 1:45 Breaststroke-descend
 {1 x 50 on 1:00 Breast under/over
 { 125's=Double pullouts on BH wall
 400 4 x 100 on 1:30 Free-Descend to
 ludicrous speed!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 9:31 AM 5,950 Yards - Stress Value = 87

Workout #7668 - Wednesday, 14 July 2010

Group 3 - Taper 2

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Ted's Abs and Stretch
 400 1 x 400 on 10:00 Free L.25 of each non free
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board B 10+1
 {2 x 75 on 1:20 Kick
 {4 x 25 on :45 Kick no board S 10+1
 {3 x 100 on 1:45 Kick
 100 2x{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 2:00 Breaststroke
 {4 x 50 on 1:00 Breast under/over
 {2 x 125 on 1:55 Breaststroke
 {3 x 50 on 1:00 Breast under/over
 {3 x 125 on 1:50 Breaststroke
 {2 x 50 on 1:00 Breast under/over
 {4 x 125 on 1:45 Breaststroke-descend
 {1 x 50 on 1:00 Breast under/over
 { 125's=Double pullouts on BH wall
 300 3 x 100 on 1:30 Free-Descend to
 ludicrous speed!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 200 1 x 200 on 3:00 Stroke Drills
 8:48 AM 3,550 Yards - Stress Value = 60

Workout #7665 - Wednesday, 14 July 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1	on 30:00 Ted's Abs and Stretch
600	1 x 600 on 10:00 Free L.25 of each non free
150	10 x 15 on :45 Shooters
1,800	1x{6 x 25 on :45 Kick no board B 10+1 {3 x 75 on 1:30 Kick {6 x 25 on :45 Kick no board S 10+1 {3 x 100 on 1:55 Kick {6 x 25 on :45 Kick no board L 10+1 {3 x 125 on 2:25 Kick {6 x 25 on :45 Kick no board R 10+1 {3 x 100 on 1:55 Kick
700	1x{2 x 125 on 2:00 Lungbuster pulls {2 x 125 on 1:55 Lungbuster pulls {2 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
1,600	1x{1 x 125 on 2:15 Breaststroke {4 x 50 on 1:00 Breast under/over {2 x 125 on 2:10 Breaststroke {3 x 50 on 1:00 Breast under/over {3 x 125 on 2:05 Breaststroke {2 x 50 on 1:00 Breast under/over {4 x 100 on 1:40 Breaststroke-descend { 125's=Double pullouts on BH wall
400	4 x 100 on 1:30 Free-Descend to ludicrous speed!!!!!!!!!!!!!!!!!!!!!!!!!!!!
200	1 x 200 on 3:00 Stroke Drills
9:32 AM	5,650 Yards - Stress Value = 82

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1	on 30:00 Ted's Abs and Stretch
500	1 x 500 on 10:00 Free L.25 of each non free
150	10 x 15 on :45 Shooters
1,600	1x{6 x 25 on :45 Kick no board B 10+1 {2 x 75 on 1:50 Kick {6 x 25 on :45 Kick no board S 10+1 {3 x 100 on 2:25 Kick {6 x 25 on :45 Kick no board L 10+1 {2 x 125 on 3:00 Kick {6 x 25 on :45 Kick no board R 10+1 {2 x 150 on 3:30 Kick
600	1x{2 x 100 on 1:55 Lungbuster pulls {2 x 100 on 1:50 Lungbuster pulls {2 x 100 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 125 on 2:45 Breaststroke {3 x 50 on 1:10 Breast under/over {2 x 125 on 2:40 Breaststroke {2 x 50 on 1:10 Breast under/over {3 x 125 on 2:35 Breaststroke {1 x 50 on 1:10 Breast under/over {2 x 125 on 2:30 Breaststroke { 125's=Double pullouts on BH wall
300	3 x 100 on 1:50 Free-Descend to ludicrous speed!!!!!!!!!!!!!!!!!!!!!!!!!!!!
200	1 x 200 on 3:00 Stroke Drills
9:31 AM	4,850 Yards - Stress Value = 70

Workout #7666 - Wednesday, 14 July 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
1	on 30:00 Ted's Abs and Stretch
550	1 x 550 on 10:00 Free L.25 of each non free
150	10 x 15 on :45 Shooters
1,700	1x{6 x 25 on :45 Kick no board B 10+1 {2 x 75 on 1:40 Kick {6 x 25 on :45 Kick no board S 10+1 {4 x 100 on 2:10 Kick {6 x 25 on :45 Kick no board L 10+1 {2 x 125 on 2:40 Kick {6 x 25 on :45 Kick no board R 10+1 {2 x 150 on 3:15 Kick
650	1x{2 x 125 on 2:10 Lungbuster pulls {2 x 100 on 1:40 Lungbuster pulls {2 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
1,400	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 100 on 1:50 Breaststroke { 125's=Double pullouts on BH wall
400	4 x 100 on 1:40 Free-Descend to ludicrous speed!!!!!!!!!!!!!!!!!!!!!!!!!!!!
200	1 x 200 on 3:00 Stroke Drills
9:32 AM	5,250 Yards - Stress Value = 76

Workout #7667 - Wednesday, 14 July 2010

Workout #7669 - Thursday, 15 July 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 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
 2,000 1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 1:55 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Kick same as above
 {3 x 100 on 1:50 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:05 Kick-Same as above
 {3 x 100 on 1:45 Kick 25 fly/fr/br/cho
 {4 x 50 on 1:00 Kick-Same as above
 1,000 1x{2 x 100 on 1:30 Pulls
 {2 x 100 on 1:25 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 100 on 1:15 Pulls
 {2 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
 2,100 1x{1 x 25 on :25 Butterfly-lup1down
 {1 x 50 on :40 Freestyle
 {2 x 25 on :25 Butterfly 1up2down
 {2 x 50 on :40 Freestyle
 {3 x 25 on :25 Butterfly 1up3down
 {3 x 50 on :40 Freestyle
 {4 x 25 on :25 Butterfly 1up4down
 {4 x 50 on :40 Freestyle
 {5 x 25 on :25 Butterfly 2up3down
 {5 x 50 on :40 Freestyle
 {6 x 25 on :25 Butterfly 2up2down
 {6 x 50 on :40 Freestyle
 {7 x 25 on :25 Butterfly 2up1down
 {7 x 50 on :40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 6,300 Yards - Stress Value = 108

{4 x 50 on :40 Freestyle
 {5 x 25 on :25 Butterfly 2up3down
 {5 x 50 on :40 Freestyle
 {6 x 25 on :25 Butterfly 2up2down
 {6 x 50 on :40 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:48 AM 3,675 Yards - Stress Value = 61

Workout #7670 - Thursday, 15 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 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{3 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:05 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Kick same as above
 {3 x 100 on 2:00 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Kick-Same as above
 {2 x 100 on 1:55 Kick 25 fly/fr/br/cho
 {3 x 50 on 1:05 Kick-Same as above
 900 1x{1 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 {2 x 100 on 1:30 Pulls
 {2 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
 1,800 1x{1 x 25 on :30 Butterfly-lup1down
 {1 x 50 on :45 Freestyle
 {2 x 25 on :30 Butterfly 1up2down
 {2 x 50 on :45 Freestyle
 {3 x 25 on :30 Butterfly 1up3down
 {3 x 50 on :45 Freestyle
 {4 x 25 on :30 Butterfly 1up4down
 {4 x 50 on :45 Freestyle
 {5 x 25 on :30 Butterfly 2up3down
 {4 x 50 on :45 Freestyle
 {6 x 25 on :30 Butterfly 2up2down
 {4 x 50 on :45 Freestyle
 {7 x 25 on :30 Butterfly 2up1down
 {4 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,750 Yards - Stress Value = 97

Workout #7673 - Thursday, 15 July 2010

Group 3 - Taper 2

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 400 1 x 400 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 25-fly/fr/br/cho
 {4 x 50 on 1:15 Alt 50 fly kick on back
 { 50 tombstone kick
 {2 x 100 on 1:50 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Kick same as above
 {2 x 100 on 1:40 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:05 Kick-Same as above
 100 2x{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 :25 Butterfly-lup1down
 {1 x 50 on :40 Freestyle
 {2 x 25 on :25 Butterfly 1up2down
 {2 x 50 on :40 Freestyle
 {3 x 25 on :25 Butterfly 1up3down
 {3 x 50 on :40 Freestyle
 {4 x 25 on :25 Butterfly 1up4down

Workout #7671 - Thursday, 15 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 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
 1,700 1x{3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:15 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Kick same as above
 {3 x 100 on 2:10 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:15 Kick-Same as above
 {2 x 100 on 2:05 Kick 25 fly/fr/br/cho
 800 1x{1 x 100 on 1:50 Pulls
 {1 x 100 on 1:45 Pulls
 {2 x 100 on 1:40 Pulls
 {2 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
 1,550 1x{1 x 25 on :35 Butterfly-lup1down
 {1 x 50 on :50 Freestyle
 {2 x 25 on :35 Butterfly lup2down
 {2 x 50 on :50 Freestyle
 {3 x 25 on :35 Butterfly lup3down
 {3 x 50 on :50 Freestyle
 {4 x 25 on :35 Butterfly lup4down
 {4 x 50 on :50 Freestyle
 {5 x 25 on :35 Butterfly 2up3down
 {3 x 50 on :50 Freestyle
 {6 x 25 on :35 Butterfly 2up2down
 {2 x 50 on :50 Freestyle
 {7 x 25 on :35 Butterfly 2up1down
 {2 x 50 on :50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 5,200 Yards - Stress Value = 87

{2 x 25 on :40 Butterfly lup2down
 {2 x 50 on :55 Freestyle
 {3 x 25 on :40 Butterfly lup3down
 {3 x 50 on :55 Freestyle
 {4 x 25 on :40 Butterfly lup4down
 {3 x 50 on :55 Freestyle
 {5 x 25 on :40 Butterfly 2up3down
 {2 x 50 on :55 Freestyle
 {6 x 25 on :40 Butterfly 2up2down
 {2 x 50 on :55 Freestyle
 {7 x 25 on :40 Butterfly 2up1down
 {1 x 50 on :55 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 9:30 AM 4,800 Yards - Stress Value = 81

Workout #7674 - Thursday, 15 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 600 1 x 600 on 10:00 Choice REC S
 180 12 x 15 on :45 Start/Shooter/Finish SP3 S
 2,020 2x{1 x 100 on 1:30 Kick with flippers EN2 F
 {1 x 100 on 1:25 Kick with flippers EN2 F
 {1 x 100 on 1:20 Kick with flippers EN2 F
 {1 x 100 on 1:15 Kick with flippers EN2 F
 {1 x 100 on 1:10 Kick with flippers EN2 F
 {1 x 100 on 1:05 Kick with flippers EN2 F
 {1 x 100 on 1:00 Kick with flippers EN2 F
 {1 x 100 on 3:00 Freestyle REC S
 {1 x 30 on 1:00 15 UWFK/15 Sprint EN2 S
 {1 x 30 on :55 15 UWFK/15 Sprint EN2 S
 {1 x 30 on :50 15 UWFK/15 Sprint EN2 S
 {1 x 30 on :45 15 UWFK/15 Sprint EN2 S
 {1 x 30 on :40 15 UWFK/15 Sprint EN2 S
 {1 x 30 on :35 15 UWFK/15 Sprint EN2 S
 {1 x 30 on :30 15 UWFK/15 Sprint EN2 S
 {1 on 2:00 Put fins on
 250 1 x 250 on 4:00 Stroke Drills REC I
 1 on 20:00 Core and Stretch I
 6:24 PM 3,050 Yards - Stress Value = 42

Workout #7672 - Thursday, 15 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 With weights
 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
 1,600 1x{3 x 100 on 2:30 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:30 Alt 50 fly kick on back
 { 50 tombstone kick
 {3 x 100 on 2:25 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:25 Kick same as above
 {3 x 100 on 2:20 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:20 Kick-Same as above
 {1 x 100 on 2:15 Kick 25 fly/fr/br/cho
 700 1x{1 x 100 on 2:00 Pulls
 {1 x 100 on 1:55 Pulls
 {2 x 100 on 1:50 Pulls
 {2 x 100 on 1:45 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
 1,400 1x{1 x 25 on :40 Butterfly-lup1down
 {1 x 50 on :55 Freestyle

Workout #7675 - Friday, 16 July 2010

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:50 Kick
 {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 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:25 Kick
 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
 2,000 1x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:10 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {3 x 100 on 1:25 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {4 x 100 on 1:30 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 6,350 Yards - Stress Value = 85

{1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:25 Kick
 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{2 x 100 on 1:30 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:25 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:20 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:10 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:44 AM 3,600 Yards - Stress Value = 51

Workout #7679 - Friday, 16 July 2010

Group 3 - Taper 2

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach and Stretch
 400 1 x 400 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 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:40 Kick

Workout #7676 - Friday, 16 July 2010

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 {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 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 900 18 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
 1,850 1x{1 x 100 on 1:35 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {2 x 100 on 1:25 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :50 Freestyle
 {3 x 100 on 1:30 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 50 on :40 Freestyle
 {3 x 100 on 1:35 Individual Medley
 {1 x 50 on :40 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,800 Yards - Stress Value = 77

{1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {2 x 25 on :45 Kick no board BS
 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
 1,600 1x{1 x 100 on 1:55 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:45 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {2 x 100 on 1:45 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {3 x 100 on 1:50 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 {1 x 100 on 1:55 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:32 AM 5,350 Yards - Stress Value = 72

Workout #7677 - Friday, 16 July 2010

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick

Workout #7678 - Friday, 16 July 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 Stomach and Stretch
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:35 Kick {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 50 on 1:05 Kick
750	15 x 50 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
1,400	1x{1 x 100 on 2:10 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle {1 x 100 on 2:05 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle {1 x 100 on 2:00 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle {1 x 100 on 1:55 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle {2 x 100 on 2:00 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:00 Freestyle {3 x 100 on 2:05 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:31 AM 4,950 Yards - Stress Value = 68

Workout #7680 - Monday, 19 July 2010

Group 3 - Distance

1 minute rest between sets

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
1,800	1x{4 x 25 on :45 Kick no board BSLR {4 x 125 on 2:00 Kick {4 x 25 on :40 Kick no board BSLR {4 x 100 on 1:40 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 {4 x 50 on :55 Kick
1,200	1x{1 x 400 on 5:15 Pull no br L.12 yds {1 x 400 on 5:10 Pull no br L.12 yds {1 x 400 on 5:05 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
2,400	4x{1 x 50 on 1:00 Your #1 non free {1 x 50 on 1:00 Freestyle

{2 x 225 on 3:00 Freestyle
{1 x 50 on 1:00 Freestyle
250 1 x 250 on 4:00 Stroke Drills
9:30 AM 6,600 Yards - Stress Value = 118

Workout #7684 - Monday, 19 July 2010

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description
	1 on 30:00 Core and Stretch
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:30 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
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
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{1 x 50 on 1:00 Your #1 non free {1 x 50 on 1:00 Freestyle {2 x 225 on 3:00 Freestyle
400	1 x 400 on 8:00 Stroke Drills
	8:48 AM 3,500 Yards - Stress Value = 55

Workout #7681 - Monday, 19 July 2010

Group 3 - Gold

1 minute rest between sets

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
1,700	1x{4 x 25 on :45 Kick no board BSLR {4 x 125 on 2:15 Kick {4 x 25 on :40 Kick no board BSLR {4 x 100 on 1:50 Kick {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:25 Kick {4 x 25 on :30 Kick no board BSLR {2 x 50 on 1:00 Kick
1,100	1x{1 x 400 on 5:40 Pull no br L.12 yds {1 x 400 on 5:35 Pull no br L.12 yds {1 x 300 on 4:10 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
2,200	4x{1 x 50 on 1:00 Your #1 non free {1 x 50 on 1:00 Freestyle {2 x 225 on 3:15 Freestyle {1 on :45 Rest
250	1 x 250 on 4:00 Stroke Drills
	9:31 AM 6,200 Yards - Stress Value = 115

Workout #7682 - Monday, 19 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,400 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
 {4 x 100 on 2:10 Kick
 {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
 {1 x 50 on 1:10 Kick
 950 1x{1 x 400 on 6:30 Pull no br L.12 yds
 {1 x 400 on 6:25 Pull no br L.12 yds
 {1 x 150 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
 2,000 4x{1 x 50 on 1:00 Your #1 non free
 {1 x 50 on 1:00 Freestyle
 {2 x 200 on 3:15 Freestyle
 {1 on :45 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,500 Yards - Stress Value = 102

Workout #7683 - Monday, 19 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 1,300 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 3:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Kick
 850 1x{1 x 300 on 5:40 Pull no br L.12 yds
 {1 x 300 on 5:35 Pull no br L.12 yds
 {1 x 250 on 4:25 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
 1,800 4x{1 x 50 on 1:00 Your #1 non free
 {1 x 50 on 1:00 Freestyle
 {2 x 175 on 3:15 Freestyle
 {1 on :45 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:31 AM 5,050 Yards - Stress Value = 94

Workout #7685 - Tuesday, 20 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interval
 1,000 1x{4 x 100 on 2:00 Kick L.25 Tombstone
 {3 x 100 on 2:15 Kick L.50 Tombstone

{2 x 100 on 2:30 Kick L.75 Tombstone
 {1 x 100 on 2:45 Kick-all Tombstone
 900 2x{3 x 50 on :50 Pulls
 {3 x 50 on :45 Pulls
 {3 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
 1,750 1x{3 x 50 on :45 Backstroke
 {1 x 200 on 2:55 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 200 on 2:50 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 200 on 2:45 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 200 on 2:40 Backstroke
 {3 x 50 on :45 Backstroke
 {1 x 200 on 2:35 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 6,100 Yards - Stress Value = 88

Workout #7689 - Tuesday, 20 July 2010

Group 3 - Taper 2

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders & Stretch
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 300 1 x 300 on 18:00 3 X 100@fastest interval
 300 1x{3 x 50 on 1:00 Kick
 {2 x 50 on 1:05 Kick
 {1 x 50 on 1:10 Kick
 400 1x{3 x 50 on :55 Pulls
 {3 x 50 on :50 Pulls
 {2 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{3 x 50 on :50 Backstroke
 {1 x 200 on 3:15 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 200 on 3:10 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 200 on 3:05 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 200 on 3:00 Backstroke
 300 1 x 300 on 5:00 Stroke Drills
 8:58 AM 3,350 Yards - Stress Value = 44

Workout #7686 - Tuesday, 20 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interval
 900 1x{4 x 100 on 2:15 Kick L.25 Tombstone
 {3 x 100 on 2:30 Kick L.50 Tombstone
 {1 x 100 on 2:45 Kick L.75 Tombstone
 {1 x 100 on 3:00 Kick-all Tombstone
 800 2x{3 x 50 on :55 Pulls
 {3 x 50 on :50 Pulls
 {2 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
 1,550 1x{3 x 50 on :50 Backstroke
 {1 x 200 on 3:15 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 200 on 3:10 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 200 on 3:05 Backstroke
 {3 x 50 on :50 Backstroke
 {1 x 200 on 3:00 Backstroke
 {3 x 50 on :50 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,700 Yards - Stress Value = 81

Workout #7687 - Tuesday, 20 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interval
 850 1x{3 x 100 on 2:30 Kick L.25 Tombstone
 {3 x 100 on 2:45 Kick L.50 Tombstone
 {1 x 100 on 3:00 Kick L.75 Tombstone
 {1 x 100 on 3:15 Kick-all Tombstone
 {1 x 50 on 1:00 Kick
 700 2x{3 x 50 on 1:00 Pulls
 {3 x 50 on :55 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
 1,400 1x{3 x 50 on :55 Backstroke
 {1 x 200 on 3:35 Backstroke
 {3 x 50 on :55 Backstroke
 {1 x 200 on 3:30 Backstroke
 {3 x 50 on :55 Backstroke
 {1 x 200 on 3:25 Backstroke
 {3 x 50 on :55 Backstroke
 {1 x 200 on 3:20 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:31 AM 5,350 Yards - Stress Value = 75

Workout #7688 - Tuesday, 20 July 2010

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
 1,000 1 x 1000 on 18:00 9/10 X 100@fastest interval
 750 1x{3 x 100 on 2:45 Kick L.25 Tombstone
 {2 x 100 on 3:00 Kick L.50 Tombstone
 {1 x 100 on 3:15 Kick L.75 Tombstone
 {1 x 100 on 3:30 Kick-all Tombstone
 {1 x 50 on 1:10 Kick
 700 2x{2 x 50 on 1:05 Pulls
 {2 x 50 on 1:00 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
 1,300 1x{3 x 50 on 1:00 Backstroke
 {1 x 200 on 3:55 Backstroke
 {3 x 50 on 1:00 Backstroke
 {1 x 200 on 3:50 Backstroke
 {3 x 50 on 1:00 Backstroke
 {1 x 200 on 3:45 Backstroke
 {3 x 50 on 1:00 Backstroke
 {1 x 100 on 1:50 Backstroke
 500 10 x 50 on 1:00 Stroke Drills
 9:32 AM 5,100 Yards - Stress Value = 71

Workout #7690 - Tuesday, 20 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 500 1 x 500 on 10:00 Too complicated to type out
 96 12 x 8 on :45 Spinners
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach the false start rope-super
 500 10x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 secon
 {1 x 25 on 1:29 Kick no board BSLR
 300 6 x 50 on 1:00 Freestyle-Hold time I give y
 250 1 x 250 on 4:00 Stroke Drills
 1 on 25:00 Stomach and Stretch
 6:30 PM 2,046 Yards - Stress Value = 72

Workout #7691 - Wednesday, 21 July 2010

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Ted's 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
1,800	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 175 on 3:00 Kick {4 x 25 on :45 Kick no board L {3 x 150 on 2:40 Kick {4 x 25 on :45 Kick no board R {4 x 100 on 1:45 Kick
600	1x{2 x 100 on 1:30 Lungbuster pulls {2 x 100 on 1:25 Lungbuster pulls {2 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
2,000	2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on :50 Brst-odds 2X pullouts on start {evens 2X pullouts on turn {4 x 100 on 1:30 75 breast 25 free {descend 1-3, hold #4 as fast as {3 x 50 on 1:00 Breaststroke-100% {1 x 50 on 2:00 50 EZ free/put fins on
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 5,650 Yards - Stress Value = 100

Workout #7695 - Wednesday, 21 July 2010

Group 3 - Taper 2

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Ted's Abs and Stretch
400	1 x 400 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
700	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 1:45 Kick {4 x 25 on :45 Kick no board L {1 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board R
300	1x{1 x 100 on 1:30 Lungbuster pulls {1 x 100 on 1:25 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 200 on 3:30 Breaststroke {1 x 100 on 1:30 Free L.25 6bk {2 x 150 on 2:30 Breaststroke {1 x 100 on 1:30 Free L.25 6bk {3 x 100 on 1:40 Breaststroke {1 x 100 on 1:30 Free L.25 6bk {4 x 50 on :50 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
	8:52 AM 3,450 Yards - Stress Value = 37

Workout #7692 - Wednesday, 21 July 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Ted's 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
1,650	1x{4 x 25 on :45 Kick no board B {1 x 200 on 4:00 Kick {4 x 25 on :45 Kick no board S {2 x 175 on 3:30 Kick {4 x 25 on :45 Kick no board L {3 x 150 on 3:00 Kick {4 x 25 on :45 Kick no board R {2 x 125 on 2:30 Kick
600	1x{2 x 100 on 1:35 Lungbuster pulls {2 x 100 on 1:30 Lungbuster pulls {2 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
1,800	2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on :55 Brst-odds 2X pullouts on start {evens 2X pullouts on turn {4 x 100 on 1:45 75 breast 25 free {descend 1-3, hold #4 as fast as {1 x 50 on 1:00 Breaststroke-100% {1 x 50 on 2:00 50 EZ free/put fins on
300	6 x 50 on 1:00 Stroke Drills
	9:29 AM 5,300 Yards - Stress Value = 85

Workout #7693 - Wednesday, 21 July 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	=====
	1 on 30:00 Ted's 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
1,500	1x{4 x 25 on :45 Kick no board B {1 x 200 on 4:20 Kick {4 x 25 on :45 Kick no board S {2 x 175 on 3:45 Kick {4 x 25 on :45 Kick no board L {3 x 150 on 3:30 Kick {4 x 25 on :45 Kick no board R {1 x 100 on 2:10 Kick
550	1x{2 x 100 on 1:40 Lungbuster pulls {2 x 100 on 1:35 Lungbuster pulls {2 x 75 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
1,700	2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on 1:05 Brst-odds 2X pullouts on star {evens 2X pullouts on turn {4 x 100 on 2:00 75 breast 25 free {descend 1-3, hold #4 as fast as {1 x 50 on 1:30 Free EZ/put fins on
300	6 x 50 on 1:00 Stroke Drills
	9:30 AM 4,950 Yards - Stress Value = 74

Workout #7694 - Wednesday, 21 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's 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
1,400	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 175 on 4:15 Kick {4 x 25 on :45 Kick no board L {2 x 150 on 3:35 Kick {4 x 25 on :45 Kick no board R {2 x 75 on 1:45 Kick
500	1x{2 x 100 on 1:50 Lungbuster pulls {2 x 100 on 1:45 Lungbuster pulls {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
1,500	2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on 1:15 Brst-odds 2X pullouts on star {evens 2X pullouts on turn {3 x 100 on 2:15 75 breast 25 free {descend 1-3, {1 x 50 on 1:30 Free EZ/put fins on
300	6 x 50 on 1:00 Stroke Drills
9:30 AM 4,550 Yards - Stress Value = 67	

Workout #7696 - Wednesday, 21 July 2010

Group 3 - Taper 3

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Ted's Abs and Stretch
400	1 x 400 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
700	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 1:45 Kick {4 x 25 on :45 Kick no board L {1 x 100 on 1:45 Kick {4 x 25 on :45 Kick no board R
300	1x{1 x 100 on 1:30 Lungbuster pulls {1 x 100 on 1:25 Lungbuster pulls {1 x 100 on 1:20 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	2x{4 x 25 on :45 Breast TO drill w/fins {6 x 50 on :50 Brst-odds 2X pullouts on start {evens 2X pullouts on turn {3 x 100 on 1:30 75 breast 25 free {descend 1-3, {1 x 50 on 1:00 Breaststroke-100% {1 x 50 on 2:00 50 EZ free/put fins on
250	1 x 250 on 4:00 Stroke Drills
8:55 AM 3,500 Yards - Stress Value = 56	

Workout #7697 - Thursday, 22 July 2010

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 Physio Balls/Stretch with weights

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
1,910	1x{1 x 25 on 1:00 Kick {3 x 100 on 1:30 Kick {6 x 15 on :45 Underwater Fly Kick {1 on 1:00 :45 vertical kick :15swtch pools {3 x 100 on 1:35 Kick {6 x 15 on :45 Underwater Fly Kick {1 on 1:00 :45 VertKick :15swtch pools {3 x 100 on 1:40 Kick {6 x 15 on :45 Underwater Fly Kick {1 on 1:00 :45VertKick :15Swtch Pools {3 x 100 on 1:45 Kick {6 x 15 on :45 Underwater Fly Kick {1 on 1:00 :45VertKick :15Switch Pools {3 x 100 on 1:50 Kick {1 x 25 on 1:00 Kick
500	1 x 500 on 7:00 Pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{1 x 100 on 1:30 Butterfly {1 x 50 on :45 Freestyle {4 x 25 on :25 Fly lupldown +1 {1 x 50 on :45 Freestyle {1 x 150 on 2:15 Butterfly {1 x 50 on :45 Freestyle {6 x 25 on :25 Fly lupldown +1 {1 x 50 on :45 Freestyle {1 x 200 on 3:00 Butterfly {1 x 50 on :45 Freestyle {8 x 25 on :25 Fly lupldown+1 {1 x 50 on :45 Freestyle {1 x 150 on 2:15 Butterfly {1 x 50 on :45 Freestyle {6 x 25 on :25 Fly lupldown+1 {1 x 50 on :45 Freestyle {1 x 100 on 1:30 Butterfly {1 x 50 on :45 Freestyle {4 x 25 on :25 Fly lupldown+1
300	6 x 50 on 1:00 Stroke Drills
9:31 AM 5,510 Yards - Stress Value = 79	

Workout #7701 - Thursday, 22 July 2010

Group 3 - Taper 2

1 minute rest between sets

8:00 AM Start

Yards	Set Description
	1 on 15:00 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
400	2x{1 x 100 on 2:00 Kick {1 x 100 on 2:00 Kick w/out board
300	1 x 300 on 4:30 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 25 on :30 Butterfly {1 x 100 on 1:45 Stroke Drills {4 x 50 on 1:00 Backstroke {1 x 100 on 1:45 Stroke Drills {2 x 75 on 1:30 Breaststroke {1 x 100 on 1:45 Stroke Drills {1 x 100 on 1:30 Freestyle
400	1 x 400 on 8:00 Stroke Drills
9:20 AM 2,850 Yards - Stress Value = 20	

Workout #7698 - Thursday, 22 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch with weights
 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
 1,710 1x{1 x 25 on 1:00 Kick
 {3 x 100 on 1:45 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 vertical kick :15swtch pools
 {3 x 100 on 1:50 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 VertKick :15swtch pools
 {3 x 100 on 1:55 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45VertKick :15Swtch Pools
 {3 x 100 on 2:00 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45VertKick :15Switch Pools
 {1 x 100 on 2:05 Kick
 {1 x 25 on 1:00 Kick
 450 1 x 450 on 7:00 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 100 on 1:40 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :30 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:30 Butterfly
 {1 x 50 on :45 Freestyle
 {6 x 25 on :30 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 200 on 3:20 Butterfly
 {1 x 50 on :45 Freestyle
 {8 x 25 on :30 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:30 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :30 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 {1 x 100 on 1:40 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 5,060 Yards - Stress Value = 71

Workout #7699 - Thursday, 22 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch with weights
 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
 1,560 1x{1 x 25 on 1:00 Kick
 {3 x 100 on 2:00 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 vertical kick :15swtch pools
 {3 x 100 on 2:05 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 VertKick :15swtch pools
 {3 x 100 on 2:10 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45VertKick :15Swtch Pools
 {2 x 100 on 2:15 Kick

{6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45VertKick :15Switch Pools
 {1 x 50 on 1:10 Kick
 {1 x 25 on 1:00 Kick
 400 1 x 400 on 7:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 100 on 1:50 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 25 on :35 Fly lupldown +1
 {1 x 50 on :50 Freestyle
 {1 x 150 on 2:45 Butterfly
 {1 x 50 on :50 Freestyle
 {6 x 25 on :35 Fly lupldown +1
 {1 x 50 on :50 Freestyle
 {1 x 200 on 3:40 Butterfly
 {1 x 50 on :50 Freestyle
 {8 x 25 on :35 Fly lupldown+1
 {1 x 50 on :50 Freestyle
 {1 x 150 on 2:45 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 25 on :35 Fly lupldown+1
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 4,610 Yards - Stress Value = 65

Workout #7700 - Thursday, 22 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch with weights
 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
 1,460 1x{1 x 25 on 1:00 Kick
 {2 x 100 on 2:15 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 vertical kick :15swtch pools
 {3 x 100 on 2:20 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 VertKick :15swtch pools
 {3 x 100 on 2:25 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45VertKick :15Swtch Pools
 {2 x 100 on 2:30 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45VertKick :15Switch Pools
 {1 x 50 on 1:15 Kick
 {1 x 25 on 1:00 Kick
 350 1 x 350 on 7:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,300 1x{1 x 100 on 2:05 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 25 on :40 Fly lupldown +1
 {1 x 50 on :55 Freestyle
 {1 x 150 on 3:10 Butterfly
 {1 x 50 on :55 Freestyle
 {6 x 25 on :40 Fly lupldown +1
 {1 x 50 on :55 Freestyle
 {1 x 200 on 4:15 Butterfly
 {1 x 50 on :55 Freestyle
 {6 x 25 on :40 Fly lupldown +1
 {1 x 50 on :55 Freestyle
 {1 x 150 on 3:10 Butterfly
 300 6 x 50 on 1:00 Stroke Drills
 9:31 AM 4,260 Yards - Stress Value = 61

Workout #7703 - Thursday, 22 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 626 1 x 626 on 10:00 Choice
 165 11 x 15 on :45 Cross Pool Sprints
 120 6x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater fl
 { kick to other side easy swim aft
 { every line you don't make = 5 pu
 { ex. made it to lane 4 underwater
 { made it to lane 3-you missed 5 l
 1,600 4x{4 x 50 on :45 12.5 ez 12.5 fast grt finishes
 {1 x 200 on 4:15 Stroke Drills
 1 on 20:00 Stretch
 6:23 PM 2,511 Yards - Stress Value = 73

{3 x 50 on :55 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-12
 {3 x 50 on :50 Kick-descend
 {4 x 25 on :45 Kick no board BSLR 13
 750 1x{2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 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 1x{1 x 400 on 6:00 Individual Medley
 {1 x 300 on 4:25 Individual Medley
 {1 x 200 on 2:50 Individual Medley
 {1 x 100 on 1:20 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 8:48 AM 3,500 Yards - Stress Value = 49

Workout #7705 - Monday, 26 July 2010

Group 3 - Distance

1 minute rest between sets

Workout #7702 - Thursday, 22 July 2010

Group 3 - Taper 3

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch
 with weights
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,220 1x{1 x 25 on 1:00 Kick
 {3 x 100 on 1:30 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 vertical kick :15swtch pools
 {3 x 100 on 1:35 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 on 1:00 :45 VertKick :15swtch pools
 {3 x 100 on 1:40 Kick
 {6 x 15 on :45 Underwater Fly Kick
 {1 x 25 on 1:00 Kick
 250 1 x 250 on 3:30 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 100 on 1:30 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 25 on :25 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 150 on 2:15 Butterfly
 {1 x 50 on :45 Freestyle
 {6 x 25 on :25 Fly lupldown +1
 {1 x 50 on :45 Freestyle
 {1 x 200 on 3:00 Butterfly
 {1 x 50 on :45 Freestyle
 {8 x 25 on :25 Fly lupldown+1
 {1 x 50 on :45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:56 AM 3,570 Yards - Stress Value = 50

7:00 AM 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
 2,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 2:45 Kick
 {2 x 100 on 1:50 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 150 on 2:30 Kick
 {3 x 100 on 1:40 Kick
 {3 x 50 on :50 Kick
 750 1x{2 x 125 on 1:40 Pull no br L.12 yds
 {2 x 125 on 1:45 Pull no br L.15 yds
 {2 x 125 on 1:50 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
 2,250 15 x 150 on 2:00 Free-descend in 3's
 each set of 3 faster avg
 then previous set
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,450 Yards - Stress Value = 92

Workout #7704 - Friday, 23 July 2010

Group 3 - Taper 3

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Strech
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board BSLR-10
 {3 x 50 on 1:00 Kick-descend
 {4 x 25 on :45 Kick no board BSLR-11

Workout #7706 - Monday, 26 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM 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
 2,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 2:45 Kick
 {2 x 100 on 1:50 Kick
 {2 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 150 on 2:30 Kick
 {3 x 100 on 1:40 Kick
 {3 x 50 on :50 Kick
 700 1x{2 x 125 on 1:50 Pull no br L.12 yds
 {2 x 125 on 1:55 Pull no br L.15 yds
 {2 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
 1,950 13 x 150 on 2:15 Free-descend in 3's
 each set of 3 faster avg
 then previous set
 #13 as fast as #12
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 6,100 Yards - Stress Value = 86

Workout #7707 - Monday, 26 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM 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
 1,850 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:15 Kick
 {1 x 100 on 2:10 Kick
 {1 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:10 Kick
 {2 x 100 on 2:05 Kick
 {2 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:05 Kick
 {2 x 100 on 2:00 Kick
 {3 x 50 on :55 Kick
 600 1x{2 x 125 on 2:05 Pull no br L.12 yds
 {2 x 100 on 1:45 Pull no br L.15 yds
 {2 x 75 on 1:20 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 12 x 150 on 2:30 Free-descend in 3's
 each set of 3 faster avg
 then previous set
 400 8 x 50 on 1:00 Stroke Drills
 9:30 AM 5,550 Yards - Stress Value = 78

Workout #7708 - Monday, 26 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM 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
 1,650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:45 Kick
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:30 Kick
 {2 x 100 on 2:20 Kick
 {2 x 50 on 1:10 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 150 on 3:25 Kick
 {1 x 100 on 2:15 Kick
 {1 x 50 on 1:00 Kick
 600 1x{2 x 100 on 1:45 Pull no br L.12 yds
 {2 x 100 on 1:50 Pull no br L.15 yds
 {2 x 100 on 1:55 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
 1,650 11 x 150 on 2:45 Free-descend in 3's
 each set of 3 faster avg
 then previous set
 400 8 x 50 on 1:00 Stroke Drills
 9:31 AM 5,150 Yards - Stress Value = 71

Workout #7709 - Monday, 26 July 2010

Group 3 - Taper 3

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 500 1x{2 x 125 on 1:45 Pull no br L.15 yds
 {2 x 125 on 1:50 Pull no br L.18 yds
 100 2x{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 2:15 Free-descend in 3's
 each set of 3 faster avg
 then previous set
 250 1 x 250 on 4:00 Stroke Drills
 8:48 AM 3,550 Yards - Stress Value = 47

Workout #7710 - Tuesday, 27 July 2010

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1 x 1000 on 18:00 9/10 X 100Kick@fastest int
 1,000 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {2 x 125 on 2:15 Kick
 900 1x{4 x 50 on :45 Pulls
 {4 x 75 on 1:05 Pulls
 {4 x 100 on 1:30 Pulls
 { odds br toward blchr
 { evens br toward scrbd
 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 150 on 2:15 Backstroke
 {3 x 50 on 1:00 Back 80/90/100%
 {3 x 150 on 2:15 Backstroke
 {3 x 50 on 1:00 Back 89/90/100%
 {2 x 150 on 2:15 Backstroke
 {3 x 50 on 1:00 Back 80/90/100%
 {1 x 150 on 2:15 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 6,100 Yards - Stress Value = 72

Workout #7711 - Tuesday, 27 July 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1 x 1000 on 18:00 9/10 X 100Kick@fastest int
 1,000 1x{2 x 125 on 2:30 Kick
 {2 x 125 on 2:25 Kick
 {2 x 125 on 2:20 Kick
 {2 x 125 on 2:15 Kick
 900 1x{4 x 50 on :45 Pulls
 {4 x 75 on 1:05 Pulls
 {4 x 100 on 1:30 Pulls
 { odds br toward blchr
 { evens br toward scrbd
 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 150 on 2:30 Backstroke
 {3 x 50 on 1:00 Back 80/90/100%
 {3 x 150 on 2:30 Backstroke
 {3 x 50 on 1:00 Back 89/90/100%
 {2 x 150 on 2:30 Backstroke
 {3 x 50 on 1:00 Back 80/90/100%
 300 6 x 50 on 1:00 Stroke Drills
 9:30 AM 5,950 Yards - Stress Value = 70

Workout #7712 - Tuesday, 27 July 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters

1,000 1 x 1000 on 18:00 9/10 X 100Kick@fastest int
 850 1x{2 x 125 on 2:50 Kick
 {2 x 100 on 2:10 Kick
 {2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 800 1x{4 x 50 on :50 Pulls
 {4 x 75 on 1:15 Pulls
 {3 x 100 on 1:40 Pulls
 { odds br toward blchr
 { evens br toward scrbd
 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{4 x 150 on 2:45 Backstroke
 {3 x 50 on 1:00 Back 80/90/100%
 {3 x 100 on 1:50 Backstroke
 {3 x 50 on 1:00 Back 89/90/100%
 {2 x 100 on 1:50 Backstroke
 {3 x 50 on 1:00 Back 80/90/100%
 {1 x 100 on 1:50 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:29 AM 5,500 Yards - Stress Value = 67

Workout #7713 - Tuesday, 27 July 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,000 1 x 1000 on 18:00 9/10 X 100Kick@fastest int
 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{3 x 50 on :55 Pulls
 {4 x 75 on 1:25 Pulls
 {3 x 100 on 1:50 Pulls
 { odds br toward blchr
 { evens br toward scrbd
 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 100 on 2:00 Backstroke
 {3 x 50 on 1:10 Back 80/90/100%
 {3 x 100 on 2:00 Backstroke
 {3 x 50 on 1:10 Back 89/90/100%
 {2 x 100 on 2:00 Backstroke
 {3 x 50 on 1:10 Back 80/90/100%
 {1 x 100 on 2:00 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 9:29 AM 5,150 Yards - Stress Value = 65

Workout #7715 - Tuesday, 27 July 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
600	1 on 25:00 Stomach and Stretch
800	1 x 600 on 10:00 Choice
480	1 x 800 on 16:00 Vertical Kick
6x{	1 x 15 on :45 Pit Sprint/turn drill
	{ with explosive jump to bulkhead
	{ 1 x 25 on 1:00 10 yards under/15 yards
	{ super fast w/great breakouts & f
	{ 1 x 25 on :01 Your best non free stroke OTB
	{ with explosive jump to bulkhead
	{ 1 x 15 on 1:29 Sculling drill
100	4 x 25 on :45 Variable Speed
100	1 x 100 on 3:00 Your best stroke OTB
400	8 x 50 on 1:00 Stroke Drills
6:30 PM 2,480 Yards - Stress Value = 58	

Workout #7714 - Tuesday, 27 July 2010

Group 3 - Taper 3

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
400	1 on 30:00 Shoulders
150	1 x 400 on 10:00 Underwater trn drill
300	10 x 15 on :45 Shooters
500	1 x 300 on 6:00 3X 100Kick@fastest interval
1x{	2 x 125 on 2:30 Kick
	{ 2 x 125 on 2:25 Kick
450	1x{2 x 50 on :45 Pulls
	{ 2 x 75 on 1:05 Pulls
	{ 2 x 100 on 1:30 Pulls
	{ odds br toward blchr
	{ evens br toward scrbd
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{4 x 100 on 1:30 Backstroke
	{ 3 x 50 on 1:00 Back des to 80%
	{ 3 x 100 on 1:30 Backstroke
	{ 3 x 50 on 1:00 Back des to 80%
	{ 2 x 100 on 1:30 Backstroke
250	1 x 250 on 4:00 Stroke Drills
8:45 AM 3,350 Yards - Stress Value = 34	

Workout #7716 - Monday, 02 August 2010

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM Start			
600	1 on 45:00 Dryland and stretch		
200	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,250	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
1x{	1 x 50 on 1:00 Kick	EN1	
	{ 1 x 100 on 2:00 Kick-100%	EN3	
	{ 2 x 75 on 1:25 Kick	EN1	
	{ 1 x 100 on 2:00 Kick-100%	EN3	
	{ 3 x 100 on 1:50 Kick	EN2	
	{ 1 x 100 on 2:00 Kick-100%	EN3	
	{ 4 x 125 on 2:15 Kick	EN2	
	{ 1 x 100 on 2:00 Kick-100%	EN3	
	{ 5 x 150 on 2:40 Kick	EN2	
	{ 1 x 100 on 2:00 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 3,300 Yards - Stress Value = 83			

Workout #7717 - Monday, 02 August 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM Start			
600	1 on 45:00 Dryland and stretch		
200	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,000	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
1x{	1 x 50 on 1:00 Kick	EN1	
	{ 1 x 100 on 2:15 Kick-100%	EN3	
	{ 2 x 75 on 1:30 Kick	EN1	
	{ 1 x 100 on 2:15 Kick-100%	EN3	
	{ 3 x 100 on 2:00 Kick	EN2	
	{ 1 x 100 on 2:15 Kick-100%	EN3	
	{ 4 x 100 on 2:00 Kick	EN2	
	{ 1 x 100 on 2:15 Kick-100%	EN3	
	{ 4 x 150 on 3:00 Kick	EN2	
	{ 1 x 100 on 2:15 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 3,050 Yards - Stress Value = 78			

Workout #7718 - Monday, 02 August 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM Start			
550	1 on 45:00 Dryland and stretch		
200	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
1,850	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
1x{	1 x 50 on 1:05 Kick	EN1	
	{ 1 x 100 on 2:30 Kick-100%	EN3	
	{ 2 x 75 on 1:40 Kick	EN1	
	{ 1 x 100 on 2:30 Kick-100%	EN3	
	{ 2 x 100 on 2:10 Kick	EN2	
	{ 1 x 100 on 2:30 Kick-100%	EN3	
	{ 4 x 125 on 2:45 Kick	EN2	
	{ 1 x 100 on 2:30 Kick-100%	EN3	
	{ 3 x 150 on 3:15 Kick	EN2	
	{ 1 x 100 on 2:30 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 2,850 Yards - Stress Value = 75			

Workout #7719 - Monday, 02 August 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
7:00 AM Start			
550	1 on 45:00 Dryland and stretch		
200	1 x 550 on 10:00 Swim-kick-pull-swim	REC	
1,650	8 x 25 on 2:00 Freestyle OTB-walkbacks	SP2	
1x{	1 x 50 on 1:15 Kick	EN1	
	{ 1 x 100 on 2:45 Kick-100%	EN3	
	{ 2 x 75 on 1:50 Kick	EN1	
	{ 1 x 100 on 2:45 Kick-100%	EN3	
	{ 3 x 100 on 2:30 Kick	EN2	
	{ 1 x 100 on 2:45 Kick-100%	EN3	
	{ 3 x 125 on 3:05 Kick	EN2	
	{ 1 x 100 on 2:45 Kick-100%	EN3	
	{ 2 x 150 on 3:40 Kick	EN2	
	{ 1 x 75 on 2:00 Kick-100%	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
9:00 AM 2,650 Yards - Stress Value = 70			

Workout #7720 - Tuesday, 03 August 2010

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
 160 8 x 20 on 2:00 Running pit sprints w/ turn
 2,000 5x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on :50 Kick
 {1 x 50 on :49 Kick
 {1 x 50 on :48 Kick
 {1 x 50 on :47 Kick
 {1 x 50 on :46 Kick
 {1 x 50 on 2:00 25 streamline kick/no breath
 { between flags and wall-25 100% breathe on 6
 200 1 x 200 on 3:00 Stroke Drills
 9:02 AM 2,960 Yards - Stress Value = 63

{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 6
 200 1 x 200 on 3:00 Stroke Drills
 9:02 AM 2,360 Yards - Stress Value = 53

Workout #7724 - Wednesday, 04 August 2010

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 #7721 - Tuesday, 03 August 2010

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
 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 :55 Kick
 {1 x 50 on :54 Kick
 {1 x 50 on :53 Kick
 {1 x 50 on :52 Kick
 {1 x 50 on 2:24 25 streamline kick/no breath
 { between flags and wall-25 100% breathe on 6
 200 1 x 200 on 3:00 Stroke Drills
 9:02 AM 2,710 Yards - Stress Value = 58

Workout #7725 - Thursday, 05 August 2010

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 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 #7722 - Tuesday, 03 August 2010

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 6
 200 1 x 200 on 3:00 Stroke Drills
 9:02 AM 2,660 Yards - Stress Value = 58

Workout #7723 - Tuesday, 03 August 2010

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

Workout #7731 - Monday, 09 August 2010

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	REC
2,000	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
1x{	1 x 150 on 3:00 Kick	EN1
	{1 x 50 on 1:00 Kick-100%	EN3
	{2 x 150 on 2:55 Kick	EN1
	{2 x 50 on 1:00 Kick-100%	EN3
	{3 x 150 on 2:50 Kick	EN2
	{3 x 50 on 1:00 Kick-100%	EN3
	{4 x 100 on 1:50 Kick	EN2
	{4 x 50 on 1:00 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 3,150 Yards - Stress Value = 82		

7:00 AM Start

Yards	Set Description	EGY
7:00 AM Start		
600	1 on 45:00 Circuit and Stretch	REC
360	1 x 600 on 10:00 Underwater trn drill	EGY
1,800	1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`	EN1
	{1 on 2:00 Rotate put on/remover fins	EN3
	{8 x 20 on 1:00 Cross pool underwater fly kic	EN1
	{1 x 100 on 1:45 Kick	EN2
	{1 x 100 on 1:40 Kick	EN3
	{1 x 100 on 1:35 Kick	EN1
	{1 x 50 on 1:30 EZ free put on fins	EN3
	{4 x 25 on :45 Kick no board BSLR 11 KOW	EN2
	{1 x 100 on 1:40 Kick	EN3
	{1 x 100 on 1:35 Kick	EN2
	{1 x 100 on 1:30 Kick	EN3
	{1 x 50 on 1:30 EZ free put on fins	REC
	{4 x 25 on :45 Kick no board BSLR 12 KOW	SP2
	{1 x 100 on 1:35 Kick	REC
	{1 x 100 on 1:30 Kick	EN1
	{1 x 100 on 1:25 Kick	EN2
	{1 x 50 on 1:30 EZ free put on fins	EN3
	{4 x 25 on :45 Kick no board BSLR 13 KOW	EN1
	{1 x 100 on 1:30 Kick	EN2
	{1 x 100 on 1:25 Kick	EN3
	{1 x 100 on 1:20 Kick	EN1
	{1 x 50 on 1:30 EZ free put fins on	EN2
100	1 x 100 on 2:00 Kick for time w/flippers	EN3
250	1 x 250 on 4:00 Stroke Drills	REC
9:00 AM 3,110 Yards - Stress Value = 59		

Workout #7732 - Monday, 09 August 2010

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	REC
1,800	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
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		

Workout #7735 - Tuesday, 10 August 2010

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
360	1 x 600 on 10:00 Underwater trn drill	EGY
1,600	1x{8 x 25 on 1:00 Free 8brths-1/1KOW +`	EN1
	{1 on 2:00 Rotate put on/remover fins	EN3
	{8 x 20 on 1:00 Cross pool underwater fly kic	EN1
	{4 x 25 on :45 Kick no board BSLR 10 KOW	EN2
	{1 x 100 on 2:00 Kick	EN3
	{1 x 100 on 1:55 Kick	EN1
	{1 x 100 on 1:50 Kick	EN2
	{1 x 50 on 1:30 EZ free put on fins	EN3
	{4 x 25 on :45 Kick no board BSLR 11 KOW	EN1
	{1 x 100 on 1:55 Kick	EN2
	{1 x 100 on 1:50 Kick	EN3
	{1 x 100 on 1:45 Kick	EN1
	{1 x 50 on 1:30 EZ free put on fins	EN2
	{4 x 25 on :45 Kick no board BSLR 12 KOW	EN3
	{1 x 100 on 1:50 Kick	EN1
	{1 x 100 on 1:45 Kick	EN2
	{1 x 100 on 1:40 Kick	EN3
	{1 x 50 on 1:30 EZ free put on fins	REC
	{4 x 25 on :45 Kick no board BSLR 13 KOW	SP2
	{1 x 100 on 1:45 Kick	REC
	{1 x 50 on 1:30 EZ free put fins on	EN1
100	1 x 100 on 2:00 Kick for time w/flippers	EN2
250	1 x 250 on 4:00 Stroke Drills	EN3
9:00 AM 2,910 Yards - Stress Value = 55		

Workout #7733 - Monday, 09 August 2010

Group 3 - Bronze

1 minute rest between sets

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	REC
1,650	8 x 25 on 2:00 Fly or Brst OTB-walk back	SP2
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 #7734 - Tuesday, 10 August 2010

Group 3 - Platinum

1 minute rest between sets

Workout #7736 - Tuesday, 10 August 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	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		

Workout #7737 - Tuesday, 10 August 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	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 #7738 - Wednesday, 11 August 2010

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	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 #7739 - Wednesday, 11 August 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	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 #7740 - Wednesday, 11 August 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	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 #7741 - Wednesday, 11 August 2010

Group 3 - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	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 #7742 - Thursday, 12 August 2010

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		
200	8 x 25 on 2:00 Fly w/fins	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 3,500 Yards - Stress Value = 50			

Workout #7743 - Thursday, 12 August 2010

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		
200	8 x 25 on 2:00 Fly w/fins	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 3,350 Yards - Stress Value = 50			

Workout #7744 - Thursday, 12 August 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Circuit and Stretch		

	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		
200	8 x 25 on 2:00 Fly w/fins	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 3,150 Yards - Stress Value = 50			

Workout #7745 - Thursday, 12 August 2010

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		
200	8 x 25 on 2:00 Fly w/fins	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 2,850 Yards - Stress Value = 45			

Workout #7746 - Friday, 13 August 2010

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 45:00 Med balls/scooter brds/stretch		
600	1 x 600 on 10:00 Too complicated to type	RE	
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SF	
1,850	1x{4 x 25 on :30 Kick no board BSLR	EN	
	{1 x 100 on 1:30 Kick-100%	EN	
	{1 x 50 on 1:00 Freestyle	RE	
	{6 x 25 on :35 Kick no board BSLRBS	EN	
	{2 x 100 on 1:35 Kick #2-100%	EN	
	{1 x 50 on 1:00 Freestyle	RE	
	{8 x 25 on :40 Kick no board BSLR	EN	
	{3 x 100 on 1:40 Kick #3 100%	EN	
	{1 x 50 on 1:00 Freestyle	RE	
	{10 x 25 on :45 Kick no board BSLRX2LR	EN	
	{4 x 100 on 1:45 Kick #4 100%	EN	
450	1x{1 x 150 on 3:00 Freestyle	RE	
	{1 x 100 on 2:00 Kick for time	SF	
	{1 x 200 on 3:00 Stroke Drills	RE	
9:00 AM 3,140 Yards - Stress Value = 54			

Workout #7747 - Friday, 13 August 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
7:00 AM Start		
=====	=====	==
	1 on 45:00 Med balls/scooter brds/stretch	
600	1 x 600 on 10:00 Too complicated to type	RE
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SE
1,750	1x{4 x 25 on :30 Kick no board BSLR	EN
	{1 x 100 on 1:45 Kick-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{6 x 25 on :35 Kick no board BSLRBS	EN
	{2 x 100 on 1:50 Kick #2-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{8 x 25 on :40 Kick no board BSLR	EN
	{3 x 100 on 1:55 Kick #3 100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{6 x 25 on :45 Kick no board BSLRLR	EN
	{4 x 100 on 2:00 Kick #4 100%	EN
450	1x{1 x 150 on 3:00 Freestyle	RE
	{1 x 100 on 2:00 Kick for time	SE
	{1 x 200 on 3:00 Stroke Drills	RE
9:00 AM 3,040 Yards - Stress Value = 52		

Workout #7748 - Friday, 13 August 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EC
7:00 AM Start		
=====	=====	==
	1 on 45:00 Med balls/scooter brds/stretch	
550	1 x 550 on 10:00 Too complicated to type	RE
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SE
1,600	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 1:55 Kick-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:00 Kick #2-100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:05 Kick #3 100%	EN
	{1 x 50 on 1:00 Freestyle	RE
	{6 x 25 on :45 Kick no board BSLRBS	EN
	{4 x 100 on 2:10 Kick #4 100%	EN
450	1x{1 x 150 on 3:00 Freestyle	RE
	{1 x 100 on 2:00 Kick for time	SE
	{1 x 200 on 3:00 Stroke Drills	RE
9:00 AM 2,840 Yards - Stress Value = 49		

Workout #7749 - Friday, 13 August 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EC
7:00 AM Start		
=====	=====	==
	1 on 45:00 Med balls/scooter brds/stretch	
500	1 x 500 on 10:00 Too complicated to type	RE
240	8 x 30 on 2:00 Alt Fly-Free over/unders	SE
1,550	1x{4 x 25 on :45 Kick no board BSLR	EN
	{1 x 100 on 2:05 Kick-100%	EN
	{1 x 50 on 1:10 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{2 x 100 on 2:10 Kick #2-100%	EN
	{1 x 50 on 1:10 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{3 x 100 on 2:15 Kick #3 100%	EN
	{1 x 50 on 1:10 Freestyle	RE
	{4 x 25 on :45 Kick no board BSLR	EN
	{4 x 100 on 2:20 Kick #4 100%	EN

400	1x{1 x 100 on 3:00 Freestyle	RE
	{1 x 100 on 2:00 Kick for time	SE
	{1 x 200 on 3:00 Stroke Drills	RE
9:00 AM 2,690 Yards - Stress Value = 48		

Workout #7750 - Monday, 16 August 2010

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM Start			
=====	=====	===	===
	1 on 45:00 Dryland and stretch		
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
200	8 x 25 on 2:00 SCUBA Belt Sprints	SP3	
2,700	1x{1 x 125 on 2:15 Kick	EN2	
	{1 x 125 on 2:14 Kick	EN2	
	{1 x 125 on 2:13 Kick	EN2	
	{1 x 125 on 2:12 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:06 Freestyle	REC	
	{1 x 125 on 2:11 Kick	EN2	
	{1 x 125 on 2:10 Kick	EN2	
	{1 x 125 on 2:09 Kick	EN2	
	{1 x 125 on 2:08 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:52 Freestyle	REC	
	{1 x 125 on 2:07 Kick	EN2	
	{1 x 125 on 2:06 Kick	EN2	
	{1 x 125 on 2:05 Kick	EN2	
	{1 x 125 on 2:04 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:08 Freestyle	REC	
	{1 x 125 on 2:03 Kick	EN2	
	{1 x 125 on 2:02 Kick	EN2	
	{1 x 125 on 2:01 Kick	EN2	
	{1 x 125 on 2:00 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM 3,500 Yards - Stress Value = 44			

Workout #7751 - Monday, 16 August 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
600	1 on 45:00 Dryland and stretch		
200	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
2,550	8 x 25 on 2:00 SCUBA Belt Sprints	SP3	
	1 x 125 on 2:25 Kick	EN2	
	{1 x 125 on 2:24 Kick	EN2	
	{1 x 125 on 2:23 Kick	EN2	
	{1 x 125 on 2:22 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:06 Freestyle	REC	
	{1 x 125 on 2:21 Kick	EN2	
	{1 x 125 on 2:20 Kick	EN2	
	{1 x 125 on 2:19 Kick	EN2	
	{1 x 125 on 2:18 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 2:12 Freestyle	REC	
	{1 x 125 on 2:17 Kick	EN2	
	{1 x 125 on 2:16 Kick	EN2	
	{1 x 125 on 2:15 Kick	EN2	
	{1 x 125 on 2:14 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 100 on 1:58 Freestyle	REC	
	{1 x 100 on 1:46 Kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{1 x 100 on 1:44 Kick	EN2	
	{1 x 50 on :52 Kick	EN2	
	{1 x 50 on 1:00 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM	3,350 Yards - Stress Value = 43		

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
	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 SCUBA Belt Sprints	SP3	
2,300	1x{1 x 100 on 2:15 Kick	EN2	
	{1 x 100 on 2:14 Kick	EN2	
	{1 x 125 on 2:13 Kick	EN2	
	{1 x 125 on 2:12 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:21 Freestyle	REC	
	{1 x 100 on 2:11 Kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{1 x 100 on 2:09 Kick	EN2	
	{1 x 100 on 2:08 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:07 Freestyle	REC	
	{1 x 100 on 2:07 Kick	EN2	
	{1 x 100 on 2:06 Kick	EN2	
	{1 x 100 on 2:05 Kick	EN2	
	{1 x 100 on 2:04 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:23 Freestyle	REC	
	{1 x 125 on 2:34 Kick	EN2	
	{1 x 125 on 2:33 Kick	EN2	
	{1 x 125 on 2:32 Kick	EN2	
	{1 x 125 on 2:31 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM	3,000 Yards - Stress Value = 44		

Workout #7752 - Monday, 16 August 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
	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 SCUBA Belt Sprints	SP3	
2,350	1x{1 x 125 on 2:40 Kick	EN2	
	{1 x 125 on 2:39 Kick	EN2	
	{1 x 125 on 2:38 Kick	EN2	
	{1 x 125 on 2:37 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:06 Freestyle	REC	
	{1 x 125 on 2:36 Kick	EN2	
	{1 x 125 on 2:35 Kick	EN2	
	{1 x 125 on 2:34 Kick	EN2	
	{1 x 125 on 2:33 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on 1:12 Freestyle	REC	
	{1 x 125 on 2:32 Kick	EN2	
	{1 x 125 on 2:31 Kick	EN2	
	{1 x 125 on 2:30 Kick	EN2	
	{1 x 125 on 2:29 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 50 on :58 Freestyle	REC	
	{1 x 75 on 1:26 Kick	EN2	
	{1 x 75 on 1:25 Kick	EN2	
	{1 x 75 on 1:24 Kick	EN2	
	{1 x 75 on 1:23 Kick	EN2	
	{1 x 50 on 1:15 Kick-100%	EN2	
	{1 x 200 on 3:00 Stroke Drills	REC	
9:01 AM	3,100 Yards - Stress Value = 44		

Workout #7753 - Monday, 16 August 2010

Workout #7754 - Tuesday, 17 August 2010

Group 3 - Platinum

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY W
=====	=====	=====
	1 on 45:00 Circuit and Stretch	
600	1 x 600 on 10:00 Underwater trn drill	REC
180	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
1,875	1x{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2 100
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2 200
	{1 x 15 on :35 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undwtr Fly Kick	EN2
	{3 x 100 on 2:00 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:50 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:40 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:30 Kick-descend	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:25 Kick	EN2
	{1 x 75 on 1:30 Freestyle	REC
100	1 x 100 on 2:00 Kick for time	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	9:01 AM 2,955 Yards - Stress Value = 39	

Workout #7755 - Tuesday, 17 August 2010

Group 3 - Gold

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY W
=====	=====	=====
	1 on 45:00 Circuit and Stretch	
600	1 x 600 on 10:00 Underwater trn drill	REC
180	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
1,675	1x{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undwtr Fly Kick	EN2
	{3 x 100 on 2:05 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:00 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :30 Undrwtr Fly Kick	EN2
	{3 x 100 on 1:55 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	

{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :30 Undrwtr Fly Kick	EN2
{3 x 100 on 1:50 Kick-descend	EN2
{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :35 Undrwtr Fly Kick w/belts	EN2
{1 x 15 on :30 Undrwtr Fly Kick	EN2
{1 x 100 on 1:45 Kick	EN2
{1 x 75 on 1:45 Freestyle	REC
1 x 100 on 2:00 Kick for time	EN2
1 x 200 on 3:00 Stroke Drills	REC
9:01 AM 2,755 Yards - Stress Value = 35	

Workout #7756 - Tuesday, 17 August 2010

Group 3 - Silver

1 minute rest between sets

7:00 AM Start		
Yards	Set Description	EGY W
=====	=====	=====
	1 on 45:00 Circuit and Stretch	
550	1 x 550 on 10:00 Underwater trn drill	REC
180	9 x 20 on 1:30 Running Pit Sprints	SP3
	Alt fly/brst/free-GREAT Finishes	
1,500	1x{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undwtr Fly Kick	EN2
	{3 x 100 on 2:15 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:10 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:05 Kick-descend	EN2
	{1 on 1:00 Reset belts and weights	
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{3 x 100 on 2:00 Kick-descend	EN2
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2
	{1 x 15 on :35 Undrwtr Fly Kick	EN2
	{1 on :20 Freestyle	REC
100	1 x 100 on 2:00 Kick for time	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	9:01 AM 2,530 Yards - Stress Value = 33	

Workout #7757 - Tuesday, 17 August 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	V
	1 on 45:00 Circuit and Stretch		
500	1 x 500 on 10:00 Underwater trn drill	REC	
180	9 x 20 on 1:30 Running Pit Sprints	SP3	
	Alt fly/brst/free-GREAT Finishes		
1,440	1x{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undwtr Fly Kick	EN2	
	{3 x 100 on 2:30 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:25 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:20 Kick-descend	EN2	
	{1 on 1:00 Reset belts and weights		
	{1 x 15 on :50 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :45 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :40 Undrwtr Fly Kick w/belts	EN2	
	{1 x 15 on :35 Undrwtr Fly Kick	EN2	
	{3 x 100 on 2:15 Kick-descend	EN2	
	{1 on :20 Freestyle	REC	
100	1 x 100 on 2:00 Kick for time	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:02 AM 2,420 Yards - Stress Value = 33		

Workout #7758 - Wednesday, 18 August 2010

Group 3 - Platinum

1 minute rest between sets

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
400	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
1,900	1x{1 x 50 on :45 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
	{1 x 25 on :45 Kick on right side face up
	{2 x 100 on 1:35 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
	{1 x 25 on :45 Kick on right side face up
	{3 x 150 on 2:25 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
	{1 x 25 on :45 Kick on right side face up
	{4 x 200 on 3:15 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
	{1 x 25 on :45 Kick on right side face up
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
	9:00 AM 3,300 Yards - Stress Value = 72

Workout #7759 - Wednesday, 18 August 2010

Group 3 - Gold

1 minute rest between sets

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
400	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
1,850	1x{1 x 50 on :50 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
	{1 x 25 on :45 Kick on right side face up
	{2 x 100 on 1:45 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
	{1 x 25 on :45 Kick on right side face up
	{3 x 150 on 2:45 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
	{1 x 25 on :45 Kick on right side face up
	{4 x 200 on 3:40 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
	9:01 AM 3,250 Yards - Stress Value = 72

Workout #7760 - Wednesday, 18 August 2010

Group 3 - Silver

1 minute rest between sets

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
400	8 x 50 on 2:00 Back w/fins 1st 25
	16KOW -2, 2nd 25 2KOW +2
1,650	1x{1 x 50 on :55 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
	{1 x 25 on :45 Kick on right side face up
	{2 x 100 on 2:00 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
	{1 x 25 on :45 Kick on right side face up
	{3 x 150 on 3:05 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
	{1 x 25 on :45 Kick on right side face up
	{3 x 200 on 4:15 Kick
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
100	1 x 100 on 2:00 Kick for time w/fins
300	6 x 50 on 1:00 Stroke Drills
	9:01 AM 3,000 Yards - Stress Value = 68

Workout #7761 - Wednesday, 18 August 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 45:00 Dryland and stretch		
500	1 x 500 on 10:00 Free L.25 of each 100 non f		
400	8 x 50 on 2:00 Back w/fins 1st 25		
	16KOW -2, 2nd 25 2KOW +2		
1,500	1x{1 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		
	{1 x 25 on :45 Kick on right side face up		
	{2 x 100 on 2:10 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		
	{1 x 25 on :45 Kick on right side face up		
	{2 x 150 on 3:20 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		
	{1 x 25 on :45 Kick on right side face up		
	{3 x 200 on 4:40 Kick		
	{1 x 25 on :45 Kick on left side face down		
	{1 x 25 on :45 Kick on right side face down		
100	1 x 100 on 2:00 Kick for time w/fins		
300	6 x 50 on 1:00 Stroke Drills		
	9:00 AM 2,800 Yards - Stress Value = 65		

	{5 x 100 on 1:45 Kick hold under 1:30	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	9:00 AM 3,620 Yards - Stress Value = 82	

Workout #7763 - Thursday, 19 August 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 40:00 Circuit and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,250	1x{3 x 50 on 1:20 Tombstone kick	EN2	
	{1 x 100 on 1:45 Kick	EN2	
	{3 x 50 on 1:15 Tombstone Kick	EN2	
	{2 x 100 on 1:50 Kick hold under 145	EN2	
	{3 x 50 on 1:10 Tombstone Kick	EN2	
	{3 x 100 on 1:55 Kick hold under 145	EN2	
	{3 x 50 on 1:05 Tombstone Kick	EN2	
	{4 x 100 on 2:00 Kick hold under 145	EN2	
	{3 x 50 on 1:00 Tombstone Kick	EN2	
	{5 x 100 on 2:05 Kick hold under 145	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 3,370 Yards - Stress Value = 77		

Workout #7764 - Thursday, 19 August 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 45:00 Clean Deck and Stretch		
600	1 x 600 on 10:00 Choice	REC	
90	6 x 15 on :45 Shooters	SP3	
500	1 x 500 on 10:00 Social kick w/ 10 sec sprints	EN1	
200	1 x 200 on 4:00 Freestyle	REC	
100	1 x 100 on 2:00 Kick for time	SP2	
	1 on 40:00 Water Polo		
	9:00 AM 1,490 Yards - Stress Value = 19		

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 40:00 Circuit and Stretch		
550	1 x 550 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,050	1x{3 x 50 on 1:30 Tombstone kick	EN2	
	{1 x 100 on 1:55 Kick	EN2	
	{3 x 50 on 1:25 Tombstone Kick	EN2	
	{2 x 100 on 2:00 Kick hold under 155	EN2	
	{3 x 50 on 1:20 Tombstone Kick	EN2	
	{3 x 100 on 2:05 Kick hold under 155	EN2	
	{2 x 50 on 1:15 Tombstone Kick	EN2	
	{4 x 100 on 2:10 Kick hold under 155	EN2	
	{2 x 50 on 1:10 Tombstone Kick	EN2	
	{4 x 100 on 2:15 Kick hold under 155	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	9:00 AM 3,120 Yards - Stress Value = 73		

Workout #7762 - Thursday, 19 August 2010

Group 3 - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 40:00 Circuit and Stretch		
600	1 x 600 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
2,500	1x{4 x 50 on 1:15 Tombstone kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{4 x 50 on 1:10 Tombstone Kick	EN2	
	{2 x 100 on 1:35 Kick hold under 130	EN2	
	{4 x 50 on 1:05 Tombstone Kick	EN2	
	{3 x 100 on 1:40 Kick hold under 130	EN2	
	{4 x 50 on 1:00 Tombstone Kick	EN2	
	{4 x 100 on 1:45 Kick hold under 1:30	EN2	
	{4 x 50 on :55 Tombstone Kick	EN2	

Workout #7765 - Thursday, 19 August 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
500	1 on 40:00 Circuit and Stretch		
	1 x 500 on 10:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
320	4x{1 x 25 on :01 Freestyle	SP2	
	{1 x 15 on 1:59 Breaststroke	SP2	
	{1 x 15 on :01 Breaststroke	SP2	
	{1 x 25 on 1:59 Freestyle	SP2	
1,950	1x{2 x 50 on 1:30 Tombstone kick	EN2	
	{1 x 100 on 2:10 Kick	EN2	
	{2 x 50 on 1:25 Tombstone Kick	EN2	
	{2 x 100 on 2:15 Kick hold under 210	EN2	
	{2 x 50 on 1:20 Tombstone Kick	EN2	
	{3 x 100 on 2:20 Kick hold under 210	EN2	
	{2 x 50 on 1:15 Tombstone Kick	EN2	
	{4 x 100 on 2:25 Kick hold under 210	EN2	
	{3 x 50 on 1:10 Tombstone Kick	EN2	
	{4 x 100 on 2:30 Kick hold under 210	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
9:00 AM 2,970 Yards - Stress Value = 71			

Workout #7767 - Tuesday, 07 September 2010

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
	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 #7768 - Tuesday, 07 September 2010

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
	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
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 2,950 Yards - Stress Value = 27	

Workout #7769 - Tuesday, 07 September 2010

Group 3 - Silver

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
550	10 x 15 on :45 Shooters
	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 2:20 Kick
	{1 x 100 on 2:20 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 2,700 Yards - Stress Value = 25	

Workout #7770 - Tuesday, 07 September 2010

Group 3 - Bronze

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
550	10 x 15 on :45 Shooters
	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 2:20 Kick
	{1 x 100 on 2:20 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
700	4 x 175 on 3:30 3:00 swims :30 sec rest
200	1 x 200 on 4:00 Stroke Drills
5:00 PM 2,600 Yards - Stress Value = 24	

Workout #7771 - Wednesday, 08 September 2010

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
400	1 on 7:00 Free L.25 of each 100 non fr
150	1 x 400 on 8:00 Swim-kick-pull-swim
600	10 x 15 on :45 Shooters
	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
4:40 PM 3,050 Yards - Stress Value = 30	

Workout #7772 - Wednesday, 08 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Physio Ball Abs//Stretch
 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
 {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 #7773 - Wednesday, 08 September 2010

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 #7774 - Wednesday, 08 September 2010

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 #7775 - Thursday, 09 September 2010

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Shoulders and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 1x{3 x 25 on :30 Kick-descend
 {3 x 50 on 1:00 Kick-descend
 {3 x 75 on 1:30 Kick-descend
 {3 x 100 on 2:00 Kick-descend
 {1 x 100 on 2:00 Freestyle-EZ
 100 1 x 100 on 2:00 Kick For time
 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 1:30 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:25 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 2:00 Freestyle-EZ
 100 1 x 100 on 3:00 Free from a push for time
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 3,000 Yards - Stress Value = 40

Workout #7776 - Thursday, 09 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Shoulders and Stretch
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 850 1x{3 x 25 on :30 Kick-descend
 {3 x 50 on 1:00 Kick-descend
 {3 x 75 on 1:30 Kick-descend
 {3 x 100 on 2:00 Kick-descend
 {1 x 100 on 2:00 Freestyle-EZ
 100 1 x 100 on 2:00 Kick For time
 100 2x{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 1:40 Freestyle
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:35 Freestyle
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:30 Freestyle
 {1 x 100 on 1:45 Individual Medley
 {1 x 50 on :40 Freestyle
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 2:00 Freestyle-EZ
 100 1 x 100 on 3:00 Free from a push for time
 400 8 x 50 on 1:00 Stroke Drills
 5:01 PM 2,950 Yards - Stress Value = 39

Workout #7777 - Thursday, 09 September 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 20:00 Shoulders and Stretch
150	1 x 400 on 8:00 Underwater trn drill
700	10 x 15 on :45 Shooters
100	1x{3 x 25 on :35 Kick-descend
100	{3 x 50 on 1:10 Kick-descend
100	{3 x 75 on 1:45 Kick-descend
100	{2 x 100 on 2:20 Kick-descend
100	{1 x 50 on 1:15 Freestyle-EZ
100	1 x 100 on 2:00 Kick For time
100	2x{1 x 25 on :50 Sculling drills
800	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 100 on 1:50 Freestyle
800	{1 x 100 on 1:55 Individual Medley
800	{1 x 100 on 1:45 Freestyle
800	{1 x 100 on 1:55 Individual Medley
800	{1 x 100 on 1:40 Freestyle
800	{1 x 100 on 1:55 Individual Medley
800	{1 x 100 on 1:35 Freestyle
800	{1 x 100 on 2:00 Freestyle-EZ
100	1 x 100 on 3:00 Free from a push for time
400	8 x 50 on 1:00 Stroke Drills
5:01 PM	2,750 Yards - Stress Value = 37

Workout #7778 - Thursday, 09 September 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 20:00 Shoulders and Stretch
150	1 x 400 on 8:00 Underwater trn drill
700	10 x 15 on :45 Shooters
100	1x{3 x 25 on :35 Kick-descend
100	{3 x 50 on 1:10 Kick-descend
100	{3 x 75 on 1:45 Kick-descend
100	{2 x 100 on 2:20 Kick-descend
100	{1 x 50 on 1:15 Freestyle-EZ
100	1 x 100 on 2:00 Kick For time
100	2x{1 x 25 on :50 Sculling drills
750	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
750	1x{1 x 100 on 2:00 Freestyle
750	{1 x 75 on 1:30 IM w/out free
750	{1 x 100 on 1:55 Freestyle
750	{1 x 75 on 1:30 IM w/out free
750	{1 x 100 on 1:50 Freestyle
750	{1 x 75 on 1:30 Individual Medley
750	{1 x 100 on 1:45 Freestyle
750	{1 x 75 on 1:30 IM w/out free
750	{1 x 50 on 1:15 Freestyle-EZ
100	1 x 100 on 3:00 Free from a push for time
400	8 x 50 on 1:00 Stroke Drills
5:01 PM	2,700 Yards - Stress Value = 38

Workout #7779 - Monday, 13 September 2010

Group 3 - Distance

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 Physio Balls/Stretch/Sptlght
150	1 x 500 on 8:30 Stroke Drills
900	10 x 15 on :45 Shooters
900	1x{4 x 25 on :45 Kick no board BSLR
900	{2 x 100 on 1:50 Kick

4 x 25 on :45 Kick no board BSLR
2 x 100 on 1:45 Kick
4 x 25 on :45 Kick no board BSLR
2 x 100 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
1,600 4 x 400 on 5:20 Freestyle
400 8 x 50 on 1:00 Stroke Drills
5:15 PM 3,650 Yards - Stress Value = 56

Workout #7780 - Monday, 13 September 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 Physio Balls/Stretch/Sptlght
150	1 x 500 on 8:30 Stroke Drills
850	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR
850	{2 x 100 on 2:05 Kick
850	{4 x 25 on :45 Kick no board BSLR
850	{2 x 100 on 2:00 Kick
850	{4 x 25 on :45 Kick no board BSLR
850	{2 x 75 on 1:25 Kick
100	2x{1 x 25 on :50 Sculling drills
1,600	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
300	4 x 400 on 5:50 Freestyle
300	6 x 50 on 1:00 Stroke Drills
5:15 PM	3,500 Yards - Stress Value = 55

Workout #7781 - Monday, 13 September 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
450	1 on 30:00 Physio Balls/Stretch/Sptlght
150	1 x 450 on 8:30 Stroke Drills
800	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
800	{2 x 100 on 2:15 Kick
800	{4 x 25 on :45 Kick no board BSLR
800	{2 x 100 on 2:10 Kick
800	{4 x 25 on :45 Kick no board BSLR
800	{2 x 50 on 1:05 Kick
100	2x{1 x 25 on :50 Sculling drills
1,600	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	4 x 400 on 6:25 Freestyle
200	4 x 50 on 1:00 Stroke Drills
5:15 PM	3,300 Yards - Stress Value = 54

Workout #7782 - Monday, 13 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 30:00 Physio Balls/Stretch/Sptlght
150	1 x 400 on 8:30 Stroke Drills
750	10 x 15 on :45 Shooters
	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
	{2 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:10 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 7:20 Freestyle
400	8 x 50 on 1:00 Stroke Drills

5:15 PM 3,000 Yards - Stress Value = 45

Workout #7783 - Tuesday, 14 September 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Core/Stretch/Spotlight
150	1 x 500 on 8:30 Underwater trn drill
300	10 x 15 on :45 Shooters
675	3 x 100 on 2:00 Hold fastest interval
	1x{3 x 75 on 1:35 Kick
	{3 x 75 on 1:30 Kick
	{3 x 75 on 1:25 Kick
	{ #1 free #2 brst #3 fly
100	1 x 100 on 2:00 Kick for time
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 150 on 2:30 Backstroke
	{2 x 125 on 2:05 Backstroke
	{3 x 100 on 1:40 Backstroke
	{4 x 75 on 1:10 Backstroke
100	1 x 100 on 3:00 Back for time
275	1 x 275 on 5:00 Stroke Drills

5:15 PM 3,200 Yards - Stress Value = 42

Workout #7784 - Tuesday, 14 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Core/Stretch/Spotlight
150	1 x 500 on 8:30 Underwater trn drill
300	10 x 15 on :45 Shooters
650	3 x 100 on 2:00 Hold fastest interval
	1x{3 x 75 on 1:40 Kick
	{3 x 75 on 1:35 Kick
	{4 x 50 on 1:00 Kick #4 free
	{ #1 free #2 brst #3 fly
100	1 x 100 on 2:00 Kick for time
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 150 on 2:35 Backstroke
	{2 x 125 on 2:15 Backstroke
	{3 x 100 on 1:45 Backstroke
	{2 x 75 on 1:15 Backstroke
	{2 x 50 on :55 Backstroke
100	1 x 100 on 3:00 Back for time
275	1 x 275 on 5:00 Stroke Drills

5:15 PM 3,125 Yards - Stress Value = 42

Workout #7785 - Tuesday, 14 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
450	1 on 30:00 Core/Stretch/Spotlight
150	1 x 450 on 8:30 Underwater trn drill
300	10 x 15 on :45 Shooters
600	3 x 100 on 2:00 Hold fastest interval
	1x{3 x 75 on 1:45 Kick
	{3 x 75 on 1:40 Kick
	{3 x 50 on 1:05 Kick
	{ #1 free #2 brst #3 fly
100	1 x 100 on 2:00 Kick for time
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 50 on :55 Backstroke
	{2 x 125 on 2:20 Backstroke
	{3 x 100 on 1:55 Backstroke
	{4 x 75 on 1:25 Backstroke
100	1 x 100 on 3:00 Back for time
275	1 x 275 on 5:00 Stroke Drills

5:15 PM 2,975 Yards - Stress Value = 39

Workout #7786 - Tuesday, 14 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 30:00 Core/Stretch/Spotlight
150	1 x 400 on 8:30 Underwater trn drill
300	10 x 15 on :45 Shooters
525	3 x 100 on 2:00 Hold fastest interval
	1x{3 x 75 on 1:55 Kick
	{3 x 50 on 1:15 Kick
	{3 x 50 on 1:10 Kick
	{ #1 free #2 brst #3 fly
100	1 x 100 on 2:00 Kick for time
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 3:05 Backstroke
	{2 x 125 on 2:35 Backstroke
	{3 x 100 on 2:05 Backstroke
	{2 x 50 on 1:05 Backstroke
100	1 x 100 on 3:00 Back for time
275	1 x 275 on 5:00 Stroke Drills

5:14 PM 2,750 Yards - Stress Value = 39

Workout #7787 - Wednesday, 15 September 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 Shoulders/Stretch/Spotlight
 500 1 x 500 on 8:30 Free L.25 of each 100 non fr
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board L/R
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 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 4x{1 x 150 on 3:00 Breast Alt 2k1p/4sec gl
 {3 x 50 on 1:00 Breast 2X Pullouts-des
 100 1 x 100 on 3:00 Breast for time
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,150 Yards - Stress Value = 47

Workout #7788 - Wednesday, 15 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 Shoulders/Stretch/Spotlight
 500 1 x 500 on 8:30 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
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board L/R
 {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
 1,200 4x{1 x 150 on 3:00 Breast Alt 2k1p/4sec gl
 {3 x 50 on 1:00 Breast 2X Pullouts-des
 100 1 x 100 on 3:00 Breast for time
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 3,100 Yards - Stress Value = 46

Workout #7789 - Wednesday, 15 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 Shoulders/Stretch/Spotlight
 450 1 x 450 on 8:30 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 2:20 Kick
 {1 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 {4 x 25 on :45 Kick no board L/R
 {1 x 50 on 1:05 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
 1,000 4x{1 x 150 on 3:30 Breast Alt 2k1p/4sec gl
 {2 x 50 on 1:15 Breast 2X Pullouts-des
 100 1 x 100 on 3:00 Breast for time
 200 1 x 200 on 3:00 Stroke Drills
 5:15 PM 2,800 Yards - Stress Value = 41

Workout #7790 - Wednesday, 15 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 Shoulders/Stretch/Spotlight
 400 1 x 400 on 8:30 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 2:30 Kick
 {1 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board S
 {1 x 75 on 1:50 Kick
 {1 x 75 on 1:45 Kick
 {4 x 25 on :45 Kick no board L/R
 {1 x 50 on 1:10 Kick
 {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
 1,000 4x{1 x 150 on 3:30 Breast Alt 2k1p/4sec gl
 {2 x 50 on 1:15 Breast 2X Pullouts-des
 100 1 x 100 on 3:00 Breast for time
 200 1 x 200 on 3:00 Stroke Drills
 5:14 PM 2,700 Yards - Stress Value = 41

Workout #7791 - Thursday, 16 September 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach/Stretch/Spotlight
 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
 1,140 1x{3 x 125 on 2:20 Kick
 {4 x 30 on 1:00 Alt 15/15 uwfk/sprint free
 {3 x 100 on 1:50 Kick
 {4 x 30 on 1:00 Same as above
 {3 x 75 on 1:20 Kick
 100 1 x 100 on 2:00 Kick for time
 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 :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {4 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {6 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 {8 x 25 on :30 Butterfly
 {1 x 100 on 1:30 Freestyle
 100 1 x 100 on 5:00 Butterfly for time
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,240 Yards - Stress Value = 36

Workout #7792 - Thursday, 16 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach/Stretch/Spotlight
 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
 1,090 1x{3 x 125 on 2:30 Kick
 {4 x 30 on 1:00 Alt 15/15 uwfk/sprint free
 {5 x 50 on 1:00 Kick
 {4 x 30 on 1:00 Same as above
 {3 x 75 on 1:30 Kick
 100 1 x 100 on 2:00 Kick for time
 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 25 on :30 Butterfly
 {1 x 100 on 1:40 Freestyle
 {4 x 25 on :30 Butterfly
 {1 x 100 on 1:40 Freestyle
 {6 x 25 on :30 Butterfly
 {1 x 100 on 1:40 Freestyle
 {8 x 25 on :30 Butterfly
 {1 x 50 on :50 Freestyle
 100 1 x 100 on 5:00 Butterfly for time
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,140 Yards - Stress Value = 35

Workout #7793 - Thursday, 16 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach/Stretch/Spotlight
 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
 940 1x{3 x 125 on 2:45 Kick
 {4 x 30 on 1:10 Alt 15/15 uwfk/sprint free
 {5 x 50 on 1:05 Kick
 {4 x 30 on 1:10 Same as above
 {1 x 75 on 1:40 Kick
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 650 1x{2 x 25 on :40 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 25 on :40 Butterfly
 {1 x 50 on 1:00 Freestyle
 {6 x 25 on :40 Butterfly
 {1 x 50 on 1:00 Freestyle
 {6 x 25 on :40 Butterfly
 {1 x 50 on 1:00 Freestyle
 100 1 x 100 on 5:00 Butterfly for time
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 2,740 Yards - Stress Value = 34

Workout #7794 - Thursday, 16 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 Stomach/Stretch/Spotlight
 400 1 x 400 on 8:30 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters

840 1x{1 x 125 on 3:10 Kick
 {4 x 30 on 1:15 Alt 15/15 uwfk/sprint free
 {5 x 50 on 1:10 Kick
 {4 x 30 on 1:15 Same as above
 {3 x 75 on 1:50 Kick
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{2 x 25 on :45 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 25 on :45 Butterfly
 {1 x 50 on 1:00 Freestyle
 {6 x 25 on :45 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 25 on :45 Butterfly
 {1 x 50 on 1:00 Freestyle
 100 1 x 100 on 5:00 Butterfly for time
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 2,540 Yards - Stress Value = 31

Workout #7795 - Monday, 20 September 2010

Group 3 - Distance

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 1:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:05 Kick
 { entire set w/fins
 100 1 x 100 on 2:00 Kick for time w/fins
 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 2:45 Freestyle
 {1 x 200 on 4:00 Freestyle
 {2 x 200 on 2:40 Freestyle
 {1 x 200 on 4:00 Freestyle
 {2 x 200 on 2:35 Freestyle
 {1 x 200 on 4:00 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 5:31 PM 4,650 Yards - Stress Value = 106

Workout #7796 - Monday, 20 September 2010

Group 3 - Gold

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 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:50 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:05 Kick { entire set w/fins
100	1 x 100 on 2:00 Kick for time w/fins
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 200 on 3:00 Freestyle {1 x 200 on 4:15 Freestyle {2 x 200 on 2:55 Freestyle {1 x 200 on 4:15 Freestyle {1 x 200 on 2:50 Freestyle {1 x 200 on 4:15 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:31 PM 4,450 Yards - Stress Value = 102

Workout #7797 - Monday, 20 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:05 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR {4 x 50 on :50 Kick { entire set w/fins
100	1 x 100 on 2:00 Kick for time w/fins
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 150 on 2:35 Freestyle {1 x 200 on 4:30 Freestyle {2 x 150 on 2:30 Freestyle {1 x 200 on 4:30 Freestyle {2 x 150 on 2:25 Freestyle {1 x 200 on 4:30 Freestyle
350	7 x 50 on 1:00 Stroke Drills
	5:31 PM 4,150 Yards - Stress Value = 98

Workout #7798 - Monday, 20 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
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 :40 Kick no board BSLR

	{1 x 150 on 2:45 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:15 Kick
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 1:50 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on :55 Kick
	{ entire set w/fins
100	1 x 100 on 2:00 Kick for time w/fins
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 3:00 Freestyle {1 x 200 on 4:30 Freestyle {2 x 150 on 2:55 Freestyle {1 x 200 on 4:30 Freestyle {2 x 150 on 2:50 Freestyle {1 x 200 on 4:30 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	5:31 PM 3,750 Yards - Stress Value = 90

Workout #7799 - Tuesday, 21 September 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Sholders/Stretch/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 2:00 Kick @ Fastest interval
100	1 x 100 on 3:00 Free for time from a push
1,050	1x{4 x 50 on 1:15 Tombstone Kick {3 x 50 on 1:00 Kick-descend {4 x 50 on 1:10 Tombstone Kick {3 x 50 on 1:00 Kick-descend {4 x 50 on 1:05 Tombstone Kick {3 x 50 on 1:00 Kick-descend
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{2 x 125 on 1:55 Backstroke {1 x 50 on 1:00 Back 10/15 KOW {2 x 125 on 1:50 Backstroke {1 x 50 on 1:00 Back 10/15 KOW {2 x 125 on 1:45 Backstroke {1 x 50 on 1:00 Back 10/15KOW {2 x 125 on 1:40 Backstroke {1 x 50 on 1:00 Back 10/15KOW {2 x 125 on 1:35 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	5:30 PM 4,150 Yards - Stress Value = 86

Workout #7800 - Tuesday, 21 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Sholders/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest interval
 100 1 x 100 on 3:00 Free for time from a push
 950 1x{4 x 50 on 1:25 Tombstone Kick
 {3 x 50 on 1:00 Kick-descend
 {4 x 50 on 1:20 Tombstone Kick
 {3 x 50 on 1:00 Kick-descend
 {2 x 50 on 1:15 Tombstone Kick
 {3 x 50 on 1:00 Kick-descend
 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 125 on 2:10 Backstroke
 {1 x 50 on 1:10 Back 10/15 KOW
 {2 x 125 on 2:05 Backstroke
 {1 x 50 on 1:10 Back 10/15 KOW
 {2 x 100 on 1:35 Backstroke
 {1 x 50 on 1:10 Back 10/15KOW
 {2 x 100 on 1:35 Backstroke
 {1 x 50 on 1:10 Back 10/15KOW
 {2 x 75 on 1:10 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 3,850 Yards - Stress Value = 80

Workout #7801 - Tuesday, 21 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Sholders/Stretch/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest interval
 100 1 x 100 on 3:00 Free for time from a push
 850 1x{4 x 50 on 1:30 Tombstone Kick
 {3 x 50 on 1:05 Kick-descend
 {4 x 50 on 1:25 Tombstone Kick
 {3 x 50 on 1:05 Kick-descend
 {2 x 50 on 1:25 Tombstone Kick
 {1 x 50 on 1:05 Kick-good effort
 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{2 x 100 on 1:55 Backstroke
 {1 x 50 on 1:20 Back 10/15 KOW
 {2 x 100 on 1:50 Backstroke
 {1 x 50 on 1:20 Back 10/15 KOW
 {2 x 100 on 1:45 Backstroke
 {1 x 50 on 1:20 Back 10/15KOW
 {2 x 100 on 1:40 Backstroke
 {1 x 50 on 1:20 Back 10/15KOW
 {2 x 50 on :50 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 3,550 Yards - Stress Value = 75

Workout #7802 - Tuesday, 21 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Sholders/Stretch/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill

150 10 x 15 on :45 Shooters
 400 4 x 100 on 2:00 Kick @ Fastest interval
 100 1 x 100 on 3:00 Free for time from a push
 800 1x{3 x 50 on 1:40 Tombstone Kick
 {3 x 50 on 1:15 Kick-descend
 {3 x 50 on 1:35 Tombstone Kick
 {3 x 50 on 1:15 Kick-descend
 {2 x 50 on 1:30 Tombstone Kick
 {2 x 50 on 1:15 Kick-descend
 200 4x{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 Backstroke
 {1 x 50 on 1:30 Back 10/15 KOW
 {2 x 100 on 2:05 Backstroke
 {1 x 50 on 1:30 Back 10/15 KOW
 {2 x 75 on 1:30 Backstroke
 {1 x 50 on 1:30 Back 10/15KOW
 {2 x 75 on 1:25 Backstroke
 {1 x 50 on 1:30 Back 10/15KOW
 {1 x 50 on :55 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 5:30 PM 3,300 Yards - Stress Value = 71

Workout #7803 - Wednesday, 22 September 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 Breathe 3-5-7-9 Contiuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 4x{3 x 50 on :50 Breaststroke
 {1 x 100 on 2:00 Kick
 {2 x 75 on 1:30 Pull
 100 1 x 100 on 4:00 Breast for time from a push
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 4,000 Yards - Stress Value = 62

Workout #7804 - Wednesday, 22 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 Breathe 3-5-7-9 Contiuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 4x{2 x 50 on :55 Breaststroke
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:40 Pull
 100 1 x 100 on 4:00 Breast for time from a push
 250 1 x 250 on 4:00 Stroke Drills
 5:29 PM 3,800 Yards - Stress Value = 58

Workout #7805 - Wednesday, 22 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Strech/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 Breathe 3-5-7-9 Contiuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 4x{3 x 50 on 1:00 Breaststroke
 {1 x 100 on 2:15 Kick
 {2 x 50 on 1:10 Pull
 100 1 x 100 on 4:00 Breast for time from a push
 250 1 x 250 on 4:00 Stroke Drills
 5:31 PM 3,750 Yards - Stress Value = 60

Workout #7806 - Wednesday, 22 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Strech/Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Challenge Kick Set w/fins
 Breathe 3-5-7-9 Contiuous
 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{3 x 50 on 1:10 Breaststroke
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:30 Pull
 100 1 x 100 on 4:00 Breast for time from a push
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,500 Yards - Stress Value = 58

Workout #7807 - Thursday, 23 September 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotligh
 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 1x{4 x 25 on :45 Kick no board BSLR-10
 {1 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR-11
 {2 x 150 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {3 x 150 on 2:30 Kick
 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
 1,350 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 2-4, 5 KOW
 {1 x 150 on 2:00 Freestyle
 {4 x 25 on :30 Fly 2-3, 4 KOW
 {1 x 150 on 2:00 Freestyle
 {4 x 25 on :30 Fly 2-2, 3 KOW

200 1 x 200 on 5:00 IM for time
 300 1 x 300 on 5:00 Stroke Drills
 5:30 PM 4,100 Yards - Stress Value = 78

Workout #7808 - Thursday, 23 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotligh
 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 1x{4 x 25 on :45 Kick no board BSLR-10
 {1 x 150 on 3:00 Kick
 {4 x 25 on :45 Kick no board BSLR-11
 {2 x 150 on 2:55 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {3 x 100 on 1:55 Kick
 {1 x 50 on 1:00 Kick
 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
 1,150 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 2-4, 5 KOW
 {1 x 150 on 2:15 Freestyle
 {4 x 25 on :35 Fly 2-3, 4 KOW
 {1 x 50 on :45 Freestyle
 200 1 x 200 on 5:00 IM for time
 300 1 x 300 on 5:00 Stroke Drills
 5:30 PM 3,800 Yards - Stress Value = 73

Workout #7809 - Thursday, 23 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotligh
 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 1x{4 x 25 on :45 Kick no board BSLR-10
 {1 x 150 on 3:20 Kick
 {4 x 25 on :45 Kick no board BSLR-11
 {2 x 150 on 3:15 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:00 Kick
 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
 1,050 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 2-4, 5 KOW
 {1 x 150 on 2:30 Freestyle
 {2 x 25 on :40 Fly 2-3, 4 KOW
 200 1 x 200 on 5:00 IM for time
 300 1 x 300 on 5:00 Stroke Drills
 5:30 PM 3,550 Yards - Stress Value = 70

Workout #7810 - Thursday, 23 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 Shoulders/Stretch/Spotligh
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board BSLR-10
 {1 x 150 on 3:45 Kick
 {4 x 25 on :45 Kick no board BSLR-11
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {3 x 100 on 2:20 Kick
 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
 900 1x{4 x 25 on :45 Fly 2-2, 8 KOW
 {1 x 150 on 2:45 Freestyle
 {4 x 25 on :45 Fly 2-3, 7 KOW
 {1 x 150 on 2:45 Freestyle
 {4 x 25 on :45 Fly 2-4, 6 KOW
 {1 x 150 on 2:45 Freestyle
 {4 x 25 on :45 Fly 2-4, 5 KOW
 {1 x 50 on :55 Freestyle
 200 1 x 200 on 5:00 IM for time
 300 1 x 300 on 5:00 Stroke Drills
 5:30 PM 3,300 Yards - Stress Value = 67

Workout #7811 - Friday, 24 September 2010

Group 3 - Platinum

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Stretch
 1 x 600 on 10:00 Free L.25 of each 100 non f
 400 8 x 50 on 2:00 Back w/fins 1st 25
 16KOW -2, 2nd 25 2KOW +2
 1,900 1x{1 x 50 on :50 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
 {1 x 25 on :45 Kick on right side face up
 {2 x 100 on 1:40 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
 {1 x 25 on :45 Kick on right side face up
 {3 x 150 on 2:30 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
 {1 x 25 on :45 Kick on right side face up
 {4 x 200 on 3:20 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
 {1 x 25 on :45 Kick on right side face up
 100 1 x 100 on 2:00 Kick for time w/fins
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 3,300 Yards - Stress Value = 72

Workout #7812 - Friday, 24 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description

=====
 =====
 1 on 15:00 Stretch
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 400 8 x 50 on 2:00 Back w/fins 1st 25
 16KOW -2, 2nd 25 2KOW +2
 1,700 1x{1 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
 {1 x 25 on :45 Kick on right side face up
 {2 x 100 on 1:55 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
 {1 x 25 on :45 Kick on right side face up
 {2 x 150 on 2:50 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
 {1 x 25 on :45 Kick on right side face up
 {4 x 200 on 3:50 Kick
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 100 1 x 100 on 2:00 Kick for time w/fins
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 3,100 Yards - Stress Value = 69

Workout #7813 - Friday, 24 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 15:00 Stretch
 1 x 550 on 10:00 Free L.25 of each 100 non f
 400 8 x 50 on 2:00 Back w/fins 1st 25
 16KOW -2, 2nd 25 2KOW +2
 1,550 1x{1 x 50 on 1:05 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
 {1 x 25 on :45 Kick on right side face up
 {1 x 100 on 2:10 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
 {1 x 25 on :45 Kick on right side face up
 {3 x 150 on 3:15 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
 {1 x 25 on :45 Kick on right side face up
 {3 x 200 on 4:20 Kick
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 100 1 x 100 on 2:00 Kick for time w/fins
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 2,900 Yards - Stress Value = 66

Workout #7814 - Friday, 24 September 2010

5:45 PM 5,550 Yards - Stress Value = 129

Group 3 - Bronze

1 minute rest between sets

Workout #7816 - Monday, 27 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretch
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 400 8 x 50 on 2:00 Back w/fins 1st 25
 16KOW -2, 2nd 25 2KOW +2
 1,400 1x{1 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
 {1 x 25 on :45 Kick on right side face up
 {1 x 100 on 2:30 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
 {1 x 25 on :45 Kick on right side face up
 {2 x 150 on 3:45 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
 {1 x 25 on :45 Kick on right side face up
 {3 x 200 on 5:00 Kick
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 100 1 x 100 on 2:00 Kick for time w/fins
 300 6 x 50 on 1:00 Stroke Drills
 5:00 PM 2,700 Yards - Stress Value = 63

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core/Stretch/Spotlight
 600 1 x 600 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 12KOW
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 {1 x 100 on 2:00 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 {1 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 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 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 225 on 3:25 Freestyle
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {2 x 225 on 3:20 Freestyle
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 225 on 3:15 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {3 x 200 on 2:50 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 5,100 Yards - Stress Value = 120

Workout #7815 - Monday, 27 September 2010

Group 3 - Distance

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :45 Kick no board BSLR 12KOW
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {4 x 25 on :45 Kick no board BSLR 12KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,050 1x{4 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 225 on 3:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {2 x 225 on 2:55 Freestyle
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 225 on 2:50 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 225 on 2:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills

Workout #7817 - Monday, 27 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
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 BSLR 12KOW
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
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{4 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 200 on 3:20 Freestyle
	{1 x 50 on 1:15 Freestyle
	{3 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{2 x 200 on 3:15 Freestyle
	{1 x 50 on 1:15 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 200 on 3:10 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	5:45 PM 4,650 Yards - Stress Value = 112

Workout #7818 - Monday, 27 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Spotlight
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 12KOW
	{1 x 100 on 2:35 Kick
	{1 x 100 on 2:30 Kick
	{1 x 100 on 2:25 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
	{1 x 100 on 2:25 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR 12KOW
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 50 on 1:15 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 150 on 2:45 Freestyle
	{1 x 50 on 1:15 Freestyle
	{3 x 50 on 1:15 Freestyle
	{1 x 50 on 1:15 Freestyle
	{2 x 150 on 2:45 Freestyle
	{1 x 50 on 1:15 Freestyle
	{2 x 50 on 1:15 Freestyle

{3 x 150 on 2:45 Freestyle

{1 x 50 on 1:15 Freestyle

{1 x 50 on 1:15 Freestyle

{1 x 50 on 1:15 Freestyle

{3 x 150 on 2:45 Freestyle

250 1 x 250 on 4:00 Stroke Drills

5:45 PM 4,250 Yards - Stress Value = 105

Workout #7819 - Tuesday, 28 September 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
200	1x{1 x 100 on 2:00 Kick For Time
	{1 x 100 on 2:00 Freestyle
500	5 x 100 on 2:00 Kick @ Fastest Interval
800	1x{3 x 50 on 1:00 Kick #1br #2fr #3fly
	{2 x 125 on 2:15 Kick
	{3 x 50 on 1:00 Kick #1br #2fr #3fly
	{2 x 125 on 2:10 Kick
450	1x{3 x 50 on :45 Pulls
	{3 x 50 on :50 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
1,800	1x{4 x 125 on 1:50 Backstroke
	{ Great Streamlines
	{4 x 25 on :30 Back-desc 5/7/9/7 KOW
	{4 x 100 on 1:30 Backstroke
	{ Fast Spin on Turns
	{4 x 25 on :30 Back-des 5/7/9/7 KOW
	{4 x 75 on 1:10 Backstroke
	{ Increase Tempo Middle 25
	{4 x 25 on :30 Back-desc 5/7/9/7 KOW
	{4 x 50 on :45 Backstroke
	{ Great Finishes
	{4 x 25 on :30 Back-des 5/7/9/7 KOW
400	8 x 50 on 1:00 Stroke Drills
	5:46 PM 5,100 Yards - Stress Value = 78

Workout #7820 - Tuesday, 28 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 200 1x{1 x 100 on 2:00 Kick For Time
 {1 x 100 on 2:00 Freestyle
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 700 1x{3 x 50 on 1:05 Kick #1br #2fr #3fly
 {2 x 125 on 2:30 Kick
 {3 x 50 on 1:05 Kick #1br #2fr #3fly
 {2 x 75 on 1:30 Kick
 400 1x{3 x 50 on :50 Pulls
 {3 x 50 on :55 Pulls
 {2 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{4 x 125 on 2:05 Backstroke
 { Great Streamlines
 {4 x 25 on :30 Back-desc 5/7/9/7 KOW
 {3 x 100 on 1:40 Backstroke
 { Fast Spin on Turns
 {4 x 25 on :30 Back-des 5/7/9/7 KOW
 {4 x 75 on 1:15 Backstroke
 { Increase Tempo Middle 25
 {4 x 25 on :30 Back-desc 5/7/9/7 KOW
 {3 x 50 on :50 Backstroke
 { Great Finishes
 {4 x 25 on :30 Back-des 5/7/9/7 KOW
 400 8 x 50 on 1:00 Stroke Drills
 5:46 PM 4,800 Yards - Stress Value = 72

6:17 PM 4,600 Yards - Stress Value = 67

Workout #7822 - Tuesday, 28 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 200 1x{1 x 100 on 2:00 Kick For Time
 {1 x 100 on 2:00 Freestyle
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 550 1x{3 x 50 on 1:20 Kick #1br #2fr #3fly
 {1 x 100 on 2:30 Kick
 {3 x 50 on 1:20 Kick #1br #2fr #3fly
 {3 x 50 on 1:15 Kick
 350 1x{3 x 50 on 1:00 Pulls
 {2 x 50 on 1:05 Pulls
 {2 x 50 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
 1,200 1x{2 x 125 on 2:45 Backstroke
 { Great Streamlines
 {4 x 25 on :40 Back-desc 5/7/9/7 KOW
 {2 x 100 on 2:10 Backstroke
 { Fast Spin on Turns
 {4 x 25 on :40 Back-des 5/7/9/7 KOW
 {2 x 75 on 1:40 Backstroke
 { Increase Tempo Middle 25
 {4 x 25 on :40 Back-desc 5/7/9/7 KOW
 {4 x 50 on 1:05 Backstroke
 { Great Finishes
 {4 x 25 on :40 Back-des 5/7/9/7 KOW
 400 8 x 50 on 1:00 Stroke Drills
 5:46 PM 4,050 Yards - Stress Value = 59

Workout #7821 - Tuesday, 28 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 100 1 x 100 on 30:00 Stomach and Strec
 1 on 30:00 Shoulders/Stretch/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 200 1x{1 x 100 on 2:00 Kick For Time
 {1 x 100 on 2:00 Freestyle
 500 5 x 100 on 2:00 Kick @ Fastest Interval
 650 1x{3 x 50 on 1:10 Kick #1br #2fr #3fly
 {2 x 100 on 2:10 Kick
 {3 x 50 on 1:10 Kick #1br #2fr #3fly
 {2 x 75 on 1:40 Kick
 400 1x{3 x 50 on :55 Pulls
 {3 x 50 on 1:00 Pulls
 {2 x 50 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
 1,450 1x{2 x 125 on 2:15 Backstroke
 { Great Streamlines
 {4 x 25 on :35 Back-desc 5/7/9/7 KOW
 {3 x 100 on 1:50 Backstroke
 { Fast Spin on Turns
 {4 x 25 on :35 Back-des 5/7/9/7 KOW
 {4 x 75 on 1:25 Backstroke
 { Increase Tempo Middle 25
 {4 x 25 on :35 Back-desc 5/7/9/7 KOW
 {4 x 50 on :55 Backstroke
 { Great Finishes
 {4 x 25 on :35 Back-des 5/7/9/7 KOW
 400 8 x 50 on 1:00 Stroke Drills

Workout #7823 - Wednesday, 29 September 2010

Group 3 - Recovery/Technique Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 28:00 Stomach/Stretch/Spotlight
 800 1 x 800 on 13:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,800 4x{1 x 200 on 4:00 Vertical Kick
 {1 x 250 on 5:00 Social Kick
 1 on 15:00 Techniques-Turn Drills
 600 1 x 600 on 9:00 Pulls 200 br toward blchrs
 200 br toward scrbd, 200 breath on 5
 1 on 10:00 Techniques-Starts
 300 3x{1 x 25 on :40 Freestyle-EZ
 {1 x 25 on :40 Freestyle 1/2 EZ 1/2 Fast
 {1 x 25 on :40 Freestyle 1/2 fast 1/2 EZ
 {1 x 25 on :40 Freestyle-all fast
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 3,850 Yards - Stress Value = 32

Workout #7824 - Thursday, 30 September 2010

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
3:30 PM Start				
600	1 on 30:00 Shoulders/Stretch/Spotlight			
	1 x 600 on 10:00 Underwater trn drill			
	Odd 100's free even 100's back			
150	10 x 15 on :45 Shooters			
1,730	1x{3 x 125 on 2:20 Kick			
	{4 x 30 on 1:00 Alt Fly Kick/Sprint free			
	{2 x 125 on 2:15 Kick			
	{4 x 30 on :50 Same as previous			
	{2 x 125 on 2:10 Kick			
	{4 x 30 on :40 Same as previous			
	{2 x 125 on 2:05 Kick			
	{4 x 30 on :30 Same as previous			
	{1 x 125 on 2:00 Kick			
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{3 x 100 on 1:30 Lungbuster pulls			
	{3 x 100 on 1:25 Lungbuster pulls			
	{3 x 100 on 1:20 Lungbuster pulls			
	{2 x 100 on 1:15 Lungbuster pulls			
	5:18 PM 3,780 Yards - Stress Value = 94			

Workout #7828 - Thursday, 30 September 2010

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,600	8x{1 x 100 on 1:20 Individual Medley	EN2	S	
	{1 x 50 on :35 Freestyle	EN2	S	
	{1 x 50 on :45 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:45 PM 1,850 Yards - Stress Value = 24			

Workout #7829 - Thursday, 30 September 2010

Group 3 - Lane 2

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,600	8x{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	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:47 PM 1,850 Yards - Stress Value = 24			

Workout #7830 - Thursday, 30 September 2010

Group 3 - Lane 3

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,400	7x{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	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:47 PM 1,650 Yards - Stress Value = 21			

Workout #7831 - Thursday, 30 September 2010

Group 3 - Lane 4

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,400	7x{1 x 100 on 1:45 Individual Medley	EN2	S	
	{1 x 50 on :45 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:48 PM 1,650 Yards - Stress Value = 21			

Workout #7832 - Thursday, 30 September 2010

Group 3 - Lane 5

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,200	6x{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:45 PM 1,450 Yards - Stress Value = 18			

Workout #7833 - Thursday, 30 September 2010

Group 3 - Lane 6

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,200	6x{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	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:46 PM 1,450 Yards - Stress Value = 18			

Workout #7834 - Thursday, 30 September 2010

Group 3 - Lane 7

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,000	5x{1 x 100 on 2:15 Individual Medley	EN2	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on 1:05 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:45 PM 1,250 Yards - Stress Value = 15			

Workout #7835 - Thursday, 30 September 2010

Group 3 - Lane 8

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:18 PM Start				
1,000	5x{1 x 100 on 2:30 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
	{1 x 50 on 1:10 Freestyle	REC	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:47 PM 1,250 Yards - Stress Value = 15			

Workout #7825 - Thursday, 30 September 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 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
 1,430 1x{3 x 125 on 2:35 Kick
 {4 x 30 on 1:00 Alt Fly Kick/Sprint free
 {2 x 125 on 2:30 Kick
 {4 x 30 on :55 Same as previous
 {2 x 100 on 2:00 Kick
 {4 x 30 on :50 Same as previous
 {2 x 50 on 1:00 Kick
 {4 x 30 on :45 Same as previous
 {1 x 25 on :30 Kick
 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 100 on 1:40 Lungbuster pulls
 {3 x 100 on 1:35 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls
 {3 x 100 on 1:25 Lungbuster pulls
 5:18 PM 3,380 Yards - Stress Value = 88

Workout #7826 - Thursday, 30 September 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 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
 1,380 1x{1 x 125 on 2:50 Kick
 {4 x 30 on 1:00 Alt Fly Kick/Sprint free
 {2 x 125 on 2:45 Kick
 {4 x 30 on :55 Same as previous
 {2 x 100 on 2:10 Kick
 {4 x 30 on :50 Same as previous
 {2 x 100 on 2:10 Kick
 {4 x 30 on :45 Same as previous
 {1 x 125 on 2:40 Kick
 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 100 on 1:45 Lungbuster pulls
 {3 x 100 on 1:40 Lungbuster pulls
 {3 x 100 on 1:35 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls
 5:18 PM 3,280 Yards - Stress Value = 84

Workout #7827 - Thursday, 30 September 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 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
 1,280 1x{1 x 125 on 3:10 Kick
 {4 x 30 on 1:00 Alt Fly Kick/Sprint free
 {2 x 100 on 2:30 Kick
 {4 x 30 on :55 Same as previous
 {2 x 100 on 2:25 Kick
 {4 x 30 on :50 Same as previous

{2 x 100 on 2:20 Kick
 {4 x 30 on :45 Same as previous
 {1 x 75 on 1:45 Kick
 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 100 on 2:00 Lungbuster pulls
 {2 x 100 on 1:55 Lungbuster pulls
 {3 x 100 on 1:50 Lungbuster pulls
 {1 x 100 on 1:45 Lungbuster pulls
 5:18 PM 2,930 Yards - Stress Value = 82

Workout #7836 - Friday, 01 October 2010

Group 3 - Swim Like A Champion Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 Stretching
 600 1 x 600 on 10:00 Choice REC
 200 8 x 25 on 2:00 Sprint 25's OTB SP2
 1,800 1x{6 x 25 on :45 Kick no brd B- 9+1 KOW EN2
 {2 x 75 on 1:25 Kick EN2
 {2 x 75 on 1:20 Kick EN2
 {6 x 25 on :45 Kick no brd S-9+1 KOW EN2
 {2 x 75 on 1:20 Kick EN2
 {2 x 75 on 1:15 Kick EN2
 {6 x 25 on :45 Kick no brd L-9+1 KOW EN2
 {2 x 75 on 1:15 Kick EN2
 {2 x 75 on 1:10 Kick EN2
 {6 x 25 on :45 Kick no brd R 9+1 KOW EN2
 {2 x 75 on 1:10 Kick EN2
 {2 x 75 on 1:05 Kick EN2
 450 1x{1 x 100 on 2:00 Freestyle REC
 {1 x 100 on 2:00 Choice OTB for time SP2
 {1 x 250 on 4:00 Stroke Drills REC
 5:00 PM 3,050 Yards - Stress Value = 66

Workout #7837 - Friday, 01 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 Stretching
 600 1 x 600 on 10:00 Choice REC
 200 8 x 25 on 2:00 Sprint 25's OTB SP2
 1,600 1x{6 x 25 on :45 Kick no brd B- 9+1 KOW EN2
 {2 x 75 on 1:35 Kick EN2
 {2 x 75 on 1:30 Kick EN2
 {6 x 25 on :45 Kick no brd S-9+1 KOW EN2
 {2 x 75 on 1:30 Kick EN2
 {2 x 75 on 1:25 Kick EN2
 {6 x 25 on :45 Kick no brd L-9+1 KOW EN2
 {2 x 75 on 1:25 Kick EN2
 {2 x 75 on 1:20 Kick EN2
 {6 x 25 on :45 Kick no brd R 9+1 KOW EN2
 {2 x 50 on :55 Kick EN2
 450 1x{1 x 100 on 2:00 Freestyle REC
 {1 x 100 on 2:00 Choice OTB for time SP2
 {1 x 250 on 4:00 Stroke Drills REC
 5:00 PM 2,850 Yards - Stress Value = 62

Workout #7838 - Friday, 01 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
550	1 x 550 on 10:00 Choice	REC	
200	8 x 25 on 2:00 Sprint 25's OTB	SP2	
1,500	1x{6 x 25 on :45 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{6 x 25 on :45 Kick no brd S-9+1 KOW	EN2	
	{2 x 75 on 1:40 Kick	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{6 x 25 on :45 Kick no brd L-9+1 KOW	EN2	
	{2 x 75 on 1:35 Kick	EN2	
	{2 x 75 on 1:30 Kick	EN2	
	{6 x 25 on :45 Kick no brd R 9+1 KOW	EN2	
400	1x{1 x 50 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Choice OTB for time	SP2	
	{1 x 250 on 4:00 Stroke Drills	REC	
5:00 PM	2,650 Yards - Stress Value = 60		

Workout #7839 - Friday, 01 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretching		
500	1 x 500 on 10:00 Choice	REC	
200	8 x 25 on 2:00 Sprint 25's OTB	SP2	
1,400	1x{6 x 25 on :45 Kick no brd B- 9+1 KOW	EN2	
	{2 x 75 on 1:55 Kick	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{6 x 25 on :45 Kick no brd S-9+1 KOW	EN2	
	{2 x 75 on 1:50 Kick	EN2	
	{2 x 50 on 1:10 Kick	EN2	
	{6 x 25 on :45 Kick no brd L-9+1 KOW	EN2	
	{2 x 75 on 1:45 Kick	EN2	
	{2 x 50 on 1:05 Kick	EN2	
	{6 x 25 on :45 Kick no brd R 9+1 KOW	EN2	
400	1x{1 x 50 on 2:00 Freestyle	REC	
	{1 x 100 on 2:00 Choice OTB for time	SP2	
	{1 x 250 on 4:00 Stroke Drills	REC	
5:00 PM	2,500 Yards - Stress Value = 58		

Workout #7840 - Monday, 04 October 2010

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Core/Stretch/Spotlight		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,700	1x{10 x 25 on :45 Kick no board BSLRx2BS		
	{1 x 200 on 3:30 Kick		
	{8 x 25 on :45 Kick no board BSLRx2		
	{2 x 150 on 2:35 Kick		
	{6 x 25 on :45 Kick no board BSLRLR		
	{3 x 100 on 1:45 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{4 x 50 on :50 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
500	20 x 25 on :30 Pulls -1stroke/breath		
2,400	1x{1 x 800 on 11:00 Freestyle		
	{ Neg Split the 400's		

{1 x 800 on 10:45 Freestyle
 { 3 fly kicks off BH wall/hold breath 3 stks
 {1 x 800 on 10:30 Freestyle
 { Great effort-get and keep 200 splits
 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,950 Yards - Stress Value = 95

Workout #7841 - Monday, 04 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Core/Stretch/Spotlight		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,600	1x{10 x 25 on :45 Kick no board BSLRx2BS		
	{1 x 200 on 4:00 Kick		
	{8 x 25 on :45 Kick no board BSLRx2		
	{2 x 150 on 3:00 Kick		
	{6 x 25 on :45 Kick no board BSLRLR		
	{3 x 100 on 2:00 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 50 on 1:00 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
500	20 x 25 on :30 Pulls -1stroke/breath		
2,100	1x{1 x 700 on 11:00 Freestyle		
	{ Neg Split the 400's		
	{1 x 700 on 10:45 Freestyle		
	{ 3 fly kicks off BH wall/hold breath 3 stks		
	{1 x 700 on 10:30 Freestyle		
	{ Great effort-get and keep 200 splits		
400	8 x 50 on 1:00 Stroke Drills		
6:00 PM	5,550 Yards - Stress Value = 87		

Workout #7842 - Monday, 04 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 30:00 Core/Stretch/Spotlight		
550	1 x 550 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,500	1x{10 x 25 on :45 Kick no board BSLRx2BS		
	{1 x 200 on 4:20 Kick		
	{8 x 25 on :45 Kick no board BSLRx2		
	{2 x 150 on 3:15 Kick		
	{6 x 25 on :45 Kick no board BSLRLR		
	{3 x 100 on 2:10 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		
425	17 x 25 on :35 Pulls -1stroke/breath		
1,950	1x{1 x 650 on 11:00 Freestyle		
	{ Neg Split the 400's		
	{1 x 650 on 10:45 Freestyle		
	{ 3 fly kicks off BH wall/hold breath 3 stks		
	{1 x 650 on 10:30 Freestyle		
	{ Great effort-get and keep 200 splits		
400	8 x 50 on 1:00 Stroke Drills		
6:00 PM	5,175 Yards - Stress Value = 81		

Workout #7843 - Monday, 04 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core/Stretch/Spotlight
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,400 1x{10 x 25 on :45 Kick no board BSLRx2BS
 {1 x 150 on 3:45 Kick
 {8 x 25 on :45 Kick no board BSLRx2
 {2 x 125 on 3:10 Kick
 {6 x 25 on :45 Kick no board BSLRLR
 {3 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
 375 15 x 25 on :40 Pulls -1stroke/breath
 1,650 1x{1 x 550 on 11:00 Freestyle
 { Neg Split the 400's
 {1 x 550 on 10:45 Freestyle
 { 3 fly kicks off BH wall/hold breath 3 stks
 {1 x 550 on 10:30 Freestyle
 { Great effort-get and keep 200 splits
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 4,675 Yards - Stress Value = 73

Workout #7844 - Tuesday, 05 October 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Lane Lines/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,400 1x{2 x 125 on 2:30 Kick
 {2 x 50 on 1:15 Tombstone Kicking
 {2 x 125 on 2:25 Kick
 {2 x 50 on 1:10 Tombstone Kicking
 {2 x 125 on 2:20 Kick
 {2 x 50 on 1:05 Tombstone Kicking
 {2 x 125 on 2:15 Kick
 {2 x 50 on 1:00 Tombstone Kicking
 1,200 1x{2 x 150 on 2:15 Pulls
 {2 x 150 on 2:10 Pulls
 {2 x 150 on 2:05 Pulls
 {2 x 150 on 2:00 Pulls
 Odds breathe toward bleachers
 Evens breathe toward scoreboard
 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 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,750 Yards - Stress Value = 135

Workout #7845 - Tuesday, 05 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Lane Lines/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,250 1x{2 x 125 on 2:40 Kick
 {2 x 50 on 1:20 Tombstone Kicking

{2 x 125 on 2:35 Kick
 {2 x 50 on 1:15 Tombstone Kicking
 {2 x 125 on 2:30 Kick
 {2 x 50 on 1:10 Tombstone Kicking
 {2 x 75 on 1:30 Kick
 {1 x 50 on 1:05 Tombstone Kicking
 1,100 1x{2 x 150 on 2:25 Pulls
 {2 x 150 on 2:20 Pulls
 {2 x 150 on 2:15 Pulls
 {2 x 100 on 1:30 Pulls
 Odds breathe toward bleachers
 Evens breathe toward scoreboard
 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 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,500 Yards - Stress Value = 130

Workout #7846 - Tuesday, 05 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Lane Lines/Stretch/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,150 1x{2 x 100 on 2:20 Kick
 {2 x 50 on 1:30 Tombstone Kicking
 {2 x 100 on 2:15 Kick
 {2 x 50 on 1:25 Tombstone Kicking
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:20 Tombstone Kicking
 {2 x 100 on 2:05 Kick
 {1 x 50 on 1:15 Tombstone Kicking
 1,000 1x{2 x 150 on 2:40 Pulls
 {2 x 150 on 2:35 Pulls
 {2 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 Odds breathe toward bleachers
 Evens breathe toward scoreboard
 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 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 127

Workout #7847 - Tuesday, 05 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Lane Lines/Stretch/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,050 1x{2 x 100 on 2:35 Kick
 {2 x 50 on 1:30 Tombstone Kicking
 {2 x 100 on 2:30 Kick
 {2 x 50 on 1:25 Tombstone Kicking
 {2 x 100 on 2:25 Kick
 {2 x 50 on 1:20 Tombstone Kicking
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:15 Tombstone Kicking
 900 1x{2 x 150 on 2:50 Pulls
 {2 x 125 on 2:20 Pulls
 {2 x 100 on 1:50 Pulls
 {2 x 75 on 1:20 Pulls
 Odds breathe toward bleachers
 Evens breathe toward scoreboard
 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 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,000 Yards - Stress Value = 123

=====
 1 on 30:00 Shoulders/Stretch/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 2,250 1x{1 x 100 on 2:10 Kick
 {4 x 50 on :45 Freestyle
 {2 x 100 on 2:05 Kick
 {4 x 50 on :45 Freestyle
 {3 x 100 on 2:00 Kick
 {4 x 50 on :45 Freestyle
 {4 x 100 on 1:55 Kick
 {4 x 50 on :45 Freestyle
 {3 x 100 on 1:50 Kick
 {3 x 50 on :45 Freestyle
 100 1 x 100 on 2:00 Kick for time
 950 1 x 950 on 14:00 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{2 x 25 on :30 Breast 2X pullouts
 {1 x 200 on 3:20 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:30 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:40 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :50 Breaststroke
 100 1 x 100 on 2:00 Breast for time
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 6,050 Yards - Stress Value = 82

Workout #7850 - Wednesday, 06 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 600 1 x 600 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 2,500 1x{1 x 100 on 2:00 Kick
 {4 x 50 on :40 Freestyle
 {2 x 100 on 1:55 Kick
 {4 x 50 on :40 Freestyle
 {3 x 100 on 1:50 Kick
 {4 x 50 on :40 Freestyle
 {4 x 100 on 1:45 Kick
 {4 x 50 on :40 Freestyle
 {5 x 100 on 1:40 Kick
 {4 x 50 on :40 Freestyle
 100 1 x 100 on 2:00 Kick for time
 1,000 1 x 1000 on 14:00 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 :30 Breast 2X pullouts
 {1 x 200 on 3:00 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:15 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:30 Breaststroke
 {8 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :45 Breaststroke
 100 1 x 100 on 2:00 Breast for time
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 6,450 Yards - Stress Value = 88

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 550 1 x 550 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 2,000 1x{1 x 100 on 2:20 Kick
 {4 x 50 on :50 Freestyle
 {2 x 100 on 2:15 Kick
 {4 x 50 on :50 Freestyle
 {3 x 100 on 2:10 Kick
 {4 x 50 on :50 Freestyle
 {4 x 100 on 2:05 Kick
 {2 x 50 on :50 Freestyle
 {3 x 100 on 2:00 Kick
 100 1 x 100 on 2:00 Kick for time
 850 1 x 850 on 14:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{2 x 25 on :35 Breast 2X pullouts
 {1 x 200 on 3:40 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {2 x 150 on 2:45 Breaststroke
 {6 x 25 on :35 Breast 2X pullouts
 {3 x 100 on 1:50 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {1 x 50 on :55 Breaststroke
 100 1 x 100 on 2:00 Breast for time
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,500 Yards - Stress Value = 73

Workout #7849 - Wednesday, 06 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description

Workout #7851 - Wednesday, 06 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,800 1x{1 x 100 on 2:35 Kick
 {4 x 50 on :55 Freestyle
 {2 x 100 on 2:30 Kick
 {4 x 50 on :55 Freestyle
 {3 x 100 on 2:25 Kick
 {4 x 50 on :55 Freestyle
 {4 x 100 on 2:20 Kick
 {2 x 50 on :55 Freestyle
 {1 x 100 on 2:15 Kick
 100 1 x 100 on 2:00 Kick for time
 750 1 x 750 on 14:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{2 x 25 on :40 Breast 2X pullouts
 {1 x 200 on 4:00 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {2 x 150 on 3:00 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {2 x 100 on 2:00 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 100 1 x 100 on 2:00 Breast for time
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,000 Yards - Stress Value = 68

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 1,650 1x{3 x 50 on 1:05 Kick
 {4 x 100 on 2:10 Kick-100%
 {3 x 50 on 1:05 Kick
 {3 x 100 on 2:00 Kick-100%
 {3 x 50 on 1:05 Kick
 {2 x 100 on 1:50 Kick-100%
 {4 x 50 on 1:05 Kick
 {1 x 100 on 1:40 Kick-100%
 1,300 1x{1 x 250 on 3:45 Pulls
 {1 x 250 on 3:45 Freestyle
 { break when feet pass flags
 {1 x 200 on 3:00 Pulls
 {1 x 200 on 3:00 Freestyle
 { break when knees pass flags
 {1 x 150 on 2:15 Pulls
 {1 x 150 on 2:15 Freestyle
 { break when hips pass flags
 {1 x 50 on :45 Pulls
 {1 x 50 on :45 Freestyle
 { 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
 1,750 5x{2 x 75 on 1:20 Fly 2-2
 {4 x 25 on :30 Fly-descend
 {1 x 100 on 1:30 Freestyle
 On 5th set do 4 X 75's
 500 10 x 50 on 1:00 Stroke Drills
 5:57 PM 6,000 Yards - Stress Value = 110

Workout #7852 - Thursday, 07 October 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 1,800 1x{4 x 50 on 1:00 Kick
 {4 x 100 on 2:00 Kick-100%
 {4 x 50 on 1:00 Kick
 {3 x 100 on 1:50 Kick-100%
 {4 x 50 on 1:00 Kick
 {2 x 100 on 1:40 Kick-100%
 {4 x 50 on 1:00 Kick
 {1 x 100 on 1:30 Kick-100%
 1,400 1x{1 x 250 on 3:20 Pulls
 {1 x 250 on 3:20 Freestyle
 { break when feet pass flags
 {1 x 200 on 2:45 Pulls
 {1 x 200 on 2:45 Freestyle
 { break when knees pass flags
 {1 x 150 on 2:05 Pulls
 {1 x 150 on 2:05 Freestyle
 { break when hips pass flags
 {1 x 100 on 1:25 Pulls
 {1 x 100 on 1:25 Freestyle
 { 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
 2,100 6x{2 x 75 on 1:10 Fly 2-2
 {4 x 25 on :30 Fly-descend
 {1 x 100 on 1:20 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 6,600 Yards - Stress Value = 117

Workout #7853 - Thursday, 07 October 2010

Workout #7854 - Thursday, 07 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 1,550 1x{2 x 50 on 1:10 Kick
 {4 x 100 on 2:20 Kick-100%
 {3 x 50 on 1:10 Kick
 {3 x 100 on 2:10 Kick-100%
 {3 x 50 on 1:10 Kick
 {2 x 100 on 2:00 Kick-100%
 {3 x 50 on 1:10 Kick
 {1 x 100 on 1:50 Kick-100%
 1,200 1x{1 x 250 on 4:10 Pulls
 {1 x 250 on 4:10 Freestyle
 { break when feet pass flags
 {1 x 200 on 3:20 Pulls
 {1 x 200 on 3:20 Freestyle
 { break when knees pass flags
 {1 x 100 on 1:40 Pulls
 {1 x 100 on 1:40 Freestyle
 { break when hips pass flags
 {1 x 50 on :50 Pulls
 {1 x 50 on :50 Freestyle
 { 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
 1,750 5x{2 x 75 on 1:30 Fly 2-2
 {4 x 25 on :35 Fly-descend
 {1 x 100 on 1:40 Freestyle
 On 5th set do a 50free instead of a 100
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,750 Yards - Stress Value = 107

Workout #7855 - Thursday, 07 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100s free even 100s back
 1,450 1x{2 x 50 on 1:15 Kick
 {4 x 100 on 2:30 Kick-100%
 {3 x 50 on 1:15 Kick
 {3 x 100 on 2:20 Kick-100%
 {2 x 50 on 1:15 Kick
 {2 x 100 on 2:10 Kick-100%
 {2 x 50 on 1:15 Kick
 {1 x 100 on 2:00 Kick-100%
 1,050 1x{1 x 200 on 3:45 Pulls
 {1 x 200 on 3:45 Freestyle
 { break when feet pass flags
 {1 x 150 on 2:45 Pulls
 {1 x 150 on 2:45 Freestyle
 { break when knees pass flags
 {1 x 100 on 1:50 Pulls
 {1 x 100 on 1:50 Freestyle
 { break when hips pass flags
 {1 x 50 on :55 Pulls
 {2 x 50 on :55 Freestyle
 { 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
 1,400 4x{2 x 75 on 1:40 Fly 2-2
 {4 x 25 on :40 Fly-descend

{1 x 100 on 1:50 Freestyle
 On 4th set do 2 X 100's
 500 10 x 50 on 1:00 Stroke Drills
 5:58 PM 5,100 Yards - Stress Value = 100

Workout #7856 - Friday, 08 October 2010

Group 3 - Recovery/Technique Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Stretching/Spotlight
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 1:45 Kick w/fins great effort
 1 on 15:00 Techniques-TN turn drills
 100 1 x 100 on 5:00 Sculling Drills in diving wel
 270 3x{1 x 45 on 1:30 15build/10FlyKick/20sprint
 {1 x 45 on 2:00 Freestyle
 1 on 14:00 Techniques-Starts
 5:00 PM 1,620 Yards - Stress Value = 19

Workout #7857 - Monday, 11 October 2010

Group 3 - Swim Like A Champion Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,200 1x{4 x 25 on :45 Kick no board BSLR-10
 {1 x 50 on :45 Kick
 {1 x 100 on 1:30 Kick
 {1 x 150 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR-11
 {2 x 50 on :50 Kick
 {2 x 100 on 1:40 Kick
 {2 x 150 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {3 x 50 on :55 Kick
 {3 x 100 on 1:50 Kick
 {3 x 150 on 2:45 Kick
 {4 x 25 on :45 Kick no board BSLR-13
 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-OTB
 500 10 x 50 on 1:00 Stroke Drills
 5:58 PM 4,250 Yards - Stress Value = 100

Workout #7858 - Monday, 11 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :45 Kick no board BSLR-10
 {1 x 50 on :50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 150 on 2:40 Kick
 {4 x 25 on :45 Kick no board BSLR-11
 {2 x 50 on :55 Kick
 {2 x 100 on 1:55 Kick
 {2 x 150 on 2:55 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {2 x 50 on 1:00 Kick
 {3 x 100 on 2:00 Kick
 {2 x 150 on 3:00 Kick
 {4 x 25 on :45 Kick no board BSLR-13
 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-OTB
 500 10 x 50 on 1:00 Stroke Drills
 5:58 PM 4,050 Yards - Stress Value = 96

{2 x 50 on 1:15 Kick
 {2 x 100 on 2:30 Kick
 {2 x 150 on 3:45 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {1 x 50 on 1:15 Kick
 {3 x 100 on 2:35 Kick
 {4 x 25 on :45 Kick no board BSLR-13
 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-OTB
 500 10 x 50 on 1:00 Stroke Drills
 5:58 PM 3,600 Yards - Stress Value = 89

Workout #7861 - Tuesday, 12 October 2010

Group 3 - Breast

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
 600 6 x 100 on 2:00 Kick @ Fastest Invterval
 1,000 1x{1 x 50 on 1:15 Tombstone Kicking
 {1 x 50 on 1:10 Tombstone Kicking
 {1 x 50 on 1:05 Tombstone Kicking
 {1 x 50 on 1:00 Tombstone Kicking
 {4 x 75 on 1:30 Kick-descend
 {1 x 50 on 1:10 Tombstone Kicking
 {1 x 50 on 1:05 Tombstone Kicking
 {1 x 50 on 1:00 Tombstone Kicking
 {1 x 50 on :55 Tombstone Kicking
 {4 x 75 on 1:25 Kick-descend
 1,000 1x{2 x 75 on 1:30 Breast Pulls
 {1 x 100 on 1:10 Free Pulls
 {2 x 75 on 1:25 Breast Pulls
 {1 x 100 on 1:15 Free Pulls
 {2 x 75 on 1:20 Breast Pulls
 {1 x 100 on 1:20 Free Pulls
 {2 x 75 on 1:15 Breast Pulls
 {1 x 100 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
 2,000 1x{16 x 50 on :45 Fr every 4th one Br 100%
 {12 x 50 on :50 Fr every 3rd one Br 100%
 {8 x 50 on :55 Fr every 2nd one BR 100%
 {4 x 50 on 1:00 Breast- all 100%
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,850 Yards - Stress Value = 104

Workout #7859 - Monday, 11 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 25 on :45 Kick no board BSLR-10
 {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-11
 {2 x 50 on 1:05 Kick
 {2 x 100 on 2:10 Kick
 {2 x 150 on 3:15 Kick
 {4 x 25 on :45 Kick no board BSLR-12
 {3 x 50 on 1:10 Kick
 {2 x 100 on 2:20 Kick
 {1 x 150 on 3:30 Kick
 {4 x 25 on :45 Kick no board BSLR-13
 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-OTB
 500 10 x 50 on 1:00 Stroke Drills
 5:58 PM 3,800 Yards - Stress Value = 92

Workout #7860 - Monday, 11 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :45 Kick no board BSLR-10
 {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-11

Workout #7862 - Tuesday, 12 October 2010

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Core/Stretch/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ Fastest Invterval
950	1x{1 x 50 on 1:20 Tombstone Kicking
	{1 x 50 on 1:15 Tombstone Kicking
	{1 x 50 on 1:10 Tombstone Kicking
	{4 x 75 on 1:30 Kick-descend
	{1 x 50 on 1:15 Tombstone Kicking
	{1 x 50 on 1:10 Tombstone Kicking
	{1 x 50 on 1:05 Tombstone Kicking
	{1 x 50 on 1:00 Tombstone Kicking
	{4 x 75 on 1:30 Kick-descend
900	1x{2 x 75 on 1:40 Breast Pulls
	{1 x 100 on 1:20 Free Pulls
	{2 x 75 on 1:35 Breast Pulls
	{1 x 100 on 1:25 Free Pulls
	{2 x 75 on 1:30 Breast Pulls
	{1 x 100 on 1:30 Free Pulls
	{2 x 50 on 1:00 Breast Pulls
	{1 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
1,850	1x{12 x 50 on :50 Fr every 4th one Br 100%
	{12 x 50 on :55 Fr every 3rd one Br 100%
	{6 x 50 on 1:00 Fr every 2nd one BR 100%
	{3 x 50 on 1:05 Breast- all 100%
300	1 x 300 on 5:00 Stroke Drills
	6:00 PM 5,550 Yards - Stress Value = 96

Workout #7863 - Tuesday, 12 October 2010

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Core/Stretch/Spotlight
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ Fastest Invterval
900	1x{1 x 50 on 1:30 Tombstone Kicking
	{1 x 50 on 1:25 Tombstone Kicking
	{1 x 50 on 1:20 Tombstone Kicking
	{4 x 75 on 1:35 Kick-descend
	{1 x 50 on 1:25 Tombstone Kicking
	{1 x 50 on 1:20 Tombstone Kicking
	{1 x 50 on 1:15 Tombstone Kicking
	{4 x 75 on 1:35 Kick-descend
850	1x{2 x 75 on 1:50 Breast Pulls
	{1 x 100 on 1:30 Free Pulls
	{2 x 75 on 1:45 Breast Pulls
	{1 x 100 on 1:35 Free Pulls
	{2 x 75 on 1:40 Breast Pulls
	{1 x 100 on 1:40 Free Pulls
	{1 x 50 on :55 Breast 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
1,700	1x{12 x 50 on :55 Fr every 4th one Br 100%
	{12 x 50 on 1:00 Fr every 3rd one Br 100%
	{6 x 50 on 1:05 Fr every 2nd one BR 100%
	{4 x 50 on 1:10 Breast- all 100%
300	1 x 300 on 5:00 Stroke Drills
	6:01 PM 5,250 Yards - Stress Value = 93

Workout #7864 - Tuesday, 12 October 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Core/Stretch/Spotlight
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @ Fastest Invterval
800	1x{1 x 50 on 1:40 Tombstone Kicking
	{1 x 50 on 1:35 Tombstone Kicking
	{1 x 50 on 1:30 Tombstone Kicking
	{4 x 75 on 1:50 Kick-descend
	{1 x 50 on 1:35 Tombstone Kicking
	{4 x 75 on 1:45 Kick-descend
750	1x{2 x 75 on 2:00 Breast Pulls
	{1 x 100 on 1:45 Free Pulls
	{2 x 75 on 1:55 Breast Pulls
	{1 x 100 on 1:50 Free Pulls
	{2 x 75 on 1:50 Breast Pulls
	{1 x 100 on 1:55 Free 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{12 x 50 on 1:00 Fr every 4th one Br 100%
	{9 x 50 on 1:05 Fr every 3rd one Br 100%
	{6 x 50 on 1:10 Fr every 2nd one BR 100%
	{4 x 50 on 1:15 Breast- all 100%
300	1 x 300 on 5:00 Stroke Drills
	6:00 PM 4,850 Yards - Stress Value = 87

Workout #7865 - Wednesday, 13 October 2010

Group 3 - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 30:00 Shoulders/Stretch/Spotlight
800	1 x 800 on 14:00 Free L.25 of each 100 non f
	Gold-800, Silver 750, Bronze 700
200	1 x 200 on 10:00 Sculling Drills in DW
200	1 x 200 on 15:00 Techniques-TN turn drills
300	10 x 30 on 1:00 Mid Pool DW swims
500	1 x 500 on 8:00 Pulls 1st half br toward blc
	2nd half br toward scrbd
	Gold 500, Silver 450, Bronze 400
1,000	1x{1 x 100 on 2:00 Stroke Drills
	{4 x 25 on :40 Butterfly-descend
	{1 x 50 on 1:00 Stroke Drills
	{1 x 100 on 2:00 Stroke Drills
	{4 x 25 on :35 Backstroke-descend
	{1 x 50 on 1:00 Stroke Drill
	{1 x 100 on 2:00 Stroke Drills
	{4 x 25 on :45 Breaststroke-descend
	{1 x 50 on 1:00 Stroke Drills
	{1 x 100 on 2:00 Stroke Drills
	{4 x 25 on :30 Freestyle-descend
	{1 x 50 on 1:00 Stroke Drills
	1 on 20:00 Techniques-Starts/TNT turns
120	4 x 30 on 2:00 Freestyle OTB race until feet
	are at flags
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 3,420 Yards - Stress Value = 19

Workout #7867 - Friday, 15 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 40:00 Circuit and Stretch
400	1 x 400 on 7:00 Choice
1,300	1x{1 x 100 on 2:10 Kick
	{1 x 200 on 4:30 Kick-100%
	{2 x 100 on 2:05 Kick
	{1 x 150 on 3:20 Kick-100%
	{3 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick-100%
	{2 x 100 on 1:55 Kick
100	2x{1 x 50 on 1:00 Kick-100%
	{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 Your Choice for time OTB
250	1 x 250 on 6:00 Stroke Drills
5:00 PM 2,150 Yards - Stress Value = 50	

3:30 PM Start

Yards	Set Description
400	1 on 40:00 Circuit and Stretch
400	1 x 400 on 7:00 Choice
1,500	1x{1 x 100 on 2:00 Kick
	{1 x 200 on 4:00 Kick-100%
	{2 x 100 on 1:55 Kick
	{1 x 150 on 3:00 Kick-100%
	{3 x 100 on 1:50 Kick
	{1 x 100 on 2:00 Kick-100%
	{4 x 100 on 1:45 Kick
	{1 x 50 on 1:00 Kick-100%
100	2x{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 Your Choice for time OTB
250	1 x 250 on 6:00 Stroke Drills
5:01 PM 2,350 Yards - Stress Value = 54	

Workout #7874 - Monday, 18 October 2010

Group 3 - Lane 2

1 minute rest between sets

Workout #7868 - Friday, 15 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 40:00 Circuit and Stretch
400	1 x 400 on 7:00 Choice
1,250	1x{1 x 100 on 2:20 Kick
	{1 x 200 on 5:00 Kick-100%
	{2 x 100 on 2:15 Kick
	{1 x 150 on 3:45 Kick-100%
	{3 x 100 on 2:10 Kick
	{1 x 50 on 1:15 Kick-100%
	{2 x 100 on 2:05 Kick
	{1 x 50 on 1:15 Kick-100%
100	2x{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 Your Choice for time OTB
250	1 x 250 on 6:00 Stroke Drills
5:01 PM 2,100 Yards - Stress Value = 47	

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,000	1x{6 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:15 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:15 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
6:00 PM 2,400 Yards - Stress Value = 40					

Workout #7875 - Monday, 18 October 2010

Group 3 - Lane 3

1 minute rest between sets

Workout #7869 - Friday, 15 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
350	1 on 40:00 Circuit and Stretch
350	1 x 350 on 7:00 Choice
1,150	1x{1 x 100 on 2:30 Kick
	{1 x 150 on 4:00 Kick-100%
	{2 x 100 on 2:25 Kick
	{1 x 100 on 2:45 Kick-100%
	{3 x 100 on 2:20 Kick
	{1 x 50 on 1:20 Kick-100%
	{2 x 100 on 2:15 Kick
	{1 x 50 on 1:20 Kick-100%
100	2x{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 Your Choice for time OTB
250	1 x 250 on 6:00 Stroke Drills
5:01 PM 1,950 Yards - Stress Value = 41	

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,900	1x{6 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{4 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 100 on 1:20 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:15 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
6:00 PM 2,300 Yards - Stress Value = 38					

Workout #7866 - Friday, 15 October 2010

Group 3 - Speed Acquisition

1 minute rest between sets

Workout #7876 - Monday, 18 October 2010

Group 3 - Lane 4

1 minute rest between sets

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,800	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		
	{2 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
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:00 PM 2,200 Yards - Stress Value = 36

Workout #7877 - Monday, 18 October 2010

Group 3 - Lane 5

1 minute rest between sets

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,700	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		
	{3 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:30 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:30 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:00 PM 2,100 Yards - Stress Value = 34

Workout #7878 - Monday, 18 October 2010

Group 3 - Lane 6

1 minute rest between sets

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,600	1x{6 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
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:35 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{1 x 100 on 1:35 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:00 PM 2,000 Yards - Stress Value = 32

Workout #7879 - Monday, 18 October 2010

Group 3 - Lane 7

1 minute rest between sets

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,550	1x{6 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{5 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{2 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		
	{3 x 50 on :50 Freestyle	EN2	S	FR	1
	{1 on 1:00 Rest		M		

	{1 x 100 on 1:40 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:00 PM 1,950 Yards - Stress Value = 31

Workout #7880 - Monday, 18 October 2010

Group 3 - Lane 8

1 minute rest between sets

5:21 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,450	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 50 on :50 Freestyle	EN2	S	FR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:00 PM 1,850 Yards - Stress Value = 29

Workout #7870 - Monday, 18 October 2010

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	STK	F
600	1 on 30:00 Shoulders/Stretch/Spotlight				
150	1 x 600 on 10:00 Swim-kick-pull-swim				
1,800	1x{4 x 25 on :45 Kick no board B				
	{4 x 50 on :50 Kick				
	{4 x 25 on :45 Kick no board S				
	{4 x 75 on 1:15 Kick				
	{4 x 25 on :45 Kick no board L				
	{4 x 100 on 1:40 Kick				
	{4 x 25 on :45 Kick no board R				
	{4 x 125 on 2:05 Kick				
100	1 x 100 on 2:00 Kick for time				
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 2:00 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				
2,100	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				

6:00 PM 6,250 Yards - Stress Value = 97

Workout #7871 - Monday, 18 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
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 B {4 x 50 on 1:00 Kick {4 x 25 on :45 Kick no board S {4 x 75 on 1:25 Kick {4 x 25 on :45 Kick no board L {4 x 100 on 1:55 Kick {4 x 25 on :45 Kick no board R {3 x 100 on 1:55 Kick
100	1 x 100 on 2:00 Kick for time
800	1x{2 x 150 on 2:25 Pull no br L.12 yds {2 x 150 on 2:20 Pull no br L.12 yds {2 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
5:20 PM	3,450 Yards - Stress Value = 50

Workout #7872 - Monday, 18 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
550	1 x 550 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 B {3 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board S {4 x 75 on 1:35 Kick {4 x 25 on :45 Kick no board L {4 x 100 on 2:10 Kick {4 x 25 on :45 Kick no board R {2 x 125 on 2:40 Kick
100	1 x 100 on 2:00 Kick for time
750	1x{2 x 150 on 2:35 Pull no br L.12 yds {2 x 125 on 2:05 Pull no br L.12 yds {2 x 100 on 1:35 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
5:20 PM	3,250 Yards - Stress Value = 47

Workout #7873 - Monday, 18 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
500	1 x 500 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 B {3 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board S {4 x 75 on 1:50 Kick {4 x 25 on :45 Kick no board L {4 x 100 on 2:30 Kick {4 x 25 on :45 Kick no board R {1 x 100 on 2:30 Kick
100	1 x 100 on 2:00 Kick for time
650	1x{2 x 150 on 2:55 Pull no br L.12 yds {2 x 125 on 2:25 Pull no br L.12 yds

{2 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
5:20 PM 2,950 Yards - Stress Value = 43

Workout #7881 - Tuesday, 19 October 2010

Group 3 - Back

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
600	6 x 100 on 2:00 Kick @ fastest interval
1,600	1x{1 x 50 on 1:00 Kick {3 x 50 on 1:00 Kick-alt br/fr/fly {2 x 75 on 1:25 Kick {3 x 50 on 1:00 Kick-alt br/fr/fly {3 x 100 on 1:50 Kick {3 x 50 on 1:00 Kick-alt br/fr/fly {4 x 125 on 2:15 Kick {3 x 50 on 1:00 Kick-alt br/fr/fly
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 :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 {4 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 {4 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 5KOW
300	1 x 300 on 5:00 Stroke Drills
6:00 PM	5,850 Yards - Stress Value = 90

Workout #7882 - Tuesday, 19 October 2010

Group 3 - Gold

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
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,500 1x{1 x 50 on 1:05 Kick
 {3 x 50 on 1:05 Kick-alt br/fr/fly
 {2 x 75 on 1:30 Kick
 {3 x 50 on 1:05 Kick-alt br/fr/fly
 {3 x 100 on 2:00 Kick
 {3 x 50 on 1:05 Kick-alt br/fr/fly
 {4 x 125 on 2:30 Kick
 {1 x 50 on 1:00 Kick-non #1
 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 25 on :45 Back TO/6 kick switch
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {2 x 50 on 1:00 Back-Great Effort
 {4 x 25 on :45 Back TO/6 kick switch
 {2 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {2 x 50 on 1:00 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {3 x 100 on 1:40 Backstroke
 {3 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {2 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 3 KOW, 3rd of
 { each set 5KOW
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,550 Yards - Stress Value = 84

{ 2nd 100 of each set 3 KOW
 {4 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
 {1 x 50 on 1:00 Back-Great Effort
 { 2nd of each set 5 KOW
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 78

Workout #7884 - Tuesday, 19 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core/Stretch/Spotlight
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,250 1x{1 x 50 on 1:15 Kick
 {3 x 50 on 1:15 Kick-alt br/fr/fly
 {2 x 75 on 1:50 Kick
 {3 x 50 on 1:15 Kick-alt br/fr/fly
 {3 x 100 on 2:30 Kick
 {3 x 50 on 1:15 Kick-alt br/fr/fly
 {2 x 100 on 2:30 Kick
 {2 x 50 on 1:00 Kick-non #1
 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 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 50 on 1:15 Back-Great Effort
 {4 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 1:15 Back-Great Effort
 { 2nd 100 of each set 3 KOW
 {4 x 25 on :45 Back TO/6 kick switch
 {2 x 50 on 1:05 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 100 on 1:55 Backstroke
 { 2nd of each set 3 KOW
 { 3rd of each set 5 KOW
 {1 x 50 on 1:15 Back-Great Effort
 300 1 x 300 on 5:00 Stroke Drills
 6:00 PM 4,900 Yards - Stress Value = 71

Workout #7883 - Tuesday, 19 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core/Stretch/Spotlight
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ fastest interval
 1,400 1x{1 x 50 on 1:10 Kick
 {3 x 50 on 1:10 Kick-alt br/fr/fly
 {2 x 75 on 1:35 Kick
 {3 x 50 on 1:10 Kick-alt br/fr/fly
 {3 x 100 on 2:10 Kick
 {3 x 50 on 1:10 Kick-alt br/fr/fly
 {4 x 100 on 2:10 Kick
 {1 x 50 on 1:00 Kick-non #1
 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 :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
 {2 x 50 on 1:00 Back-Great Effort
 {4 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
 {2 x 50 on 1:00 Back-Great Effort

Workout #7885 - Wednesday, 20 October 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 600 1 x 600 on 10:00 Free 12.5y tuck spin
 150 10 x 15 on :45 Shooters
 1,850 1x{1 x 125 on 2:30 Kick L.25 sprint kick
 {4 x 30 on 1:00 Alt fly kick/sprint free
 {2 x 125 on 2:25 Kick L.25 sprint kick
 {4 x 30 on :55 Alt fly kick/sprint free
 {2 x 125 on 2:20 Kick L.25 sprint kick
 {4 x 30 on :50 Alt fly kick/sprint free
 {2 x 125 on 2:15 Kick L.25 sprint kick
 {4 x 30 on :45 Alt fly kick/sprint free
 {2 x 125 on 2:10 Kick L.25 sprint kick
 {4 x 30 on :40 Alt fly kick/sprint free
 {1 x 125 on 2:05 Kick L.25 sprint free
 1,200 1x{8 x 25 on :30 Pulls w/tennis balls
 {1 x 200 on 2:30 Pulls
 {1 x 50 on 1:15 Breast Pull
 {6 x 25 on :30 Pulls w/tennis balls
 {1 x 200 on 2:30 Pulls
 {1 x 50 on 1:15 Breast Pulls
 {4 x 25 on :30 Pull w/ tennis balls
 {1 x 200 on 2:30 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
 1,550 1x{3 x 50 on 1:00 Breaststroke
 {1 x 50 on :40 Freestyle
 {3 x 75 on 1:20 Breaststroke
 {2 x 50 on :40 Freestyle
 {3 x 100 on 1:40 Breaststroke
 {3 x 50 on :40 Freestyle
 {3 x 125 on 1:55 Breaststroke
 {4 x 50 on :40 Freestyle
 { 50's free done w/great effort-6BK
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,800 Yards - Stress Value = 88

Workout #7886 - Wednesday, 20 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 600 1 x 600 on 10:00 Free 12.5y tuck spin
 150 10 x 15 on :45 Shooters
 1,750 1x{1 x 125 on 2:40 Kick L.25 sprint kick
 {4 x 30 on 1:00 Alt fly kick/sprint free
 {2 x 125 on 2:35 Kick L.25 sprint kick
 {4 x 30 on :55 Alt fly kick/sprint free
 {2 x 125 on 2:30 Kick L.25 sprint kick
 {4 x 30 on :50 Alt fly kick/sprint free
 {2 x 125 on 2:25 Kick L.25 sprint kick
 {4 x 30 on :45 Alt fly kick/sprint free
 {2 x 100 on 1:55 Kick L.25 sprint kick
 {4 x 30 on :40 Alt fly kick/sprint free
 {1 x 75 on 1:25 Kick L.25 sprint free
 1,150 1x{8 x 25 on :30 Pulls w/tennis balls
 {1 x 200 on 3:00 Pulls
 {1 x 50 on 1:15 Breast Pull
 {6 x 25 on :30 Pulls w/tennis balls
 {1 x 200 on 2:55 Pulls
 {1 x 50 on 1:15 Breast Pulls
 {4 x 25 on :30 Pull w/ tennis balls
 {1 x 150 on 2:10 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{3 x 50 on 1:00 Breaststroke
 {1 x 50 on :45 Freestyle
 {3 x 75 on 1:25 Breaststroke
 {2 x 50 on :45 Freestyle
 {3 x 100 on 1:50 Breaststroke
 {3 x 50 on :45 Freestyle
 {2 x 125 on 2:15 Breaststroke
 {4 x 50 on :45 Freestyle
 { 50's free done w/great effort-6BK
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,525 Yards - Stress Value = 83

Workout #7887 - Wednesday, 20 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Physio Balls/Stretch/Spotlight
 550 1 x 550 on 10:00 Free 12.5y tuck spin
 150 10 x 15 on :45 Shooters
 1,650 1x{1 x 75 on 1:45 Kick L.25 sprint kick
 {4 x 30 on 1:00 Alt fly kick/sprint free
 {2 x 125 on 2:45 Kick L.25 sprint kick
 {4 x 30 on :55 Alt fly kick/sprint free
 {2 x 125 on 2:40 Kick L.25 sprint kick
 {4 x 30 on :50 Alt fly kick/sprint free
 {2 x 125 on 2:35 Kick L.25 sprint kick
 {4 x 30 on :45 Alt fly kick/sprint free
 {2 x 75 on 1:35 Kick L.25 sprint kick
 {4 x 30 on :40 Alt fly kick/sprint free
 {1 x 75 on 1:35 Kick L.25 sprint free
 1,100 1x{8 x 25 on :30 Pulls w/tennis balls
 {1 x 200 on 3:15 Pulls
 {1 x 50 on 1:15 Breast Pull
 {6 x 25 on :30 Pulls w/tennis balls
 {1 x 150 on 2:25 Pulls
 {1 x 50 on 1:15 Breast Pulls
 {4 x 25 on :30 Pull w/ tennis balls
 {1 x 150 on 2:20 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
 1,350 1x{3 x 50 on 1:05 Breaststroke
 {1 x 50 on :50 Freestyle
 {2 x 75 on 1:30 Breaststroke
 {2 x 50 on :50 Freestyle
 {3 x 100 on 1:55 Breaststroke
 {3 x 50 on :50 Freestyle
 {2 x 125 on 2:20 Breaststroke
 {4 x 50 on :50 Freestyle
 { 50's free done w/great effort-6BK
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 80

Workout #7888 - Wednesday, 20 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Physio Balls/Stretch/Spotlight
150	1 x 500 on 10:00 Free 12.5y tuck spin
1,440	10 x 15 on :45 Shooters
1,440	1x{1 x 75 on 1:50 Kick L.25 sprint kick
	{4 x 30 on 1:10 Alt fly kick/sprint free
	{2 x 100 on 2:30 Kick L.25 sprint kick
	{4 x 30 on 1:05 Alt fly kick/sprint free
	{2 x 100 on 2:25 Kick L.25 sprint kick
	{4 x 30 on 1:00 Alt fly kick/sprint free
	{2 x 100 on 2:20 Kick L.25 sprint kick
	{4 x 30 on :55 Alt fly kick/sprint free
	{2 x 75 on 1:35 Kick L.25 sprint kick
	{2 x 30 on :50 Alt fly kick/sprint free
	{1 x 75 on 1:40 Kick L.25 sprint free
900	1x{8 x 25 on :40 Pulls w/tennis balls
	{1 x 100 on 1:45 Pulls
	{1 x 50 on 1:15 Breast Pull
	{6 x 25 on :40 Pulls w/tennis balls
	{1 x 100 on 1:45 Pulls
	{1 x 50 on 1:15 Breast Pulls
	{4 x 25 on :40 Pull w/ tennis balls
	{1 x 100 on 1:45 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
1,200	1x{3 x 50 on 1:10 Breaststroke
	{1 x 50 on :55 Freestyle
	{2 x 75 on 1:40 Breaststroke
	{2 x 50 on :55 Freestyle
	{2 x 100 on 2:05 Breaststroke
	{3 x 50 on :55 Freestyle
	{2 x 125 on 2:30 Breaststroke
	{3 x 50 on :55 Freestyle
	{ 50's free done w/great effort-6BK
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 4,640 Yards - Stress Value = 69

Workout #7889 - Thursday, 21 October 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Stomach/Stretch/Spotlight
150	1 x 600 on 10:00 Underwater trn drill
100	Odd 100's free even 100's back
1,100	10 x 15 on :45 Shooters
1,650	1 x 100 on 2:00 Kick For Time
1,650	11 x 100 on 2:00 Challenge Kick Set w/fins
200	1 x 1650 on 22:00 Pulls
1,600	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	8x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
	8 x 50 on 1:00 Stroke Drills
	6:00 PM 5,800 Yards - Stress Value = 97

Workout #7890 - Thursday, 21 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach/Stretch/Spotlight

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
100	1 x 100 on 2:00 Kick For Time
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
1,500	1 x 1500 on 22:00 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	7x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
	6:00 PM 5,450 Yards - Stress Value = 90

Workout #7891 - Thursday, 21 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach/Stretch/Spotlight
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
100	1 x 100 on 2:00 Kick For Time
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
1,350	1 x 1350 on 22:00 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	6x{8 x 25 on :35 Butterfly
	{ On the 6th set only do 10 X 25's
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
	5:59 PM 5,050 Yards - Stress Value = 83

Workout #7892 - Thursday, 21 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Stomach/Stretch/Spotlight
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
100	1 x 100 on 2:00 Kick For Time
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
1,350	1 x 1350 on 22:00 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	6x{8 x 25 on :40 Butterfly
	{ On the 6th set only do 4 X 25's
	{1 on 1:00 Rest
400	8 x 50 on 1:00 Stroke Drills
	6:03 PM 5,000 Yards - Stress Value = 83

Workout #7893 - Monday, 25 October 2010

Group 3 - Distance

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,200 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:20 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 100 on 1:30 Kick
 {8 x 25 on :45 Kick no board BSLR X2
 {3 x 100 on 1:40 Kick
 {6 x 25 on :45 Kick no board BSLRLR
 {4 x 100 on 1:50 Kick
 {4 x 25 on :45 Kick no board BSLR
 {5 x 100 on 2:00 Kick L.25 100%
 400 8 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
 2,250 1x{3 x 150 on 2:15 Free-descend
 {3 x 150 on 2:10 Free-descend
 {3 x 150 on 2:05 Free-descend
 {3 x 150 on 2:00 Free-descend
 {3 x 150 on 1:55 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,050 Yards - Stress Value = 101

Workout #7894 - Monday, 25 October 2010

Group 3 - Gold

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 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,050 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 1:45 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 100 on 1:50 Kick
 {8 x 25 on :45 Kick no board BSLR X2
 {3 x 100 on 1:55 Kick
 {6 x 25 on :45 Kick no board BSLRLR
 {4 x 100 on 2:00 Kick
 {4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:05 Kick L.25 100%
 {1 x 50 on 1:00 Kick L.25 100%
 350 7 x 50 on :50 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
 2,025 1x{3 x 150 on 2:30 Free-descend
 {3 x 150 on 2:25 Free-descend
 {3 x 150 on 2:20 Free-descend
 {3 x 150 on 2:15 Free-descend
 {3 x 75 on 1:05 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,625 Yards - Stress Value = 93

Workout #7895 - Monday, 25 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core/Stretch/Spotlight
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters

1,900 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:00 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 100 on 2:05 Kick
 {8 x 25 on :45 Kick no board BSLR X2
 {3 x 100 on 2:10 Kick
 {6 x 25 on :45 Kick no board BSLRLR
 {4 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick L.25 100%
 300 6 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
 1,800 1x{3 x 150 on 2:40 Free-descend
 {3 x 150 on 2:35 Free-descend
 {3 x 150 on 2:30 Free-descend
 {3 x 150 on 2:25 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,150 Yards - Stress Value = 85

Workout #7896 - Monday, 25 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core/Stretch/Spotlight
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Kick
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 100 on 2:20 Kick
 {8 x 25 on :45 Kick no board BSLR X2
 {3 x 100 on 2:25 Kick
 {6 x 25 on :45 Kick no board BSLRLR
 {4 x 100 on 2:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:35 Kick L.25 100%
 300 6 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
 1,725 1x{3 x 150 on 2:50 Free-descend
 {3 x 150 on 2:45 Free-descend
 {3 x 150 on 2:40 Free-descend
 {3 x 125 on 2:10 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,925 Yards - Stress Value = 82

Workout #7897 - Tuesday, 26 October 2010

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
1,200	4x{1 x 50 on 1:00 Kick-fr {1 x 50 on 1:00 Kick-br {1 x 50 on 1:10 Kick-fly {1 x 150 on 2:45 Kick 50fl/50br/50fr
900	1x{4 x 75 on 1:10 Pulls {4 x 75 on 1:05 Pulls {4 x 75 on 1:00 Pulls { Odds breathe toward blchr { Evens breathe toward scrbd
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{4 x 25 on :30 Back-descend {1 on :30 Put fins on {1 x 150 on 2:15 Back w/fins {1 x 100 on 1:30 Back w/fins {1 x 50 on :45 Back w/fins {4 x 25 on :35 Back-descend {1 on :30 Put fins on {1 x 150 on 2:10 Back w/fins {1 x 100 on 1:25 Back w/fins {1 x 50 on :40 Back w/fins {4 x 25 on :40 Back-descend {1 on :30 Put fins on {1 x 150 on 2:05 Back w/fins {1 x 100 on 1:20 Back w/fins {1 x 50 on :35 Back w/fins {4 x 25 on :45 Back-descend {1 x 150 on 2:00 Back w/fins {1 x 100 on 1:15 Back w/fins {1 x 50 on :30 Back w/fins {4 x 25 on :50 Back-descend
400	1 x 400 on 6:00 Stroke Drills
6:00 PM 5,850 Yards - Stress Value = 92	

Workout #7898 - Tuesday, 26 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
1,200	4x{1 x 50 on 1:05 Kick-fr {1 x 50 on 1:05 Kick-br {1 x 50 on 1:15 Kick-fly {1 x 150 on 3:00 Kick 50fl/50br/50fr { 4th round do a 50 not a 150
800	1x{4 x 75 on 1:15 Pulls {4 x 75 on 1:10 Pulls {4 x 50 on :45 Pulls { Odds breathe toward blchr { Evens breathe toward scrbd
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{4 x 25 on :30 Back-descend {1 on :30 Put fins on {1 x 150 on 2:30 Back w/fins {1 x 100 on 1:40 Back w/fins {1 x 50 on :50 Back w/fins

	{4 x 25 on :35 Back-descend
	{1 on :30 Put fins on
	{1 x 150 on 2:25 Back w/fins
	{1 x 100 on 1:35 Back w/fins
	{1 x 50 on :45 Back w/fins
	{4 x 25 on :40 Back-descend
	{1 on :30 Put fins on
	{1 x 150 on 2:20 Back w/fins
	{1 x 100 on 1:30 Back w/fins
	{1 x 50 on :40 Back w/fins
	{4 x 25 on :45 Back-descend
	{1 x 100 on 1:25 Back w/fins
	{1 x 50 on :35 Back w/fins
	{4 x 25 on :50 Back-descend
400	1 x 400 on 6:00 Stroke Drills
6:02 PM 5,600 Yards - Stress Value = 87	

Workout #7899 - Tuesday, 26 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 30:00 Shoulders/Stretch/Spotlight
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
1,200	4x{1 x 50 on 1:05 Kick-fr {1 x 50 on 1:05 Kick-br {1 x 50 on 1:15 Kick-fly {1 x 150 on 3:15 Kick 50fl/50br/50fr { 4th round do not kick a 150
750	1x{4 x 75 on 1:20 Pulls {4 x 75 on 1:15 Pulls {3 x 50 on :50 Pulls { Odds breathe toward blchr { Evens breathe toward scrbd
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 Back-descend {1 on :30 Put fins on {1 x 150 on 2:45 Back w/fins {1 x 100 on 1:50 Back w/fins {1 x 50 on :55 Back w/fins {4 x 25 on :35 Back-descend {1 on :30 Put fins on {1 x 150 on 2:40 Back w/fins {1 x 100 on 1:45 Back w/fins {1 x 50 on :50 Back w/fins {4 x 25 on :40 Back-descend {1 on :30 Put fins on {1 x 150 on 2:35 Back w/fins {1 x 100 on 1:40 Back w/fins {1 x 50 on :45 Back w/fins {4 x 25 on :45 Back-descend {1 x 50 on :40 Back w/fins {4 x 25 on :50 Back-descend
400	1 x 400 on 6:00 Stroke Drills
6:03 PM 5,450 Yards - Stress Value = 83	

Workout #7900 - Tuesday, 26 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Spotlight
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:00 Kick @ fastest interval
 900 3x{1 x 50 on 1:10 Kick-fr
 {1 x 50 on 1:10 Kick-br
 {1 x 50 on 1:25 Kick-fly
 {1 x 150 on 3:30 Kick 50fl/50br/50fr
 { 3rd round do 2 X50's fr and br
 700 1x{4 x 75 on 1:25 Pulls
 {2 x 75 on 1:20 Pulls
 {2 x 75 on 1:15 Pulls
 {2 x 50 on :50 Pulls
 { Odds breathe toward blchr
 { Evens breathe toward scrbd
 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{4 x 25 on :40 Back-descend
 {1 on :30 Put fins on
 {1 x 150 on 3:00 Back w/fins
 {1 x 100 on 2:00 Back w/fins
 {1 x 50 on 1:00 Back w/fins
 {4 x 25 on :45 Back-descend
 {1 on :30 Put fins on
 {1 x 150 on 2:55 Back w/fins
 {1 x 100 on 1:55 Back w/fins
 {1 x 50 on :55 Back w/fins
 {4 x 25 on :50 Back-descend
 {1 on :30 Put fins on
 {1 x 150 on 2:50 Back w/fins
 {1 x 100 on 1:50 Back w/fins
 {1 x 50 on :50 Back w/fins
 {4 x 25 on :55 Back-descend
 400 1 x 400 on 6:00 Stroke Drills
 5:58 PM 4,950 Yards - Stress Value = 75

Workout #7901 - Wednesday, 27 October 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 600 1 x 600 on 10:00 Free L.25 non free
 150 10 x 15 on :45 Shooters
 1,900 1x{1 x 50 on 1:00 Kick
 {1 x 50 on 1:00 Sprint Free
 {2 x 75 on 1:25 Kick
 {1 x 50 on 1:00 Sprint-Breast
 {3 x 100 on 1:50 Kick
 {1 x 50 on 1:00 Sprint-Back
 {4 x 125 on 2:15 Kick
 {2 x 50 on 1:00 Sprint-Fly
 {3 x 100 on 1:45 Kick
 {1 x 50 on 1:00 Sprint-Back
 {2 x 75 on 1:15 Kick
 {1 x 50 on 1:00 Sprint Back
 {1 x 50 on :45 Kick
 {1 x 50 on 1:00 Sprint-Free
 750 1x{2 x 100 on 1:30 Lungbuster pulls
 {2 x 125 on 1:50 Lungbuster pulls
 {2 x 150 on 2:05 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 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
 6:00 PM 5,450 Yards - Stress Value = 114

Workout #7902 - Wednesday, 27 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 600 1 x 600 on 10:00 Free L.25 non free
 150 10 x 15 on :45 Shooters
 1,750 1x{1 x 50 on 1:00 Kick
 {1 x 50 on 1:00 Sprint Free
 {2 x 75 on 1:30 Kick
 {1 x 50 on 1:00 Sprint-Breast
 {3 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Sprint-Back
 {4 x 125 on 2:30 Kick
 {2 x 50 on 1:00 Sprint-Fly
 {2 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Sprint-Back
 {2 x 50 on 1:00 Kick
 {1 x 50 on 1:00 Sprint Back
 {1 x 50 on 1:00 Kick
 {1 x 50 on 1:00 Sprint-Free
 700 1x{2 x 100 on 1:35 Lungbuster pulls
 {2 x 100 on 1:30 Lungbuster pulls
 {2 x 125 on 1:55 Lungbuster pulls
 {1 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 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
 6:00 PM 5,250 Yards - Stress Value = 110

Workout #7903 - Wednesday, 27 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 550 1 x 550 on 10:00 Free L.25 non free
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Sprint Free
 {2 x 75 on 1:40 Kick
 {1 x 50 on 1:00 Sprint-Breast
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:00 Sprint-Back
 {4 x 125 on 2:45 Kick
 {2 x 50 on 1:00 Sprint-Fly
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:00 Sprint-Back
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Sprint Back
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Sprint-Free
 650 1x{2 x 100 on 1:45 Lungbuster pulls
 {2 x 100 on 1:40 Lungbuster pulls
 {2 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
 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 50 Breast 50 Free
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,000 Yards - Stress Value = 106

{8 x 25 on 1:00 From dive/10 pushups
 {4 x 75 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 4,650 Yards - Stress Value = 96

Workout #7905 - Thursday, 28 October 2010

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 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 1x{3 x 100 on 1:25 Fly 3 strokes off each wall
 {3 x 100 on 1:20 Fly 3 strokes off each wall
 {3 x 100 on 1:15 Fly 3 strokes off each wall
 1,300 1x{1 x 100 on 1:45 Kick
 {1 x 25 on :45 Tombstone Kicking
 {8 x 15 on :45 Underwater Fly Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :45 Tombstone Kicking
 {6 x 15 on :40 Underwater Fly Kick
 {1 x 100 on 1:45 Kick
 {6 x 25 on :45 Tombstone Kicking
 {4 x 15 on :35 Underwater Fly Kick
 {1 x 100 on 1:45 Kick
 {8 x 25 on :45 Tombstone Kicking
 {2 x 15 on :30 Underwater Fly Kicking
 {1 x 100 on 1:45 Kick
 {1 x 25 on :45 Tomstone Kicking
 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 Fly 3 strokes off each wall
 {3 x 100 on 1:20 Fly 3 strokes off each wall
 {3 x 100 on 1:15 Fly 3 strokes off each wall
 750 1 x 750 on 10:00 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 1x{3 x 100 on 1:25 Fly 3 strokes off each wall
 {3 x 100 on 1:20 Fly 3 strokes off each wall
 {3 x 100 on 1:15 Fly 3 strokes off each wall
 250 1 x 250 on 4:00 Stroke Drills
 6:01 PM 5,950 Yards - Stress Value = 93

Workout #7904 - Wednesday, 27 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Stomach/Stretch/Spotlight
 500 1 x 500 on 10:00 Free L.25 non free
 150 10 x 15 on :45 Shooters
 1,450 1x{1 x 50 on 1:15 Kick
 {1 x 50 on 1:15 Sprint Free
 {2 x 75 on 1:50 Kick
 {1 x 50 on 1:15 Sprint-Breast
 {2 x 100 on 2:25 Kick
 {1 x 50 on 1:15 Sprint-Back
 {3 x 100 on 2:20 Kick
 {1 x 50 on 1:15 Sprint-Fly
 {2 x 100 on 2:10 Kick
 {1 x 50 on 1:15 Sprint-Back
 {2 x 75 on 1:40 Kick
 {1 x 50 on 1:15 Sprint Back
 {1 x 50 on 1:10 Kick
 {1 x 50 on 1:15 Sprint-Free
 600 1x{2 x 100 on 1:55 Lungbuster pulls
 {2 x 100 on 1:50 Lungbuster pulls
 {2 x 100 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
 1,500 1x{1 x 100 on 1:45 50 Breast 50 Free
 {8 x 25 on 1:00 From dive/10 pushups
 {2 x 100 on 1:40 50 Breast 50 Free
 {8 x 25 on 1:00 From dive/10 pushups
 {3 x 100 on 1:35 25 Breast 75 free

Workout #7906 - Thursday, 28 October 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
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
800	1x{2 x 100 on 1:35 Fly 3 strokes off each wall {3 x 100 on 1:30 Fly 3 strokes off each wall {3 x 100 on 1:25 Fly 3 strokes off each wall
1,300	1x{1 x 100 on 1:55 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 1:55 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :40 Underwater Fly Kick {1 x 100 on 1:55 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :35 Underwater Fly Kick {1 x 100 on 1:55 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 100 on 1:55 Kick {1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{2 x 100 on 1:35 Fly 3 strokes off each wall {3 x 100 on 1:30 Fly 3 strokes off each wall {3 x 100 on 1:25 Fly 3 strokes off each wall
700	1 x 700 on 10:00 Lungbuster 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{2 x 100 on 1:35 Fly 3 strokes off each wall {3 x 100 on 1:30 Fly 3 strokes off each wall {3 x 100 on 1:25 Fly 3 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
6:01 PM 5,600 Yards - Stress Value = 86	

Workout #7907 - Thursday, 28 October 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM 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
700	1x{2 x 100 on 1:45 Fly 3 strokes off each wall {2 x 100 on 1:40 Fly 3 strokes off each wall {3 x 100 on 1:35 Fly 3 strokes off each wall
1,250	1x{1 x 100 on 2:05 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:05 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :40 Underwater Fly Kick {1 x 100 on 2:05 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :35 Underwater Fly Kick {1 x 100 on 2:05 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 50 on 1:05 Kick {1 x 25 on :45 Tomstone Kicking
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 1:45 Fly 3 strokes off each wall

	{2 x 100 on 1:40 Fly 3 strokes off each wall
	{3 x 100 on 1:35 Fly 3 strokes off each wall
650	1 x 650 on 10:00 Lungbuster 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{2 x 100 on 1:45 Fly 3 strokes off each wall {2 x 100 on 1:40 Fly 3 strokes off each wall {3 x 100 on 1:35 Fly 3 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
6:01 PM 5,150 Yards - Stress Value = 78	

Workout #7908 - Thursday, 28 October 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM 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
600	1x{2 x 100 on 2:00 Fly 3 strokes off each wall {2 x 100 on 1:55 Fly 3 strokes off each wall {2 x 100 on 1:50 Fly 3 strokes off each wall
1,150	1x{1 x 100 on 2:30 Kick {1 x 25 on :45 Tombstone Kicking {8 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:25 Kick {4 x 25 on :45 Tombstone Kicking {6 x 15 on :45 Underwater Fly Kick {1 x 100 on 2:20 Kick {6 x 25 on :45 Tombstone Kicking {4 x 15 on :45 Underwater Fly Kick {1 x 50 on 1:05 Kick {8 x 25 on :45 Tombstone Kicking {2 x 15 on :30 Underwater Fly Kicking {1 x 25 on :45 Tomstone Kicking
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{2 x 100 on 2:00 Fly 3 strokes off each wall {2 x 100 on 1:55 Fly 3 strokes off each wall {2 x 100 on 1:50 Fly 3 strokes off each wall
550	1 x 550 on 10:00 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	1x{2 x 100 on 2:00 Fly 3 strokes off each wall {2 x 100 on 1:55 Fly 3 strokes off each wall {2 x 100 on 1:50 Fly 3 strokes off each wall
250	1 x 250 on 4:00 Stroke Drills
6:01 PM 4,600 Yards - Stress Value = 70	

Workout #7909 - Friday, 29 October 2010

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 Stretch		
600	1 x 600 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
2,000	1x{3 x 100 on 2:00 Kick	EN1	
	{1 on :30 Put fins on		
	{1 x 100 on 2:00 Kick for time w/fins	SP2	
	{3 x 100 on 1:55 Kick	EN1	
	{1 on :30 Put fins on		
	{1 x 100 on 2:00 Kick for time w/fins	SP2	
	{3 x 100 on 1:50 Kick	EN2	
	{1 on :30 Put fins on		
	{1 x 100 on 2:00 Kick for time w/fins	SP2	
	{3 x 100 on 1:45 Kick	EN2	
	{1 on :30 Put fins on		
	{1 x 100 on 2:00 Kick for time w/fins	SP2	
250	1 x 250 on 4:00 EZ Free	REC	
100	1 x 100 on 4:00 Your Choice OTB	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
5:00 PM 3,350 Yards - Stress Value = 90			

Workout #7910 - Friday, 29 October 2010

Group 3 - Speed Acquisition

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 15:00 Stretch		L	I
600	1 x 600 on 10:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	4x{3 x 50 on 1:10 Freestyle	SP1	S	
	{1 x 50 on 1:30 Freestyle	SP1	S	
	{ #1 20yds sprint-30yds easy, #2 30yds sprint			
	{ #3 all easy, #4 sprint, #1 & #4 OTB			
500	10 x 50 on :50 Kick-ALL OUT 100%	EN2	K	C
800	4x{3 x 50 on 1:10 Stroke	SP1	S	S
	{1 x 50 on 1:30 Stroke	SP1	S	S
	{ Same as above #3 can be free			
100	1 x 100 on 2:00 Choice OTB	SP2	S	C
300	6 x 50 on 1:00 Stroke Drills	REC	D	
5:00 PM 3,050 Yards - Stress Value = 138				

Workout #7911 - Monday, 01 November 2010

Group 3 - Distance

1 minute rest between sets

3:30 PM 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
1,600	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on :45 Kick
	{3 x 50 on :50 Kick

	{3 x 50 on :55 Kick
	{4 x 25 on :45 Kick no board BSLR
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
3,200	1x{1 x 400 on 6:00 Freestyle
	{4 x 100 on 1:15 Freestyle
	{1 x 400 on 5:45 Freestyle
	{4 x 100 on 1:20 Freestyle
	{1 x 400 on 5:30 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 5:15 Freestyle
	{4 x 100 on 1:30 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:00 PM 6,350 Yards - Stress Value = 106	

Workout #7912 - Monday, 01 November 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM 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
1,450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:45 Kick
	{1 x 100 on 2:00 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on :55 Kick
	{3 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
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
2,900	1x{1 x 400 on 6:40 Freestyle
	{4 x 100 on 1:25 Freestyle
	{1 x 400 on 6:20 Freestyle
	{4 x 100 on 1:30 Freestyle
	{1 x 400 on 6:00 Freestyle
	{4 x 100 on 1:35 Freestyle
	{1 x 400 on 5:40 Freestyle
	{1 x 100 on 1:40 Freestyle
500	10 x 50 on 1:00 Stroke Drills
6:00 PM 5,900 Yards - Stress Value = 97	

Workout #7913 - Monday, 01 November 2010

1 minute rest between sets

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 Shoulders & Stretch 1 x 550 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 {1 x 100 on 2:00 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:30 Kick {2 x 75 on 1:40 Kick {2 x 75 on 1:50 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:00 Kick {2 x 50 on 1:05 Kick {4 x 25 on :45 Kick no board BSLR
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
2,800	1x{1 x 400 on 7:20 Freestyle {4 x 100 on 1:35 Freestyle {1 x 400 on 7:00 Freestyle {4 x 100 on 1:40 Freestyle {1 x 400 on 6:40 Freestyle {4 x 100 on 1:45 Freestyle {1 x 400 on 6:20 Freestyle
350	7 x 50 on 1:00 Stroke Drills
6:00 PM	5,500 Yards - Stress Value = 93

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 Core and Stretch 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
600	6 x 100 on 2:00 Kick @fastest intreval
1,200	1x{6 x 25 on :30 Kick alt fr/br/fly {1 x 150 on 2:50 Kick {6 x 25 on :30 Kick alt fr/br/fly {1 x 150 on 2:45 Kick {6 x 25 on :30 Kick alt fr/br/fly {1 x 150 on 2:35 Kick {6 x 25 on :30 Kick alt fr/br/fly {1 x 150 on 2:30 Kick
1,000	1x{2 x 50 on :45 Pulls {2 x 75 on 1:05 Pulls {2 x 100 on 1:30 Pulls {2 x 125 on 1:50 Pulls {2 x 150 on 2:15 Pulls { Odds breathe toward blchr { evens 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	1x{1 x 50 on :45 Backstroke {3 x 50 on 1:00 Backstroke {2 x 75 on 1:10 Backstroke {3 x 50 on :55 Backstroke {3 x 100 on 1:30 Backstroke {3 x 50 on :50 Backstroke {4 x 125 on 1:55 Backstroke {3 x 50 on :45 Backstroke
100	1 x 100 on 2:00 Backstroke for time
500	10 x 50 on 1:00 Stroke Drills
6:00 PM	5,950 Yards - Stress Value = 83

Workout #7914 - Monday, 01 November 2010

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
500	1 on 30:00 Shoulders & Stretch 1 x 500 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 {1 x 100 on 2:10 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR {1 x 75 on 1:45 Kick {1 x 75 on 1:50 Kick {2 x 75 on 2:00 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:05 Kick {2 x 50 on 1:10 Kick {1 x 50 on 1:15 Freestyle {4 x 25 on :45 Kick no board BSLR
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
2,600	1x{1 x 400 on 8:00 Freestyle {4 x 100 on 1:45 Freestyle {1 x 400 on 7:40 Freestyle {4 x 100 on 1:50 Freestyle {1 x 400 on 7:20 Freestyle {4 x 100 on 1:55 Freestyle {1 x 200 on 3:30 Freestyle
300	6 x 50 on 1:00 Stroke Drills
6:00 PM	5,100 Yards - Stress Value = 87

Workout #7915 - Tuesday, 02 November 2010

Group 3 - Back

Workout #7916 - Tuesday, 02 November 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @fastest intreval
 1,000 1x{6 x 25 on :35 Kick alt fr/br/fly
 {1 x 150 on 3:10 Kick
 {6 x 25 on :35 Kick alt fr/br/fly
 {1 x 150 on 3:05 Kick
 {6 x 25 on :35 Kick alt fr/br/fly
 {1 x 100 on 2:00 Kick
 {6 x 25 on :35 Kick alt fr/br/fly
 850 1x{2 x 50 on :50 Pulls
 {2 x 75 on 1:15 Pulls
 {2 x 100 on 1:40 Pulls
 {2 x 125 on 2:05 Pulls
 {2 x 75 on 1:15 Pulls
 { Odds breathe toward blchr
 { evens breathe toward scrbd
 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 50 on 1:10 Backstroke
 {2 x 75 on 1:20 Backstroke
 {3 x 50 on 1:05 Backstroke
 {3 x 100 on 1:45 Backstroke
 {3 x 50 on 1:00 Backstroke
 {4 x 75 on 1:15 Backstroke
 {3 x 50 on :55 Backstroke
 100 1 x 100 on 2:00 Backstroke for time
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,350 Yards - Stress Value = 76

Workout #7917 - Tuesday, 02 November 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @fastest intreval
 900 1x{6 x 25 on :40 Kick alt fr/br/fly
 {1 x 100 on 2:15 Kick
 {6 x 25 on :40 Kick alt fr/br/fly
 {1 x 100 on 2:10 Kick
 {6 x 25 on :40 Kick alt fr/br/fly
 {1 x 100 on 2:05 Kick
 {6 x 25 on :40 Kick alt fr/br/fly
 800 1x{2 x 50 on :55 Pulls
 {2 x 75 on 1:20 Pulls
 {2 x 100 on 1:50 Pulls
 {2 x 125 on 2:15 Pulls
 {2 x 50 on :55 Pulls
 { Odds breathe toward blchr
 { evens breathe toward scrbd
 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 50 on :55 Backstroke
 {3 x 50 on 1:15 Backstroke
 {2 x 75 on 1:25 Backstroke
 {3 x 50 on 1:10 Backstroke
 {3 x 100 on 1:55 Backstroke
 {3 x 50 on 1:05 Backstroke
 {2 x 75 on 1:25 Backstroke
 {3 x 50 on 1:00 Backstroke

100 1 x 100 on 2:00 Backstroke for time
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,050 Yards - Stress Value = 72

Workout #7918 - Tuesday, 02 November 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Core and Stretch
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:15 Kick @fastest intreval
 850 1x{6 x 25 on :45 Kick alt fr/br/fly
 {1 x 150 on 3:35 Kick
 {6 x 25 on :45 Kick alt fr/br/fly
 {1 x 150 on 3:30 Kick
 {6 x 25 on :45 Kick alt fr/br/fly
 {1 x 100 on 2:15 Kick
 750 1x{2 x 50 on 1:00 Pulls
 {2 x 75 on 1:30 Pulls
 {2 x 100 on 2:00 Pulls
 {2 x 125 on 2:30 Pulls
 {1 x 50 on 1:00 Pulls
 { Odds breathe toward blchr
 { evens breathe toward scrbd
 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 50 on 1:00 Backstroke
 {3 x 50 on 1:15 Backstroke
 {2 x 75 on 1:30 Backstroke
 {3 x 50 on 1:10 Backstroke
 {3 x 100 on 2:00 Backstroke
 {3 x 50 on 1:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {3 x 50 on 1:00 Backstroke
 100 1 x 100 on 2:00 Backstroke for time
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 4,750 Yards - Stress Value = 67

Workout #7919 - Wednesday, 03 November 2010

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,800	1x{6 x 25 on :45 Kick no board B {6 x 50 on 1:00 Kick-descend {6 x 25 on :45 Kick no board S {5 x 50 on 1:00 Kick-descend {6 x 25 on :45 Kick no board L {4 x 50 on 1:00 Kick-descend {6 x 25 on :45 Kick no board R {3 x 50 on 1:00 Kick-descend {8 x 25 on :45 Kick no board BSLR-15m {2 x 50 on 1:00 Kick-descend
2,000	1x{1 x 400 on 5:40 Lungbuster pulls {8 x 50 on 1:00 Pull-Breast {1 x 300 on 4:00 Lungbuster pulls {6 x 50 on 1:00 Pull-Breast {1 x 200 on 2:40 Lungbuster pulls {4 x 50 on 1:00 Pull-Breast {1 x 100 on 1:20 Lungbuster pulls {2 x 50 on 1:00 Pull-Breast
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
600	24 x 25 on :30 Breast Alt 2k1p & 100%
200	1 x 200 on 3:00 Stroke Drills
6:00 PM 5,450 Yards - Stress Value = 74	

Workout #7920 - Wednesday, 03 November 2010

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 Physio Balls/Stretch 1 x 600 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,800	1x{6 x 25 on :45 Kick no board B {6 x 50 on 1:00 Kick-descend {6 x 25 on :45 Kick no board S {5 x 50 on 1:00 Kick-descend {6 x 25 on :45 Kick no board L {4 x 50 on 1:00 Kick-descend {6 x 25 on :45 Kick no board R {3 x 50 on 1:00 Kick-descend {8 x 25 on :45 Kick no board BSLR-15m {2 x 50 on 1:00 Kick-descend
1,850	1x{1 x 400 on 6:00 Lungbuster pulls {8 x 50 on 1:05 Pull-Breast {1 x 300 on 4:30 Lungbuster pulls {6 x 50 on 1:05 Pull-Breast {1 x 200 on 3:00 Lungbuster pulls {4 x 50 on 1:05 Pull-Breast {1 x 50 on :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
500	20 x 25 on :35 Breast Alt 2k1p & 100%
200	1 x 200 on 3:00 Stroke Drills
6:00 PM 5,200 Yards - Stress Value = 70	

Workout #7921 - Wednesday, 03 November 2010

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
550	1 on 30:00 Physio Balls/Stretch 1 x 550 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,700	1x{6 x 25 on :45 Kick no board B {6 x 50 on 1:05 Kick-descend {6 x 25 on :45 Kick no board S {5 x 50 on 1:05 Kick-descend {6 x 25 on :45 Kick no board L {4 x 50 on 1:05 Kick-descend {6 x 25 on :45 Kick no board R {3 x 50 on 1:05 Kick-descend {8 x 25 on :45 Kick no board BSLR-15m
1,700	1x{1 x 400 on 6:40 Lungbuster pulls {8 x 50 on 1:10 Pull-Breast {1 x 300 on 5:00 Lungbuster pulls {6 x 50 on 1:10 Pull-Breast {1 x 200 on 3:20 Lungbuster pulls {2 x 50 on 1:10 Pull-Breast
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
450	18 x 25 on :40 Breast Alt 2k1p & 100%
200	1 x 200 on 3:00 Stroke Drills
6:00 PM 4,850 Yards - Stress Value = 66	

Workout #7922 - Wednesday, 03 November 2010

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 Physio Balls/Stretch 1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,650	1x{6 x 25 on :45 Kick no board B {6 x 50 on 1:10 Kick-descend {6 x 25 on :45 Kick no board S {5 x 50 on 1:10 Kick-descend {6 x 25 on :45 Kick no board L {4 x 50 on 1:10 Kick-descend {6 x 25 on :45 Kick no board R {3 x 50 on 1:10 Kick-descend {4 x 25 on :45 Kick no board BSLR-15m {1 x 50 on 1:10 Kick-fast
1,600	1x{1 x 400 on 7:20 Lungbuster pulls {4 x 50 on 1:15 Pull-Breast {1 x 300 on 5:30 Lungbuster pulls {4 x 50 on 1:15 Pull-Breast {1 x 200 on 3:40 Lungbuster pulls {4 x 50 on 1:15 Pull-Breast {1 x 100 on 1:50 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
400	16 x 25 on :45 Breast Alt 2k1p & 100%
200	1 x 200 on 3:00 Stroke Drills
6:00 PM 4,600 Yards - Stress Value = 64	

Workout #7923 - Thursday, 04 November 2010

Group 3 - Fly

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
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,320 3x{1 x 250 on 4:00 Kick
 {1 on 1:00 Go to Diving Well
 {1 x 100 on 1:15 1:00 Vertical Kick
 {6 x 15 on 1:00 Alt undrwtr fly kck/sprnt fr
 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 1:25 Freestyle
 {4 x 75 on 1:10 Fly-25L-25B-25R
 {2 x 100 on 1:25 Freestyle
 {4 x 75 on 1:05 Fly-25L-25B-25R
 {3 x 100 on 1:25 Freestyle
 {4 x 75 on 1:00 Fly-25L-25B-25R
 {4 x 100 on 1:25 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:45 PM 4,770 Yards - Stress Value = 75

Workout #7924 - Thursday, 04 November 2010

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
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,320 3x{1 x 250 on 4:00 Kick
 {1 on 1:00 Go to Diving Well
 {1 x 100 on 1:15 1:00 Vertical Kick
 {6 x 15 on 1:00 Alt undrwtr fly kck/sprnt fr
 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 75 on 1:20 Fly-25L-25B-25L
 {1 x 100 on 1:35 Freestyle
 {4 x 75 on 1:15 Fly-25L-25B-25R
 {2 x 100 on 1:35 Freestyle
 {4 x 75 on 1:10 Fly-25L-25B-25R
 {3 x 100 on 1:35 Freestyle
 {4 x 75 on 1:05 Fly-25L-25B-25R
 {2 x 125 on 1:55 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:45 PM 4,620 Yards - Stress Value = 72

Workout #7925 - Thursday, 04 November 2010

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
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,320 3x{1 x 250 on 4:00 Kick
 {1 on 1:00 Go to Diving Well
 {1 x 100 on 1:15 1:00 Vertical Kick
 {6 x 15 on 1:00 Alt undrwtr fly kck/sprnt fr
 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 75 on 1:25 Fly-25L-25B-25L
 {1 x 100 on 1:45 Freestyle
 {4 x 75 on 1:20 Fly-25L-25B-25R
 {2 x 100 on 1:45 Freestyle
 {4 x 75 on 1:15 Fly-25L-25B-25R
 {3 x 100 on 1:45 Freestyle
 {2 x 75 on 1:10 Fly-25L-25B-25R
 {2 x 100 on 1:45 Freestyle
 300 6 x 50 on 1:00 Stroke Drills
 5:45 PM 4,370 Yards - Stress Value = 68

Workout #7926 - Thursday, 04 November 2010

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
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,320 3x{1 x 250 on 4:00 Kick
 {1 on 1:00 Go to Diving Well
 {1 x 100 on 1:15 1:00 Vertical Kick
 {6 x 15 on 1:00 Alt undrwtr fly kck/sprnt fr
 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{4 x 75 on 1:35 Fly-25L-25B-25L
 {1 x 100 on 1:55 Freestyle
 {4 x 75 on 1:30 Fly-25L-25B-25R
 {2 x 100 on 1:55 Freestyle
 {4 x 75 on 1:25 Fly-25L-25B-25R
 {3 x 100 on 1:55 Freestyle
 {2 x 75 on 1:20 Fly-25L-25B-25R
 300 6 x 50 on 1:00 Stroke Drills
 5:45 PM 4,120 Yards - Stress Value = 64

Workout #7927 - Friday, 05 November 2010

Group 3 - Recovery/Technique Day

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 15:00 Stretching L I
 800 1 x 800 on 12:00 Choice REC S C
 150 10 x 15 on :45 Shooters SP3 S
 1 on 15:00 Techniques-Tn Turn drills D
 500 1 x 500 on 10:00 Social Kick REC K C
 500 10 x 50 on 1:00 Pulls-nbbf&w + 2 yds EN1 P
 1 on 10:00 Techniques-Tivo Starts REC D
 300 6 x 50 on 1:00 Stroke Drills REC D
 5:00 PM 2,250 Yards - Stress Value = 11

Workout #7925 - Thursday, 04 November 2010

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
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,320 3x{1 x 250 on 4:00 Kick
 {1 on 1:00 Go to Diving Well
 {1 x 100 on 1:15 1:00 Vertical Kick
 {6 x 15 on 1:00 Alt undrwtr fly kck/sprnt fr
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #7942 - Monday, 08 November 2010

HighSchl - Back

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{2 x 200 on 3:30 Backstroke	EN1	S	BK
	{2 x 175 on 3:00 Backstroke	EN1	S	BK
	{2 x 150 on 2:30 Backstroke	EN1	S	BK
	{2 x 125 on 2:00 Backstroke	EN1	S	BK
	{2 x 100 on 1:35 Backstroke	EN1	S	BK
	{2 x 75 on 1:10 Backstroke	EN1	S	BK
	{2 x 50 on :45 Backstroke	EN1	S	BK
	{6 x 25 on :30 Back-des in 3's	EN2	S	BK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM 2,100 Yards - Stress Value = 21				

Workout #7939 - Monday, 08 November 2010

HighSchl - Breast

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{1 x 200 on 3:40 Breaststroke	EN1	S	
	{4 x 75 on 1:30 Breast 2X pullouts	EN1	S	
	{2 x 150 on 2:40 Breaststroke	EN1	S	
	{4 x 75 on 1:25 Breast 2X pullouts	EN1	S	
	{3 x 100 on 1:45 Breaststroke	EN1	S	
	{4 x 75 on 1:20 Breast 2X pullouts	EN1	P	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
5:35 PM 1,900 Yards - Stress Value = 17				

Workout #7928 - Monday, 08 November 2010

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			L I
400	1 x 400 on 6:00 Swim-kick-drill-Swim	REC	S	
2,200	11 x 200 on 3:00 Challenge Set	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
7:05 AM 2,850 Yards - Stress Value = 44				

Workout #7936 - Monday, 08 November 2010

HighSchl - Distance

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 500 on 6:50 Freestyle	EN1	S	FR
	{2 x 400 on 5:30 Freestyle	EN1	S	FR
	{3 x 300 on 4:05 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM 2,450 Yards - Stress Value = 22				

Workout #7937 - Monday, 08 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK

1,975	1x{1 x 500 on 7:40 Freestyle	EN1	S	FR
	{2 x 400 on 6:05 Freestyle	EN1	S	FR
	{3 x 225 on 3:25 Freestyle	EN1	S	FR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
5:35 PM 2,225 Yards - Stress Value = 20				

Workout #7940 - Monday, 08 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,550	1x{1 x 200 on 4:00 Breaststroke	EN1	S	
	{4 x 75 on 1:40 Breast 2X pullouts	EN1	S	
	{2 x 150 on 2:55 Breaststroke	EN1	S	
	{4 x 75 on 1:35 Breast 2X pullouts	EN1	S	
	{3 x 100 on 1:55 Breaststroke	EN1	S	
	{3 x 50 on 1:00 Breast 2X pullouts	EN1	P	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
5:35 PM 1,750 Yards - Stress Value = 16				

Workout #7932 - Monday, 08 November 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	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			
1,750	1x{4 x 25 on :45 Kick no board BSLR			
	{3 x 150 on 2:40 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 125 on 2:10 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			
	{2 x 75 on 1:20 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 50 on :50 Kick			
750	1x{6 x 50 on :50 Pull no br L.16 yds			
	{5 x 50 on :45 Pull no br L.14 yds			
	{4 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			
4:47 PM 3,450 Yards - Stress Value = 50				

Workout #7929 - Monday, 08 November 2010

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			L I
400	1 x 400 on 6:00 Swim-kick-drill-Swim	REC	S	
1,925	11 x 175 on 3:00 Challenge Set	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M
7:05 AM 2,575 Yards - Stress Value = 38				

Workout #7933 - Monday, 08 November 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 30:00 Core and Stretch			
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC		L I
150	10 x 15 on :45 Shooters			S
1,600	1x{4 x 25 on :45 Kick no board BSLR			D
	{2 x 150 on 3:00 Kick			M
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 125 on 2:30 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 75 on 1:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 50 on 1:00 Kick			
700	1x{5 x 50 on :55 Pull no br L.16 yds			
	{5 x 50 on :50 Pull no br L.14 yds			
	{4 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			
	4:47 PM 3,250 Yards - Stress Value = 46			

Workout #7930 - Monday, 08 November 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch			
350	1 x 350 on 6:00 Swim-kick-drill-Swim	REC		L I
1,650	11 x 150 on 3:00 Challenge Set	EN2		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 = 33			

Workout #7934 - Monday, 08 November 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	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			
1,500	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 150 on 3:15 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 125 on 2:45 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			
	{2 x 75 on 1:40 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 50 on 1:05 Kick			
650	1x{4 x 50 on 1:00 Pull no br L.16 yds			
	{5 x 50 on :55 Pull no br L.14 yds			
	{4 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			
	4:47 PM 3,050 Yards - Stress Value = 44			

Workout #7931 - Monday, 08 November 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	1 on 40:00 Weights and Stretch			
300	1 x 300 on 6:00 Swim-kick-drill-Swim	REC		L I
1,650	11 x 150 on 3:00 Challenge Set	EN2		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 = 33			

Workout #7935 - Monday, 08 November 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	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			
1,450	1x{4 x 25 on :45 Kick no board BSLR			
	{2 x 150 on 3:30 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{2 x 125 on 2:55 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			
	{2 x 75 on 1:45 Kick			
	{4 x 25 on :45 Kick no board BSLR			
	{1 x 50 on 1:00 Kick			
600	1x{4 x 50 on 1:05 Pull no br L.16 yds			
	{4 x 50 on 1:00 Pull no br L.14 yds			
	{4 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			
	4:47 PM 2,950 Yards - Stress Value = 43			

Workout #7938 - Monday, 08 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
1,750	1x{1 x 400 on 7:00 Freestyle	EN1		S FR
	{2 x 300 on 5:15 Freestyle	EN1		S FR
	{3 x 200 on 3:30 Freestyle	EN1		S FR
	{1 x 150 on 2:35 Freestyle	EN1		S FR
250	1 x 250 on 4:00 Stroke Drills	REC		D CD
	1 on 10:00 Ice			M
	5:35 PM 2,000 Yards - Stress Value = 18			

Workout #7941 - Monday, 08 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
1,450	1x{1 x 200 on 4:20 Breaststroke	EN1		S
	{4 x 75 on 1:45 Breast 2X pullouts	EN1		S
	{2 x 150 on 3:10 Breaststroke	EN1		S
	{4 x 75 on 1:40 Breast 2X pullouts	EN1		S
	{3 x 100 on 2:05 Breaststroke	EN1		S
	{1 x 50 on 1:05 Breast 2X pullouts	EN1		P
200	1 x 200 on 3:00 Stroke Drills	REC		D
	1 on 10:00 Ice			M
	5:35 PM 1,650 Yards - Stress Value = 14			

Workout #7943 - Monday, 08 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{2 x 200 on 4:00 Backstroke	EN1	S	BK
	{2 x 175 on 3:25 Backstroke	EN1	S	BK
	{2 x 150 on 2:50 Backstroke	EN1	S	BK
	{2 x 125 on 2:20 Backstroke	EN1	S	BK
	{2 x 100 on 1:50 Backstroke	EN1	S	BK
	{2 x 75 on 1:20 Backstroke	EN1	S	BK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 1,850 Yards - Stress Value = 17

Workout #7948 - Tuesday, 09 November 2010

HighSchl - Distance

1 minute rest between sets

4:51 PM Start

Yards	Set Description	EGY	WORK	STK
2,250	3 x 750 on 10:00 Freestyle-Descend	EN2	S	FF
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	

5:35 PM 2,450 Yards - Stress Value = 45

Workout #7949 - Tuesday, 09 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:51 PM Start

Yards	Set Description	EGY	WORK	STK
2,025	3 x 675 on 10:00 Freestyle-Descend	EN2	S	FF
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	1 on 10:00 Ice		M	

5:35 PM 2,225 Yards - Stress Value = 40

Workout #7952 - Tuesday, 09 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:51 PM Start

Yards	Set Description	EGY	WORK	STK
1,725	1x{3 x 125 on 2:05 Freestyle	EN1	S	
	{4 x 25 on :30 Freestyle-descend	EN2	S	
	{3 x 125 on 2:05 Freestyle	EN1	S	
	{4 x 25 on :30 Free 4-3-2-1 breaths	EN2	S	
	{3 x 125 on 2:05 Freestyle	EN1	S	
	{4 x 25 on :30 Free 7-9-11-13 KOW	EN2	S	
	{2 x 100 on 1:40 Freestyle	EN1	S	
	{4 x 25 on :30 Free 2/4/6/6 BK	EN2	S	
200	1 x 200 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

5:35 PM 1,925 Yards - Stress Value = 22

Workout #7955 - Tuesday, 09 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:51 PM Start

Yards	Set Description	EGY	WORK	STK
1,650	1x{1 x 200 on 3:30 Individual Medley			
	{4 x 25 on :30 IM order			
	{2 x 175 on 3:05 IM w/out 25 of worse stroke			
	{8 x 25 on :30 IM order			

{3 x 150 on 2:35 IM w/out worse stroke
 {6 x 25 on :30 IM order
 {2 x 100 on 1:45 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:35 PM 1,850 Yards - Stress Value = 29

Workout #7954 - Tuesday, 09 November 2010

HighSchl - IM'ers

1 minute rest between sets

4:51 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 200 on 3:00 Individual Medley			
	{4 x 25 on :30 IM order			
	{2 x 175 on 2:40 IM w/out 25 of worse stroke			
	{8 x 25 on :30 IM order			
	{3 x 150 on 2:15 IM w/out worse stroke			
	{4 x 25 on :30 IM order			
	{4 x 100 on 1:30 Individual Medley			
200	1 x 200 on 3:00 Stroke Drills			
	1 on 10:00 Ice			

5:35 PM 2,000 Yards - Stress Value = 32

Workout #7944 - Tuesday, 09 November 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 Shoulders & Stretch			
150	1 x 600 on 10:00 Underwater trn drill			
400	10 x 15 on :45 Shooters			
1,500	4 x 100 on 2:00 Kick @fastest interval			
	1x{4 x 50 on 1:15 Tombstone Kicking			
	{4 x 75 on 1:05 Kick			
	{4 x 50 on 1:10 Tombstone Kicking			
	{4 x 75 on 1:10 Kick			
	{4 x 50 on 1:05 Tombstone Kicking			
	{4 x 75 on 1:15 Kick			
1,000	20 x 50 on :45 Pulls odds br toward blchr evens br toward scrbd			
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 3,850 Yards - Stress Value = 56

Workout #7945 - Tuesday, 09 November 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 30:00 Shoulders & Stretch			
150	1 x 600 on 10:00 Underwater trn drill			
400	10 x 15 on :45 Shooters			
1,350	4 x 100 on 2:00 Kick @fastest interval			
	1x{4 x 50 on 1:15 Tombstone Kicking			
	{4 x 75 on 1:15 Kick			
	{4 x 50 on 1:10 Tombstone Kicking			
	{4 x 75 on 1:20 Kick			
	{4 x 50 on 1:05 Tombstone Kicking			
	{2 x 75 on 1:25 Kick			
900	18 x 50 on :50 Pulls odds br toward blchr evens br toward scrbd			
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 3,600 Yards - Stress Value = 52

Workout #7946 - Tuesday, 09 November 2010

HighSchl - Silver

1 minute rest between sets

3:00 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
 400 4 x 100 on 2:00 Kick @fastest interval
 1,050 1x{4 x 50 on 1:25 Tombstone Kicking
 {2 x 75 on 1:35 Kick
 {4 x 50 on 1:20 Tombstone Kicking
 {2 x 75 on 1:40 Kick
 {4 x 50 on 1:30 Tombstone Kicking
 {1 x 150 on 3:40 Kick
 800 16 x 50 on :55 Pulls odds br toward blchr
 evens br toward scrbd
 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 3,150 Yards - Stress Value = 45

Workout #7947 - Tuesday, 09 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 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
 400 4 x 100 on 2:00 Kick @fastest interval
 1,050 1x{4 x 50 on 1:25 Tombstone Kicking
 {2 x 75 on 1:40 Kick
 {4 x 50 on 1:20 Tombstone Kicking
 {2 x 75 on 1:45 Kick
 {4 x 50 on 1:30 Tombstone Kicking
 {2 x 75 on 1:50 Kick
 750 15 x 50 on 1:00 Pulls odds br toward blchr
 evens br toward scrbd
 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 3,050 Yards - Stress Value = 45

Workout #7950 - Tuesday, 09 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:51 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,800 3 x 600 on 10:00 Freestyle-Descend EN2 S FF
 200 1 x 200 on 3:00 Stroke Drills REC D CI
 1 on 10:00 Ice M
 5:35 PM 2,000 Yards - Stress Value = 36

Workout #7953 - Tuesday, 09 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:51 PM Start
 Yards Set Description EGY WORK
 =====
 1,600 1x{3 x 100 on 1:50 Freestyle EN1 S
 {4 x 25 on :30 Freestyle-descend EN2 S
 {3 x 100 on 1:50 Freestyle EN1 S
 {4 x 25 on :30 Free 4-3-2-1 breaths EN2 S
 {3 x 100 on 1:50 Freestyle EN1 S
 {4 x 25 on :30 Free 7-9-11-13 KOW EN2 S
 {3 x 100 on 1:50 Freestyle EN1 S

{4 x 25 on :30 Free 2/4/6/6 BK EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:35 PM 1,800 Yards - Stress Value = 20

Workout #7956 - Tuesday, 09 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:51 PM Start
 Yards Set Description
 =====
 1,400 1x{1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 IM order
 {2 x 175 on 3:20 IM w/out 25 of worse stroke
 {4 x 25 on :40 IM order
 {3 x 150 on 2:50 IM w/out worse stroke
 {4 x 25 on :40 IM order
 {1 x 100 on 1:55 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 5:34 PM 1,600 Yards - Stress Value = 25

Workout #7951 - Tuesday, 09 November 2010

HighSchl - Sprint

1 minute rest between sets

4:51 PM Start
 Yards Set Description EGY WORK
 =====
 1,900 1x{3 x 125 on 1:55 Freestyle EN1 S
 {4 x 25 on :30 Freestyle-descend EN2 S
 {3 x 125 on 1:55 Freestyle EN1 S
 {4 x 25 on :30 Free 4-3-2-1 breaths EN2 S
 {3 x 125 on 1:55 Freestyle EN1 S
 {4 x 25 on :30 Free 7-9-11-13 KOW EN2 S
 {3 x 125 on 1:55 Freestyle EN1 S
 {4 x 25 on :30 Free 2/4/6/6 BK EN2 S
 200 1 x 200 on 2:00 Stroke Drills REC D
 1 on 10:00 Ice M
 5:35 PM 2,100 Yards - Stress Value = 24

Workout #7962 - Wednesday, 10 November 2010

HighSchl - Breast

1 minute rest between sets

5:04 PM Start
 Yards Set Description EGY WORK STK
 =====
 900 3x{1 x 25 on :01 Breast SP2 S BR
 {1 x 75 on 1:59 Freestyle REC S FR
 {1 x 50 on :01 Breaststroke SP2 S BR
 {1 x 50 on 1:59 Freestyle REC S FR
 {1 x 75 on :01 IM order-build SP2 S BR
 {1 x 25 on 1:59 Freestyle REC S FR
 200 1 x 200 on 2:00 Stroke Drills REC D CD
 1 on 10:00 ice M
 5:35 PM 1,100 Yards - Stress Value = 45

Workout #7961 - Wednesday, 10 November 2010

HighSchl - Distance

1 minute rest between sets

5:04 PM Start
 Yards Set Description EGY
 =====
 1,200 12 x 100 on 1:30 Freestyle-hold time I give EN3
 200 1 x 200 on 2:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,400 Yards - Stress Value = 72

Workout #7963 - Wednesday, 10 November 2010

HighSchl - Fly

1 minute rest between sets

5:04 PM Start
 Yards Set Description EGY WC
 =====
 900 3x{1 x 100 on 1:30 Free-hold time I give EN2
 {1 x 25 on :45 Butterfly EN3
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 100 on 2:00 Freestyle REC
 200 1 x 200 on 2:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 1,100 Yards - Stress Value = 22

Workout #7957 - Wednesday, 10 November 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 45:00 Weights and Stretch
 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 B
 {3 x 100 on 2:00 Kick-hold under 1:45
 {4 x 25 on :45 Kick no board S
 {3 x 100 on 2:00 Kick hold under 1:40
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:00 Kick hold under 1:35
 {4 x 25 on :45 Kick no board R
 {3 x 100 on 2:00 Kick hold under 1:30
 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 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
 5:03 PM 3,550 Yards - Stress Value = 51

Workout #7958 - Wednesday, 10 November 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 45:00 Weights and Stretch
 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 B
 {3 x 100 on 2:10 Kick-hold under 2:00
 {4 x 25 on :45 Kick no board S
 {3 x 100 on 2:10 Kick hold under 1:55
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:10 Kick hold under 1:50
 {4 x 25 on :45 Kick no board R
 {2 x 100 on 2:10 Kick hold under 1:45
 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
 {1 x 150 on 2:10 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
 5:03 PM 3,350 Yards - Stress Value = 47

Workout #7959 - Wednesday, 10 November 2010

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
 1,400 1x{4 x 25 on :45 Kick no board B
 {3 x 100 on 2:20 Kick-hold under 2:10
 {4 x 25 on :45 Kick no board S
 {3 x 100 on 2:20 Kick hold under 2:05
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:20 Kick hold under 2:00
 {4 x 25 on :45 Kick no board R
 {1 x 100 on 2:20 Kick hold under 1:55
 800 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 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
 5:03 PM 3,100 Yards - Stress Value = 43

Workout #7960 - Wednesday, 10 November 2010

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
 1,350 1x{4 x 25 on :45 Kick no board B
 {3 x 100 on 2:30 Kick-hold under 2:20
 {4 x 25 on :45 Kick no board S
 {3 x 100 on 2:30 Kick hold under 2:15
 {4 x 25 on :45 Kick no board L
 {3 x 100 on 2:30 Kick hold under 2:10
 {4 x 25 on :45 Kick no board R
 {1 x 50 on 1:10 Kick hold under 1:00
 750 1x{2 x 125 on 2:20 Lungbuster pulls
 {2 x 125 on 2:15 Lungbuster pulls
 {2 x 125 on 2:10 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
 5:03 PM 2,950 Yards - Stress Value = 41

Workout #7968 - Thursday, 11 November 2010

HighSchl - Distance

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{1 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:35 Freestyle	EN2	S	FR
	{2 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
250	1 x 250 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,750 Yards - Stress Value = 48

1,850	1x{1 x 100 on 1:40 Butterfly	EN2	S	F
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 200 on 3:20 Individual Medley	EN2	S	
	{4 x 25 on :30 Your #1	EN2	S	ε
	{1 x 100 on 1:40 Backstroke	EN2	S	
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 200 on 3:20 Individual Medley	EN2	S	
	{4 x 25 on :35 Your #2	EN2	S	ε
	{1 x 100 on 1:50 Breaststroke	EN2	S	
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 200 on 3:20 Individual Medley	EN2	S	
	{4 x 25 on :40 Your #3	EN2	S	ε
	{1 x 100 on 1:25 Freestyle	EN2	S	
	{1 x 200 on 3:20 Individual Medley	EN2	S	
	{2 x 25 on :25 Freestyle	EN2	S	
250	1 x 250 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M

5:35 PM 2,100 Yards - Stress Value = 37

Workout #7974 - Thursday, 11 November 2010

HighSchl - IM'ers

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{1 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Freestyle	REC	S	FR
	{2 x 200 on 2:50 Freestyle	EN2	S	FR
	{2 x 200 on 2:45 Freestyle	EN2	S	FR
250	1 x 250 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,550 Yards - Stress Value = 44

4:48 PM Start

Yards	Set Description	EGY	WORK	ε
2,000	1x{1 x 100 on 1:30 Butterfly	EN2	S	F
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{4 x 25 on :30 Your #1	EN2	S	ε
	{1 x 100 on 1:30 Backstroke	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{4 x 25 on :35 Your #2	EN2	S	ε
	{1 x 100 on 1:45 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{4 x 25 on :40 Your #3	EN2	S	ε
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{4 x 25 on :25 Freestyle	EN2	S	
250	1 x 250 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M

5:35 PM 2,250 Yards - Stress Value = 40

Workout #7972 - Thursday, 11 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	ε
1,375	1x{1 x 175 on 3:00 Free-Great Effort	EN3	S	
	{8 x 25 on :45 Free-No breath 6bk	SP1	S	
	{1 x 200 on 5:00 Freestyle	REC	S	
	{1 x 125 on 2:15 Free-Great Effort	EN3	S	
	{6 x 25 on :40 Free-No breath 6bk	SP1	S	
	{1 x 150 on 3:00 Freestyle	REC	S	
	{1 x 75 on 1:30 Free-Great Effort	EN3	S	
	{4 x 25 on :35 Free-No breath 6bk	SP1	S	
	{1 x 100 on 2:00 Freestyle	REC	S	
	{1 x 50 on :45 Free-Great Effort	EN3	S	
	{2 x 25 on :30 Free-No breath 6bk	SP1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice			M

5:35 PM 1,675 Yards - Stress Value = 65

Workout #7975 - Thursday, 11 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	ε
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Workout #7964 - Thursday, 11 November 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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{2 x 50 on :45 Kick
 {1 x 100 on 2:00 Kick #2
 {2 x 50 on :50 Kick
 {2 x 75 on 1:30 Kick #2
 {2 x 50 on :55 Kick
 {3 x 50 on 1:00 Kick #2
 {2 x 50 on 1:00 Kick
 {3 x 50 on 1:00 Kick #3
 {2 x 50 on :55 Kick
 {2 x 75 on 1:30 Kick #3
 {2 x 50 on :50 Kick
 {1 x 100 on 2:00 Kick #3
 {2 x 50 on :45 Kick
 100 1 x 100 on 2:00 Kick for time
 1,200 4x{1 x 150 on 2:15 Pulls
 {1 x 150 on 2:15 Freestyle
 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 3,750 Yards - Stress Value = 49

Workout #7965 - Thursday, 11 November 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 1,350 1x{2 x 50 on :50 Kick
 {1 x 100 on 2:10 Kick #2
 {2 x 50 on :55 Kick
 {2 x 75 on 1:40 Kick #2
 {2 x 50 on 1:00 Kick
 {3 x 50 on 1:05 Kick #2
 {2 x 50 on 1:05 Kick
 {3 x 50 on 1:05 Kick #3
 {2 x 50 on 1:00 Kick
 {2 x 75 on 1:40 Kick #3
 {2 x 50 on :55 Kick
 {1 x 50 on 1:05 Kick #3
 100 1 x 100 on 2:00 Kick for time
 1,200 4x{1 x 150 on 2:25 Pulls
 {1 x 150 on 2:25 Freestyle
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 3,600 Yards - Stress Value = 46

Workout #7966 - Thursday, 11 November 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 1,200 1x{2 x 50 on 1:00 Kick

{1 x 100 on 2:20 Kick #2
 {2 x 50 on 1:05 Kick
 {2 x 75 on 1:45 Kick #2
 {2 x 50 on 1:10 Kick
 {2 x 50 on 1:10 Kick
 {2 x 50 on 1:10 Kick
 {2 x 50 on 1:10 Kick #3
 {2 x 50 on 1:10 Kick
 {2 x 75 on 1:45 Kick #3
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:10 Kick #3
 100 1 x 100 on 2:00 Kick for time
 1,200 4x{1 x 150 on 2:35 Pulls
 {1 x 150 on 2:35 Freestyle
 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 3,400 Yards - Stress Value = 43

Workout #7967 - Thursday, 11 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders 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
 1,150 1x{2 x 50 on 1:05 Kick
 {1 x 100 on 2:30 Kick #2
 {2 x 50 on 1:10 Kick
 {2 x 75 on 1:55 Kick #2
 {2 x 50 on 1:15 Kick
 {2 x 50 on 1:15 Kick #2
 {2 x 50 on 1:15 Kick
 {2 x 50 on 1:15 Kick #3
 {1 x 50 on 1:10 Kick
 {2 x 75 on 1:55 Kick #3
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick #3
 100 1 x 100 on 2:00 Kick for time
 1,200 4x{1 x 150 on 2:45 Pulls
 {1 x 150 on 2:45 Freestyle
 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 3,300 Yards - Stress Value = 42

Workout #7970 - Thursday, 11 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:48 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,850 1x{1 x 150 on 2:35 Freestyle EN2 S FR
 {1 x 150 on 2:30 Freestyle EN2 S FR
 {1 x 150 on 2:25 Freestyle EN2 S FR
 {1 x 25 on 1:00 Freestyle REC S FR
 {2 x 150 on 2:35 Freestyle EN2 S FR
 {1 x 150 on 2:30 Freestyle EN2 S FR
 {1 x 150 on 2:25 Freestyle EN2 S FR
 {1 x 25 on 1:00 Freestyle REC S FR
 {2 x 150 on 2:35 Freestyle EN2 S FR
 {2 x 150 on 2:30 Freestyle EN2 S FR
 {1 x 150 on 2:25 Freestyle EN2 S FR
 250 1 x 250 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,100 Yards - Stress Value = 36

Workout #7973 - Thursday, 11 November 2010

HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:48 PM	Start			
1,200	1x{1 x 150 on 3:00 Free-Great Effort	EN3	S	
	{8 x 25 on :45 Free-No breath 6bk	SP1	S	
	{1 x 150 on 5:00 Freestyle	REC	S	
	{1 x 100 on 2:15 Free-Great Effort	EN3	S	
	{6 x 25 on :40 Free-No breath 6bk	SP1	S	
	{1 x 100 on 3:00 Freestyle	REC	S	
	{1 x 100 on 1:30 Free-Great Effort	EN3	S	
	{4 x 25 on :35 Free-No breath 6bk	SP1	S	
	{1 x 50 on 2:00 Freestyle	REC	S	
	{1 x 50 on :45 Free-Great Effort	EN3	S	
300	{2 x 25 on :30 Free-No breath 6bk	SP1	S	
	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM	1,500 Yards - Stress Value = 64			

Workout #7976 - Thursday, 11 November 2010

HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:48 PM	Start			
1,750	1x{1 x 100 on 1:50 Butterfly	EN2	S	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
	{4 x 25 on :30 Your #1	EN2	S	
	{1 x 100 on 1:50 Backstroke	EN2	S	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
	{4 x 25 on :35 Your #2	EN2	S	
	{1 x 100 on 2:00 Breaststroke	EN2	S	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
	{4 x 25 on :40 Your #3	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN2	S	
	{1 x 150 on 2:30 IM w/out free	EN2	S	
250	1 x 250 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM	2,000 Yards - Stress Value = 35			

Workout #7971 - Thursday, 11 November 2010

HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:48 PM	Start			
1,450	1x{1 x 200 on 3:00 Free-Great Effort	EN3	S	
	{8 x 25 on :45 Free-No breath 6bk	SP1	S	
	{1 x 200 on 5:00 Freestyle	REC	S	
	{1 x 150 on 2:15 Free-Great Effort	EN3	S	
	{6 x 25 on :40 Free-No breath 6bk	SP1	S	
	{1 x 150 on 3:00 Freestyle	REC	S	
	{1 x 100 on 1:30 Free-Great Effort	EN3	S	
	{4 x 25 on :35 Free-No breath 6bk	SP1	S	
	{1 x 100 on 2:00 Freestyle	REC	S	
	{1 x 50 on :45 Free-Great Effort	EN3	S	
	{2 x 25 on :30 Free-No breath 6bk	SP1	S	
300	1 x 300 on 5:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
5:35 PM	1,750 Yards - Stress Value = 70			

Workout #7980 - Friday, 12 November 2010

HighSchl - Back
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 Weights/Stretch on own			L WTS
150	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
1,375	10 x 15 on :45 Shooters	SP3	S	IM
	11 x 125 on 1:50 Backstroke	EN2	S	BK
	Alt 25's of 15m under water			
	#4, #8 #11-100%			
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,225 Yards - Stress Value = 34			

Workout #7977 - Friday, 12 November 2010

HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 Weights/Stretch on own			L WTS
150	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
1,500	10 x 15 on :45 Shooters	SP3	S	IM
	5 x 300 on 4:00 Freestyle	EN2	S	FR
	Neg split each one-descend #2-#4			
	Hold #5 as fast as #4			
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,400 Yards - Stress Value = 36			

Workout #7978 - Friday, 12 November 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 Weights/Stretch on own			L WTS
150	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
1,500	10 x 15 on :45 Shooters	SP3	S	IM
	5 x 300 on 4:30 Freestyle	EN2	S	FR
	Neg split each one-descend #2-#4			
	Hold #5 as fast as #4			
200	4 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,250 Yards - Stress Value = 36			

Workout #7981 - Friday, 12 November 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
400	1 on 40:00 Weights/Stretch on own			L WTS
150	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
1,250	10 x 15 on :45 Shooters	SP3	S	IM
	10 x 125 on 2:05 Backstroke	EN2	S	BK
	Alt 25's of 15m under water			
	#3, #7 #10-100%			
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,100 Yards - Stress Value = 31			

Workout #7980 - Friday, 12 November 2010

HighSchl - Back
1 minute rest between sets

Workout #7984 - Friday, 12 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
1	on 40:00 Weights/Stretch on own		L
400	1 x 400 on 7:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 1:40 Freestyle-DPS	EN1	S
	{4 x 25 on :45 Free 10/12/14/16 SFS	SP1	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:06 AM	1,750 Yards - Stress Value = 51		

Yards	Set Description	EGY	WORK
1	on 40:00 Weights/Stretch on own		L
400	1 x 400 on 7:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 1:30 Freestyle-DPS	EN1	S
	{4 x 25 on :45 Free 10/12/14/16 SFS	SP1	S
200	4 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:05 AM	1,750 Yards - Stress Value = 51		

Workout #7986 - Friday, 12 November 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1	on 40:00 Weights/Stretch on own		L	WTS
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,250	5 x 250 on 4:30 Freestyle	EN2	S	FR
	Neg split each one-descend #2-#4			
	Hold #5 as fast as #4			
200	4 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM	1,950 Yards - Stress Value = 31			

Yards	Set Description	EGY	WORK
1	on 15:00 Stretch		
500	1 x 500 on 8:00 Choice		
180	12 x 15 on :45 Start/shooter/Finish		
600	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 1:15 Social Kick		
750	1x{1 x 200 on 3:30 Free -1strk		
	{4 x 25 on :40 Variable Speed		
	{1 x 150 on 2:35 Free -1 strk		
	{4 x 25 on :40 Variable Speed		
	{1 x 100 on 1:45 Free -1 strk		
	{4 x 25 on :40 Variable Speed		
	1 on 20:00 Techniques-Relay Starts		
400	16 x 25 on :45 Coach choice/goggle malfunctioni		
400	8 x 50 on 1:00 Stroke Drills w/sfbo		
	1 on 10:00 Ice		
5:00 PM	2,830 Yards - Stress Value = 18		

Workout #7982 - Friday, 12 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM	Start			
1	on 40:00 Weights/Stretch on own		L	WTS
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,125	9 x 125 on 2:20 Backstroke	EN2	S	BK
	Alt 25's of 15m under water			
	#3, #6, #9-100%			
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
7:05 AM	1,925 Yards - Stress Value = 28			

Workout #7987 - Saturday, 13 November 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK
5:30 AM	Start		
1	on 40:00 Weights/Stretch on own		L
350	1 x 350 on 7:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
800	4x{1 x 100 on 1:50 Freestyle-DPS	EN1	S
	{4 x 25 on :45 Free 10/12/14/16 SFS	SP1	S
350	7 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
7:05 AM	1,650 Yards - Stress Value = 42		

Yards	Set Description	EGY	WORK
1	on 40:00 Circuit and Stretch		L
600	1 x 600 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
2,800	1x{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:00 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 4:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 5:40 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens fly	EN2	S
	{1 x 300 on 4:15 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens back	EN2	S
	{1 x 200 on 2:50 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens brst	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{6 x 25 on :25 Freestyle	EN1	S
500	1 x 500 on 9:00 Freestyle	REC	S
1,200	4x{1 x 25 on :30 Freestyle	SP2	S
	{1 x 25 on :40 Freestyle	SP2	S
	{1 x 25 on :50 Freestyle	SP2	S
	{1 x 25 on 1:00 Freestyle	SP2	S
	{1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	5,250 Yards - Stress Value = 97		

Workout #7983 - Friday, 12 November 2010

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Workout #7988 - Saturday, 13 November 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 Circuit and Stretch		L
600	1 x 600 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
2,650	1x{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:15 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 4:55 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 6:30 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens fly	EN2	S
	{1 x 300 on 4:50 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens back	EN2	S
	{1 x 200 on 3:10 Individual Medley	EN2	S
	{6 x 25 on :25 odds free evens brst	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
500	1 x 500 on 9:00 Freestyle	REC	S
1,200	4x{1 x 25 on :30 Freestyle	SP2	S
	{1 x 25 on :40 Freestyle	SP2	S
	{1 x 25 on :50 Freestyle	SP2	S
	{1 x 25 on 1:00 Freestyle	SP2	S
	{1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	9:35 AM 5,100 Yards - Stress Value = 95		

Workout #7989 - Saturday, 13 November 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 Circuit and Stretch		L
600	1 x 600 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
2,500	1x{6 x 25 on :30 Freestyle	EN1	S
	{1 x 100 on 1:50 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens fly	EN1	S
	{1 x 200 on 3:30 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens back	EN1	S
	{1 x 300 on 5:15 Individual Medley	EN2	S
	{6 x 25 on :30 odds free evens brst	EN1	S
	{1 x 400 on 7:00 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens fly	EN2	S
	{1 x 300 on 5:10 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens back	EN2	S
	{1 x 200 on 3:25 Individual Medley	EN2	S
	{4 x 25 on :30 odds free evens brst	EN2	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
450	1 x 450 on 9:00 Freestyle	REC	S
1,200	4x{1 x 25 on :30 Freestyle	SP2	S
	{1 x 25 on :40 Freestyle	SP2	S
	{1 x 25 on :50 Freestyle	SP2	S
	{1 x 25 on 1:00 Freestyle	SP2	S
	{1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	9:35 AM 4,900 Yards - Stress Value = 92		

Workout #7990 - Saturday, 13 November 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	7:00 AM Start		

	1 on 40:00 Circuit and Stretch		L
600	1 x 600 on 10:00 Choice	REC	S
150	10 x 15 on :45 Shooters	SP3	S
2,000	1x{6 x 25 on :40 Freestyle	EN1	S
	{1 x 100 on 2:00 Individual Medley	EN2	S
	{4 x 25 on :40 odds free evens fly	EN1	S
	{1 x 200 on 4:00 Individual Medley	EN2	S
	{4 x 25 on :40 odds free evens back	EN1	S
	{1 x 300 on 6:00 Individual Medley	EN2	S
	{4 x 25 on :40 odds free evens brst	EN1	S
	{1 x 300 on 6:00 Individual Medley	EN2	S
	{4 x 25 on :40 odds free evens fly	EN2	S
	{1 x 200 on 4:00 Individual Medley	EN2	S
	{4 x 25 on :40 odds free evens back	EN2	S
	{1 x 100 on 2:00 Individual Medley	EN2	S
	{6 x 25 on :40 odds free evens brst	EN2	S
450	1 x 450 on 9:00 Freestyle	REC	S
1,200	4x{1 x 25 on :30 Freestyle	SP2	S
	{1 x 25 on :40 Freestyle	SP2	S
	{1 x 25 on :50 Freestyle	SP2	S
	{1 x 25 on 1:00 Freestyle	SP2	S
	{1 x 200 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	9:35 AM 4,400 Yards - Stress Value = 82		

Workout #8010 - Monday, 15 November 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:50 PM Start			
2,100	1x{1 x 150 on 2:15 Backstroke	EN1	S	BK
	{3 x 50 on :45 Backstroke	EN1	S	BK
	{2 x 150 on 2:10 Backstroke	EN1	S	BK
	{3 x 50 on :45 Backstroke	EN1	S	BK
	{3 x 150 on 2:05 Backstroke	EN2	S	BK
	{3 x 50 on :45 Backstroke	EN1	S	BK
	{4 x 150 on 2:00 Backstroke	EN2	S	BK
	{3 x 50 on :45 Backstroke	EN1	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,350 Yards - Stress Value = 34			

Workout #8007 - Monday, 15 November 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
	4:50 PM Start			
1,700	1x{2 x 125 on 2:10 Breaststroke	EN2	S	E
	{2 x 50 on 1:00 Breast under/over	EN2	S	E
	{4 x 25 on :30 Breast-fly kick	EN2	D	E
	{2 x 125 on 2:05 Breaststroke	EN2	S	E
	{2 x 50 on 1:00 Breast under/pver	EN2	S	E
	{4 x 25 on :30 Breast 2k1p	EN2	D	E
	{2 x 125 on 2:00 Breaststroke	EN2	S	E
	{2 x 50 on 1:00 Breast under/over	EN2	S	E
	{4 x 25 on :30 Breast free kick	EN2	D	E
	{2 x 125 on 1:55 Breaststroke	EN2	S	E
	{2 x 50 on 1:00 Breast under/pver	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
	5:35 PM 1,900 Yards - Stress Value = 34			

Workout #7990 - Saturday, 13 November 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	7:00 AM Start		

Workout #7991 - Monday, 15 November 2010

HighSchl - Distance

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	
1,500	1x{1 x 300 on 4:00 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{1 x 300 on 4:05 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{1 x 300 on 4:10 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,300 Yards - Stress Value = 36		

Workout #8004 - Monday, 15 November 2010

HighSchl - Distance

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
2,400	1x{2 x 225 on 3:00 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Free hold 1:20	EN1	S	FR
	{2 x 225 on 2:55 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Free hold 1:18	EN1	S	FR
	{2 x 225 on 2:50 Freestyle	EN2	S	FR
	{2 x 100 on 1:30 Free hold 1:16	EN2	S	FR
	{2 x 225 on 2:45 Freestyle	EN2	S	FR
200	1 x 200 on 2:00 Stroke Drills	REC	D	CD
	1 on 10:00 ice		M	
	5:35 PM 2,600 Yards - Stress Value = 44			

Workout #7997 - Monday, 15 November 2010

HighSchl - Fly

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	
1,250	1x{2 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{4 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{6 x 25 on :30 Butterfly	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{8 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
	{10 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:20 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 24		

Workout #7992 - Monday, 15 November 2010

HighSchl - Gold/Silver

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	

1,350	1x{1 x 300 on 4:30 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN2	
	{1 x 300 on 4:40 Freestyle	EN2	
	{4 x 50 on :50 Freestyle	EN2	
	{1 x 300 on 4:50 Freestyle	EN2	
	{1 x 50 on :50 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,150 Yards - Stress Value = 33		

Workout #7995 - Monday, 15 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	====
	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
1,100	1x{2 x 125 on 2:15 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
	{2 x 100 on 1:50 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
	{2 x 75 on 1:25 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
	{2 x 50 on :55 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:04 AM 1,900 Yards - Stress Value = 17	

Workout #7998 - Monday, 15 November 2010

HighSchl - Gold/Silver

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	
1,150	1x{2 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:35 Freestyle	EN2	
	{4 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:35 Freestyle	EN2	
	{6 x 25 on :30 Butterfly	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{8 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:35 Freestyle	EN2	
	{10 x 25 on :30 Butterfly	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,950 Yards - Stress Value = 22		

Workout #8005 - Monday, 15 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	====	====	====
2,050	1x{2 x 225 on 3:25 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Free hold 1:31	EN1	S	FR
	{2 x 225 on 3:15 Freestyle	EN2	S	FR
	{2 x 100 on 1:40 Free hold 1:18	EN1	S	FR
	{2 x 225 on 3:05 Freestyle	EN2	S	FR
	{3 x 100 on 1:40 Free hold 1:22	EN2	S	FR
200	1 x 200 on 2:00 Stroke Drills	REC	D	CD
	1 on 10:00 ice		M	
	5:35 PM 2,250 Yards - Stress Value = 37			

Workout #8008 - Monday, 15 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	ST
1,550	1x{2 x 125 on 2:25 Breaststroke	EN2	S	E
	{2 x 50 on 1:05 Breast under/over	EN2	S	E
	{4 x 25 on :35 Breast-fly kick	EN2	D	E
	{2 x 125 on 2:20 Breaststroke	EN2	S	E
	{2 x 50 on 1:05 Breast under/pver	EN2	S	E
	{4 x 25 on :35 Breast 2klp	EN2	D	E
	{2 x 125 on 2:15 Breaststroke	EN2	S	E
	{2 x 50 on 1:05 Breast under/over	EN2	S	E
	{4 x 25 on :35 Breast free kick	EN2	D	E
	{2 x 100 on 1:45 Breaststroke	EN2	S	E
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	

5:35 PM 1,750 Yards - Stress Value = 31

Workout #8011 - Monday, 15 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{1 x 150 on 2:30 Backstroke	EN1	S	BK
	{3 x 50 on :55 Backstroke	EN1	S	BK
	{2 x 150 on 2:25 Backstroke	EN1	S	BK
	{3 x 50 on :55 Backstroke	EN1	S	BK
	{3 x 150 on 2:20 Backstroke	EN2	S	BK
	{3 x 50 on :55 Backstroke	EN1	S	BK
	{3 x 150 on 2:15 Backstroke	EN2	S	BK
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 = 29

Workout #8000 - Monday, 15 November 2010

HighSchl - Platinum

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
2,000	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 2:00 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:40 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
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 100 on 1:50 Kick
	{1 x 100 on 1:40 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
800	1 x 800 on 10:00 Pull no br L.8 yds of each
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:49 PM 3,750 Yards - Stress Value = 64

Workout #8001 - Monday, 15 November 2010

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
1,800	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 2:05 Kick
	{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 1:50 Kick
	{1 x 100 on 1:55 Kick
	{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 2:05 Kick
	{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 1:50 Kick
700	1 x 700 on 10:00 Pull no br L.8 yds of each
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:49 PM 3,450 Yards - Stress Value = 58

Workout #8002 - Monday, 15 November 2010

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
1,700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
	{2 x 25 on :45 Kick no board BS
	{1 x 50 on 1:00 Kick
650	1 x 650 on 10:00 Pull no br L.8 yds of each
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:49 PM 3,250 Yards - Stress Value = 55

Workout #8003 - Monday, 15 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
	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		
1,650	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:10 Kick		
	{1 x 100 on 2:15 Kick		
	{1 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:25 Kick		
	{1 x 100 on 2:20 Kick		
	{1 x 100 on 2:15 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:10 Kick		
	{1 x 100 on 2:15 Kick		
	{1 x 100 on 2:20 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 2:25 Kick		
	{1 x 100 on 2:20 Kick		
	{1 x 100 on 2:15 Kick		
	{2 x 25 on :45 Kick no board BS		
550	1 x 550 on 10:00 Pull no br L.8 yds of each		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
	4:49 PM 3,050 Yards - Stress Value = 52		

Workout #7993 - Monday, 15 November 2010

HighSchl - Silver/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 200 on 3:30 Freestyle	EN2	
	{4 x 50 on :55 Freestyle	EN2	
	{1 x 200 on 3:40 Freestyle	EN2	
	{4 x 50 on :55 Freestyle	EN2	
	{1 x 200 on 3:50 Freestyle	EN2	
	{4 x 50 on :55 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,950 Yards - Stress Value = 30		

Workout #7996 - Monday, 15 November 2010

HighSchl - Silver/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	
1,000	1x{2 x 125 on 2:30 Freestyle L.25 2 breaths	EN1	
	{4 x 25 on :40 Variable Speed	EN1	
	{2 x 100 on 2:00 Freestyle L.25 2 breaths	EN1	
	{4 x 25 on :40 Variable Speed	EN1	
	{2 x 75 on 1:30 Freestyle L.25 2 breaths	EN1	
	{4 x 25 on :40 Variable Speed	EN1	
	{2 x 50 on 1:00 Freestyle L.25 2 breaths	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,750 Yards - Stress Value = 16		

Workout #7999 - Monday, 15 November 2010

HighSchl - Silver/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	
950	1x{2 x 25 on :40 Butterfly	EN1	
	{1 x 100 on 1:50 Freestyle	EN2	
	{4 x 25 on :40 Butterfly	EN1	
	{1 x 100 on 1:50 Freestyle	EN2	
	{6 x 25 on :40 Butterfly	EN2	
	{1 x 100 on 1:50 Freestyle	EN2	
	{8 x 25 on :40 Butterfly	EN1	
	{1 x 100 on 1:50 Freestyle	EN2	
	{2 x 25 on :40 Butterfly	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,700 Yards - Stress Value = 20		

Workout #8006 - Monday, 15 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			
1,800	1x{2 x 200 on 3:30 Freestyle	EN2	S	FR
	{2 x 100 on 1:50 Free hold 1:45	EN1	S	FR
	{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{2 x 100 on 1:50 Free hold 1:40	EN1	S	FR
	{2 x 200 on 3:10 Freestyle	EN2	S	FR
	{2 x 100 on 1:50 Free hold 1:35	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 ice			M
	5:35 PM 2,000 Yards - Stress Value = 32			

Workout #8009 - Monday, 15 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK	SI
	1 on 40:00 Weights and Stretch			
1,300	1x{2 x 100 on 2:15 Breaststroke	EN2	S	E
	{2 x 50 on 1:10 Breast under/over	EN2	S	E
	{4 x 25 on :40 Breast-fly kick	EN2	D	E
	{2 x 100 on 2:10 Breaststroke	EN2	S	E
	{2 x 50 on 1:10 Breast under/pver	EN2	S	E
	{4 x 25 on :40 Breast 2k1p	EN2	D	E
	{2 x 100 on 2:05 Breaststroke	EN2	S	E
	{2 x 50 on 1:10 Breast under/over	EN2	S	E
	{4 x 25 on :40 Breast free kick	EN2	D	E
	{1 x 100 on 2:00 Breaststroke	EN2	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M
	5:35 PM 1,500 Yards - Stress Value = 26			

Workout #8012 - Monday, 15 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,750	1x{1 x 100 on 2:00 Backstroke	EN1	S	BK
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{2 x 100 on 1:55 Backstroke	EN1	S	BK
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{3 x 100 on 1:50 Backstroke	EN2	S	BK
	{3 x 50 on 1:00 Backstroke	EN1	S	BK
	{4 x 150 on 1:45 Backstroke	EN2	S	BK
	{2 x 50 on 1:00 Backstroke	EN1	S	BK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,000 Yards - Stress Value = 28				

Workout #7994 - Monday, 15 November 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM Start		
	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
1,200	1x{2 x 125 on 2:05 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
	{2 x 100 on 1:40 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
	{2 x 75 on 1:15 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :30 Variable Speed	EN1
	{2 x 50 on :50 Freestyle L.25 2 breaths	EN1
	{8 x 25 on :30 Variable Speed	EN1
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM 2,000 Yards - Stress Value = 18		

Workout #8017 - Tuesday, 16 November 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:17 PM Start					
2,100	3x{1 x 50 on :01 Freestyle	SP2	S	FR	0
	{1 x 50 on 1:59 Freestyle	REC	S	FR	3
	{2 x 250 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 100 on 2:30 Freestyle	REC	S	FR	2
200	1 x 200 on :01 Stroke Drills	REC	D	CD	0
	1 on 10:00 Ice		M		
5:00 PM 2,300 Yards - Stress Value = 45					

Workout #8018 - Tuesday, 16 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
4:17 PM Start					
1,800	3x{1 x 50 on :01 Freestyle	SP2	S	FR	0
	{1 x 50 on 1:59 Freestyle	REC	S	FR	3
	{2 x 225 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 50 on 2:30 Freestyle	REC	S	FR	5
200	1 x 200 on :01 Stroke Drills	REC	D	CD	0
	1 on 10:00 Ice		M		
5:00 PM 2,000 Yards - Stress Value = 42					

Workout #8021 - Tuesday, 16 November 2010

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
4:17 PM Start		
1,300	1x{4 x 25 on :30 Fly 1/2 drill 1/2 build	EN1
	{3 x 50 on 1:15 Fly-100%	SP2
	{1 x 100 on 2:30 IM drill	REC
	{4 x 25 on :30 Back 1/2 drill 1/2 build	EN1
	{3 x 50 on 1:15 Back-100%	SP2
	{1 x 100 on 2:30 IM drill	REC
	{4 x 25 on :30 Breast 1/2 drill 1/2 build	EN1
	{3 x 50 on 1:15 Breast-100%	SP2
	{1 x 100 on 2:30 IM drill	REC
	{4 x 25 on :30 Free- 1/2 drill 1/2 build	SP2
	{3 x 50 on 1:15 Free-100%	SP2
200	1 x 200 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:00 PM 1,500 Yards - Stress Value = 73		

Workout #8013 - Tuesday, 16 November 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,200	1x{2 x 25 on :45 Tombstone Kicking
	{2 x 125 on 2:30 Kick #2
	{2 x 25 on :40 Tombstone Kicking
	{2 x 125 on 2:30 Kick #3
	{2 x 25 on :35 Tombstone Kicking
	{2 x 125 on 2:30 Kick #2
	{2 x 25 on :30 Tombstone Kicking
	{2 x 125 on 2:30 Kick #3
750	15 x 50 on :45 Pulls with paddles
	Odds breathe toward blchrs
	Evens breathe toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM 3,400 Yards - Stress Value = 50	

Workout #8014 - Tuesday, 16 November 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
3:00 PM Start	
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,100	1x{2 x 25 on :45 Tombstone Kicking
	{2 x 125 on 2:45 Kick #2
	{2 x 25 on :40 Tombstone Kicking
	{2 x 125 on 2:45 Kick #3
	{2 x 25 on :35 Tombstone Kicking
	{2 x 100 on 2:10 Kick #2
	{2 x 25 on :30 Tombstone Kicking
	{2 x 100 on 2:10 Kick #3
700	14 x 50 on :50 Pulls with paddles
	Odds breathe toward blchrs
	Evens breathe toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM 3,250 Yards - Stress Value = 47	

Workout #8015 - Tuesday, 16 November 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
1,000	1x{2 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:30 Kick #2
	{2 x 25 on :40 Tombstone Kicking
	{2 x 100 on 2:30 Kick #3
	{2 x 25 on :35 Tombstone Kicking
	{2 x 100 on 2:30 Kick #2
	{2 x 25 on :30 Tombstone Kicking
	{2 x 100 on 2:30 Kick #3
650	13 x 50 on :55 Pulls with paddles
	Odds breathe toward blchrs
	Evens breathe toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM 3,050 Yards - Stress Value = 44	

Workout #8016 - Tuesday, 16 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:00 Kick @ fastest interval
900	1x{2 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:45 Kick #2
	{2 x 25 on :40 Tombstone Kicking
	{2 x 100 on 2:45 Kick #3
	{2 x 25 on :35 Tombstone Kicking
	{2 x 75 on 2:10 Kick #2
	{2 x 25 on :30 Tombstone Kicking
	{2 x 75 on 2:10 Kick #3
600	12 x 50 on 1:00 Pulls with paddles
	Odds breathe toward blchrs
	Evens breathe toward scrbd
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:16 PM 2,900 Yards - Stress Value = 42	

Workout #8019 - Tuesday, 16 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	3x{1 x 50 on :01 Freestyle	SP2	S	FR	0
	{1 x 50 on 1:59 Freestyle	REC	S	FR	3
	{2 x 200 on 3:00 Freestyle	EN2	S	FR	1
	{1 x 50 on 2:30 Freestyle	REC	S	FR	5
200	1 x 200 on :01 Stroke Drills	REC	D	CD	0
	1 on 10:00 Ice		M		
5:00 PM 1,850 Yards - Stress Value = 39					

Workout #8020 - Tuesday, 16 November 2010

HighSchl - Sprint

1 minute rest between sets

4:17 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====

1,300	1x{1 x 150 on :01 Free L.25 5 breaths	SP2	S
	{1 on 2:59 Rest		M
	{2 x 50 on 1:00 Stroke Drills	REC	D
	{1 x 125 on :01 Free L.25 4 breaths	SP2	S
	{1 x 25 on 2:59 Freestyle	REC	S
	{2 x 50 on 1:00 Stroke Drills	REC	D
	{1 x 100 on :01 Free L.25 3 breaths	SP2	S
	{1 x 50 on 2:59 Freestyle	REC	S
	{2 x 50 on 1:00 Stroke Drills	REC	D
	{1 x 75 on :01 Free L.25 2 breaths	SP2	S
	{1 x 75 on 2:59 Freestyle	REC	S
	{2 x 50 on 1:00 Stroke Drills	REC	D
	{1 x 50 on :01 Free L.25 1 breath	SP2	S
	{1 x 100 on 2:59 Freestyle	REC	S
	{1 x 25 on :01 Free no breath	SP2	
	{1 x 125 on 3:00 Freestyle	REC	S
250	5 x 50 on 1:00 Stroke Drills	REC	D
	1 on 10:00 ice		M
5:00 PM 1,550 Yards - Stress Value = 52			

Workout #8029 - Wednesday, 17 November 2010

HighSchl - Breast

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,650	1x{3 x 150 on 2:45 Breaststroke	EN2	S	BR	1
	{2 x 150 on 2:40 Breaststroke	EN2	S	BR	1
	{1 x 150 on 2:35 Breaststroke	EN2	S	BR	1
	{3 x 125 on 2:15 Breaststroke	EN2	S	BR	1
	{2 x 125 on 2:10 Breaststroke	EN2	S	BR	1
	{1 x 125 on 2:05 Breaststroke	EN2	S	BR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,000 Yards - Stress Value = 33					

Workout #8026 - Wednesday, 17 November 2010

HighSchl - Distance

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{1 x 600 on 7:40 Freestyle	EN2	S	FR	1
	{1 x 600 on 7:30 Freestyle	EN2	S	FR	1
	{1 x 600 on 7:20 Freestyle	EN2	S	FR	1
	{1 x 600 on 7:10 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,750 Yards - Stress Value = 48					

Workout #8031 - Wednesday, 17 November 2010

HighSchl - Fly

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{2 x 125 on 2:00 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:55 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:50 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u3d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:45 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u4d	EN2	S	FLY
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 2,150 Yards - Stress Value = 32				

Workout #8027 - Wednesday, 17 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,100	1x{1 x 525 on 7:40 Freestyle	EN2	S	FR	1
	{1 x 525 on 7:30 Freestyle	EN2	S	FR	1
	{1 x 525 on 7:20 Freestyle	EN2	S	FR	1
	{1 x 525 on 7:10 Freestyle	EN2	S	FR	1
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,450 Yards - Stress Value = 40					

Workout #8032 - Wednesday, 17 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:47 PM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{2 x 125 on 2:15 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 2:10 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 2:05 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u3d	EN2	S	FLY
	{1 x 100 on 1:40 Freestyle	REC	S	FR
	{2 x 125 on 2:00 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u4d	EN2	S	FLY
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
5:35 PM 1,950 Yards - Stress Value = 28				

Workout #8022 - Wednesday, 17 November 2010

HighSchl - Platinum

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
	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :45 Kick no board BSLR-16
	{1 x 100 on 1:45 Kick
	{1 x 50 on 1:00 Kick-100%

{4 x 25 on :45 Kick no board BSLR 14
{1 x 100 on 1:45 Kick
{2 x 50 on 1:00 Kick-100%
{4 x 25 on :45 Kick no board BSLR-12
{1 x 100 on 1:45 Kick
{3 x 50 on 1:00 Kick-100%
{4 x 25 on :45 Kick no board BSLR-10
{1 x 100 on 1:45 Kick
{4 x 50 on 1:00 Kick-100%
{4 x 25 on :45 Kick no board BSLR-8
{1 x 100 on 1:45 Kick
{5 x 50 on 1:00 Kick-100%
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:46 PM 2,700 Yards - Stress Value = 43

Workout #8023 - Wednesday, 17 November 2010

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
	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :45 Kick no board BSLR-16
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:10 Kick-100%
	{4 x 25 on :45 Kick no board BSLR 14
	{1 x 100 on 2:00 Kick
	{2 x 50 on 1:10 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12
	{1 x 100 on 2:00 Kick
	{3 x 50 on 1:10 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-10
	{1 x 100 on 2:00 Kick
	{4 x 50 on 1:10 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-8
	{3 x 50 on 1:10 Kick-100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:46 PM 2,500 Yards - Stress Value = 39	

Workout #8024 - Wednesday, 17 November 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 40:00 Weights and Stretch
150	1 x 550 on 10:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :45 Kick no board BSLR-16
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR 14
	{1 x 100 on 2:10 Kick
	{2 x 50 on 1:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-12
	{1 x 100 on 2:10 Kick
	{3 x 50 on 1:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-10
	{1 x 100 on 2:10 Kick
	{4 x 50 on 1:15 Kick-100%
	{4 x 25 on :45 Kick no board BSLR-8
	{2 x 50 on 1:15 Kick-100%
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:46 PM 2,400 Yards - Stress Value = 38	

Workout #8025 - Wednesday, 17 November 2010

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
 1,450 1x{4 x 25 on :45 Kick no board BSLR-16
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:15 Kick-100%
 {4 x 25 on :45 Kick no board BSLR 14
 {1 x 100 on 2:20 Kick
 {2 x 50 on 1:15 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-12
 {1 x 100 on 2:20 Kick
 {3 x 50 on 1:15 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-10
 {1 x 100 on 2:20 Kick
 {4 x 50 on 1:15 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-8
 {1 x 50 on 1:15 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 2,300 Yards - Stress Value = 37

{1 x 100 on 1:50 Freestyle REC S FR
 {2 x 100 on 1:50 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u3d EN2 S FLY
 {1 x 100 on 1:50 Freestyle REC S FR
 {2 x 100 on 1:45 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u4d EN2 S FLY
 250 5 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 1,750 Yards - Stress Value = 24

Workout #8038 - Thursday, 18 November 2010

HighSchl - Distance

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY WC
 =====
 3,150 1x{3 x 150 on 2:00 Freestyle EN2
 {4 x 100 on 1:30 Free Hold time I give EN2
 {3 x 200 on 2:40 Freestyle EN2
 {4 x 125 on 1:55 Free Hold time I give EN2
 {3 x 250 on 3:20 Freestyle EN2
 {3 x 150 on 2:15 Free Hold time I give EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 3,400 Yards - Stress Value = 63

Workout #8028 - Wednesday, 17 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:47 PM Start
 Yards Set Description EGY WORK STK I
 =====
 1,800 1x{1 x 450 on 7:40 Freestyle EN2 S FR 1
 {1 x 450 on 7:30 Freestyle EN2 S FR 1
 {1 x 450 on 7:20 Freestyle EN2 S FR 1
 {1 x 450 on 7:10 Freestyle EN2 S FR 1
 350 7 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 2,150 Yards - Stress Value = 36

Workout #8039 - Thursday, 18 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY WC
 =====
 2,850 1x{3 x 150 on 2:15 Freestyle EN2
 {4 x 100 on 1:40 Free Hold time I give EN2
 {3 x 200 on 3:00 Freestyle EN2
 {4 x 125 on 2:05 Free Hold time I give EN2
 {3 x 250 on 3:45 Freestyle EN2
 {1 x 150 on 2:30 Free Hold time I give EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 3,100 Yards - Stress Value = 57

Workout #8030 - Wednesday, 17 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:47 PM Start
 Yards Set Description EGY WORK STK I
 =====
 1,500 1x{3 x 150 on 3:00 Breaststroke EN2 S BR 2
 {2 x 150 on 2:55 Breaststroke EN2 S BR 1
 {1 x 150 on 2:50 Breaststroke EN2 S BR 1
 {3 x 100 on 2:00 Breaststroke EN2 S BR 2
 {2 x 100 on 1:55 Breaststroke EN2 S BR 1
 {1 x 100 on 1:50 Breaststroke EN2 S BR 1
 350 7 x 50 on 1:00 Stroke Drills REC D CD 2
 1 on 10:00 Ice M
 5:35 PM 1,850 Yards - Stress Value = 30

Workout #8042 - Thursday, 18 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY
 =====
 2,600 1x{2 x 250 on 4:15 50fl 50fr 50fl 50fr 50fl EN2
 {4 x 100 on 1:40 Individual Medley EN2
 {2 x 250 on 4:15 50ba 50fr 50ba 50fr 50ba EN2
 {3 x 100 on 1:40 Individual Medley EN2
 {2 x 250 on 4:45 50br 50fr 50br 50fr 50br EN2
 {2 x 100 on 1:40 Free EN2
 {1 x 200 on 3:00 IM for time EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,850 Yards - Stress Value = 52

Workout #8033 - Wednesday, 17 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:47 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,500 1x{2 x 100 on 2:00 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u1d EN2 S FLY
 {1 x 100 on 1:50 Freestyle REC S FR
 {2 x 100 on 1:55 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u2d EN2 S FLY

Workout #8045 - Thursday, 18 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
4:34 PM	Start		
2,250	1x{6 x 125 on 2:20 Free hold time I give	EN2	
	{6 x 25 on :30 SD w/ fast finishes	EN2	
	{6 x 100 on 1:50 Free-hold time I give	EN2	
	{6 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 75 on 1:25 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,550 Yards - Stress Value = 45		

3:00 PM Start

Yards	Set Description
600	1 on 30:00 Shoulders/Stretch/Team Mtg
	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 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
	{2 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 100 on 2:05 Kick
700	1x{4 x 50 on :55 Pulls
	{4 x 50 on :50 Pulls
	{4 x 50 on :45 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
4:33 PM	2,850 Yards - Stress Value = 40

Workout #8041 - Thursday, 18 November 2010

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
4:34 PM	Start		
2,900	1x{2 x 250 on 3:45 50fl 50fr 50fl 50fr 50fl 50fr	EN2	
	{4 x 100 on 1:30 Individual Medley	EN2	
	{2 x 250 on 3:45 50ba 50fr 50ba 50fr 50ba	EN2	
	{4 x 100 on 1:30 Individual Medley	EN2	
	{2 x 250 on 4:15 50br 50fr 50br 50fr 50br	EN2	
	{4 x 100 on 1:30 1&2 IM 3&4 Free	EN2	
	{1 x 200 on 3:00 IM for time	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	3,150 Yards - Stress Value = 58		

Workout #8036 - Thursday, 18 November 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
550	1 on 30:00 Shoulders/Stretch/Team Mtg
	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 100 on 2:25 Kick
	{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 2:05 Kick
	{1 x 100 on 2:10 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:20 Kick
	{1 x 100 on 2:25 Kick
	{1 x 50 on 1:05 Kick
650	1x{4 x 50 on 1:00 Pulls
	{4 x 50 on :55 Pulls
	{4 x 50 on :50 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
4:33 PM	2,600 Yards - Stress Value = 36

Workout #8034 - Thursday, 18 November 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 30:00 Shoulders/Stretch/Team Mtg
	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 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 1:25 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
800	1x{4 x 50 on :50 Pulls
	{4 x 50 on :45 Pulls
	{4 x 50 on :40 Pulls
	{4 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
4:33 PM	3,150 Yards - Stress Value = 46

Workout #8035 - Thursday, 18 November 2010

HighSchl - Gold

1 minute rest between sets

Workout #8037 - Thursday, 18 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WC
 =====
 500 1 on 30:00 Shoulders/Stretch/Team Mtg
 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{1 x 100 on 2:35 Kick
 {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
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 600 1x{4 x 50 on 1:05 Pulls
 {4 x 50 on 1:00 Pulls
 {4 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
 4:33 PM 2,450 Yards - Stress Value = 34

{4 x 25 on :40 SD w/ fast finishes EN2
 {6 x 100 on 2:00 Free-hold time I give EN2
 {4 x 25 on :40 SD w/fast finishes EN2
 {6 x 75 on 1:30 Free-hold time I give EN2
 {4 x 25 on :40 SD w/fast finishes EN2
 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,400 Yards - Stress Value = 42

Workout #8044 - Thursday, 18 November 2010

HighSchl - Sprint

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY WC
 =====
 2,400 1x{6 x 125 on 2:05 Free hold time I give EN2
 {8 x 25 on :30 SD w/ fast finishes EN2
 {6 x 100 on 1:40 Free-hold time I give EN2
 {8 x 25 on :35 SD w/fast finishes EN2
 {6 x 75 on 1:15 Free-hold time I give EN2
 {8 x 25 on :40 SD w/fast finishes EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,700 Yards - Stress Value = 48

Workout #8050 - Friday, 19 November 2010

HighSchl - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 400 1 on 40:00 Weights and Stretch
 1 x 400 on 7:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 1,400 1x{4 x 50 on 1:00 Backstroke-8 Kow EN1
 {2 x 100 on 1:30 Back 25 stroke 25 drill REC
 {4 x 50 on :55 Bakstroke 10 KOW EN1
 {2 x 100 on 1:40 Back 25 stroke 25 drill REC
 {4 x 50 on :50 Backstroke-12 KOW EN1
 {2 x 100 on 1:50 Back 25 stroke 25 drill REC
 {4 x 50 on :45 Backstroke-14 KOW EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,150 Yards - Stress Value = 16

Workout #8040 - Thursday, 18 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY WC
 =====
 2,550 1x{3 x 150 on 2:35 Freestyle EN2
 {4 x 100 on 1:50 Free Hold time I give EN2
 {3 x 200 on 3:25 Freestyle EN2
 {4 x 125 on 2:20 Free Hold time I give EN2
 {2 x 250 on 4:15 Freestyle EN2
 {1 x 100 on 1:50 Free Hold time I give EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,800 Yards - Stress Value = 51

Workout #8043 - Thursday, 18 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY
 =====
 2,400 1x{2 x 200 on 3:45 50fl 50fr 50fl 50fr 50fl EN2
 {4 x 100 on 1:50 Individual Medley EN2
 {2 x 200 on 3:45 50ba 50fr 50ba 50fr 50ba EN2
 {3 x 100 on 1:50 Individual Medley EN2
 {2 x 200 on 3:45 50br 50fr 50br 50fr 50br EN2
 {3 x 100 on 1:50 #1IM #2&3 Free EN2
 {1 x 200 on 4:00 IM for time EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 2,650 Yards - Stress Value = 48

Workout #8047 - Friday, 19 November 2010

HighSchl - Distance

1 minute rest between sets

5:30 AM Start
 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 IM
 1,650 3x{1 x 125 on 1:50 Freestyle EN1 S FR
 {1 x 125 on 1:45 Freestyle EN1 S FR
 {1 x 125 on 1:40 Freestyle EN1 S FR
 {1 x 125 on 1:35 Freestyle EN2 S FR
 {1 x 50 on 1:00 Non Free EN1 S STK
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 7:05 AM 2,400 Yards - Stress Value = 28

Workout #8046 - Thursday, 18 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:34 PM Start
 Yards Set Description EGY WC
 =====
 2,100 1x{6 x 125 on 2:30 Free hold time I give EN2

Workout #8048 - Friday, 19 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

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	IM
1,425	3x{1 x 125 on 2:10 Freestyle	EN1	S	FR
	{1 x 125 on 2:05 Freestyle	EN1	S	FR
	{1 x 100 on 1:35 Freestyle	EN1	S	FR
	{1 x 75 on 1:05 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Non Free	EN1	S	STK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:05 AM 2,175 Yards - Stress Value = 23

Workout #8051 - Friday, 19 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,250	1x{4 x 50 on 1:05 Backstroke-8 Kow	EN1
	{2 x 100 on 1:45 Back 25 stroke 25 drill	REC
	{4 x 50 on 1:00 Bakstroke 10 KOW	EN1
	{2 x 100 on 1:50 Back 25 stroke 25 drill	REC
	{4 x 50 on :55 Backstroke-12 KOW	EN1
	{2 x 100 on 1:55 Back 25 stroke 25 drill	REC
	{1 x 50 on :50 Backstroke-14 KOW	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,000 Yards - Stress Value = 13

Workout #8054 - Friday, 19 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{1 x 150 on 2:40 Freestyle	EN1	
	{3 x 50 on :55 Free-descend	EN1	
	{1 x 150 on 2:40 Freestyle	EN1	
	{3 x 50 on :55 Freestyle-descend	EN1	
	{1 x 150 on 2:40 Freestyle	EN1	
	{3 x 50 on 1:00 Free-descend	EN1	
	{1 x 150 on 2:40 Freestyle	EN1	
	{1 x 50 on 1:05 Free-fast	EN1	
	{6 x 25 on :30 Alt sprint free/non free	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:04 AM 2,000 Yards - Stress Value = 23

Workout #8049 - Friday, 19 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

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	IM
1,275	3x{1 x 100 on 1:55 Freestyle	EN1	S	FR
	{1 x 100 on 1:50 Freestyle	EN1	S	FR
	{1 x 100 on 1:45 Freestyle	EN1	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 25 on :40 Non Free	EN1	S	STK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

7:05 AM 1,975 Yards - Stress Value = 22

Workout #8052 - Friday, 19 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
350	1 x 350 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,150	1x{4 x 50 on 1:10 Backstroke-8 Kow	EN1
	{2 x 100 on 2:00 Back 25 stroke 25 drill	REC
	{4 x 50 on 1:05 Bakstroke 10 KOW	EN1
	{2 x 100 on 2:00 Back 25 stroke 25 drill	REC
	{4 x 50 on 1:00 Backstroke-12 KOW	EN1
	{1 x 100 on 2:00 Back 25 stroke 25 drill	REC
	{1 x 50 on :50 Backstroke-14 KOW	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 1,850 Yards - Stress Value = 13

Workout #8055 - Friday, 19 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
	1 on 40:00 Weights and Stretch		
350	1 x 350 on 7:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 150 on 2:50 Freestyle	EN1	
	{3 x 50 on :55 Free-descend	EN1	
	{1 x 150 on 2:50 Freestyle	EN1	
	{3 x 50 on 1:00 Freestyle-descend	EN1	
	{1 x 150 on 2:50 Freestyle	EN1	
	{3 x 50 on 1:05 Free-descend	EN1	
	{1 x 150 on 2:50 Freestyle	EN1	
	{6 x 25 on :30 Alt sprint free/non free	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 1,900 Yards - Stress Value = 23

Workout #8053 - Friday, 19 November 2010

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	V
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :45 Free-descend	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-descend	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :55 Free-descend	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on 1:00 Free-descend	EN1	
	{6 x 25 on :30 Alt sprint free/non free	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,100 Yards - Stress Value = 25		

Workout #8056 - Friday, 19 November 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 15:00 Stretch
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
750	1 x 750 on 15:00 Social Kick w/random 30s s
1,250	1x{1 x 50 on 1:30 Free Sprint Count Strokes
	{1 x 25 on :40 Free 15 strokes
	{1 x 25 on :40 Free 14 strokes
	{1 x 25 on :40 Free 13 strokes
	{1 x 25 on :40 Free 12 strokes
	{1 x 25 on :40 Free 11 strokes
	{1 x 25 on :40 Free 10 strokes
	{1 x 25 on :40 Free 9 strokes
	{1 x 25 on :40 Free 8 strokes
	{1 x 25 on :40 Free 7 strokes
	{1 x 25 on :40 Free 6 strokes
	{1 x 50 on 1:30 Free Sprint Count Strokes
	{1 x 25 on :35 Free 15 strokes
	{1 x 25 on :35 Free 14 strokes
	{1 x 25 on :35 Free 13 strokes
	{1 x 25 on :35 Free 12 strokes
	{1 x 25 on :35 Free 11 strokes
	{1 x 25 on :35 Free 10 strokes
	{1 x 25 on :35 Free 9 strokes
	{1 x 25 on :35 Free 8 strokes
	{1 x 25 on :35 Free 7 strokes
	{1 x 25 on :35 Free 6 strokes
	{1 x 50 on 1:30 Free Sprint Count Strokes
	{1 x 25 on :30 Free 15 strokes
	{1 x 25 on :30 Free 14 strokes
	{1 x 25 on :30 Free 13 strokes
	{1 x 25 on :30 Free 12 strokes
	{1 x 25 on :30 Free 11 strokes
	{1 x 25 on :30 Free 10 strokes
	{1 x 25 on :30 Free 9 strokes
	{1 x 25 on :30 Free 8 strokes
	{1 x 25 on :30 Free 7 strokes
	{1 x 25 on :30 Free 6 strokes
	{1 x 50 on 1:30 Free Sprint Count Strokes
	{1 x 25 on :25 Free 15 strokes
	{1 x 25 on :25 Free 14 strokes
	{1 x 25 on :25 Free 13 strokes
	{1 x 25 on :25 Free 12 strokes
	{1 x 25 on :25 Free 11 strokes

{1 x 25 on :25 Free 10 strokes
{1 x 25 on :25 Free 9 strokes
{1 x 25 on :25 Free 8 strokes
{1 x 25 on :25 Free 7 strokes
{1 x 25 on :25 Free 6 strokes
{1 x 50 on 1:30 Sprint Free Count Strokes
1 on 23:00 Techniques-Finishes/Relay Starts/Open Turns
500 10 x 50 on 1:00 Stroke Drills
1 on 10:00 Ice
5:05 PM 3,250 Yards - Stress Value = 39

Workout #8057 - Saturday, 20 November 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 Circuit and Stretch
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{4 x 25 on :45 Kick no brd S-9+1 KOW
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{4 x 25 on :45 Kick no brd L-9+1 KOW
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{4 x 25 on :45 Kick no brd R 9+1 KOW
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
750	1x{1 x 150 on 2:15 Pulls-nbbf&w
	{1 x 150 on 2:10 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:05 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:00 Pulls-nbbf&w + 3 yds
	{1 x 150 on 1:55 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
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
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,550 Yards - Stress Value = 91

Workout #8058 - Saturday, 20 November 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
600	1 on 40:00 Circuit and Stretch
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no brd S-9+1 KOW
	{2 x 75 on 1:30 Kick
	{2 x 75 on 1:25 Kick
	{4 x 25 on :45 Kick no brd L-9+1 KOW
	{2 x 75 on 1:25 Kick
	{2 x 75 on 1:20 Kick
	{4 x 25 on :45 Kick no brd R 9+1 KOW
	{2 x 50 on :55 Kick
700	1x{1 x 150 on 2:25 Pulls-nbbf&w
	{1 x 150 on 2:20 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:15 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:10 Pulls-nbbf&w + 3 yds
	{1 x 100 on 1:25 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
1,900	1x{5 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
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:35 AM 5,100 Yards - Stress Value = 82

Workout #8059 - Saturday, 20 November 2010

HighSchl - Silver

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
550	1 on 40:00 Circuit and Stretch
150	1 x 550 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:45 Kick
	{2 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no brd S-9+1 KOW
	{2 x 75 on 1:40 Kick
	{2 x 75 on 1:35 Kick
	{4 x 25 on :45 Kick no brd L-9+1 KOW
	{2 x 75 on 1:35 Kick
	{2 x 75 on 1:30 Kick
	{4 x 25 on :45 Kick no brd R 9+1 KOW
650	1x{1 x 150 on 2:40 Pulls-nbbf&w
	{1 x 150 on 2:35 Pulls-nbbf&w + 1 yd
	{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:35 Pulls-nbbf&w + 3 yds
	{1 x 100 on 1:30 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
1,700	1x{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

	{1 on 1:00 Rest
	{2 x 100 on 1:30 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:30 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 4,700 Yards - Stress Value = 75

Workout #8060 - Saturday, 20 November 2010

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description
	7:00 AM Start
	1 on 40:00 Circuit and Stretch
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :45 Kick no brd B- 9+1 KOW
	{2 x 75 on 1:50 Kick
	{2 x 75 on 1:45 Kick
	{4 x 25 on :45 Kick no brd S-9+1 KOW
	{2 x 75 on 1:45 Kick
	{2 x 75 on 1:40 Kick
	{4 x 25 on :45 Kick no brd L-9+1 KOW
	{2 x 75 on 1:40 Kick
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no brd R 9+1 KOW
600	1x{1 x 150 on 2:50 Pulls-nbbf&w
	{1 x 150 on 2:45 Pulls-nbbf&w + 1 yd
	{1 x 100 on 1:45 Pulls-nbbf&w + 2 yds
	{1 x 100 on 1:40 Pulls-nbbf&w + 3 yds
	{1 x 100 on 1:35 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
1,500	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 100 on 1:45 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice
	9:36 AM 4,350 Yards - Stress Value = 69

Workout #8080 - Monday, 22 November 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	4:44 PM Start			
2,250	1x{3 x 100 on 1:35 Backstroke	EN2	S	BK
	{2 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 x 100 on 1:25 Backstroke	EN2	S	BK
	{6 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{2 x 100 on 1:25 Backstroke	EN2	S	BK
	{1 x 100 on 1:20 Backstroke	EN2	S	BK
	{6 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:25 Backstroke	EN2	S	BK
	{2 x 100 on 1:20 Backstroke	EN2	S	BK
	{1 x 100 on 1:15 Backstroke	EN2	S	BK
	{6 x 25 on :30 Back 4 KOW +1	EN2	S	BK
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,550 Yards - Stress Value = 45			

Workout #8077 - Monday, 22 November 2010

HighSchl - Breast

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,000	1x{1 x 200 on 3:30 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:00 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:30 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 2:00 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Breaststroke	EN3	S	BR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,300 Yards - Stress Value = 60

	{3 x 50 on :45 4 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,300 Yards - Stress Value = 30

Workout #8062 - Monday, 22 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	W
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,700	4 x 425 on 6:15 Freestyle	EN2	S	
200	1 x 200 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

7:05 AM 2,450 Yards - Stress Value = 40

Workout #8061 - Monday, 22 November 2010

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	W
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
2,000	4 x 500 on 6:15 Freestyle	EN2	S	
200	1 x 200 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

7:05 AM 2,750 Yards - Stress Value = 46

Workout #8065 - Monday, 22 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	W
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,450	1x{1 x 150 on 2:30 Freestyle	EN1	S	
	{2 x 100 on 1:40 Freestyle	EN1	S	
	{3 x 50 on :50 Freestyle	EN1	S	
	{1 x 150 on 2:25 Freestyle	EN1	S	
	{2 x 100 on 1:35 Freestyle	EN1	S	
	{3 x 50 on :45 Freestyle	EN2	S	
	{1 x 150 on 2:20 Freestyle	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN2	S	
	{1 x 50 on :40 Freestyle	EN2	S	
	{6 x 25 on :30 Free-descend to 100%	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

7:05 AM 2,200 Yards - Stress Value = 28

Workout #8074 - Monday, 22 November 2010

HighSchl - Distance

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,625	1x{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:30 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:25 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:20 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:15 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,850 Yards - Stress Value = 80

Workout #8068 - Monday, 22 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	W
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,400	1x{1 x 150 on 2:30 2 strokes fly off walls	EN1	S	
	{1 x 150 on 2:30 3 strokes fly off walls	EN1	S	
	{1 x 150 on 2:30 4 strokes fly off walls	EN2	S	
	{2 x 100 on 1:40 2 strokes fly off walls	EN1	S	
	{2 x 100 on 1:40 3 strokes fly off walls	EN1	S	
	{2 x 100 on 1:40 4 strokes fly off walls	EN2	S	
	{3 x 50 on :50 2 strokes fly off walls	EN2	S	
	{3 x 50 on :50 3 strokes fly off walls	EN2	S	
	{1 x 50 on :50 4 strokes fly off walls	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

7:05 AM 2,150 Yards - Stress Value = 28

Workout #8067 - Monday, 22 November 2010

HighSchl - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch		L	W
400	1 x 400 on 7:00 Swim-kick-drill-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,500	1x{1 x 150 on 2:15 2 strokes fly off walls	EN1	S	
	{1 x 150 on 2:15 3 strokes fly off walls	EN1	S	
	{1 x 150 on 2:15 4 strokes fly off walls	EN2	S	
	{2 x 100 on 1:30 2 strokes fly off walls	EN1	S	
	{2 x 100 on 1:30 3 strokes fly off walls	EN1	S	
	{2 x 100 on 1:30 4 strokes fly off walls	EN2	S	
	{3 x 50 on :45 2 strokes fly off walls	EN2	S	
	{3 x 50 on :45 3 strokes fly off walls	EN2	S	

Workout #8075 - Monday, 22 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,375	1x{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:45 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:40 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:35 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{1 x 250 on 3:30 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,600 Yards - Stress Value = 75

Workout #8078 - Monday, 22 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
1,850	1x{1 x 200 on 3:45 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:10 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:40 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 100 on 1:45 Breaststroke	EN2	S	BR
	{2 x 50 on 1:00 Breaststroke	EN3	S	BR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,150 Yards - Stress Value = 59

Workout #8081 - Monday, 22 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{3 x 100 on 1:45 Backstroke	EN2	S	BK
	{2 x 100 on 1:40 Backstroke	EN2	S	BK
	{1 x 100 on 1:35 Backstroke	EN2	S	BK
	{6 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:40 Backstroke	EN2	S	BK
	{2 x 100 on 1:35 Backstroke	EN2	S	BK
	{1 x 100 on 1:30 Backstroke	EN2	S	BK
	{6 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:35 Backstroke	EN2	S	BK
	{2 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 x 100 on 1:25 Backstroke	EN2	S	BK
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,400 Yards - Stress Value = 42

Workout #8070 - Monday, 22 November 2010

HighSchl - Platinum

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
1,600	1x{4 x 25 on :45 Kick no board BSLR-12 KOW

{3 x 100 on 1:30 Kick

{4 x 25 on :45 Kick no board BSLR-12 KOW

{3 x 100 on 1:35 Kick

{4 x 25 on :45 Kick no board BSLR-12 KOW

{3 x 100 on 1:40 Kick

{4 x 25 on :45 Kick no board BSLR-12 KOW

{3 x 100 on 1:45 Kick

1,200 1x{2 x 200 on 2:45 Pull no br L.12 yds

{2 x 200 on 2:40 Pull no br L.12 yds

{2 x 200 on 2:35 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

4:43 PM 3,650 Yards - Stress Value = 50

Workout #8071 - Monday, 22 November 2010

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
1,450	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 50 on 1:00 Kick
1,050	1x{2 x 200 on 3:00 Pull no br L.12 yds
	{2 x 200 on 2:55 Pull no br L.12 yds
	{2 x 125 on 1:50 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

4:43 PM 3,350 Yards - Stress Value = 45

Workout #8072 - Monday, 22 November 2010

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
1,300	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
950	1x{2 x 200 on 3:25 Pull no br L.12 yds
	{2 x 200 on 3:20 Pull no br L.12 yds
	{1 x 150 on 2:25 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

4:43 PM 3,050 Yards - Stress Value = 42

Workout #8073 - Monday, 22 November 2010

HighSchl - Bronze

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
 1,250 1x{4 x 25 on :45 Kick no board BSLR-12 KOW
 {3 x 100 on 2:15 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {2 x 100 on 2:25 Kick
 {4 x 25 on :45 Kick no board BSLR-12 KOW
 {3 x 50 on 1:10 Kick
 850 1x{2 x 200 on 3:40 Pull no br L.12 yds
 {1 x 200 on 3:35 Pull no br L.12 yds
 {2 x 125 on 2:10 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
 4:43 PM 2,900 Yards - Stress Value = 39

Workout #8063 - Monday, 22 November 2010

HighSchl - Silver/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 Swim-kick-drill-swim REC S
 150 10 x 15 on :45 Shooters SP3 S
 1,500 4 x 375 on 6:15 Freestyle EN2 S
 200 1 x 200 on 2:00 Stroke Drills REC D
 1 on 10:00 Ice M
 7:05 AM 2,200 Yards - Stress Value = 36

Workout #8066 - Monday, 22 November 2010

HighSchl - Silver/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
 1,350 1x{1 x 150 on 2:45 Freestyle EN1
 {2 x 100 on 1:50 Freestyle EN1
 {3 x 50 on :55 Freestyle EN1
 {1 x 150 on 2:40 Freestyle EN1
 {2 x 100 on 1:45 Freestyle EN1
 {3 x 50 on :45 Freestyle EN2
 {1 x 150 on 2:20 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN2
 {4 x 25 on :30 Free-descend to 100% EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,050 Yards - Stress Value = 26

Workout #8069 - Monday, 22 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 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
 1,300 1x{1 x 150 on 2:45 2 strokes fly off walls EN1
 {1 x 150 on 2:45 3 strokes fly off walls EN1
 {1 x 150 on 2:45 4 strokes fly off walls EN2
 {2 x 100 on 1:50 2 strokes fly off walls EN1
 {2 x 100 on 1:50 3 strokes fly off walls EN1
 {2 x 100 on 1:50 4 strokes fly off walls EN2
 {2 x 50 on :55 2 strokes fly off walls EN2
 {2 x 50 on :55 3 strokes fly off walls EN2
 {1 x 50 on :55 4 strokes fly off walls EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 7:05 AM 2,000 Yards - Stress Value = 26

Workout #8076 - Monday, 22 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,025 1x{1 x 125 on 2:30 Freestyle EN3 S FR
 {2 x 200 on 3:40 Freestyle EN2 S FR
 {1 x 125 on 2:30 Freestyle EN3 S FR
 {2 x 200 on 3:35 Freestyle EN2 S FR
 {1 x 125 on 2:30 Freestyle EN3 S FR
 {2 x 200 on 3:30 Freestyle EN2 S FR
 {1 x 125 on 2:30 Freestyle EN3 S FR
 {1 x 200 on 3:25 Freestyle EN2 S FR
 {1 x 125 on 2:30 Freestyle EN3 S FR
 225 1 x 225 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:36 PM 2,250 Yards - Stress Value = 68

Workout #8079 - Monday, 22 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,650 1x{1 x 200 on 4:00 Breaststroke EN2 S BR
 {4 x 50 on 1:10 Breast EN3 S BR
 {2 x 175 on 3:25 Breaststroke EN2 S BR
 {3 x 50 on 1:10 Breaststroke EN3 S BR
 {3 x 100 on 1:55 Breaststroke EN2 S BR
 {2 x 50 on 1:10 Breaststroke EN3 S BR
 {4 x 75 on 1:25 Breaststroke EN2 S BR
 {1 x 50 on 1:10 Breaststroke EN3 S BR
 300 1 x 300 on 5:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:34 PM 1,950 Yards - Stress Value = 53

Workout #8082 - Monday, 22 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:44 PM Start

Yards	Set Description	EGY	WORK	STK
1,800	1x{3 x 100 on 1:55 Backstroke	EN2	S	BK
	{2 x 100 on 1:50 Backstroke	EN2	S	BK
	{1 x 100 on 1:45 Backstroke	EN2	S	BK
	{4 x 25 on :40 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:50 Backstroke	EN2	S	BK
	{2 x 100 on 1:45 Backstroke	EN2	S	BK
	{1 x 100 on 1:40 Backstroke	EN2	S	BK
	{4 x 25 on :40 Back 4 KOW +1	EN2	S	BK
	{2 x 100 on 1:45 Backstroke	EN2	S	BK
	{1 x 100 on 1:40 Backstroke	EN2	S	BK
300	{1 x 100 on 1:25 Backstroke	EN2	S	BK
	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:34 PM 2,100 Yards - Stress Value = 36

Workout #8064 - Monday, 22 November 2010

HighSchl - Sprint

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	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{1 x 150 on 2:10 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN2	
	{1 x 150 on 2:05 Freestyle	EN2	
	{2 x 100 on 1:20 Freestyle	EN2	
	{3 x 50 on :35 Freestyle	EN2	
200	{6 x 25 on :30 Free-descend to 100%	EN2	
	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,400 Yards - Stress Value = 32

Workout #8087 - Tuesday, 23 November 2010

HighSchl - Distance

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 35	EN2	S	FR
	{1 x 300 on 3:55 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 34	EN2	S	FR
	{1 x 300 on 3:50 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 33	EN2	S	FR
	{1 x 300 on 3:45 Freestyle	EN2	S	FR
	{6 x 50 on :40 Free hold 32	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,600 Yards - Stress Value = 48

Workout #8088 - Tuesday, 23 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK

2,100	1x{1 x 300 on 4:20 Freestyle	EN2	S	FR
	{5 x 50 on :50 Free hold 40	EN2	S	FR
	{1 x 300 on 4:15 Freestyle	EN2	S	FR
	{5 x 50 on :50 Free hold 39	EN2	S	FR
	{1 x 300 on 4:10 Freestyle	EN2	S	FR
	{4 x 50 on :50 Free hold 38	EN2	S	FR
	{1 x 300 on 4:05 Freestyle	EN2	S	FR
	{4 x 50 on :50 Free hold 37	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M

5:35 PM 2,300 Yards - Stress Value = 42

Workout #8091 - Tuesday, 23 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
1,800	1x{1 x 100 on 1:55 Individual Medley		E
	{4 x 75 on 1:20 Fly-25L 25R 25 B		E
	{2 x 100 on 1:50 Individual Medley		E
	{4 x 75 on 1:20 Back 25L 25R 25B		E
	{2 x 100 on 1:45 Individual Medley		E
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk		E
	{1 x 100 on 1:40 Individual Medley		E
	{4 x 75 on 1:15 Fr 25sclsdfst25catchup25reg		E
200	1 x 200 on 3:00 Stroke Drills		F
	1 on 10:00 Ice		

5:36 PM 2,000 Yards - Stress Value = 36

Workout #8094 - Tuesday, 23 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
1,700	1x{8 x 25 on :30 Odds sprint evens drill	EN2	
	{4 x 125 on 2:05 Free-descend	EN2	
	{8 x 25 on :30 Odds sprint evens drill	EN2	
	{3 x 100 on 1:40 Free-descend	EN2	
	{8 x 25 on :30 Odds sprint evens free	EN2	
	{4 x 75 on 1:15 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 1,950 Yards - Stress Value = 34

Workout #8090 - Tuesday, 23 November 2010

HighSchl - IM'ers

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
1,900	1x{1 x 100 on 1:45 Individual Medley		E
	{4 x 75 on 1:15 Fly-25L 25R 25 B		E
	{2 x 100 on 1:40 Individual Medley		E
	{4 x 75 on 1:15 Back 25L 25R 25B		E
	{3 x 100 on 1:40 Individual Medley		E
	{4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk		E
	{1 x 100 on 1:35 Individual Medley		E
	{4 x 75 on 1:10 Fr 25sclsdfst25catchup25reg		E
200	1 x 200 on 3:00 Stroke Drills		F
	1 on 10:00 Ice		

5:35 PM 2,100 Yards - Stress Value = 38

Workout #8083 - Tuesday, 23 November 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Team Mtg
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 1,600 1x{4 x 50 on 1:00 Kick #3
 {1 x 200 on 3:30 Kick
 {4 x 50 on 1:00 Kick #2
 {2 x 150 on 2:40 Kick
 {4 x 50 on 1:00 Kick #3
 {3 x 100 on 1:45 Kick
 {4 x 50 on 1:00 Kick #2
 800 1x{2 x 100 on 1:30 Pulls
 {2 x 100 on 1:25 Pulls
 {2 x 100 on 1:20 Pulls
 {2 x 100 on 1:15 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,650 Yards - Stress Value = 56

Workout #8084 - Tuesday, 23 November 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Team Mtg
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 1,500 1x{4 x 50 on 1:05 Kick #3
 {1 x 200 on 4:00 Kick
 {4 x 50 on 1:05 Kick #2
 {2 x 150 on 3:00 Kick
 {4 x 50 on 1:00 Kick #3
 {2 x 100 on 2:00 Kick
 {4 x 50 on 1:05 Kick #2
 700 1x{2 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 {2 x 75 on 1:10 Pulls
 {2 x 75 on 1:05 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,500 Yards - Stress Value = 54

Workout #8085 - Tuesday, 23 November 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Team Mtg
 550 1 x 550 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 1,350 1x{4 x 50 on 1:10 Kick #3
 {1 x 200 on 4:20 Kick
 {4 x 50 on 1:10 Kick #2
 {1 x 150 on 3:15 Kick
 {4 x 50 on 1:10 Kick #3
 {2 x 100 on 2:10 Kick

{4 x 50 on 1:10 Kick #2
 500 1x{2 x 100 on 1:50 Pulls
 {2 x 75 on 1:20 Pulls
 {2 x 75 on 1:15 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,250 Yards - Stress Value = 51

Workout #8086 - Tuesday, 23 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 Shoulders/Stretch/Team Mtg
 500 1 x 500 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 1,250 1x{4 x 50 on 1:15 Kick #3
 {1 x 200 on 4:40 Kick
 {4 x 50 on 1:15 Kick #2
 {1 x 150 on 3:30 Kick
 {3 x 50 on 1:15 Kick #3
 {2 x 100 on 2:20 Kick
 {3 x 50 on 1:15 Kick #2
 450 1x{2 x 100 on 1:55 Pulls
 {2 x 75 on 1:25 Pulls
 {2 x 50 on :55 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:48 PM 3,050 Yards - Stress Value = 48

Workout #8089 - Tuesday, 23 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,850 1x{1 x 250 on 4:10 Freestyle EN2 S FR
 {5 x 50 on :55 Free hold 45 EN2 S FR
 {1 x 250 on 4:05 Freestyle EN2 S FR
 {5 x 50 on :55 Free hold 44 EN2 S FR
 {1 x 250 on 4:00 Freestyle EN2 S FR
 {4 x 50 on :55 Free hold 43 EN2 S FR
 {1 x 250 on 3:55 Freestyle EN2 S FR
 {3 x 50 on :55 Free hold 42 EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,050 Yards - Stress Value = 37

Workout #8085 - Tuesday, 23 November 2010

HighSchl - Silver

1 minute rest between sets

Workout #8092 - Tuesday, 23 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:49 PM	Start		
1,700	1x{1 x 100 on 2:05 Individual Medley	E	
	{4 x 75 on 1:25 Fly-25L 25R 25 B	E	
	{2 x 100 on 2:00 Individual Medley	E	
	{4 x 75 on 1:25 Back 25L 25R 25B	E	
	{1 x 100 on 1:55 Individual Medley	E	
	{4 x 75 on 1:30 Brst 25FrK 25FrK 25Rk	E	
	{1 x 100 on 1:40 Individual Medley	E	
	{4 x 75 on 1:20 Fr 25sclsdfst25catchup25reg	E	
200	1 x 200 on 3:00 Stroke Drills	F	
	1 on 10:00 Ice		
5:36 PM	1,900 Yards - Stress Value = 34		

Workout #8095 - Tuesday, 23 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
4:49 PM	Start		
1,450	1x{6 x 25 on :40 Odds sprint evens drill	EN2	
	{4 x 125 on 2:20 Free-descend	EN2	
	{6 x 25 on :40 Odds sprint evens drill	EN2	
	{3 x 100 on 1:50 Free-descend	EN2	
	{6 x 25 on :40 Odds sprint evens free	EN2	
	{4 x 50 on :55 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	1,700 Yards - Stress Value = 29		

Workout #8093 - Tuesday, 23 November 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
4:49 PM	Start		
1,800	1x{8 x 25 on :30 Odds sprint evens drill	EN2	
	{4 x 125 on 1:55 Free-descend	EN2	
	{8 x 25 on :30 Odds sprint evens drill	EN2	
	{4 x 100 on 1:30 Free-descend	EN2	
	{8 x 25 on :30 Odds sprint evens free	EN2	
	{4 x 75 on 1:10 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
5:35 PM	2,050 Yards - Stress Value = 36		

Workout #8103 - Wednesday, 24 November 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY
7:22 AM	Start	
1,400	1x{3 x 125 on 2:20 Breast L.25 3X pullouts	EN2
	{4 x 50 on :50 Breaststroke	EN2
	{3 x 125 on 2:15 Breast L.25 3X pullouts	EN2
	{4 x 50 on :55 Breaststroke	EN2
	{2 x 125 on 1:45 Breast L.25 3X pullouts	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
8:04 AM	1,700 Yards - Stress Value = 29	

Workout #8100 - Wednesday, 24 November 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
7:22 AM	Start				
2,000	1x{4 x 125 on 1:40 Freestyle	EN2	S	FR	1
	{1 x 500 on 6:15 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:40 Freestyle	EN2	S	FR	1
	{1 x 500 on 6:00 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
8:05 AM	2,300 Yards - Stress Value = 40				

Workout #8105 - Wednesday, 24 November 2010

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
7:22 AM	Start				
1,300	1x{1 x 200 on 3:20 Butterfly	EN2	S	FLY	1
	{4 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 2:50 Butterfly	EN2	S	FLY	1
	{4 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 150 on 2:25 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
8:05 AM	1,600 Yards - Stress Value = 26				

Workout #8101 - Wednesday, 24 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
7:22 AM	Start				
1,800	1x{4 x 125 on 1:50 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:45 Freestyle	EN2	S	FR	1
	{4 x 125 on 1:50 Freestyle	EN2	S	FR	1
	{1 x 400 on 5:30 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
8:05 AM	2,100 Yards - Stress Value = 36				

Workout #8104 - Wednesday, 24 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
7:22 AM	Start	
1,300	1x{3 x 100 on 2:05 Breast L.25 3X pullouts	EN2
	{4 x 50 on :55 Breaststroke	EN2
	{3 x 100 on 2:00 Breast L.25 3X pullouts	EN2
	{4 x 50 on 1:00 Breaststroke	EN2
	{3 x 100 on 1:55 Breast L.25 3X pullouts	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
8:05 AM	1,600 Yards - Stress Value = 26	

Workout #8106 - Wednesday, 24 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

7:22 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,225	1x{1 x 200 on 3:40 Butterfly	EN2	S	FLY	1
	{4 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:05 Butterfly	EN2	S	FLY	1
	{4 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 125 on 2:10 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

8:05 AM 1,525 Yards - Stress Value = 25

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
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:25 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:05 Kick
100	1 x 100 on 2:00 Kick for time
800	1 x 800 on 13:30 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

7:21 AM 2,850 Yards - Stress Value = 47

Workout #8096 - Wednesday, 24 November 2010

HighSchl - Platinum

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 40:00 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
1,400	1x{6 x 25 on :30 Kick no board BSLRBS
	{1 x 200 on 3:30 Kick
	{6 x 25 on :35 Kick no board BSLRLR
	{1 x 200 on 3:25 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{1 x 200 on 3:20 Kick
	{6 x 25 on :45 Kick no board BSLRLR
	{1 x 200 on 3:15 Kick
100	1 x 100 on 2:00 Kick for time
1,000	1 x 1000 on 13:30 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

7:21 AM 3,350 Yards - Stress Value = 56

Workout #8099 - Wednesday, 24 November 2010

HighSchl - Bronze

1 minute rest between sets

5:30 AM 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
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:35 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:10 Kick
100	1 x 100 on 2:00 Kick for time
700	1 x 700 on 13:30 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

7:21 AM 2,700 Yards - Stress Value = 45

Workout #8097 - Wednesday, 24 November 2010

HighSchl - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 40:00 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{6 x 25 on :30 Kick no board BSLRBS
	{1 x 200 on 4:00 Kick
	{6 x 25 on :35 Kick no board BSLRLR
	{1 x 200 on 3:55 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{1 x 200 on 3:50 Kick
	{6 x 25 on :45 Kick no board BSLRLR
	{1 x 100 on 1:55 Kick
100	1 x 100 on 2:00 Kick for time
900	1 x 900 on 13:30 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

7:21 AM 3,150 Yards - Stress Value = 52

Workout #8102 - Wednesday, 24 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

7:22 AM Start

Yards	Set Description	EGY	WORK	STK	F
1,600	1x{4 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:30 Freestyle	EN2	S	FR	1
	{4 x 100 on 1:40 Freestyle	EN2	S	FR	1
	{1 x 400 on 6:00 Freestyle	EN2	S	FR	1
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

8:05 AM 1,900 Yards - Stress Value = 32

Workout #8098 - Wednesday, 24 November 2010

HighSchl - Silver

1 minute rest between sets

5:30 AM Start

Workout #8107 - Wednesday, 24 November 2010

HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	E
7:22 AM	Start				
1,150	1x{1 x 200 on 4:00 Butterfly	EN2	S	FLY	2
	{4 x 25 on :45 Fly 15m under	EN2	S	FLY	3
	{2 x 175 on 3:25 Butterfly	EN2	S	FLY	1
	{4 x 25 on :45 Fly 12m under	EN2	S	FLY	3
	{3 x 100 on 1:55 Butterfly	EN2	P	FLY	1
	{4 x 25 on :45 Fly 9m under	EN2	S	FLY	3
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
8:05 AM	1,450 Yards - Stress Value = 23				

Workout #8108 - Wednesday, 24 November 2010

HighSchl - Recovery/Technique Day
1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM	Start		
	1 on 15:00 Stretch		
800	1 x 800 on 12:00 Choice	REC	
	1 on 15:00 Techniques-Stanford turn dirll		
300	6 x 50 on 1:00 Mid pool swims	REC	
	1 on 20:00 Techniques-		
500	10 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:30 PM	1,600 Yards		

Workout #8116 - Friday, 26 November 2010

HighSchl - Back
1 minute rest between sets

Yards	Set Description	EGY	WORK
8:50 AM	Start		
1,500	1x{1 x 250 on 3:45 Back w/paddles	EN1	S
	{5 x 50 on 1:00 Back w/ tennis balls	EN1	S
	{1 x 100 on 1:30 Back-good effort	EN2	S
	{1 x 200 on 3:00 Back w/paddles	EN1	S
	{4 x 50 on 1:00 Back w/tennis balls	EN1	S
	{1 x 100 on 1:35 Back-good effort	EN2	S
	{1 x 150 on 2:15 Back w/paddles	EN1	S
	{3 x 50 on 1:00 Back w/tennis balls	EN1	S
	{1 x 100 on 1:40 Back-good effort	EN2	S
400	1 x 400 on 8:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	1,900 Yards - Stress Value = 18		

Workout #8113 - Friday, 26 November 2010

HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY
8:50 AM	Start	
2,000	1x{2 x 200 on 2:40 Freestyle	EN1
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:45 Free Hold 238	EN1
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:50 Free hold 236	EN1
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
	{2 x 200 on 2:55 Free hold 234	EN1
	{1 x 100 on 1:15 Free HB +1 off each wall	EN2
300	1 x 300 on 6:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:35 AM	2,300 Yards - Stress Value = 24	

Workout #8114 - Friday, 26 November 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY
8:50 AM	Start	
1,800	1x{2 x 200 on 3:00 Freestyle	EN1
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{2 x 200 on 3:05 Free Hold 255	EN1
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{2 x 200 on 3:10 Free hold 253	EN1
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
	{1 x 200 on 3:15 Free hold 251	EN1
	{1 x 100 on 1:25 Free HB +1 off each wall	EN2
300	1 x 300 on 6:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:35 AM	2,100 Yards - Stress Value = 22	

Workout #8117 - Friday, 26 November 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK
8:50 AM	Start		
1,500	1x{1 x 250 on 4:10 Back w/paddles	EN1	S
	{5 x 50 on 1:00 Back w/ tennis balls	EN1	S
	{1 x 100 on 1:40 Back-good effort	EN2	S
	{1 x 200 on 3:20 Back w/paddles	EN1	S
	{4 x 50 on 1:00 Back w/tennis balls	EN1	S
	{1 x 100 on 1:45 Back-good effort	EN2	S
	{1 x 150 on 2:30 Back w/paddles	EN1	S
	{3 x 50 on 1:00 Back w/tennis balls	EN1	S
	{1 x 100 on 1:50 Back-good effort	EN2	S
300	1 x 300 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	1,800 Yards - Stress Value = 18		

Workout #8120 - Friday, 26 November 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK
8:50 AM	Start		
1,575	1x{2 x 75 on 1:15 Freestyle	EN1	S
	{2 x 50 on :50 Freestyle	EN1	S
	{4 x 25 on :30 Free descend	EN2	S
	{3 x 75 on 1:15 Freestyle	EN1	S
	{3 x 50 on :50 Freestyle	EN1	S
	{6 x 25 on :30 Free descend in 3's	EN2	S
	{4 x 75 on 1:15 Freestyle	EN1	S
	{4 x 50 on :50 Freestyle	EN1	S
	{8 x 25 on :30 Free descend in 4's	EN2	S
300	1 x 300 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	1,875 Yards - Stress Value = 21		

Workout #8109 - Friday, 26 November 2010

HighSchl - Platinum

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,500 1x{12 x 25 on :30 Kick no board BSLR X3
 {2 x 100 on 1:35 Kick
 {2 x 75 on 1:15 Kick
 {2 x 50 on :55 Kick
 {8 x 25 on :40 Kick no board BSLR X2
 {2 x 100 on 1:35 Kick
 {2 x 75 on 1:15 Kick
 {2 x 50 on :50 Kick
 {4 x 25 on :50 Kick no board BSLR
 1,000 1x{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {2 x 50 on :40 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
 8:49 AM 3,350 Yards - Stress Value = 46

Workout #8110 - Friday, 26 November 2010

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,400 1x{12 x 25 on :30 Kick no board BSLR X3
 {2 x 100 on 1:50 Kick
 {2 x 75 on 1:25 Kick
 {1 x 50 on 1:00 Kick
 {8 x 25 on :40 Kick no board BSLR X2
 {2 x 100 on 1:50 Kick
 {2 x 75 on 1:25 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :50 Kick no board BSLR
 900 1x{2 x 150 on 2:15 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:55 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:30 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:10 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
 8:49 AM 3,150 Yards - Stress Value = 43

Workout #8111 - Friday, 26 November 2010

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
 1,200 1x{12 x 25 on :40 Kick no board BSLR X3
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:35 Kick
 {1 x 50 on 1:05 Kick
 {8 x 25 on :45 Kick no board BSLR X2
 {1 x 100 on 2:05 Kick
 {2 x 75 on 1:35 Kick
 {1 x 50 on 1:05 Kick

{4 x 25 on :50 Kick no board BSLR
 800 1x{1 x 150 on 2:30 Pulls-nbbf&w + 2 yds
 {2 x 125 on 2:05 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:40 Pulls-nbbf&w + 2 yds
 {2 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
 8:49 AM 2,800 Yards - Stress Value = 38

Workout #8112 - Friday, 26 November 2010

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 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,150 1x{12 x 25 on :40 Kick no board BSLR X3
 {1 x 100 on 2:15 Kick
 {2 x 75 on 1:45 Kick
 {8 x 25 on :45 Kick no board BSLR X2
 {1 x 100 on 2:15 Kick
 {2 x 75 on 1:45 Kick
 {1 x 50 on 1:10 Kick
 {4 x 25 on :50 Kick no board BSLR
 750 1x{1 x 150 on 2:45 Pulls-nbbf&w + 2 yds
 {2 x 125 on 2:20 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:25 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
 8:49 AM 2,650 Yards - Stress Value = 37

Workout #8115 - Friday, 26 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:50 AM Start
 Yards Set Description EGY
 =====
 1,600 1x{1 x 200 on 3:20 Freestyle EN1
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {2 x 200 on 3:25 Free Hold 315 EN1
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {2 x 200 on 3:30 Free hold 310 EN1
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 {1 x 200 on 3:35 Free hold 305 EN1
 {1 x 100 on 1:35 Free HB +1 off each wall EN2
 300 1 x 300 on 6:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 1,900 Yards - Stress Value = 20

Workout #8118 - Friday, 26 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:50 AM	Start		
1,250	1x{1 x 200 on 4:00 Back w/paddles	EN1	S
	{4 x 50 on 1:10 Back w/ tennis balls	EN1	S
	{1 x 100 on 2:00 Back-good effort	EN2	S
	{1 x 150 on 3:00 Back w/paddles	EN1	S
	{4 x 50 on 1:10 Back w/tennis balls	EN1	S
	{1 x 100 on 2:05 Back-good effort	EN2	S
	{1 x 100 on 2:00 Back w/paddles	EN1	S
	{2 x 50 on 1:10 Back w/tennis balls	EN1	S
	{1 x 100 on 2:10 Back-good effort	EN2	S
350	1 x 350 on 7:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	1,600 Yards - Stress Value = 16		

Workout #8121 - Friday, 26 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:50 AM	Start		
1,425	1x{2 x 75 on 1:25 Freestyle	EN1	S
	{2 x 50 on :55 Freestyle	EN1	S
	{4 x 25 on :30 Free descend	EN2	S
	{3 x 75 on 1:25 Freestyle	EN1	S
	{3 x 50 on :55 Freestyle	EN1	S
	{6 x 25 on :30 Free descend in 3's	EN2	S
	{4 x 75 on 1:25 Freestyle	EN1	S
	{1 x 50 on :55 Freestyle	EN1	S
	{8 x 25 on :30 Free descend in 4's	EN2	S
300	1 x 300 on 6:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	1,725 Yards - Stress Value = 19		

Workout #8119 - Friday, 26 November 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
8:50 AM	Start		
1,575	1x{2 x 75 on 1:10 Freestyle	EN1	S
	{2 x 50 on :45 Freestyle	EN1	S
	{4 x 25 on :30 Free descend	EN2	S
	{3 x 75 on 1:10 Freestyle	EN1	S
	{3 x 50 on :45 Freestyle	EN1	S
	{6 x 25 on :30 Free descend in 3's	EN2	S
	{4 x 75 on 1:10 Freestyle	EN1	S
	{4 x 50 on :45 Freestyle	EN1	S
	{8 x 25 on :30 Free descend in 4's	EN2	S
350	1 x 350 on 7:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM	1,925 Yards - Stress Value = 21		

Workout #8122 - Friday, 26 November 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:00 PM	Start		
	1 on 15:00 Shoulders		
600	1 x 600 on 10:00 Reverse IM drill		F
150	10 x 15 on :45 Shooters		S
900	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 x 200 on 4:00 Social Kick	F
1 on 15:00 Techniques-Relay Starts	
400 16 x 25 on :30 Free-goggle malfunction	E
250 1 x 250 on 4:00 Stroke Drills	F
1 on 10:00 Ice	
4:35 PM 2,300 Yards - Stress Value = 14	

Workout #8142 - Monday, 29 November 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:36 PM	Start		
1,900	1x{2 x 200 on 3:30 Backstroke	EN1	S
	{2 x 175 on 3:00 Backstroke	EN1	S
	{2 x 150 on 2:30 Backstroke	EN1	S
	{2 x 125 on 2:00 Backstroke	EN1	S
	{2 x 100 on 1:35 Backstroke	EN1	S
	{2 x 75 on 1:10 Backstroke	EN1	S
	{2 x 50 on :45 Backstroke	EN1	S
	{6 x 25 on :30 Back-des in 3's	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:23 PM	2,150 Yards - Stress Value = 21		

Workout #8139 - Monday, 29 November 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:36 PM	Start		
1,700	1x{1 x 200 on 3:40 Breaststroke	EN1	S
	{4 x 75 on 1:30 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:40 Breaststroke	EN1	S
	{4 x 75 on 1:25 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:45 Breaststroke	EN1	S
	{4 x 75 on 1:20 Breast 2X pullouts	EN1	P
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:23 PM	1,950 Yards - Stress Value = 17		

Workout #8123 - Monday, 29 November 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
	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
1,500	1x{1 x 500 on 7:00 Freestyle	EN1	
	{1 x 400 on 5:40 Freestyle	EN1	
	{1 x 300 on 4:15 Freestyle	EN1	
	{1 x 200 on 2:50 Freestyle	EN1	
	{1 x 100 on 1:25 Freestyle	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,300 Yards - Stress Value = 21		

Workout #8126 - Monday, 29 November 2010

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,050	1x{4 x 50 on 1:00 Fly 25L25R	EN1	
	{2 x 75 on 1:40 Kick	EN1	
	{4 x 50 on :55 Fly 25L25R	EN1	
	{2 x 75 on 1:40 Kick	EN1	
	{4 x 50 on :50 Fly 25L25R	EN1	
	{2 x 75 on 1:40 Kick	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:04 AM 1,850 Yards - Stress Value = 18			

Workout #8124 - Monday, 29 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 500 on 7:50 Freestyle	EN1	
	{1 x 400 on 6:20 Freestyle	EN1	
	{1 x 300 on 4:45 Freestyle	EN1	
	{1 x 150 on 2:20 Freestyle	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,150 Yards - Stress Value = 20			

Workout #8127 - Monday, 29 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,000	1x{4 x 50 on 1:00 Fly 25L25R	EN1	
	{2 x 75 on 1:45 Kick	EN1	
	{4 x 50 on 1:00 Fly 25L25R	EN1	
	{2 x 75 on 1:45 Kick	EN1	
	{4 x 50 on 1:00 Fly 25L25R	EN1	
	{2 x 50 on 1:05 Kick	EN1	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 1,800 Yards - Stress Value = 17			

Workout #8130 - Monday, 29 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Swim-kick-drillll-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,280	1x{4 x 100 on 1:40 Freestyle	EN1	
	{1 x 50 on 1:00 Free-Great Finish	EN1	
	{3 x 100 on 1:40 Freestyle	EN1	
	{2 x 50 on 1:00 Free-Great Finishes	EN1	

	{2 x 140 on 1:30 Freestyle	EN1
	{3 x 50 on 1:00 Free-Great Finishes	EN1
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
7:05 AM 2,130 Yards - Stress Value = 19		

Workout #8140 - Monday, 29 November 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	4:36 PM Start		
	1x{1 x 200 on 4:00 Breaststroke	EN1	S
	{4 x 75 on 1:40 Breast 2X pullouts	EN1	S
	{2 x 150 on 2:55 Breaststroke	EN1	S
	{4 x 75 on 1:35 Breast 2X pullouts	EN1	S
	{3 x 100 on 1:55 Breaststroke	EN1	S
	{3 x 50 on 1:00 Breast 2X pullouts	EN1	P
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:23 PM 1,800 Yards - Stress Value = 16			

Workout #8132 - Monday, 29 November 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
	3:00 PM Start
	1 on 30:00 Core/Stretch/Team Mtg
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 150 on 3:00 Kick
	{1 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:00 Kick
900	1x{4 x 75 on 1:10 Pull no br L.12 yds
	{4 x 75 on 1:05 Pull no br L.12 yds
	{4 x 75 on 1:00 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
4:35 PM 2,900 Yards - Stress Value = 29	

Workout #8133 - Monday, 29 November 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Team Mtg
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
	{1 x 150 on 3:15 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	{2 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:05 Kick
750	1x{4 x 75 on 1:15 Pull no br L.12 yds
	{4 x 75 on 1:10 Pull no br L.12 yds
	{2 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
	4:35 PM 2,700 Yards - Stress Value = 27

Workout #8134 - Monday, 29 November 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Team Mtg
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
	{1 x 150 on 3:30 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:20 Kick
	{2 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:05 Kick
700	1x{2 x 75 on 1:25 Pull no br L.12 yds
	{4 x 75 on 1:20 Pull no br L.12 yds
	{5 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
	4:35 PM 2,550 Yards - Stress Value = 26

Workout #8135 - Monday, 29 November 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Core/Stretch/Team Mtg
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 150 on 3:45 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:15 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:15 Kick
650	1x{2 x 75 on 1:30 Pull no br L.12 yds
	{4 x 75 on 1:25 Pull no br L.12 yds

	{2 x 75 on 1:20 Pull no br L.12 yds
	{1 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
	4:35 PM 2,400 Yards - Stress Value = 25

Workout #8125 - Monday, 29 November 2010

HighSchl - Silver/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-drillll-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,250	1x{1 x 500 on 8:45 Freestyle		EN1
	{1 x 400 on 7:00 Freestyle		EN1
	{1 x 300 on 5:15 Freestyle		EN1
	{1 x 50 on :50 Freestyle		EN1
250	5 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 2,000 Yards - Stress Value = 18		

Workout #8128 - Monday, 29 November 2010

HighSchl - Silver/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-drillll-swim	REC	
150	10 x 15 on :45 Shooters		SP3
850	1x{3 x 50 on 1:10 Fly 25L25R		EN1
	{2 x 75 on 2:00 Kick		EN1
	{3 x 50 on 1:10 Fly 25L25R		EN1
	{2 x 75 on 2:00 Kick		EN1
	{2 x 50 on 1:10 Fly 25L25R		EN1
	{2 x 75 on 2:00 Kick		EN1
250	5 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:05 AM 1,600 Yards - Stress Value = 17		

Workout #8131 - Monday, 29 November 2010

HighSchl - Silver/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-drillll-swim	REC	
150	10 x 15 on :45 Shooters		SP3
1,100	1x{4 x 100 on 1:50 Freestyle		EN1
	{1 x 50 on 1:10 Free-Great Finish		EN1
	{3 x 100 on 1:50 Freestyle		EN1
	{2 x 50 on 1:10 Free-Great Finishes		EN1
	{2 x 100 on 1:50 Freestyle		EN1
	{1 x 50 on 1:10 Free-Great Finish		EN1
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
	7:06 AM 1,900 Yards - Stress Value = 16		

Workout #8141 - Monday, 29 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:36 PM Start			
1,450	1x{1 x 200 on 4:20 Breaststroke	EN1	S
	{4 x 75 on 1:45 Breast 2X pullouts	EN1	S
	{2 x 150 on 3:10 Breaststroke	EN1	S
	{4 x 75 on 1:40 Breast 2X pullouts	EN1	S
	{3 x 100 on 2:05 Breaststroke	EN1	S
	{1 x 50 on 1:05 Breast 2X pullouts	EN1	P
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:23 PM 1,700 Yards - Stress Value = 14			

Workout #8143 - Monday, 29 November 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:36 PM Start			
1,650	1x{2 x 200 on 4:00 Backstroke	EN1	S
	{2 x 175 on 3:25 Backstroke	EN1	S
	{2 x 150 on 2:50 Backstroke	EN1	S
	{2 x 125 on 2:20 Backstroke	EN1	S
	{2 x 100 on 1:50 Backstroke	EN1	S
	{2 x 75 on 1:20 Backstroke	EN1	S
	1 on 10:00 Techniques-Relay Starts		D
250	1 x 250 on 4:00 Stroke Drills	REC	D
5:23 PM 1,900 Yards - Stress Value = 17			

Workout #8129 - Monday, 29 November 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM Start			
	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	
1,300	1x{4 x 100 on 1:30 Freestyle	EN1	
	{1 x 50 on 1:00 Free-Great Finish	EN1	
	{3 x 100 on 1:30 Freestyle	EN1	
	{2 x 50 on 1:00 Free-Great Finishes	EN1	
	{2 x 100 on 1:30 Freestyle	EN1	
	{3 x 50 on 1:00 Free-Great Finishes	EN1	
	{1 x 100 on 1:30 Freestyle	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,150 Yards - Stress Value = 19			

Workout #8136 - Monday, 29 November 2010

Beat Penn - Distance

1 minute rest between sets

Yards	Set Description	EGY	W
4:36 PM Start			
2,300	1x{2 x 150 on 2:00 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-great finishes	EN1	
	{2 x 175 on 2:20 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-Great finishes	EN1	
	{2 x 200 on 2:40 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-Great Finishes	EN1	
	{2 x 225 on 3:00 Freestyle	EN1	
	{4 x 50 on :45 Freestyle-Great Finishes	EN1	
	1 on 10:00 Techniques-Relay starts		
250	1 x 250 on 4:00 Stroke Drills	REC	

5:23 PM 2,550 Yards - Stress Value = 23

Workout #8137 - Monday, 29 November 2010

Beat Penn - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	W
4:36 PM Start			
2,050	1x{2 x 150 on 2:15 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-great finishes	EN1	
	{2 x 175 on 2:35 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-Great finishes	EN1	
	{2 x 200 on 3:00 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-Great Finishes	EN1	
	{2 x 225 on 3:25 Freestyle	EN1	
	{2 x 50 on :50 Freestyle-Great Finishes	EN1	
	1 on 10:00 Techniques-Relay starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
5:23 PM 2,300 Yards - Stress Value = 22			

Workout #8138 - Monday, 29 November 2010

Beat Penn - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
4:36 PM Start			
1,850	1x{2 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :55 Freestyle-great finishes	EN1	
	{2 x 175 on 2:55 Freestyle	EN1	
	{3 x 50 on :55 Freestyle-Great finishes	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{1 x 50 on :55 Freestyle-Great Finishes	EN1	
	{2 x 225 on 3:45 Freestyle	EN1	
	1 on 10:00 Techniques-Relay starts		
250	1 x 250 on 4:00 Stroke Drills	REC	
5:23 PM 2,100 Yards - Stress Value = 19			

Workout #8151 - Wednesday, 01 December 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PAC
4:58 PM Start					
1,200	16 x 75 on 1:30 Breaststroke	EN3	S	BR	2:C
200	1 x 200 on 2:00 Stroke Drills	REC	D	CD	1:C
	1 on 10:00 ice			M	
5:35 PM 1,400 Yards - Stress Value = 72					

Workout #8148 - Wednesday, 01 December 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY
4:58 PM Start		
1,500	15 x 100 on 1:25 Freestyle-hold time I give	EN3
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
5:35 PM 1,750 Yards - Stress Value = 90		

Workout #8152 - Wednesday, 01 December 2010

HighSchl - Fly

1 minute rest between sets

4:58 PM Start
 Yards Set Description EGY WC
 =====
 1,200 4x{1 x 100 on 1:25 Free-hold time I give EN2
 {1 x 25 on :45 Butterfly EN3
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 100 on 2:00 Freestyle REC
 200 1 x 200 on 2:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 1,400 Yards - Stress Value = 32

Workout #8149 - Wednesday, 01 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:58 PM Start
 Yards Set Description EGY WC
 =====
 1,400 14 x 100 on 1:35 Freestyle-hold time I give EN3
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:36 PM 1,650 Yards - Stress Value = 84

Workout #8153 - Wednesday, 01 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:58 PM Start
 Yards Set Description EGY WC
 =====
 1,000 4x{1 x 100 on 1:40 Free-hold time I give EN2
 {1 x 25 on :45 Butterfly EN3
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 50 on 1:40 Freestyle REC
 200 1 x 200 on 2:00 Stroke Drills REC
 1 on 10:00 ice
 5:35 PM 1,200 Yards - Stress Value = 32

Workout #8144 - Wednesday, 01 December 2010

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
 1,600 1x{4 x 25 on :45 Kick no board B 10+1 KOW
 {3 x 100 on 1:55 Kick-hold under 1:40
 {4 x 25 on :45 Kick no board S 10+1 KOW
 {3 x 100 on 1:55 Kick hold under 1:37
 {4 x 25 on :45 Kick no board L 10+1 KOW
 {3 x 100 on 1:55 Kick hold under 1:33
 {4 x 25 on :45 Kick no board R 10+1 KOW
 {3 x 100 on 1:55 Kick hold under 1:29
 1,000 1x{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
 { 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
 4:58 PM 3,450 Yards - Stress Value = 52

Workout #8145 - Wednesday, 01 December 2010

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
 1,500 1x{4 x 25 on :45 Kick no board B 10+1 KOW
 {3 x 100 on 2:05 Kick-hold under 1:55
 {4 x 25 on :45 Kick no board S 10+1 KOW
 {3 x 100 on 2:05 Kick hold under 1:51
 {4 x 25 on :45 Kick no board L 10+1 KOW
 {3 x 100 on 2:05 Kick hold under 1:47
 {4 x 25 on :45 Kick no board R 10+1 KOW
 {2 x 100 on 2:05 Kick hold under 1:43
 850 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
 {1 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
 4:58 PM 3,200 Yards - Stress Value = 47

Workout #8146 - Wednesday, 01 December 2010

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
 1,400 1x{4 x 25 on :45 Kick no board B 10+1 KOW
 {3 x 100 on 2:15 Kick-hold under 2:03
 {4 x 25 on :45 Kick no board S 10+1 KOW
 {3 x 100 on 2:15 Kick hold under 1:59
 {4 x 25 on :45 Kick no board L 10+1 KOW
 {3 x 100 on 2:15 Kick hold under 1:56
 {4 x 25 on :45 Kick no board R 10+1 KOW
 {1 x 100 on 2:15 Kick hold under 1:54
 800 1x{2 x 125 on 2:05 Lungbuster pulls
 {2 x 125 on 2:00 Lungbuster pulls
 {2 x 125 on 1:55 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
 4:58 PM 3,000 Yards - Stress Value = 44

Workout #8147 - Wednesday, 01 December 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK
	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			
1,350	1x{4 x 25 on :45 Kick no board B 10+1 KOW {3 x 100 on 2:20 Kick-hold under 2:15 {4 x 25 on :45 Kick no board S 10+1 KOW {3 x 100 on 2:20 Kick hold under 2:10 {4 x 25 on :45 Kick no board L 10+1 KOW {3 x 100 on 2:20 Kick hold under 2:05 {4 x 25 on :45 Kick no board R 10+1 KOW {1 x 50 on 1:10 Kick hold under 1:00			
750	1x{2 x 125 on 2:15 Lungbuster pulls {2 x 125 on 2:10 Lungbuster pulls {2 x 125 on 2:05 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			
	4:58 PM 2,850 Yards - Stress Value = 42			

Workout #8150 - Wednesday, 01 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:58 PM Start

Yards	Set Description	EGY	WORK	STK
1,200	12 x 100 on 1:45 Freestyle-hold time I give	EN3		
250	1 x 250 on 5:00 Stroke Drills	REC		
	1 on 10:00 Ice			
	5:35 PM 1,450 Yards - Stress Value = 72			

Workout #8154 - Wednesday, 01 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:58 PM Start

Yards	Set Description	EGY	WC	WORK	STK
1,000	4x{1 x 100 on 1:50 Free-hold time I give {1 x 25 on :45 Butterfly {1 x 25 on :40 Butterfly {1 x 25 on :35 Butterfly {1 x 25 on :30 Butterfly {1 x 50 on 1:30 Freestyle	EN2 EN3 EN3 EN3 EN3			
200	1 x 200 on 2:00 Stroke Drills	REC			
	1 on 10:00 ice				
	5:35 PM 1,200 Yards - Stress Value = 32				

Workout #8158 - Friday, 03 December 2010

HighSchl - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights/Stretch on own		L	WTS
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,375	11 x 125 on 1:45 Backstroke Alt 25's of 10 KOW #4,#8 #11-100%	EN2	S	BK
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,275 Yards - Stress Value = 34			

Workout #8155 - Friday, 03 December 2010

HighSchl - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights/Stretch on own		L	WTS
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,500	5 x 300 on 3:45 Freestyle Neg split each one-descend #2-#4 Hold #5 as fast as #4	EN2	S	FR
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:04 AM 2,400 Yards - Stress Value = 36			

Workout #8156 - Friday, 03 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights/Stretch on own		L	WTS
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,500	5 x 300 on 4:15 Freestyle Neg split each one-descend #2-#4 Hold #5 as fast as #4	EN2	S	FR
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,300 Yards - Stress Value = 36			

Workout #8159 - Friday, 03 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights/Stretch on own		L	WTS
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,250	10 x 125 on 2:00 Backstroke Alt 25's of 10 KOW #3,#7 #10-100%	EN2	S	BK
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:05 AM 2,150 Yards - Stress Value = 31			

Workout #8162 - Friday, 03 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights/Stretch on own		L	WTS
400	1 x 400 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,000	5x{1 x 100 on 1:35 Freestyle-DPS {4 x 25 on :40 Free 10/12/14/16 SFS	EN1	S	S
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	7:06 AM 1,850 Yards - Stress Value = 51			

Workout #8157 - Friday, 03 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
1	on 40:00 Weights/Stretch on own		L	WTS
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,250	5 x 250 on 4:15 Freestyle	EN2	S	FR
Neg split each one-descend #2-#4				
Hold #5 as fast as #4				
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD
1	on 10:00 Ice		M	
7:05 AM 2,000 Yards - Stress Value = 31				

Workout #8160 - Friday, 03 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
1	on 40:00 Weights/Stretch on own		L	WTS
350	1 x 350 on 7:00 Reverse IM drill	REC	D	IM
150	10 x 15 on :45 Shooters	SP3	S	IM
1,125	9 x 125 on 2:15 Backstroke	EN2	S	BK
Alt 25's of 10 KOW				
#3,#6,#9-100%				
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
1	on 10:00 Ice		M	
7:05 AM 1,925 Yards - Stress Value = 28				

Workout #8163 - Friday, 03 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
1	on 40:00 Weights/Stretch on own		L	
350	1 x 350 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	5x{1 x 100 on 1:45 Freestyle-DPS	EN1	S	
	{4 x 25 on :45 Free 10/12/14/16 SFS	SP1	S	
Round 5 is only the 100 DPS				
300	6 x 50 on 1:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
7:08 AM 1,800 Yards - Stress Value = 51				

Workout #8161 - Friday, 03 December 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
1	on 40:00 Weights/Stretch on own		L	
400	1 x 400 on 7:00 Reverse IM drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	5x{1 x 100 on 1:25 Freestyle-DPS	EN1	S	
	{4 x 25 on :40 Free 10/12/14/16 SFS	SP1	S	
300	6 x 50 on 1:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
7:05 AM 1,850 Yards - Stress Value = 51				

Workout #8164 - Friday, 03 December 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
3:00 PM Start				
1	on 15:00 Shoulders & Stretch			
750	1 x 750 on 11:00 Choice		RE	
180	12 x 15 on :45 Start/Shooter/Finish		SF	
250	1 x 250 on 10:00 Sculling Drills-Diving Well		EN	
750	1 x 750 on 15:00 Social Kick		RE	
1	on 15:00 Techniques-TN Turn Drills			
600	8 x 75 on 1:15 Freestyle-Great Turns		EN	
1	on 20:00 Techniques-Partner Teaching			
250	5 x 50 on 1:00 Stroke Drills		RE	
1	on 10:00 Ice			
5:05 PM 2,780 Yards - Stress Value = 15				

Workout #8181 - Monday, 06 December 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,350	1x{1 x 150 on 2:25 Backstroke	EN1	S	
	{3 x 50 on :45 Backstroke	EN1	S	
	{2 x 150 on 2:20 Backstroke	EN1	S	
	{3 x 50 on :45 Backstroke	EN1	S	
	{3 x 150 on 2:15 Backstroke	EN2	S	
	{3 x 50 on :45 Backstroke	EN1	S	
	1 on 10:00 Techniques-Relay Starts		D	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 Ice		M	
5:35 PM 1,550 Yards - Stress Value = 20				

Workout #8184 - Monday, 06 December 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:50 PM Start				
1,150	1x{2 x 125 on 2:20 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast DPS	EN2	S	
	{4 x 25 on :30 Breast-fly kick	EN2	D	
	{2 x 125 on 2:15 Breaststroke	EN2	S	
	{2 x 50 on 1:00 Breast DPS	EN2	S	
	{4 x 25 on :30 Breast 2k1p	EN2	D	
	{2 x 125 on 2:10 Breaststroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
1	on 10:00 Techniques-Relay Starts		D	
1	on 10:00 Ice		M	
5:36 PM 1,350 Yards - Stress Value = 23				

Workout #8165 - Monday, 06 December 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:30 AM Start				
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		
1,500	1x{1 x 300 on 3:45 Freestyle	EN2		
	{4 x 50 on :40 Freestyle	EN2		
	{1 x 300 on 3:50 Freestyle	EN2		
	{4 x 50 on :40 Freestyle	EN2		
	{1 x 300 on 3:55 Freestyle	EN2		
	{4 x 50 on :40 Freestyle	EN2		
350	7 x 50 on 1:00 Stroke Drills	REC		
1	on 10:00 Ice			
7:05 AM 2,400 Yards - Stress Value = 36				

Workout #8178 - Monday, 06 December 2010

HighSchl - Distance

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
1,950	1x{2 x 225 on 3:00 Freestyle	EN2	S
	{2 x 100 on 1:30 Free hold 1:20	EN1	S
	{2 x 225 on 3:05 Freestyle	EN2	S
	{2 x 100 on 1:30 Free hold 1:21	EN1	S
	{2 x 225 on 3:10 Freestyle	EN2	S
	{2 x 100 on 1:30 Free hold 1:22	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 ice		M
5:35 PM 2,150 Yards - Stress Value = 35			

Workout #8171 - Monday, 06 December 2010

HighSchl - Fly

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	
1,450	1x{2 x 25 on :25 Butterfly	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{4 x 25 on :25 Butterfly	EN1	
	{1 x 100 on 1:15 Freestyle	EN2	
	{6 x 25 on :25 Butterfly	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{8 x 25 on :25 Butterfly	EN1	
	{2 x 100 on 1:15 Freestyle	EN2	
	{10 x 25 on :25 Butterfly	EN1	
	{2 x 100 on 1:15 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,250 Yards - Stress Value = 28			

Workout #8166 - Monday, 06 December 2010

HighSchl - Gold/Silver

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	
1,450	1x{1 x 300 on 4:15 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{1 x 300 on 4:20 Freestyle	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{1 x 300 on 4:25 Freestyle	EN2	
	{3 x 50 on :45 Freestyle	EN2	
250	5 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,250 Yards - Stress Value = 35			

Workout #8169 - Monday, 06 December 2010

HighSchl - Gold/Silver

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	

1,200 1x{2 x 125 on 2:05 Freestyle L.25 2 breaths EN1

{4 x 25 on :30 Variable Speed EN1

{2 x 100 on 1:40 Freestyle L.25 2 breaths EN1

{4 x 25 on :30 Variable Speed EN1

{2 x 75 on 1:15 Freestyle L.25 2 breaths EN1

{4 x 25 on :30 Variable Speed EN1

{2 x 50 on :50 Freestyle L.25 2 breaths EN1

{8 x 25 on :30 Variable Speed EN1

250 5 x 50 on 1:00 Stroke Drills REC

1 on 10:00 Ice

7:05 AM 2,000 Yards - Stress Value = 18

Workout #8172 - Monday, 06 December 2010

HighSchl - Gold/Silver

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	
1,250	1x{2 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:25 Freestyle	EN2	
	{4 x 25 on :30 Butterfly	EN1	
	{1 x 100 on 1:25 Freestyle	EN2	
	{6 x 25 on :30 Butterfly	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{8 x 25 on :30 Butterfly	EN1	
	{2 x 100 on 1:25 Freestyle	EN2	
	{10 x 25 on :30 Butterfly	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM 2,000 Yards - Stress Value = 24			

Workout #8179 - Monday, 06 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:43 PM Start

Yards	Set Description	EGY	WORK
1,800	1x{2 x 225 on 3:20 Freestyle	EN2	S
	{2 x 100 on 1:40 Free hold 1:30	EN1	S
	{2 x 200 on 3:00 Freestyle	EN2	S
	{2 x 100 on 1:40 Free hold 1:31	EN1	S
	{2 x 200 on 3:05 Freestyle	EN2	S
	{2 x 75 on 1:15 Free hold 1:07	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 ice		M
5:35 PM 2,000 Yards - Stress Value = 32			

Workout #8182 - Monday, 06 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WORK
1,200	1x{1 x 150 on 2:40 Backstroke	EN1	S
	{3 x 50 on :50 Backstroke	EN1	S
	{2 x 150 on 2:35 Backstroke	EN1	S
	{3 x 50 on :50 Backstroke	EN1	S
	{3 x 150 on 2:30 Backstroke	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
5:35 PM 1,400 Yards - Stress Value = 18			

Workout #8185 - Monday, 06 December 2010
HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK
4:50 PM	Start		
1,100	1x{2 x 125 on 2:35 Breaststroke	EN2	S
	{2 x 50 on 1:00 Breast DPS	EN2	S
	{4 x 25 on :30 Breast-fly kick	EN2	D
	{2 x 125 on 2:30 Breaststroke	EN2	S
	{2 x 50 on 1:00 Breast DPS	EN2	S
	{4 x 25 on :30 Breast 2klp	EN2	D
	{2 x 100 on 1:55 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 Ice		M
5:36 PM	1,300 Yards - Stress Value = 22		

Workout #8174 - Monday, 06 December 2010
HighSchl - Platinum
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 175 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 150 on 2:35 Kick
	{4 x 25 on :45 Kick no board BSLR
1,000	1x{1 x 400 on 5:40 Pulls
	{1 x 300 on 4:15 Pulls
	{1 x 200 on 2:50 Pulls
	{1 x 100 on 1:25 Pulls
	{ Hold breath L.5 yds of each 50
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	3,350 Yards - Stress Value = 32

Workout #8175 - Monday, 06 December 2010
HighSchl - Gold
1 minute rest between sets

Yards	Set Description
3:00 PM	Start
	1 on 30:00 Shoulders & Stretch
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:00 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 175 on 3:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:00 Kick
	{1 x 150 on 3:00 Kick
	{4 x 25 on :45 Kick no board BSLR
950	1x{1 x 400 on 6:15 Pulls
	{1 x 300 on 4:40 Pulls
	{1 x 200 on 3:05 Pulls
	{1 x 50 on :45 Pulls
	{ Hold breath L.5 yds of each 50
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	3,200 Yards - Stress Value = 31

Workout #8176 - Monday, 06 December 2010
HighSchl - Silver
1 minute rest between sets

Yards	Set Description
3:00 PM	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
1,200	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:20 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 175 on 3:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
900	1x{1 x 400 on 6:40 Pulls
	{1 x 300 on 5:00 Pulls
	{1 x 200 on 3:20 Pulls
	{ Hold breath L.5 yds of each 50
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	3,000 Yards - Stress Value = 29

Workout #8177 - Monday, 06 December 2010
HighSchl - Bronze
1 minute rest between sets

Yards	Set Description
3:00 PM	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
1,150	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 4:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 175 on 4:05 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
800	1x{1 x 350 on 6:20 Pulls
	{1 x 250 on 4:30 Pulls
	{1 x 150 on 2:40 Pulls
	{1 x 50 on :50 Pulls
	{ Hold breath L.5 yds of each 50
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	2,800 Yards - Stress Value = 28

Workout #8167 - Monday, 06 December 2010
HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
	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 200 on 3:15 Freestyle		EN2
	{4 x 50 on :50 Freestyle		EN2
	{1 x 200 on 3:20 Freestyle		EN2
	{4 x 50 on :50 Freestyle		EN2
	{1 x 200 on 3:25 Freestyle		EN2
	{4 x 50 on :50 Freestyle		EN2
350	7 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 Ice		
7:05 AM	2,050 Yards - Stress Value = 30		

Workout #8170 - Monday, 06 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
	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
1,100	1x{2 x 125 on 2:20 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :35 Variable Speed	EN1
	{2 x 100 on 1:50 Freestyle L.25 2 breaths	EN1
	{4 x 25 on :35 Variable Speed	EN1
	{2 x 75 on 1:25 Freestyle L.25 2 breaths	EN1
	{8 x 25 on :35 Variable Speed	EN1
	{2 x 50 on :55 Freestyle L.25 2 breaths	EN1
200	4 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 1,800 Yards - Stress Value = 17	

Workout #8173 - Monday, 06 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

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	
1,000	1x{2 x 25 on :35 Butterfly	EN1	
	{1 x 100 on 1:45 Freestyle	EN2	
	{4 x 25 on :35 Butterfly	EN1	
	{1 x 100 on 1:45 Freestyle	EN2	
	{6 x 25 on :35 Butterfly	EN2	
	{1 x 100 on 1:45 Freestyle	EN2	
	{8 x 25 on :35 Butterfly	EN1	
	{1 x 100 on 1:45 Freestyle	EN2	
	{4 x 25 on :35 Butterfly	EN1	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 1,800 Yards - Stress Value = 21		

Workout #8180 - Monday, 06 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	4:43 PM Start		
1,550	1x{2 x 200 on 3:35 Freestyle	EN2	S
	{2 x 100 on 1:50 Free hold 1:40	EN1	S
	{2 x 150 on 2:40 Freestyle	EN2	S
	{2 x 100 on 1:50 Free hold 1:41	EN1	S
	{2 x 150 on 2:45 Freestyle	EN2	S
	{2 x 75 on 1:15 Free hold 1:07	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 ice		M
	5:35 PM 1,750 Yards - Stress Value = 27		

Workout #8183 - Monday, 06 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	4:50 PM Start		
1,050	1x{1 x 100 on 2:05 Backstroke	EN1	S
	{3 x 50 on 1:00 Backstroke	EN1	S
	{2 x 100 on 2:00 Backstroke	EN1	S

	{3 x 50 on 1:00 Backstroke	EN1	S
	{3 x 150 on 2:55 Backstroke	EN2	S
	1 on 10:00 Techniques-Relay Starts		D
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	5:35 PM 1,250 Yards - Stress Value = 16		

Workout #8186 - Monday, 06 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	4:50 PM Start		
900	1x{2 x 100 on 2:15 Breaststroke	EN2	S
	{2 x 50 on 1:10 Breast DPS	EN2	S
	{4 x 25 on :40 Breast-fly kick	EN2	D
	{2 x 100 on 2:10 Breaststroke	EN2	S
	{2 x 50 on 1:10 Breast DPS	EN2	S
	{4 x 25 on :40 Breast 2k1p	EN2	D
	{1 x 100 on 2:05 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Techniques-Relay Starts		D
	1 on 10:00 Ice		M
	5:35 PM 1,100 Yards - Stress Value = 18		

Workout #8168 - Monday, 06 December 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:30 AM Start		
400	1 on 40:00 Weights and Stretch		
150	1 x 400 on 7:00 Swim-kick-drill-swim	REC	
1,300	10 x 15 on :45 Shooters	SP3	
	1x{2 x 125 on 2:00 Freestyle L.25 2 breaths	EN1	
	{4 x 25 on :30 Variable Speed	EN1	
	{2 x 100 on 1:35 Freestyle L.25 2 breaths	EN1	
	{4 x 25 on :30 Variable Speed	EN1	
	{2 x 75 on 1:10 Freestyle L.25 2 breaths	EN1	
	{8 x 25 on :30 Variable Speed	EN1	
	{2 x 50 on :45 Freestyle L.25 2 breaths	EN1	
	{8 x 25 on :30 Variable Speed	EN1	
200	4 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 19		

Workout #8194 - Wednesday, 08 December 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
	4:48 PM Start				
1,650	1x{3 x 150 on 2:35 Breaststroke	EN2	S	BR	1
	{2 x 150 on 2:30 Breaststroke	EN2	S	BR	1
	{1 x 150 on 2:25 Breaststroke	EN2	S	BR	1
	{3 x 125 on 2:10 Breaststroke	EN2	S	BR	1
	{2 x 125 on 2:05 Breaststroke	EN2	S	BR	1
	{1 x 125 on 2:00 Breaststroke	EN2	S	BR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice				M
	5:35 PM 2,050 Yards - Stress Value = 33				

Workout #8191 - Wednesday, 08 December 2010

HighSchl - Distance

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,400	1x{1 x 600 on 7:30 Freestyle	EN2	S	FR	1
	{1 x 600 on 7:20 Freestyle	EN2	S	FR	1
	{1 x 600 on 7:10 Freestyle	EN2	S	FR	1
	{1 x 600 on 7:00 Freestyle	EN2	S	FR	1
	{ Hold all under 7:00				
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,750 Yards - Stress Value = 48					

Workout #8196 - Wednesday, 08 December 2010

HighSchl - Fly

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,900	1x{2 x 125 on 1:50 Fly w/fins	EN2	S	FLY	
	{6 x 25 on :25 Fly w/fins 1u1d	EN2	S	FLY	
	{1 x 100 on 1:30 Freestyle	REC	S	FR	
	{2 x 125 on 1:45 Fly w/fins	EN2	S	FLY	
	{6 x 25 on :25 Fly w/fins 1u2d	EN2	S	FLY	
	{1 x 100 on 1:30 Freestyle	REC	S	FR	
	{2 x 125 on 1:40 Fly w/fins	EN2	S	FLY	
	{6 x 25 on :25 Fly w/fins 1u3d	EN2	S	FLY	
	{1 x 100 on 1:30 Freestyle	REC	S	FR	
	{2 x 125 on 1:35 Fly w/fins	EN2	S	FLY	
	{6 x 25 on :25 Fly w/fins 1u4d	EN2	S	FLY	
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,250 Yards - Stress Value = 32					

Workout #8192 - Wednesday, 08 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK	F
2,100	1x{1 x 525 on 7:30 Freestyle	EN2	S	FR	1
	{1 x 525 on 7:20 Freestyle	EN2	S	FR	1
	{1 x 525 on 7:10 Freestyle	EN2	S	FR	1
	{1 x 525 on 7:00 Freestyle	EN2	S	FR	1
	{ Hold all under 7:00				
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		
5:35 PM 2,450 Yards - Stress Value = 40					

Workout #8197 - Wednesday, 08 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,700	1x{2 x 125 on 2:10 Fly w/fins	EN2	S	FLY	
	{4 x 25 on :30 Fly w/fins 1u1d	EN2	S	FLY	
	{1 x 100 on 1:40 Freestyle	REC	S	FR	
	{2 x 125 on 2:05 Fly w/fins	EN2	S	FLY	
	{4 x 25 on :30 Fly w/fins 1u2d	EN2	S	FLY	
	{1 x 100 on 1:40 Freestyle	REC	S	FR	
	{2 x 125 on 2:00 Fly w/fins	EN2	S	FLY	
	{4 x 25 on :30 Fly w/fins 1u3d	EN2	S	FLY	
	{1 x 100 on 1:40 Freestyle	REC	S	FR	
	{2 x 125 on 1:55 Fly w/fins	EN2	S	FLY	
	{4 x 25 on :30 Fly w/fins 1u4d	EN2	S	FLY	

300 6 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,000 Yards - Stress Value = 28

Workout #8187 - Wednesday, 08 December 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 40:00 Weights/Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
1,600	10 x 15 on :45 Shooters
	1x{6 x 25 on :30 Kick no board B
	{2 x 125 on 2:15 Kick
	{6 x 25 on :30 Kick no board S
	{2 x 125 on 2:10 Kick
	{6 x 25 on :30 Kick no board L
	{2 x 125 on 2:05 Kick
	{6 x 25 on :30 Kick no board R
	{2 x 125 on 2:00 Kick
1,000	1x{1 x 200 on 2:40 Lungbuster pulls
	{2 x 150 on 2:00 Lungbuster pulls
	{3 x 100 on 1:20 Lungbuster pulls
	{4 x 50 on :40 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:48 PM 3,450 Yards - Stress Value = 48	

Workout #8188 - Wednesday, 08 December 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 40:00 Weights/Stretch
150	1 x 600 on 10:00 Free L.25 of each 100 non f
1,350	10 x 15 on :45 Shooters
	1x{6 x 25 on :35 Kick no board B
	{2 x 125 on 2:35 Kick
	{6 x 25 on :35 Kick no board S
	{2 x 125 on 2:30 Kick
	{6 x 25 on :35 Kick no board L
	{2 x 125 on 2:25 Kick
	{6 x 25 on :35 Kick no board R
900	1x{1 x 200 on 3:00 Lungbuster pulls
	{2 x 150 on 2:15 Lungbuster pulls
	{3 x 100 on 1:30 Lungbuster pulls
	{2 x 50 on :45 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:48 PM 3,100 Yards - Stress Value = 42	

Workout #8189 - Wednesday, 08 December 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
550	1 on 40:00 Weights/Stretch				
150	1 x 550 on 10:00 Free L.25 of each 100 non f				
1,200	10 x 15 on :45 Shooters				
1x{	6 x 25 on :40 Kick no board B				
	{ 2 x 125 on 2:45 Kick				
	{ 6 x 25 on :40 Kick no board S				
	{ 2 x 100 on 2:10 Kick				
	{ 6 x 25 on :40 Kick no board L				
	{ 2 x 75 on 1:35 Kick				
	{ 6 x 25 on :40 Kick no board R				
800	1x{ 1 x 200 on 3:20 Lungbuster pulls				
	{ 2 x 150 on 2:30 Lungbuster pulls				
	{ 3 x 100 on 1:40 Lungbuster pulls				
	{ Breathe 3-5-7-9 by the 25's				
100	2x{ 1 x 25 on :50 Sculling drills				
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes				

4:48 PM 2,800 Yards - Stress Value = 38

Workout #8190 - Wednesday, 08 December 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 40:00 Weights/Stretch				
150	1 x 500 on 10:00 Free L.25 of each 100 non f				
1,100	10 x 15 on :45 Shooters				
1x{	6 x 25 on :45 Kick no board B				
	{ 2 x 125 on 2:55 Kick				
	{ 6 x 25 on :45 Kick no board S				
	{ 2 x 100 on 2:15 Kick				
	{ 6 x 25 on :45 Kick no board L				
	{ 2 x 50 on 1:05 Kick				
	{ 4 x 25 on :45 Kick no board R				
750	1x{ 1 x 200 on 3:35 Lungbuster pulls				
	{ 2 x 150 on 2:40 Lungbuster pulls				
	{ 2 x 100 on 1:45 Lungbuster pulls				
	{ 1 x 50 on :50 Lungbuster pulls				
	{ Breathe 3-5-7-9 by the 25's				
100	2x{ 1 x 25 on :50 Sculling drills				
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes				

4:48 PM 2,600 Yards - Stress Value = 35

Workout #8193 - Wednesday, 08 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,800	1x{ 1 x 450 on 7:30 Freestyle	EN2	S	FR	1
	{ 1 x 450 on 7:20 Freestyle	EN2	S	FR	1
	{ 1 x 450 on 7:10 Freestyle	EN2	S	FR	1
	{ 1 x 450 on 7:00 Freestyle	EN2	S	FR	1
	{ hold all under 7:00				
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 2,150 Yards - Stress Value = 36

Workout #8195 - Wednesday, 08 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK	F
1,500	1x{ 3 x 150 on 2:50 Breaststroke	EN2	S	BR	1
	{ 2 x 150 on 2:45 Breaststroke	EN2	S	BR	1
	{ 1 x 150 on 2:40 Breaststroke	EN2	S	BR	1
	{ 3 x 100 on 1:55 Breaststroke	EN2	S	BR	1
	{ 2 x 100 on 1:50 Breaststroke	EN2	S	BR	1
	{ 1 x 100 on 1:45 Breaststroke	EN2	S	BR	1
400	8 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	1 on 10:00 Ice		M		

5:35 PM 1,900 Yards - Stress Value = 30

Workout #8198 - Wednesday, 08 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:48 PM Start

Yards	Set Description	EGY	WORK	STK
1,500	1x{ 2 x 100 on 1:50 Fly w/fins	EN2	S	FLY
	{ 4 x 25 on :40 Fly w/fins 1u1d	EN2	S	FLY
	{ 1 x 100 on 1:50 Freestyle	REC	S	FR
	{ 2 x 100 on 1:45 Fly w/fins	EN2	S	FLY
	{ 4 x 25 on :40 Fly w/fins 1u2d	EN2	S	FLY
	{ 1 x 100 on 1:50 Freestyle	REC	S	FR
	{ 2 x 100 on 1:40 Fly w/fins	EN2	S	FLY
	{ 4 x 25 on :40 Fly w/fins 1u3d	EN2	S	FLY
	{ 1 x 100 on 1:50 Freestyle	REC	S	FR
	{ 2 x 100 on 1:35 Fly w/fins	EN2	S	FLY
	{ 4 x 25 on :40 Fly w/fins 1u4d	EN2	S	FLY
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 1,800 Yards - Stress Value = 24

Workout #8203 - Thursday, 09 December 2010

HighSchl - Distance

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WC
3,400	1x{ 3 x 150 on 1:50 Freestyle		EN2
	{ 5 x 100 on 1:25 Free Hold time I give		EN2
	{ 3 x 200 on 2:30 Freestyle		EN2
	{ 4 x 125 on 1:45 Free Hold time I give		EN2
	{ 3 x 250 on 3:10 Freestyle		EN2
	{ 4 x 150 on 2:05 Free Hold time I give		EN2
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 ice		

5:35 PM 3,700 Yards - Stress Value = 68

Workout #8204 - Thursday, 09 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WC
3,000	1x{ 3 x 150 on 2:10 Freestyle		EN2
	{ 4 x 100 on 1:35 Free Hold time I give		EN2
	{ 3 x 200 on 2:50 Freestyle		EN2
	{ 4 x 125 on 1:55 Free Hold time I give		EN2
	{ 3 x 250 on 3:30 Freestyle		EN2
	{ 2 x 150 on 2:20 Free Hold time I give		EN2
300	6 x 50 on 1:00 Stroke Drills		REC
	1 on 10:00 ice		

5:35 PM 3,300 Yards - Stress Value = 60

Workout #8207 - Thursday, 09 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
4:33 PM	Start	
2,650	1x{2 x 250 on 4:05 50fl 50fr 50fl 50fr 50fl	EN2
	{4 x 100 on 1:35 Individual Medley	EN2
	{2 x 250 on 4:05 50ba 50fr 50ba 50fr 50ba	EN2
	{3 x 100 on 1:35 Individual Medley	EN2
	{2 x 250 on 4:30 50br 50fr 50br 50fr 50br	EN2
	{2 x 100 on 1:35 Individual Medley	EN2
	{1 x 50 on 2:00 Freestyle	REC
	{1 x 200 on 3:00 IM for time	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 ice	
5:35 PM	2,950 Yards - Stress Value = 52	

{1 x 100 on 1:30 Kick
{1 x 100 on 1:25 Kick
{1 x 100 on 1:20 Kick
{1 x 100 on 1:25 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
800 1x{4 x 50 on :50 Pulls
{4 x 50 on :45 Pulls
{4 x 50 on :40 Pulls
{4 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
4:32 PM 3,150 Yards - Stress Value = 46

Workout #8200 - Thursday, 09 December 2010

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
4:33 PM	Start		
2,400	1x{6 x 125 on 2:10 Free hold time I give	EN2	
	{6 x 25 on :30 SD w/ fast finishes	EN2	
	{6 x 100 on 1:45 Free-hold time I give	EN2	
	{6 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 75 on 1:20 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
	{3 x 50 on :55 Free-hold time I give	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
5:35 PM	2,700 Yards - Stress Value = 48		

Yards	Set Description
3:00 PM	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
1,300	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
	{2 x 100 on 1:45 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
	{1 x 100 on 2:05 Kick
	{1 x 100 on 2:10 Kick
750	1x{3 x 50 on :55 Pulls
	{4 x 50 on :50 Pulls
	{4 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
4:32 PM	2,900 Yards - Stress Value = 42

Workout #8206 - Thursday, 09 December 2010

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
4:33 PM	Start	
3,000	1x{2 x 250 on 3:35 50fl 50fr 50fl 50fr 50fl	EN2
	{4 x 100 on 1:25 Individual Medley	EN2
	{2 x 250 on 3:35 50ba 50fr 50ba 50fr 50ba	EN2
	{4 x 100 on 1:25 Individual Medley	EN2
	{2 x 250 on 4:00 50br 50fr 50br 50fr 50br	EN2
	{4 x 100 on 1:25 Individual Medley	EN2
	{1 x 100 on 2:30 Freestyle	REC
	{1 x 200 on 3:00 IM for time	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 ice	
5:35 PM	3,300 Yards - Stress Value = 58	

Workout #8199 - Thursday, 09 December 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	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 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

Workout #8201 - Thursday, 09 December 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Shoulders & 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
1,150	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 2:15 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick
700	1x{2 x 50 on 1:00 Pulls {4 x 50 on :55 Pulls {4 x 50 on :50 Pulls {4 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
	4:32 PM 2,650 Yards - Stress Value = 38

Workout #8202 - Thursday, 09 December 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Shoulders & 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 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 {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:25 Kick {1 x 50 on 1:15 Kick
600	1x{2 x 50 on 1:05 Pulls {3 x 50 on 1:00 Pulls {3 x 50 on :55 Pulls {4 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
	4:32 PM 2,400 Yards - Stress Value = 36

Workout #8205 - Thursday, 09 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WC
2,750	1x{3 x 150 on 2:25 Freestyle {4 x 100 on 1:45 Free Hold time I give {3 x 200 on 3:15 Freestyle {4 x 125 on 2:10 Free Hold time I give {2 x 250 on 4:05 Freestyle	EN2	EN2

	{2 x 150 on 2:35 Free Hold time I give	EN2
250	5 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 ice	
	5:35 PM 3,000 Yards - Stress Value = 55	

Workout #8208 - Thursday, 09 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY
2,450	1x{2 x 200 on 3:35 50fl 50fr 50fl 50fr 50fl 50fr {4 x 100 on 1:45 Individual Medley {2 x 200 on 3:35 50ba 50fr 50ba 50fr 50ba {3 x 100 on 1:45 Individual Medley {2 x 200 on 3:45 50br 50fr 50br 50fr 50br {3 x 100 on 1:45 Individual Medley {1 x 50 on 1:30 Freestyle {1 x 200 on 4:00 IM for time	EN2 EN2 EN2 EN2 EN2 REC EN2
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 ice	REC
	5:35 PM 2,750 Yards - Stress Value = 48	

Workout #8211 - Thursday, 09 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WC
2,250	1x{6 x 125 on 2:20 Free hold time I give {4 x 25 on :40 SD w/ fast finishes {6 x 100 on 1:55 Free-hold time I give {4 x 25 on :40 SD w/fast finishes {6 x 75 on 1:25 Free-hold time I give {3 x 50 on 1:00 Free-hold time I give {4 x 25 on :40 SD w/fast finishes	EN2 EN2 EN2 EN2 EN2 EN2	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 ice	REC	
	5:35 PM 2,550 Yards - Stress Value = 45		

Workout #8209 - Thursday, 09 December 2010

HighSchl - Sprint

1 minute rest between sets

4:33 PM Start

Yards	Set Description	EGY	WC
2,700	1x{6 x 125 on 2:00 Free hold time I give {8 x 25 on :25 SD w/ fast finishes {6 x 100 on 1:35 Free-hold time I give {8 x 25 on :30 SD w/fast finishes {6 x 75 on 1:10 Free-hold time I give {6 x 50 on :45 Free hold time I give {8 x 25 on :35 SD w/fast finishes	EN2 EN2 EN2 EN2 EN2 EN2	
300	6 x 50 on 1:00 Stroke Drills 1 on 10:00 ice	REC	
	5:35 PM 3,000 Yards - Stress Value = 54		

Workout #8215 - Friday, 10 December 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,400	1x{4 x 50 on :50 Backstroke-8 Kow	EN1
	{2 x 100 on 1:30 Back 25 stroke 25 drill	REC
	{4 x 50 on :50 Bakstroke 10 KOW	EN1
	{2 x 100 on 1:40 Back 25 stroke 25 drill	REC
	{4 x 50 on :45 Backstroke-12 KOW	EN1
	{2 x 100 on 1:50 Back 25 stroke 25 drill	REC
	{4 x 50 on :45 Backstroke-14 KOW	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,200 Yards - Stress Value = 16	

	{2 x 100 on 1:50 Back 25 stroke 25 drill	REC
	{4 x 50 on :50 Backstroke-12 KOW	EN1
	{2 x 100 on 1:55 Back 25 stroke 25 drill	REC
	{2 x 50 on :50 Backstroke-14 KOW	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 2,050 Yards - Stress Value = 14	

Workout #8212 - Friday, 10 December 2010

HighSchl - Distance

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	IM
1,650	3x{1 x 125 on 1:45 Freestyle	EN1	S	FR
	{1 x 125 on 1:40 Freestyle	EN1	S	FR
	{1 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Non Free	EN1	S	STK
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	7:05 AM 2,450 Yards - Stress Value = 32			

Workout #8219 - Friday, 10 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 40:00 Weights and Stretch		
400	1 x 400 on 7:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :45 Free-descend	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :50 Freestyle-descend	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on :55 Free-descend	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{3 x 50 on 1:00 Free-descend	EN1	
	{6 x 25 on :30 Alt sprint free/non free	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,100 Yards - Stress Value = 25		

Workout #8214 - Friday, 10 December 2010

HighSchl - Silver/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	IM
1,350	3x{1 x 100 on 1:50 Freestyle	EN1	S	FR
	{1 x 100 on 1:45 Freestyle	EN1	S	FR
	{1 x 100 on 1:40 Freestyle	EN2	S	FR
	{1 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Non Free	EN1	S	STK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	7:05 AM 2,050 Yards - Stress Value = 26			

Workout #8213 - Friday, 10 December 2010

HighSchl - Gold/Silver

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	IM
1,500	3x{1 x 125 on 2:00 Freestyle	EN1	S	FR
	{1 x 125 on 1:55 Freestyle	EN1	S	FR
	{1 x 125 on 1:50 Freestyle	EN1	S	FR
	{1 x 75 on 1:05 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Non Free	EN1	S	STK
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
	7:05 AM 2,250 Yards - Stress Value = 24			

Workout #8217 - Friday, 10 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
350	1 x 350 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{4 x 50 on 1:00 Backstroke-8 Kow	EN1
	{2 x 100 on 2:00 Back 25 stroke 25 drill	REC
	{4 x 50 on 1:00 Bakstroke 10 KOW	EN1
	{2 x 100 on 2:00 Back 25 stroke 25 drill	REC
	{4 x 50 on :55 Backstroke-12 KOW	EN1
	{1 x 100 on 2:00 Back 25 stroke 25 drill	REC
	{2 x 50 on :50 Backstroke-14 KOW	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	
	7:05 AM 1,900 Yards - Stress Value = 14	

Workout #8216 - Friday, 10 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
	1 on 40:00 Weights and Stretch	
400	1 x 400 on 7:00 Choice	REC
150	10 x 15 on :45 Shooters	SP3
1,300	1x{4 x 50 on :55 Backstroke-8 Kow	EN1
	{2 x 100 on 1:45 Back 25 stroke 25 drill	REC
	{4 x 50 on :55 Bakstroke 10 KOW	EN1

Workout #8220 - Friday, 10 December 2010

HighSchl - Silver/Bronze
1 minute rest between sets

		3:00 PM Start			
Yards	Set Description	EGY	WC	Yards	Set Description
5:30 AM	Start				
800	1 on 20:00 Dynamic Warmup				
	1 x 800 on 13:00 Choice	REC			
	1 on 10:00 Techniques-Open Turns				
150	10 x 15 on :45 Shooters	SP3			
350	1 x 350 on 7:00 Choice	REC		500	1x{4 x 50 on 1:00 Kick #4 fast
150	10 x 15 on :45 Shooters	SP3			{3 x 50 on 1:00 Kick #3 fast
1,250	1x{1 x 150 on 2:40 Freestyle	EN1			{2 x 50 on 1:00 Kick #2 Fast
	{3 x 50 on :50 Free-descend	EN1			{1 x 50 on 1:00 Kick #1 fast
	{1 x 150 on 2:40 Freestyle	EN1			1 on 15:00 Techniques-TN turn Drills
	{3 x 50 on :55 Freestyle-descend	EN1		675	1x{3 x 75 on 1:00 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:40 Freestyle	EN1			{3 x 75 on 1:05 Pulls-nbbf&w + 2 yds
	{3 x 50 on 1:00 Free-descend	EN1			{3 x 75 on 1:10 Pulls-nbbf&w + 2 yds
	{1 x 150 on 2:40 Freestyle	EN1			1 on 15:00 Techniques-Starts
	{3 x 50 on 1:00 Free-descend	EN1		100	4 x 25 on 1:30 16.4 yds fast 8.6 easy
	{1 x 150 on 2:40 Freestyle	EN1			walkback
	{8 x 25 on :30 Alt sprint free/non free	EN2		400	8 x 50 on 1:00 Stroke Drills
250	1 x 250 on 4:00 Stroke Drills	REC			5:00 PM 2,625 Yards - Stress Value = 23
	1 on 10:00 Ice				
7:05 AM	2,000 Yards - Stress Value = 24				

Workout #8222 - Friday, 10 December 2010

HighSchl - Silver/Bronze
1 minute rest between sets

		3:00 PM Start	
Yards	Set Description	EGY	WC
700	1 on 20:00 Dynamic Warmup		
	1 x 700 on 13:00 Choice	REC	
	1 on 10:00 Techniques-Open Turns		
150	10 x 15 on :45 Shooters	SP3	
450	1x{4 x 50 on 1:10 Kick #4 fast	EN1	
	{3 x 50 on 1:10 Kick #3 fast	EN1	
	{2 x 50 on 1:10 Kick #2 Fast	EN2	
	1 on 15:00 Techniques-TN turn Drills		
550	1x{3 x 75 on 1:15 Pulls-nbbf&w + 2 yds	EN1	
	{3 x 75 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
	{2 x 50 on :55 Pulls-nbbf&w + 2 yds	EN1	
	1 on 15:00 Techniques-Starts		
100	4 x 25 on 1:30 16.4 yds fast 8.6 easy	SP3	
	walkback		
400	8 x 50 on 1:00 Stroke Drills	REC	
5:01 PM	2,350 Yards - Stress Value = 21		

Workout #8223 - Saturday, 11 December 2010

HighSchl - Swim Like A Champion Day
1 minute rest between sets

		7:00 AM Start	
Yards	Set Description	EGY	WC
600	1 on 45:00 Dynamic Stretch/Circuit		
150	1 x 600 on 10:00 Reverse IM drill		
1,100	10 x 15 on :45 Shooters		
900	11 x 100 on 2:00 Challenge Kick Set w/fins		
	1x{2 x 150 on 1:55 Pulls		
	{2 x 150 on 1:50 Pulls		
	{2 x 150 on 1:45 Pulls		
	{ Paddles are optional		
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%		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
9:35 AM	5,150 Yards - Stress Value = 93		

Workout #8218 - Friday, 10 December 2010

HighSchl - Sprint
1 minute rest between sets

		5:30 AM Start	
Yards	Set Description	EGY	WC
400	1 on 40:00 Weights and Stretch		
	1 x 400 on 7:00 Choice	REC	
150	10 x 15 on :45 Shooters	SP3	
1,400	1x{1 x 150 on 2:20 Freestyle	EN1	
	{3 x 50 on :40 Free-descend	EN1	
	{1 x 150 on 2:20 Freestyle	EN1	
	{3 x 50 on :45 Freestyle-descend	EN1	
	{1 x 150 on 2:20 Freestyle	EN1	
	{3 x 50 on :50 Free-descend	EN1	
	{1 x 150 on 2:20 Freestyle	EN1	
	{3 x 50 on :55 Free-descend	EN1	
	{8 x 25 on :30 Alt sprint free/non free	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
7:05 AM	2,200 Yards - Stress Value = 26		

Workout #8224 - Saturday, 11 December 2010

HighSchl - Gold
1 minute rest between sets

		7:00 AM Start	
Yards	Set Description	EGY	WC
600	1 on 45:00 Dynamic Stretch/Circuit		
150	1 x 600 on 10:00 Reverse IM drill		
1,100	10 x 15 on :45 Shooters		
800	11 x 100 on 2:00 Challenge Kick Set w/fins		
	1x{2 x 150 on 2:05 Pulls		
	{2 x 150 on 2:00 Pulls		
	{2 x 100 on 1:20 Pulls		
	{ Paddles are optional		
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%		
200	1 x 200 on 3:00 Stroke Drills		
	1 on 10:00 Ice		
9:35 AM	5,050 Yards - Stress Value = 91		

Workout #8221 - Friday, 10 December 2010

HighSchl - Recovery/Technique Day
1 minute rest between sets

Workout #8225 - Saturday, 11 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 45:00 Dynamic Stretch/Circuit
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
700	1x{2 x 150 on 2:20 Pulls {2 x 150 on 2:15 Pulls {2 x 50 on :45 Pulls { Paddles are optional
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% {12 x 50 on :55 Freestyle every 3rd one 100% {8 x 50 on 1:00 Freestyle every 2nd one 100% {1 x 50 on 1:05 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice

9:35 AM 4,750 Yards - Stress Value = 80

Workout #8226 - Saturday, 11 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 45:00 Dynamic Stretch/Circuit
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,100	11 x 100 on 2:00 Challenge Kick Set w/fins
650	1x{2 x 150 on 2:35 Pulls {2 x 150 on 2:30 Pulls {1 x 50 on :50 Pulls { Paddles are optional
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{16 x 50 on :55 Freestyle every 4th one 100% {9 x 50 on 1:00 Freestyle every 3rd one 100% {6 x 50 on 1:05 Freestyle every 2nd one 100% {3 x 50 on 1:10 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice

9:35 AM 4,500 Yards - Stress Value = 80

Workout #8229 - Sunday, 12 December 2010

HighSchl - Silver/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
1,600	1x{1 x 400 on 6:10 Freestyle {1 x 400 on 6:05 Freestyle {1 x 400 on 6:00 Freestyle {1 x 400 on 5:55 Freestyle	EN2	EN2
200	1 x 200 on 2:00 Stroke Drills 1 on 10:00 Ice	REC	

7:05 AM 2,300 Yards - Stress Value = 38

Workout #8246 - Monday, 13 December 2010

HighSchl - Back

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,500	1x{3 x 100 on 1:30 Backstroke {2 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {10 x 25 on :30 Back 4 KOW +1 {3 x 100 on 1:25 Backstroke {2 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {10 x 25 on :30 Back 4 KOW +1 {3 x 100 on 1:20 Backstroke {2 x 100 on 1:15 Backstroke {1 x 100 on 1:10 Backstroke {8 x 25 on :30 Back 4 KOW +1	EN2		S BK
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC		D CD M

5:35 PM 2,800 Yards - Stress Value = 80

Workout #8243 - Monday, 13 December 2010

HighSchl - Breast

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,200	1x{1 x 200 on 3:15 Breaststroke {5 x 50 on 1:00 Breast {2 x 175 on 2:50 Breaststroke {4 x 50 on 1:00 Breaststroke {3 x 150 on 2:25 Breaststroke {3 x 50 on 1:00 Breaststroke {4 x 125 on 2:00 Breaststroke {2 x 50 on 1:00 Breaststroke	EN2		S BR
300	1 x 300 on 5:00 Stroke Drills 1 on 10:00 Ice	REC		D CD M

5:35 PM 2,500 Yards - Stress Value = 72

Workout #8227 - Monday, 13 December 2010

HighSchl - Distance

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
2,000	1x{1 x 500 on 6:10 Freestyle {1 x 500 on 6:05 Freestyle {1 x 500 on 6:00 Freestyle {1 x 500 on 5:55 Freestyle	EN2	EN2
200	1 x 200 on 2:00 Stroke Drills 1 on 10:00 Ice	REC	

7:05 AM 2,750 Yards - Stress Value = 46

Workout #8240 - Monday, 13 December 2010

HighSchl - Distance

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
3,125	1x{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:20 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:15 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:10 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:05 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN3	S	FR
	{2 x 250 on 3:00 Freestyle	EN2	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:36 PM 3,350 Yards - Stress Value = 90

Workout #8233 - Monday, 13 December 2010

HighSchl - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	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
1,500	1x{1 x 150 on 2:05 2 strokes fly off walls	EN2
	{1 x 150 on 2:05 3 strokes fly off walls	EN2
	{1 x 150 on 2:05 4 strokes fly off walls	EN2
	{2 x 100 on 1:25 2 strokes fly off walls	EN2
	{2 x 100 on 1:25 3 strokes fly off walls	EN2
	{2 x 100 on 1:25 4 strokes fly off walls	EN2
	{3 x 50 on :45 2 strokes fly off walls	EN2
	{3 x 50 on :45 3 strokes fly off walls	EN2
	{3 x 50 on :45 4 strokes fly off walls	EN2
300	1 x 300 on 5:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,350 Yards - Stress Value = 36

Workout #8228 - Monday, 13 December 2010

HighSchl - Gold/Silver

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	
1,700	1x{1 x 425 on 6:10 Freestyle	EN2	
	{1 x 425 on 6:05 Freestyle	EN2	
	{1 x 425 on 6:00 Freestyle	EN2	
	{1 x 425 on 5:55 Freestyle	EN2	
200	1 x 200 on 2:00 Stroke Drills	REC	
	1 on 10:00 Ice		

7:05 AM 2,450 Yards - Stress Value = 38

Workout #8231 - Monday, 13 December 2010

HighSchl - Gold/Silver

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	

1,500	1x{1 x 150 on 2:20 Freestyle	EN1
	{2 x 100 on 1:35 Freestyle	EN1
	{3 x 50 on :50 Freestyle	EN1
	{1 x 150 on 2:15 Freestyle	EN1
	{2 x 100 on 1:30 Freestyle	EN1
	{3 x 50 on :45 Freestyle	EN2
	{1 x 150 on 2:10 Freestyle	EN2
	{1 x 100 on 1:25 Freestyle	EN2
	{2 x 50 on :40 Freestyle	EN2
200	{6 x 25 on :30 Free-descend to 100%	EN2
	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,250 Yards - Stress Value = 29

Workout #8234 - Monday, 13 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	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
1,400	1x{1 x 150 on 2:20 2 strokes fly off walls	EN2
	{1 x 150 on 2:20 3 strokes fly off walls	EN2
	{1 x 150 on 2:20 4 strokes fly off walls	EN2
	{2 x 100 on 1:35 2 strokes fly off walls	EN2
	{2 x 100 on 1:35 3 strokes fly off walls	EN2
	{2 x 100 on 1:35 4 strokes fly off walls	EN2
	{3 x 50 on :50 2 strokes fly off walls	EN2
	{3 x 50 on :50 3 strokes fly off walls	EN2
	{1 x 50 on :50 4 strokes fly off walls	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	1 on 10:00 Ice	

7:05 AM 2,200 Yards - Stress Value = 34

Workout #8241 - Monday, 13 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,725	1x{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:35 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:30 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:25 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{2 x 250 on 3:20 Freestyle	EN2	S	FR
	{1 x 125 on 2:15 Freestyle	EN3	S	FR
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,950 Yards - Stress Value = 82

Workout #8244 - Monday, 13 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 200 on 3:35 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breast	EN3	S	BR
	{2 x 175 on 3:05 Breaststroke	EN2	S	BR
	{4 x 50 on 1:00 Breaststroke	EN3	S	BR
	{3 x 150 on 2:35 Breaststroke	EN2	S	BR
	{3 x 50 on 1:00 Breaststroke	EN3	S	BR
	{4 x 125 on 2:10 Breaststroke	EN2	S	BR
	{1 x 50 on 1:00 Breaststroke	EN3	S	BR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,400 Yards - Stress Value = 66

Yards	Set Description
600	1 on 30:00 DS and Core
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,400	1x{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:50 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{3 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR-12 KOW
	{1 x 100 on 2:00 Kick
1,100	1x{2 x 200 on 2:55 Pull no br L.12 yds
	{2 x 200 on 2:50 Pull no br L.12 yds
	{2 x 150 on 2:05 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

4:39 PM 3,350 Yards - Stress Value = 45

Workout #8247 - Monday, 13 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
2,350	1x{3 x 100 on 1:40 Backstroke	EN2	S	BK
	{2 x 100 on 1:35 Backstroke	EN2	S	BK
	{1 x 100 on 1:30 Backstroke	EN2	S	BK
	{8 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:35 Backstroke	EN2	S	BK
	{2 x 100 on 1:30 Backstroke	EN2	S	BK
	{1 x 100 on 1:25 Backstroke	EN2	S	BK
	{8 x 25 on :30 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:30 Backstroke	EN2	S	BK
	{2 x 100 on 1:25 Backstroke	EN2	S	BK
	{1 x 100 on 1:20 Backstroke	EN2	S	BK
	{6 x 25 on :30 Back 4 KOW +1	EN2	S	BK
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,650 Yards - Stress Value = 47

Workout #8238 - Monday, 13 December 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS and Core
150	1 x 550 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:00 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{3 x 100 on 2:05 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
	{2 x 100 on 2:10 Kick
	{4 x 25 on :40 Kick no board BSLR-12 KOW
950	1x{2 x 200 on 3:20 Pull no br L.12 yds
	{2 x 200 on 3:15 Pull no br L.12 yds
	{1 x 150 on 2:25 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

4:39 PM 2,950 Yards - Stress Value = 40

Workout #8236 - Monday, 13 December 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 30:00 DS and Core
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR-12 KOW
	{3 x 100 on 1:45 Kick
1,200	1x{2 x 200 on 2:40 Pull no br L.12 yds
	{2 x 200 on 2:35 Pull no br L.12 yds
	{2 x 200 on 2:30 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

4:39 PM 3,650 Yards - Stress Value = 54

Workout #8239 - Monday, 13 December 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

Yards	Set Description
550	1 on 30:00 DS and Core
150	1 x 550 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :45 Kick no board BSLR-12 KOW
	{3 x 100 on 2:10 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:15 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
	{2 x 100 on 2:20 Kick
	{4 x 25 on :45 Kick no board BSLR-12 KOW
900	1x{1 x 200 on 3:35 Pull no br L.12 yds
	{2 x 200 on 3:30 Pull no br L.12 yds
	{2 x 150 on 2:35 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

4:39 PM 2,800 Yards - Stress Value = 37

Workout #8237 - Monday, 13 December 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Workout #8232 - Monday, 13 December 2010

HighSchl - Silver/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	
1,350	1x{1 x 150 on 2:35 Freestyle	EN1	
	{2 x 100 on 1:45 Freestyle	EN1	
	{3 x 50 on :55 Freestyle	EN1	
	{1 x 150 on 2:30 Freestyle	EN1	
	{2 x 100 on 1:40 Freestyle	EN1	
	{3 x 50 on :50 Freestyle	EN2	
	{1 x 150 on 2:25 Freestyle	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{4 x 25 on :30 Free-descend to 100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 26		

Workout #8235 - Monday, 13 December 2010

HighSchl - Silver/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	
1,300	1x{1 x 150 on 2:35 2 strokes fly off walls	EN2	
	{1 x 150 on 2:35 3 strokes fly off walls	EN2	
	{1 x 150 on 2:35 4 strokes fly off walls	EN2	
	{2 x 100 on 1:45 2 strokes fly off walls	EN2	
	{2 x 100 on 1:45 3 strokes fly off walls	EN2	
	{2 x 100 on 1:45 4 strokes fly off walls	EN2	
	{2 x 50 on :55 2 strokes fly off walls	EN2	
	{2 x 50 on :55 3 strokes fly off walls	EN2	
	{1 x 50 on :55 4 strokes fly off walls	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,050 Yards - Stress Value = 32		

Workout #8242 - Monday, 13 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			
2,225	1x{1 x 125 on 2:30 Freestyle	EN3	S	FR
	{2 x 200 on 3:35 Freestyle	EN2	S	FR
	{1 x 125 on 2:30 Freestyle	EN3	S	FR
	{2 x 200 on 3:30 Freestyle	EN2	S	FR
	{1 x 125 on 2:30 Freestyle	EN3	S	FR
	{2 x 200 on 3:25 Freestyle	EN2	S	FR
	{1 x 125 on 2:30 Freestyle	EN3	S	FR
	{2 x 200 on 3:20 Freestyle	EN2	S	FR
	{1 x 125 on 2:30 Freestyle	EN3	S	FR
225	1 x 225 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,450 Yards - Stress Value = 72			

Workout #8245 - Monday, 13 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			

Yards	Set Description	EGY	WORK	STK
1,900	1x{1 x 200 on 3:50 Breaststroke	EN2	S	BR
	{4 x 50 on 1:10 Breast	EN3	S	BR
	{2 x 175 on 3:20 Breaststroke	EN2	S	BR
	{3 x 50 on 1:10 Breaststroke	EN3	S	BR
	{3 x 150 on 2:50 Breaststroke	EN2	S	BR
	{2 x 50 on 1:10 Breaststroke	EN3	S	BR
	{4 x 100 on 1:55 Breaststroke	EN2	S	BR
	{1 x 50 on 1:10 Breaststroke	EN3	S	BR
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,200 Yards - Stress Value = 58			

Workout #8248 - Monday, 13 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:40 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 Weights and Stretch			
2,100	1x{3 x 100 on 1:50 Backstroke	EN2	S	BK
	{2 x 100 on 1:45 Backstroke	EN2	S	BK
	{1 x 100 on 1:40 Backstroke	EN2	S	BK
	{6 x 25 on :40 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:45 Backstroke	EN2	S	BK
	{2 x 100 on 1:40 Backstroke	EN2	S	BK
	{1 x 100 on 1:35 Backstroke	EN2	S	BK
	{6 x 25 on :40 Back 4 KOW +1	EN2	S	BK
	{3 x 100 on 1:40 Backstroke	EN2	S	BK
	{2 x 100 on 1:35 Backstroke	EN2	S	BK
	{1 x 100 on 1:30 Backstroke	EN2	S	BK
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice			M
	5:35 PM 2,400 Yards - Stress Value = 42			

Workout #8230 - Monday, 13 December 2010

HighSchl - Sprint

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 2:10 Freestyle	EN1	
	{2 x 100 on 1:25 Freestyle	EN1	
	{3 x 50 on :45 Freestyle	EN1	
	{1 x 150 on 2:05 Freestyle	EN1	
	{2 x 100 on 1:20 Freestyle	EN1	
	{3 x 50 on :40 Freestyle	EN2	
	{1 x 150 on 2:00 Freestyle	EN2	
	{2 x 100 on 1:15 Freestyle	EN2	
	{3 x 50 on :35 Freestyle	EN2	
	{6 x 25 on :30 Free-descend to 100%	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	7:05 AM 2,400 Yards - Stress Value = 32		

Workout #8256 - Wednesday, 15 December 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY
4:49 PM	Start	
1,825	1x{3 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on :45 Breaststroke {3 x 125 on 2:05 Breast L.25 3X pullouts {3 x 50 on :50 Breaststroke {3 x 125 on 2:00 Breast L.25 3X pullouts {3 x 50 on :55 Breast L.25 3X Pullouts {2 x 125 on 1:55 Breast L.25 3X pullouts	EN2 EN2 EN2 EN2 EN2 EN2 EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC M
5:35 PM	2,075 Yards - Stress Value = 38	

1 minute rest between sets

Yards	Set Description	EGY
4:49 PM	Start	
1,600	1x{3 x 100 on 1:55 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 100 on 1:55 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {3 x 100 on 1:50 Breast L.25 3X pullouts {2 x 50 on 1:05 Breaststroke {3 x 100 on 1:45 Breast L.25 3X pullouts	EN2 EN2 EN2 EN2 EN2 EN2 EN2
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC M
5:35 PM	1,850 Yards - Stress Value = 32	

Workout #8259 - Wednesday, 15 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
2,500	1x{4 x 125 on 1:35 Freestyle {1 x 500 on 6:00 Freestyle {4 x 125 on 1:35 Freestyle {1 x 500 on 5:55 Freestyle {4 x 125 on 1:35 Freestyle	EN2 EN2 EN2 EN2 EN2	S FR S FR S	FR FR FR FR FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
5:35 PM	2,750 Yards - Stress Value = 50			

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
1,625	1x{1 x 200 on 3:30 Butterfly {4 x 25 on :45 Fly 15m under {2 x 175 on 2:55 Butterfly {4 x 25 on :45 Fly 12m under {3 x 125 on 2:00 Butterfly {4 x 25 on :45 Fly 9m under {4 x 100 on 1:35 Butterfly	EN2 EN2 EN2 EN2 EN2 EN2 EN2	S FR S FR P S S	FLY FLY FLY FLY FLY FLY FLY
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
5:35 PM	1,875 Yards - Stress Value = 33			

Workout #8258 - Wednesday, 15 December 2010

HighSchl - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
1,750	1x{1 x 200 on 3:05 Butterfly {4 x 25 on :40 Fly 15m under {2 x 175 on 2:40 Butterfly {4 x 25 on :40 Fly 12m under {3 x 150 on 2:15 Butterfly {4 x 25 on :40 Fly 9m under {4 x 100 on 1:25 Butterfly {2 x 25 on :40 Fly 6m under	EN2 EN2 EN2 EN2 EN2 EN2 EN2 EN2	S FR S FR P S S S	FLY FLY FLY FLY FLY FLY FR FLY
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
5:35 PM	2,000 Yards - Stress Value = 35			

Workout #8249 - Wednesday, 15 December 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
600	1 on 40:00 DS and Weights 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 :30 Kick no board BSLRBS {1 x 200 on 3:25 Kick {6 x 25 on :30 Kick no board BSLRLR {1 x 200 on 3:20 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 200 on 3:15 Kick {6 x 25 on :30 Kick no board BSLRLR {1 x 200 on 3:10 Kick 1 x 100 on 2:00 Kick for time
1,000	1 x 1000 on 13:30 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
4:48 PM	3,350 Yards - Stress Value = 56

Workout #8254 - Wednesday, 15 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:49 PM	Start			
2,175	1x{4 x 125 on 1:45 Freestyle {1 x 400 on 5:40 Freestyle {4 x 125 on 1:45 Freestyle {1 x 400 on 5:30 Freestyle {3 x 125 on 1:45 Freestyle	EN2 EN2 EN2 EN2 EN2	S FR S FR S	FR FR FR FR FR
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D	CD M
5:35 PM	2,425 Yards - Stress Value = 44			

Workout #8257 - Wednesday, 15 December 2010

HighSchl - Gold/Silver

Workout #8250 - Wednesday, 15 December 2010

HighSchl - Gold
1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 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{6 x 25 on :35 Kick no board BSLRBS
 {1 x 200 on 3:50 Kick
 {6 x 25 on :35 Kick no board BSLRLR
 {1 x 200 on 3:45 Kick
 {6 x 25 on :35 Kick no board BSLRBS
 {1 x 200 on 3:40 Kick
 {6 x 25 on :35 Kick no board BSLRLR
 100 1 x 100 on 2:00 Kick for time
 900 1 x 900 on 13:30 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
 4:48 PM 3,050 Yards - Stress Value = 50

Workout #8251 - Wednesday, 15 December 2010

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
 1,100 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:20 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:15 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:05 Kick
 100 1 x 100 on 2:00 Kick for time
 800 1 x 800 on 13:30 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
 4:48 PM 2,800 Yards - Stress Value = 46

Workout #8252 - Wednesday, 15 December 2010

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
 1,000 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:35 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:30 Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 4:25 Kick
 {4 x 25 on :45 Kick no board BSLR
 100 1 x 100 on 2:00 Kick for time
 700 1 x 700 on 13:30 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
 4:48 PM 2,550 Yards - Stress Value = 42

Workout #8255 - Wednesday, 15 December 2010

HighSchl - Silver/Bronze
1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,000 1x{4 x 125 on 2:00 Freestyle EN2 S FR
 {1 x 400 on 6:00 Freestyle EN2 S FR
 {4 x 125 on 2:00 Freestyle EN2 S FR
 {1 x 400 on 5:45 Freestyle EN2 S FR
 {2 x 100 on 1:35 Freestyle EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,250 Yards - Stress Value = 40

Workout #8260 - Wednesday, 15 December 2010

HighSchl - Silver/Bronze
1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,450 1x{1 x 200 on 3:50 Butterfly EN2 S FLY
 {4 x 25 on :45 Fly 15m under EN2 S FLY
 {2 x 175 on 3:20 Butterfly EN2 S FLY
 {4 x 25 on :45 Fly 12m under EN2 S FLY
 {3 x 150 on 2:50 Butterfly EN2 P FLY
 {4 x 25 on :45 Fly 9m under EN2 S FLY
 {2 x 75 on 1:25 Butterfly EN2 S FLY
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 1,700 Yards - Stress Value = 29

Workout #8265 - Thursday, 16 December 2010

HighSchl - Distance
1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{1 x 300 on 3:50 Freestyle EN2 S FR
 {6 x 50 on :40 Free hold 34 EN2 S FR
 {1 x 300 on 3:45 Freestyle EN2 S FR
 {6 x 50 on :40 Free hold 33 EN2 S FR
 {1 x 300 on 3:40 Freestyle EN2 S FR
 {6 x 50 on :40 Free hold 32 EN2 S FR
 {1 x 300 on 3:35 Freestyle EN2 S FR
 {6 x 50 on :40 Free hold 31 EN2 S FR
 250 1 x 250 on 4:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 5:35 PM 2,650 Yards - Stress Value = 48

Workout #8266 - Thursday, 16 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WORK	STK
2,100	1x{1 x 300 on 4:15 Freestyle	EN2	S	FR
	{5 x 50 on :50 Free hold 39	EN2	S	FR
	{1 x 300 on 4:10 Freestyle	EN2	S	FR
	{5 x 50 on :50 Free hold 38	EN2	S	FR
	{1 x 300 on 4:05 Freestyle	EN2	S	FR
	{4 x 50 on :50 Free hold 37	EN2	S	FR
	{1 x 300 on 4:00 Freestyle	EN2	S	FR
	{4 x 50 on :50 Free hold 36	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

5:35 PM 2,300 Yards - Stress Value = 42

Workout #8269 - Thursday, 16 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	E
1,900	1x{1 x 100 on 1:45 Individual Medley	E
	{4 x 75 on 1:15 Fly-25L 25R 25 B	E
	{2 x 100 on 1:40 Individual Medley	E
	{4 x 75 on 1:15 Back 25L 25R 25B	E
	{2 x 100 on 1:35 Individual Medley	E
	{4 x 75 on 1:25 Brst 25FlK 25FrK 25Rk	E
	{2 x 100 on 1:30 Individual Medley	E
	{4 x 75 on 1:15 Fr 25sclsdfst25catchup25reg	E
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Ice	

5:35 PM 2,100 Yards - Stress Value = 38

Workout #8272 - Thursday, 16 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

4:49 PM Start

Yards	Set Description	EGY	WC
1,800	1x{8 x 25 on :30 Odds sprint evens drill	EN2	
	{4 x 125 on 2:00 Free-descend	EN2	
	{8 x 25 on :30 Odds sprint evens drill	EN2	
	{4 x 100 on 1:35 Free-descend	EN2	
	{8 x 25 on :30 Odds sprint evens free	EN2	
	{4 x 75 on 1:10 Free-descend	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	1 on 10:00 Ice		

5:35 PM 2,050 Yards - Stress Value = 36

Workout #8268 - Thursday, 16 December 2010

HighSchl - IM'ers

1 minute rest between sets

4:49 PM Start

Yards	Set Description	E
2,100	1x{1 x 100 on 1:30 Individual Medley	E
	{4 x 75 on 1:10 Fly-25L 25R 25 B	E
	{2 x 100 on 1:25 Individual Medley	E
	{4 x 75 on 1:10 Back 25L 25R 25B	E
	{3 x 100 on 1:20 Individual Medley	E
	{4 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	E
	{3 x 100 on 1:15 Individual Medley	E
	{4 x 75 on 1:10 Fr 25sclsdfst25catchup25reg	E
250	1 x 250 on 4:00 Stroke Drills	F
	1 on 10:00 Ice	

5:36 PM 2,350 Yards - Stress Value = 42

Workout #8261 - Thursday, 16 December 2010

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Shoulders and DS
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
600	6 x 100 on 2:00 Kick @ Fastest Interval
1,600	1x{4 x 50 on 1:00 Kick #3
	{1 x 200 on 3:20 Kick
	{4 x 50 on 1:00 Kick #2
	{2 x 150 on 2:30 Kick
	{4 x 50 on 1:00 Kick #3
	{3 x 100 on 1:40 Kick
	{4 x 50 on 1:00 Kick #2
800	1x{2 x 100 on 1:25 Pulls
	{2 x 100 on 1:20 Pulls
	{2 x 100 on 1:15 Pulls
	{2 x 100 on 1:10 Pulls
	{ Odds br toward blchr
	{ Evens breathe toward scbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:49 PM 3,850 Yards - Stress Value = 62

Workout #8262 - Thursday, 16 December 2010

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 30:00 Shoulders DS
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
600	6 x 100 on 2:00 Kick @ Fastest Interval
1,450	1x{4 x 50 on 1:05 Kick #3
	{1 x 200 on 3:50 Kick
	{4 x 50 on 1:05 Kick #2
	{2 x 150 on 2:50 Kick
	{4 x 50 on 1:00 Kick #3
	{2 x 100 on 1:55 Kick
	{3 x 50 on 1:05 Kick #2
750	1x{2 x 100 on 1:35 Pulls
	{2 x 100 on 1:30 Pulls
	{2 x 100 on 1:25 Pulls
	{2 x 75 on 1:00 Pulls
	{ Odds br toward blchr
	{ Evens breathe toward scbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

4:49 PM 3,650 Yards - Stress Value = 56

Workout #8263 - Thursday, 16 December 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 Shoulders DS
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 1,300 1x{4 x 50 on 1:10 Kick #3
 {1 x 200 on 4:10 Kick
 {4 x 50 on 1:10 Kick #2
 {1 x 150 on 3:05 Kick
 {4 x 50 on 1:10 Kick #3
 {2 x 100 on 2:05 Kick
 {3 x 50 on 1:15 Kick #2
 650 1x{2 x 100 on 1:45 Pulls
 {2 x 100 on 1:40 Pulls
 {2 x 100 on 1:35 Pulls
 {1 x 50 on :45 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 3,350 Yards - Stress Value = 52

Workout #8264 - Thursday, 16 December 2010

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 Shoulders and DS
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:00 Kick @ Fastest Interval
 1,250 1x{4 x 50 on 1:15 Kick #3
 {1 x 200 on 4:30 Kick
 {4 x 50 on 1:15 Kick #2
 {1 x 150 on 3:20 Kick
 {3 x 50 on 1:15 Kick #3
 {2 x 100 on 2:15 Kick
 {3 x 50 on 1:15 Kick #2
 600 1x{2 x 100 on 1:50 Pulls
 {2 x 100 on 1:45 Pulls
 {2 x 100 on 1:40 Pulls
 { Odds br toward blchr
 { Evens breathe toward scbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:49 PM 3,200 Yards - Stress Value = 49

Workout #8267 - Thursday, 16 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WORK STK
 =====
 1,900 1x{1 x 250 on 3:55 Freestyle EN2 S FR
 {5 x 50 on :55 Free hold 42 EN2 S FR
 {1 x 250 on 3:50 Freestyle EN2 S FR
 {5 x 50 on :55 Free hold 43 EN2 S FR
 {1 x 250 on 3:45 Freestyle EN2 S FR
 {4 x 50 on :55 Free hold 42 EN2 S FR
 {1 x 250 on 3:40 Freestyle EN2 S FR
 {4 x 50 on :55 Free hold 41 EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD

1 on 10:00 Ice M
 5:35 PM 2,100 Yards - Stress Value = 38

Workout #8270 - Thursday, 16 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start
 Yards Set Description E
 =====
 1,700 1x{1 x 100 on 2:00 Individual Medley E
 {4 x 75 on 1:20 Fly-25L 25R 25 B E
 {2 x 100 on 1:55 Individual Medley E
 {4 x 75 on 1:25 Back 25L 25R 25B E
 {1 x 100 on 1:50 Individual Medley E
 {4 x 75 on 1:30 Brst 25FlK 25FrK 25Rk E
 {1 x 100 on 1:45 Individual Medley E
 {4 x 75 on 1:20 Fr 25sclsdfst25catchup25reg E
 200 1 x 200 on 3:00 Stroke Drills F
 1 on 10:00 Ice
 5:35 PM 1,900 Yards - Stress Value = 34

Workout #8273 - Thursday, 16 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WC
 =====
 1,600 1x{6 x 25 on :35 Odds sprint evens drill EN2
 {4 x 125 on 2:10 Free-descend EN2
 {6 x 25 on :35 Odds sprint evens drill EN2
 {3 x 100 on 1:45 Free-descend EN2
 {8 x 25 on :35 Odds sprint evens free EN2
 {4 x 75 on 1:20 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 1,850 Yards - Stress Value = 32

Workout #8271 - Thursday, 16 December 2010

HighSchl - Sprint

1 minute rest between sets

4:49 PM Start
 Yards Set Description EGY WC
 =====
 1,850 1x{8 x 25 on :30 Odds sprint evens drill EN2
 {4 x 125 on 1:50 Free-descend EN2
 {8 x 25 on :30 Odds sprint evens drill EN2
 {4 x 100 on 1:25 Free-descend EN2
 {10 x 25 on :30 Odds sprint evens free EN2
 {4 x 75 on 1:05 Free-descend EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 1 on 10:00 Ice
 5:35 PM 2,100 Yards - Stress Value = 37

Workout #8280 - Friday, 17 December 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{3 x 200 on 3:00 Backstroke	EN1	
	{2 x 75 on 1:10 Back 2KOW +1	EN1	
	{2 x 150 on 2:15 Backstroke	EN1	
	{2 x 75 on 1:10 Back 2KOW +1	EN1	
	{1 x 100 on 1:30 Backstroke	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,450 Yards - Stress Value = 28		

Workout #8274 - Friday, 17 December 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,500	1x{2 x 225 on 3:00 Freestyle	EN1	
	{2 x 200 on 2:40 Freestyle	EN1	
	{2 x 175 on 2:20 Freestyle	EN1	
	{2 x 150 on 2:00 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,650 Yards - Stress Value = 29		

Workout #8275 - Friday, 17 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,300	1x{2 x 225 on 3:25 Freestyle	EN1	
	{2 x 200 on 3:00 Freestyle	EN1	
	{2 x 175 on 2:40 Freestyle	EN1	
	{2 x 50 on :45 Freestyle	EN1	
400	4 x 100 on 1:30 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,450 Yards - Stress Value = 27		

Workout #8278 - Friday, 17 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
400	1 on 37:30 DS and Weights	
400	1 x 400 on 7:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
1,100	1x{2 x 150 on 2:30 Freestyle	EN1

{3 x 50 on :50 Free Build to fast finish	EN1
{2 x 125 on 2:05 Freestyle	EN1
{3 x 50 on :50 Free Build to fast finish	EN1
{1 x 100 on 1:40 Freestyle	EN1
{3 x 50 on :50 Build to fast finish	EN1
4 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2
1 x 200 on 3:00 Stroke Drills	REC
1 on 10:00 Stretch (if needed)/Ice	
7:05 AM 2,250 Yards - Stress Value = 26	

Workout #8281 - Friday, 17 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
400	1 on 37:30 DS and Weights		
400	1 x 400 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,250	1x{3 x 200 on 3:20 Backstroke	EN1	
	{2 x 75 on 1:15 Back 2KOW +1	EN1	
	{2 x 125 on 2:05 Backstroke	EN1	
	{2 x 75 on 1:15 Back 2KOW +1	EN1	
	{1 x 100 on 1:40 Backstroke	EN1	
300	3 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:05 AM	2,300 Yards - Stress Value = 25		

Workout #8276 - Friday, 17 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
350	1 on 37:30 DS and Weights		
150	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{2 x 225 on 3:45 Freestyle	EN1	
	{2 x 200 on 3:20 Freestyle	EN1	
	{2 x 175 on 2:55 Freestyle	EN1	
300	3 x 100 on 1:40 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
7:04 AM	2,200 Yards - Stress Value = 24		

Workout #8279 - Friday, 17 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 37:30 DS and Weights	
400	1 x 400 on 7:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
1,050	1x{2 x 150 on 2:45 Freestyle	EN1
	{3 x 50 on :55 Free Build to fast finish	EN1
	{2 x 125 on 2:20 Freestyle	EN1
	{3 x 50 on :55 Free Build to fast finish	EN1
	{1 x 100 on 1:50 Freestyle	EN1
	{2 x 50 on :55 Build to fast finish	EN1
300	3 x 100 on 1:50 Freestyle-Descend to ludicrous speed	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Stretch (if needed)/Ice	
	7:05 AM 2,100 Yards - Stress Value = 23	

Workout #8282 - Friday, 17 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 37:30 DS and Weights		
350	1 x 350 on 7:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,100	1x{3 x 150 on 2:45 Backstroke	EN1	
	{2 x 75 on 1:20 Back 2KOW +1	EN1	
	{2 x 125 on 2:20 Backstroke	EN1	
	{2 x 75 on 1:20 Back 2KOW +1	EN1	
	{1 x 100 on 1:50 Backstroke	EN1	
300	3 x 100 on 1:50 Freestyle-Descend to ludicrous speed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Stretch (if needed)/Ice		
	7:06 AM 2,100 Yards - Stress Value = 23		

Workout #8277 - Friday, 17 December 2010

HighSchl - Sprint

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 37:30 DS and Weights	
400	1 x 400 on 7:00 Reverse IM drill	REC
150	10 x 15 on :45 Shooters	SP3
1,200	1x{2 x 150 on 2:15 Freestyle	EN1
	{3 x 50 on :45 Free Build to fast finish	EN1
	{2 x 125 on 1:55 Freestyle	EN1
	{3 x 50 on :45 Free Build to fast finish	EN1
	{2 x 100 on 1:30 Freestyle	EN1
	{3 x 50 on :45 Build to fast finish	EN1
400	4 x 100 on 1:35 Freestyle-Descend to ludicrous speed	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 Stretch (if needed)/Ice	
	7:05 AM 2,350 Yards - Stress Value = 27	

Workout #8283 - Friday, 17 December 2010

HighSchl - Recovery/Technique Day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E

	1 on 20:00 Dynamic Stretch/Core	
600	1 x 600 on 10:00 Choice	F
150	10 x 15 on :45 Shooters	S
	1 on 10:00 Techniques-Starts	
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-Stanford Turns	
400	8 x 50 on 1:00 Pulls-nbbf&w +1 Stroke	E
	1 on 10:00 Techniques-Open Turns	
600	8 x 75 on 1:30 Diving Well Swims	E
	1 on 10:00 Techniques-Relay Starts	
200	1 x 200 on 3:00 Stroke Drills	F
	1 on 10:00 Stretch (if needed)/Ice	
	5:05 PM 2,250 Yards - Stress Value = 20	

Workout #8284 - Saturday, 18 December 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

6:00 AM Start

Yards	Set Description
	1 on 37:00 DS & Circuit
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no brd B 9+1
	{2 x 75 on 1:20 Kick
	{2 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no brd S-10+1
	{2 x 75 on 1:15 Kick
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no brd L-11+1
	{2 x 75 on 1:10 Kick
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no brd R-12+1
	{2 x 75 on 1:05 Kick
	{2 x 75 on 1:00 Kick
600	1 x 600 on 9:00 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625	1x{5 x 125 on 1:30 Freestyle
	{1 x 50 on 1:00 Freestyle
	{4 x 125 on 1:29 Freestyle
	{2 x 50 on 1:00 Freestyle
	{3 x 125 on 1:28 Freestyle
	{3 x 50 on 1:00 Freestyle
	{2 x 125 on 1:27 Freestyle
	{4 x 50 on 1:00 Freestyle
	{1 x 125 on 1:26 Freestyle
	{5 x 50 on 1:00 Freestyle
275	1 x 275 on 4:00 Stroke Drills
	1 on 10:00 Ice
	8:35 AM 6,050 Yards - Stress Value = 128

Workout #8285 - Saturday, 18 December 2010

HighSchl - Gold

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 37:00 DS & Circuit
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :35 Kick no brd B 9+1
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {4 x 25 on :35 Kick no brd S-10+1
 {2 x 75 on 1:30 Kick
 {2 x 75 on 1:25 Kick
 {4 x 25 on :35 Kick no brd L-11+1
 {2 x 75 on 1:25 Kick
 {2 x 75 on 1:20 Kick
 {4 x 25 on :35 Kick no brd R-12+1
 600 1 x 600 on 9:00 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,475 1x{5 x 125 on 1:42 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 125 on 1:41 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 125 on 1:40 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 125 on 1:39 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 125 on 1:38 Freestyle
 {2 x 50 on 1:00 Freestyle
 275 1 x 275 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 5,600 Yards - Stress Value = 113

Workout #8287 - Saturday, 18 December 2010

HighSchl - Bronze

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 37:00 DS & Circuit
 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 brd B 9+1
 {2 x 75 on 1:45 Kick
 {2 x 75 on 1:40 Kick
 {4 x 25 on :45 Kick no brd S-10+1
 {2 x 75 on 1:40 Kick
 {2 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no brd L-11+1
 {1 x 50 on 1:05 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :45 Kick no brd R-12+1
 500 1 x 500 on 9:00 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{5 x 100 on 1:42 Freestyle
 {1 x 50 on 1:00 Freestyle
 {4 x 100 on 1:41 Freestyle
 {2 x 50 on 1:00 Freestyle
 {3 x 100 on 1:40 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 100 on 1:39 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 100 on 1:38 Freestyle
 {2 x 50 on 1:00 Freestyle
 275 1 x 275 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 4,775 Yards - Stress Value = 100

Workout #8286 - Saturday, 18 December 2010

HighSchl - Silver

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 37:00 DS & Circuit
 550 1 x 550 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :40 Kick no brd B 9+1
 {2 x 75 on 1:40 Kick
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no brd S-10+1
 {2 x 75 on 1:35 Kick
 {2 x 75 on 1:30 Kick
 {4 x 25 on :40 Kick no brd L-11+1
 {2 x 50 on 1:00 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :40 Kick no brd R-12+1
 550 1 x 550 on 9:00 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{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 125 on 1:28 Freestyle
 {3 x 50 on 1:00 Freestyle
 {2 x 125 on 1:27 Freestyle
 {4 x 50 on 1:00 Freestyle
 {1 x 125 on 1:26 Freestyle
 {5 x 50 on 1:00 Freestyle
 275 1 x 275 on 4:00 Stroke Drills
 1 on 10:00 Ice
 8:35 AM 5,275 Yards - Stress Value = 115

Workout #8298 - Monday, 20 December 2010

HighSchl - Back

1 minute rest between sets

8:44 AM Start
 Yards Set Description EGY WORK
 =====
 2,475 1x{5 x 125 on 1:55 Back alt 25's 10KOW EN2 S
 {4 x 50 on :45 Back-descend EN2 S
 {5 x 125 on 1:50 Back alt 25's 10KOW EN2 S
 {4 x 50 on :45 Back-descend EN2 S
 {5 x 125 on 1:45 Back alt 25's 10KOW EN2 S
 {4 x 50 on :45 Back-descend EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC I
 1 on 10:00 Ice M
 9:35 AM 2,675 Yards - Stress Value = 48

Workout #8295 - Monday, 20 December 2010

HighSchl - Breast

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORF
2,300	1x{4 x 125 on 2:05 100 Breast 25 free	EN2	§
	{3 x 100 on 1:40 Breast-descend	EN2	§
	{4 x 100 on 1:40 25 back 75 breast	EN2	§
	{3 x 100 on 1:35 Breast-descend	EN2	§
	{4 x 75 on 1:15 50 Breast 25 free	EN2	§
	{3 x 100 on 1:30 Breaststroke	EN2	§
	{4 x 50 on :50 25 Back 25 Breast	EN2	§
200	1 x 200 on 2:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,500 Yards - Stress Value = 46

Workout #8299 - Monday, 20 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORF
2,175	1x{5 x 125 on 2:10 Back alt 25's 10KOW	EN2	§
	{3 x 50 on :50 Back-descend	EN2	§
	{5 x 125 on 2:05 Back alt 25's 10KOW	EN2	§
	{3 x 50 on :50 Back-descend	EN2	§
	{5 x 125 on 2:00 Back alt 25's 10KOW	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,375 Yards - Stress Value = 42

Workout #8292 - Monday, 20 December 2010

HighSchl - Distance

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WC
2,800	1x{1 x 500 on 6:15 Freestyle	EN2	==
	{5 x 100 on 1:20 Free hold time I give	EN2	==
	{1 x 400 on 5:00 Freestyle	EN2	==
	{4 x 100 on 1:20 Free hold time i give	EN2	==
	{1 x 300 on 3:45 Freestyle	EN2	==
	{3 x 100 on 1:20 Free hold time I give	EN2	==
	{1 x 200 on 2:30 Freestyle	EN2	==
	{2 x 100 on 1:20 Free hold time I give	EN2	==
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 3,000 Yards - Stress Value = 56

Workout #8288 - Monday, 20 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
600	1 on 40:00 DS and Weights		
150	1 x 600 on 10:00 Swim-kick-pull-swim		
	10 x 15 on :45 Shooters		
2,100	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:30 Kick		
	{1 x 100 on 1:40 Kick		
	{1 x 50 on :50 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 150 on 2:30 Kick		
	{2 x 100 on 1:40 Kick		
	{2 x 50 on :50 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{3 x 150 on 2:30 Kick		
	{3 x 100 on 1:40 Kick		
	{3 x 50 on :50 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

8:43 AM 3,050 Yards - Stress Value = 50

Workout #8293 - Monday, 20 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WC
2,550	1x{1 x 500 on 7:00 Freestyle	EN2	==
	{5 x 100 on 1:30 Free hold time I give	EN2	==
	{1 x 400 on 5:35 Freestyle	EN2	==
	{4 x 100 on 1:30 Free hold time i give	EN2	==
	{1 x 300 on 4:10 Freestyle	EN2	==
	{3 x 100 on 1:30 Free hold time I give	EN2	==
	{1 x 150 on 2:05 Freestyle	EN2	==
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,750 Yards - Stress Value = 51

Workout #8289 - Monday, 20 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
600	1 on 40:00 DS and Weights		
150	1 x 600 on 10:00 Swim-kick-pull-swim		
	10 x 15 on :45 Shooters		
1,800	1x{4 x 25 on :35 Kick no board BSLR		
	{1 x 150 on 2:50 Kick		
	{1 x 100 on 1:55 Kick		
	{1 x 50 on :55 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{2 x 150 on 2:50 Kick		
	{2 x 100 on 1:55 Kick		
	{2 x 50 on :55 Kick		
	{4 x 25 on :35 Kick no board BSLR		
	{3 x 150 on 2:50 Kick		
	{1 x 100 on 1:55 Kick		
	{1 x 50 on :55 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

8:43 AM 2,750 Yards - Stress Value = 44

Workout #8296 - Monday, 20 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORF
2,100	1x{4 x 125 on 2:20 100 Breast 25 free	EN2	§
	{3 x 100 on 1:50 Breast-descend	EN2	§
	{4 x 100 on 1:50 25 back 75 breast	EN2	§
	{3 x 100 on 1:45 Breast-descend	EN2	§
	{4 x 75 on 1:20 50 Breast 25 free	EN2	§
	{3 x 100 on 1:40 Breast-descend	EN2	§
200	1 x 200 on 2:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,300 Yards - Stress Value = 42

Workout #8290 - Monday, 20 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
550	1 on 40:00 DS and Weights		
150	1 x 550 on 10:00 Swim-kick-pull-swim		
1,600	10 x 15 on :45 Shooters		
	1x{4 x 25 on :40 Kick no board BSLR		
	{1 x 150 on 3:10 Kick		
	{1 x 100 on 2:05 Kick		
	{1 x 50 on 1:05 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{2 x 150 on 3:10 Kick		
	{2 x 100 on 2:05 Kick		
	{2 x 50 on 1:05 Kick		
	{4 x 25 on :40 Kick no board BSLR		
	{2 x 150 on 3:10 Kick		
	{1 x 100 on 2:05 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

8:43 AM 2,500 Yards - Stress Value = 40

Workout #8291 - Monday, 20 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
500	1 on 40:00 DS and Weights		
150	1 x 500 on 10:00 Swim-kick-pull-swim		
1,500	10 x 15 on :45 Shooters		
	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:20 Kick		
	{1 x 100 on 2:15 Kick		
	{1 x 50 on 1:10 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{2 x 150 on 3:20 Kick		
	{2 x 100 on 2:15 Kick		
	{2 x 50 on 1:10 Kick		
	{4 x 25 on :45 Kick no board BSLR		
	{1 x 150 on 3:20 Kick		
	{1 x 100 on 2:15 Kick		
	{1 x 50 on 1:10 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		

8:43 AM 2,350 Yards - Stress Value = 38

Workout #8294 - Monday, 20 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WC
2,250	1x{1 x 500 on 8:00 Freestyle	EN2	
	{5 x 100 on 1:40 Free hold time I give	EN2	
	{1 x 400 on 6:25 Freestyle	EN2	
	{4 x 100 on 1:40 Free hold time i give	EN2	
	{1 x 250 on 4:00 Freestyle	EN2	
	{2 x 100 on 1:40 Free hold time I give	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		M

9:35 AM 2,450 Yards - Stress Value = 45

Workout #8297 - Monday, 20 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORK
1,900	1x{4 x 125 on 2:30 100 Breast 25 free	EN2	S
	{3 x 100 on 1:55 Breast-descend	EN2	S
	{4 x 100 on 2:00 25 back 75 breast	EN2	S
	{3 x 100 on 1:45 Breast-descend	EN2	S
	{4 x 75 on 1:30 50 Breast 25 free	EN2	S
	{1 x 100 on 1:50 Breast-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,100 Yards - Stress Value = 38

Workout #8300 - Monday, 20 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:44 AM Start

Yards	Set Description	EGY	WORK
2,000	1x{5 x 125 on 2:20 Back alt 25's 10KOW	EN2	S
	{3 x 50 on :55 Back-descend	EN2	S
	{5 x 125 on 2:15 Back alt 25's 10KOW	EN2	S
	{4 x 50 on :55 Back-descend	EN2	S
	{4 x 100 on 1:50 Back alt 25's 10KOW	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,200 Yards - Stress Value = 39

Workout #8305 - Tuesday, 21 December 2010

HighSchl - Distance

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	SI
2,500	1x{1 x 750 on 9:30 Freestyle	EN2	S	F
	{3 x 250 on 3:10 Fr-Combined time	EN2	S	F
	{1 x 500 on 6:00 Freestyle	EN2	S	F
	{2 x 250 on 3:00 Fr-Combined time	EN2	S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice			M

9:35 AM 2,800 Yards - Stress Value = 50

Workout #8306 - Tuesday, 21 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK
2,175	1x{1 x 700 on 9:40 Freestyle	EN2	S
	{3 x 225 on 3:10 Fr-Combined time-20	EN2	S
	{1 x 400 on 5:40 Freestyle	EN2	S
	{2 x 200 on 2:45 Fr-Combined time	EN2	S
300	6 x 50 on 1:00 Stroke Drills	REC	I
	1 on 10:00 Ice		M

9:35 AM 2,475 Yards - Stress Value = 44

Workout #8309 - Tuesday, 21 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WOF	
1,550	1x{6 x 25 on :45 Tennis Balls/No Breath {2 x 100 on 1:40 Free Br on 3 {3 x 50 on :50 Free-descend {6 x 25 on :45 Paddles/No Breath {2 x 100 on 1:35 Free Br on 3 {3 x 50 on :55 Free-descend {6 x 25 on :45 Tennis Balls/No Breath {2 x 100 on 1:30 Free Br on 3 {1 x 50 on 1:00 Free-fast {6 x 25 on :45 Paddles/No Breath	SP1 EN1 EN2 SP1 EN2 EN2 SP1 EN2 EN2 SP1		
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC		

9:35 AM 1,750 Yards - Stress Value = 65

Yards	Set Description
600	1 on 30:00 DS and Shoulders 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
1,000	1x{4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:00 Kick #4 {4 x 25 on :40 Tombstone Kicking {1 x 100 on 1:55 Kick #4 {4 x 25 on :35 Tombstone Kicking {1 x 100 on 1:55 Kick #3 {4 x 25 on :30 Tombstone Kicking {2 x 100 on 2:00 Kick #3
1,000	1x{2 x 150 on 2:00 Pulls {2 x 125 on 1:40 Pulls {2 x 100 on 1:20 Pulls {2 x 75 on 1:00 Pulls {2 x 50 on :40 Pulls { Odds breathe toward blchr { evens breathe toward scrbd
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:46 AM 3,550 Yards - Stress Value = 50

Workout #8312 - Tuesday, 21 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WC	
2,000	1x{4 x 100 on 1:40 Individual Medley {2 x 100 on 1:40 50 Fly 50 Back {1 x 50 on 1:00 #1Stroke/Fast/CntStrks {3 x 100 on 1:35 Individual Medley {2 x 100 on 1:40 50 Breast 50 Free {1 x 50 on 1:00 #1Stroke/Fast/CntStrks {2 x 100 on 1:30 Individual Medley {2 x 100 on 1:50 50 Back 50 Breast {1 x 50 on 1:00 #1Stroke/Fast/CntStrks {1 x 100 on 1:25 Individual Medley {2 x 100 on 1:40 50 Fly 50 Free {1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN2 EN2 EN3 EN2 EN2 EN3 EN2 EN2 EN3 EN2 EN2 EN3		
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice	REC		

9:35 AM 2,200 Yards - Stress Value = 48

Workout #8302 - Tuesday, 21 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS and Shoulders 1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
950	1x{4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:10 Kick #4 {4 x 25 on :40 Tombstone Kicking {1 x 100 on 2:05 Kick #4 {4 x 25 on :35 Tombstone Kicking {1 x 100 on 2:05 Kick #3 {4 x 25 on :30 Tombstone Kicking {2 x 75 on 1:40 Kick #3
900	1x{2 x 150 on 2:15 Pulls {2 x 125 on 1:50 Pulls {2 x 100 on 1:30 Pulls {2 x 75 on 1:10 Pulls { Odds breathe toward blchr { evens breathe toward scrbd
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:46 AM 3,400 Yards - Stress Value = 48

Workout #8311 - Tuesday, 21 December 2010

HighSchl - IM'ers

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WC	
2,000	1x{4 x 100 on 1:30 Individual Medley {2 x 100 on 1:30 50 Fly 50 Back {1 x 50 on 1:00 #1Stroke/Fast/CntStrks {3 x 100 on 1:25 Individual Medley {2 x 100 on 1:30 50 Breast 50 Free {1 x 50 on 1:00 #1Stroke/Fast/CntStrks {2 x 100 on 1:20 Individual Medley {2 x 100 on 1:40 50 Back 50 Breast {1 x 50 on 1:00 #1Stroke/Fast/CntStrks {1 x 100 on 1:15 Individual Medley {2 x 100 on 1:30 50 Fly 50 Free {1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN2 EN2 EN3 EN2 EN2 EN3 EN2 EN2 EN3 EN2 EN2 EN3		
400	1 x 400 on 6:00 Stroke Drills 1 on 10:00 Ice	REC		

9:35 AM 2,400 Yards - Stress Value = 48

Workout #8301 - Tuesday, 21 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Workout #8303 - Tuesday, 21 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS and Shoulders
550	1 x 550 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
850	1x{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:20 Kick #4
	{2 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:15 Kick #4
	{2 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:05 Kick #3
	{2 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:20 Kick #3
800	1x{1 x 150 on 2:30 Pulls
	{2 x 125 on 2:05 Pulls
	{2 x 100 on 1:40 Pulls
	{2 x 75 on 1:15 Pulls
	{1 x 50 on :50 Pulls
	{ Odds breathe toward blchr
	{ evens breathe toward scrbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:46 AM 3,150 Yards - Stress Value = 45

Workout #8304 - Tuesday, 21 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 30:00 DS and Shoulders
500	1 x 500 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Kick @ fastest interval
850	1x{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:30 Kick #4
	{2 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:20 Kick #4
	{2 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:05 Kick #3
	{2 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:30 Kick #3
750	1x{1 x 150 on 2:45 Pulls
	{2 x 125 on 2:15 Pulls
	{2 x 100 on 1:50 Pulls
	{2 x 75 on 1:20 Pulls
	{ Odds breathe toward blchr
	{ evens breathe toward scrbd
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	8:46 AM 3,050 Yards - Stress Value = 45

Workout #8307 - Tuesday, 21 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	ST
2,000	1x{1 x 600 on 9:30 Freestyle	EN2	S	F
	{3 x 200 on 3:10 Fr-Combined time	EN2	S	F
	{1 x 400 on 6:20 Freestyle	EN2	S	F
	{2 x 200 on 3:10 Fr-Combined time	EN2	S	F
300	6 x 50 on 1:00 Stroke Drills	REC	D	C
	1 on 10:00 Ice		M	
	9:36 AM 2,300 Yards - Stress Value = 40			

Workout #8310 - Tuesday, 21 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WOF
1,450	1x{6 x 25 on :45 Tennis Balls/No Breath	SP1	
	{1 x 100 on 1:50 Free Br on 3	EN1	
	{3 x 50 on :55 Free-descend	EN2	
	{6 x 25 on :45 Paddles/No Breath	SP1	
	{2 x 100 on 1:45 Free Br on 3	EN2	
	{3 x 50 on 1:00 Free-descend	EN2	
	{6 x 25 on :45 Tennis Balls/No Breath	SP1	
	{1 x 100 on 1:40 Free Br on 3	EN2	
	{3 x 50 on 1:05 Free-descend	EN2	
	{6 x 25 on :45 Paddles/No Breath	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 1,650 Yards - Stress Value = 64		

Workout #8313 - Tuesday, 21 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WC
1,800	1x{2 x 100 on 1:55 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Fly 50 Back	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:50 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Breast 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:45 Individual Medley	EN2	
	{2 x 100 on 2:00 50 Back 50 Breast	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
	{2 x 100 on 1:40 Individual Medley	EN2	
	{2 x 100 on 1:50 50 Fly 50 Free	EN2	
	{1 x 50 on 1:00 #1Stroke/Fast/CntStrks	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 2,000 Yards - Stress Value = 44		

Workout #8308 - Tuesday, 21 December 2010

HighSchl - Sprint

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WOF
1,650	1x{6 x 25 on :45 Tennis Balls/No Breath	SP1	
	{2 x 100 on 1:30 Free Br on 3	EN1	
	{3 x 50 on :45 Free-descend	EN2	
	{6 x 25 on :45 Paddles/No Breath	SP1	
	{2 x 100 on 1:25 Free Br on 3	EN2	
	{3 x 50 on :50 Free-descend	EN2	
	{6 x 25 on :45 Tennis Balls/No Breath	SP1	
	{2 x 100 on 1:20 Free Br on 3	EN2	
	{3 x 50 on :55 Free-descend	EN2	
	{6 x 25 on :45 Paddles/No Breath	SP1	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 1,850 Yards - Stress Value = 67		

Workout #8321 - Wednesday, 22 December 2010

HighSchl - Breast

1 minute rest between sets

8:46 AM Start
 Yards Set Description EGY WORK STK PAC
 =====
 1,800 24 x 75 on 1:30 Breaststroke EN3 S BR 2:0
 Alt 75 Br, 25 Ba-50 Br, 50 Br-25 Free
 200 1 x 200 on 2:00 Stroke Drills REC D CD 1:0
 1 on 10:00 ice M
 9:35 AM 2,000 Yards - Stress Value = 108

Workout #8318 - Wednesday, 22 December 2010

HighSchl - Distance

1 minute rest between sets

8:46 AM Start
 Yards Set Description EGY
 =====
 2,400 12 x 200 on 2:45 Freestyle-hold time I give EN3
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,700 Yards - Stress Value = 144

Workout #8322 - Wednesday, 22 December 2010

HighSchl - Fly

1 minute rest between sets

8:46 AM Start
 Yards Set Description EGY WC
 =====
 1,800 6x{1 x 100 on 1:20 Free-hold time I give EN2
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 25 on :25 Butterfly EN3
 {1 x 100 on 2:00 Freestyle REC
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 ice
 9:35 AM 2,100 Yards - Stress Value = 48

Workout #8319 - Wednesday, 22 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:46 AM Start
 Yards Set Description EGY
 =====
 2,200 11 x 200 on 2:55 Freestyle-hold time I give EN3
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,500 Yards - Stress Value = 132

Workout #8323 - Wednesday, 22 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:46 AM Start
 Yards Set Description EGY WC
 =====
 1,500 6x{1 x 100 on 1:35 Free-hold time I give EN2
 {1 x 25 on :40 Butterfly EN3
 {1 x 25 on :35 Butterfly EN3
 {1 x 25 on :30 Butterfly EN3
 {1 x 25 on :25 Butterfly EN3
 {1 x 50 on 1:30 Freestyle REC
 300 1 x 300 on 5:00 Stroke Drills REC
 1 on 10:00 ice
 9:34 AM 1,800 Yards - Stress Value = 48

Workout #8325 - Wednesday, 22 December 2010

HighSchl - Individual Prescriptions

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 Dynamic Stretch & Explanation
 1 x 600 on 10:00 Free L.25 of each 100 non f
 600-Gold, 550-Silver, 500-Bronze
 600 1x{1 x 200 on 15:00 Station #1
 {1 on 2:30 Rotate to next IP
 {1 x 200 on 15:00 Station #2
 {1 on 2:30 Rotate to next IP
 {1 x 200 on 15:00 Station #3
 400 8 x 50 on 1:00 Stroke Drills
 1 on 10:00 Ice
 4:35 PM 1,600 Yards

Workout #8314 - Wednesday, 22 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS and Weights
 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 :30 Kick no board B 10+1 KOW
 {3 x 100 on 1:50 Kick-hold under 1:38
 {4 x 25 on :30 Kick no board S 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:35
 {4 x 25 on :30 Kick no board L 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:32
 {4 x 25 on :30 Kick no board R 10+1 KOW
 {3 x 100 on 1:50 Kick hold under 1:29
 750 1x{2 x 125 on 1:40 Lungbuster pulls
 {2 x 125 on 1:35 Lungbuster pulls
 {2 x 125 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
 8:45 AM 3,200 Yards - Stress Value = 50

Workout #8315 - Wednesday, 22 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS and Weights
 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 :35 Kick no board B 10+1 KOW
 {3 x 100 on 2:00 Kick-hold under 1:52
 {4 x 25 on :35 Kick no board S 10+1 KOW
 {3 x 100 on 2:00 Kick hold under 1:49
 {4 x 25 on :35 Kick no board L 10+1 KOW
 {3 x 100 on 2:00 Kick hold under 1:47
 {4 x 25 on :35 Kick no board R 10+1 KOW
 {1 x 100 on 2:00 Kick hold under 1:45
 700 1x{2 x 125 on 1:50 Lungbuster pulls
 {2 x 125 on 1:45 Lungbuster pulls
 {2 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
 8:45 AM 2,950 Yards - Stress Value = 45

Workout #8316 - Wednesday, 22 December 2010

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

Yards	Set Description
	1 on 40:00 DS and Weights
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 :40 Kick no board B 10+1 KOW {3 x 100 on 2:10 Kick-hold under 2:03 {4 x 25 on :40 Kick no board S 10+1 KOW {3 x 100 on 2:10 Kick hold under 1:59 {4 x 25 on :40 Kick no board L 10+1 KOW {2 x 100 on 2:10 Kick hold under 1:56 {4 x 25 on :40 Kick no board R 10+1 KOW {1 x 50 on 1:05 Kick hold under :57
600	1x{2 x 125 on 2:00 Lungbuster pulls {2 x 125 on 1:55 Lungbuster pulls {2 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
	4:45 PM 2,650 Yards - Stress Value = 40

Workout #8317 - Wednesday, 22 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS and Stretch
500	1 x 500 on 10:00 Free L.25 of each 100 non f
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :45 Kick no board B 10+1 KOW {3 x 100 on 2:15 Kick-hold under 2:10 {4 x 25 on :45 Kick no board S 10+1 KOW {3 x 100 on 2:15 Kick hold under 2:08 {4 x 25 on :45 Kick no board L 10+1 KOW {2 x 100 on 2:15 Kick hold under 2:05 {4 x 25 on :45 Kick no board R 10+1 KOW
550	1x{2 x 125 on 2:10 Lungbuster pulls {2 x 125 on 2:05 Lungbuster pulls {1 x 50 on :50 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
	8:45 AM 2,500 Yards - Stress Value = 37

Workout #8320 - Wednesday, 22 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:46 AM Start

Yards	Set Description	EGY	WOF
2,000	10 x 200 on 3:10 Freestyle-hold time I give	EN3	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:34 AM 2,300 Yards - Stress Value = 120		

Workout #8324 - Wednesday, 22 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:46 AM Start

Yards	Set Description	EGY	WOF
1,500	6x{1 x 100 on 1:45 Free-hold time I give	EN2	
	{1 x 25 on :45 Butterfly	EN3	

	{1 x 25 on :40 Butterfly	EN3
	{1 x 25 on :35 Butterfly	EN3
	{1 x 25 on :30 Butterfly	EN3
	{1 x 50 on 1:30 Freestyle	REC
200	1 x 200 on 3:00 Stroke Drills	REC
	1 on 10:00 ice	
	9:35 AM 1,700 Yards - Stress Value = 48	

Workout #8330 - Thursday, 23 December 2010

HighSchl - Distance

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WOF
2,700	1x{1 x 500 on 7:00 Free Hold under 5:50	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 6:40 Free Hold under 5:50	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 6:20 Free Hold under 5:50	EN2	
	{1 x 50 on :30 Freestyle	SP2	
	{1 x 200 on 3:00 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 3,000 Yards - Stress Value = 75		

Workout #8331 - Thursday, 23 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WOF
2,550	1x{1 x 500 on 7:30 Free Hold under 6:30	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:10	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:15 Free Hold under 6:30	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:10	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
	{1 x 500 on 7:00 Free Hold under 6:30	EN2	
	{1 x 50 on :35 Freestyle	SP2	
	{1 x 150 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free hold under 1:00	SP2	
	{1 x 50 on 1:00 Freestyle	REC	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 2,850 Yards - Stress Value = 75		

Workout #8334 - Thursday, 23 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK
2,350	1x{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{1 x 200 on 3:20 IM hold under 2:55	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{2 x 200 on 3:20 IM hold under 2:55	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{3 x 200 on 3:20 IM hold under 2:55	SP1	S
	{1 x 50 on 1:00 Freestyle	REC	S
	{1 x 50 on :40 Your #1 Stroke	SP2	S
	{1 x 100 on 2:15 Freestyle	REC	S
	{2 x 200 on 3:20 IM hold under 2:55	SP1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM 2,550 Yards - Stress Value = 148			

Workout #8337 - Thursday, 23 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:38 PM Start

Yards	Set Description	EGY	WOF
2,200	1x{1 x 50 on 1:05 Free Hold under:32	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:05	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :33	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:08	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :34	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:11	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :35	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	
200	1 x 200 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 PM 2,400 Yards - Stress Value = 123			

Workout #8333 - Thursday, 23 December 2010

HighSchl - IM'ers

1 minute rest between sets

8:38 AM Start

Yards	Set Description	EGY	WORK
2,750	1x{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{1 x 200 on 3:00 IM hold under 2:40	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{2 x 200 on 2:55 IM hold under 2:40	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S
	{3 x 200 on 2:50 IM hold under 2:40	SP1	S
	{1 x 50 on 1:30 Freestyle	REC	S
	{1 x 50 on :30 Your #1 Stroke	SP2	S
	{1 x 100 on 2:00 Freestyle	REC	S

	{4 x 200 on 2:45 IM hold under 2:40	SP1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
9:35 AM 2,950 Yards - Stress Value = 180			

Workout #8326 - Thursday, 23 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 Shoulders and DS
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,750	1x{1 x 125 on 2:20 Kick
	{1 x 50 on :55 Kick-hold :48
	{2 x 125 on 2:15 Kick
	{2 x 50 on :55 Kick-hold :47
	{3 x 125 on 2:10 Kick
	{3 x 50 on :55 Kick hold :46
	{4 x 125 on 2:05 Kick
	{4 x 50 on :55 Kick hold :44
1,000	1x{1 x 200 on 2:30 Pulls
	{1 x 200 on 2:35 Pulls
	{1 x 200 on 2:40 Pulls
	{1 x 200 on 2:45 Pulls
	{1 x 200 on 2:50 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:38 AM 3,700 Yards - Stress Value = 52	

Workout #8327 - Thursday, 23 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 25:00 Shoulders and DS
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
1,600	1x{1 x 125 on 2:30 Kick
	{1 x 50 on 1:00 Kick-hold :52
	{2 x 125 on 2:25 Kick
	{2 x 50 on 1:00 Kick-hold :51
	{3 x 125 on 2:20 Kick
	{3 x 50 on 1:00 Kick hold :50
	{4 x 100 on 1:50 Kick
	{3 x 50 on 1:00 Kick hold :49
950	1x{1 x 200 on 2:45 Pulls
	{1 x 200 on 2:50 Pulls
	{1 x 200 on 2:55 Pulls
	{1 x 200 on 3:00 Pulls
	{1 x 150 on 2:15 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:38 AM 3,500 Yards - Stress Value = 49	

Workout #8328 - Thursday, 23 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and DS
 550 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,450 1x{1 x 125 on 2:45 Kick
 {1 x 50 on 1:05 Kick-hold :56
 {2 x 125 on 2:40 Kick
 {2 x 50 on 1:05 Kick-hold :55
 {3 x 125 on 2:35 Kick
 {3 x 50 on 1:05 Kick hold :54
 {3 x 100 on 2:00 Kick
 {2 x 50 on 1:05 Kick hold :53
 850 1x{1 x 200 on 3:05 Pulls
 {1 x 200 on 3:10 Pulls
 {1 x 200 on 3:15 Pulls
 {1 x 200 on 3:20 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
 8:38 AM 3,200 Yards - Stress Value = 44

Workout #8329 - Thursday, 23 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 25:00 Shoulders and DS
 500 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free evens 100's back
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 125 on 2:55 Kick
 {1 x 50 on 1:10 Kick-hold 1:03
 {2 x 125 on 2:50 Kick
 {2 x 50 on 1:10 Kick-hold 1:02
 {3 x 125 on 2:45 Kick
 {3 x 50 on 1:10 Kick hold 1:01
 {2 x 100 on 2:10 Kick
 {2 x 50 on 1:10 Kick hold 1:00
 800 1x{1 x 200 on 3:20 Pulls
 {1 x 200 on 3:25 Pulls
 {1 x 200 on 3:30 Pulls
 {1 x 200 on 3:45 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:38 AM 3,000 Yards - Stress Value = 42

Workout #8332 - Thursday, 23 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:38 AM Start
 Yards Set Description EGY WOF
 =====
 2,350 1x{1 x 500 on 8:00 Free Hold under 7:10 EN2
 {1 x 50 on :40 Freestyle SP2
 {1 x 100 on 2:00 Freestyle REC
 {1 x 100 on 2:00 Free Hold under 1:20 SP2
 {1 x 50 on 1:00 Freestyle REC
 {1 x 500 on 7:45 Free Hold under 7:10 EN2
 {1 x 50 on :40 Freestyle SP2
 {1 x 100 on 2:00 Freestyle REC
 {1 x 100 on 2:00 Free Hold under 1:20 SP2
 {1 x 50 on 1:00 Freestyle REC
 {1 x 500 on 7:30 Free Hold under 6:30 EN2

{1 x 50 on :40 Freestyle SP2
 {1 x 100 on 2:00 Freestyle REC
 {1 x 100 on 2:00 Free hold under 1:20 SP2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,650 Yards - Stress Value = 75

Workout #8335 - Thursday, 23 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:38 AM Start
 Yards Set Description EGY WORK
 =====
 2,150 1x{1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 100 on 2:30 Freestyle REC S
 {1 x 200 on 3:40 IM hold under 3:15 SP1 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 100 on 2:30 Freestyle REC S
 {2 x 200 on 3:40 IM hold under 3:15 SP1 S
 {1 x 50 on 1:30 Freestyle REC S
 {1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 100 on 2:30 Freestyle REC S
 {3 x 200 on 3:40 IM hold under 3:15 SP1 S
 {1 x 50 on 1:00 Freestyle REC S
 {1 x 50 on :50 Your #1 Stroke SP2 S
 {1 x 100 on 2:30 Freestyle REC S
 {1 x 200 on 3:40 IM hold under 3:15 SP1 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 AM 2,350 Yards - Stress Value = 132

Workout #8338 - Thursday, 23 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:38 PM Start
 Yards Set Description EGY WOF
 =====
 2,200 1x{1 x 50 on 1:05 Free Hold under:38 SP2
 {1 x 100 on 2:30 Freestyle REC
 {1 x 100 on 2:00 Free Hold under 1:15 SP2
 {1 x 100 on 2:30 Freestyle REC
 {2 x 50 on 1:00 Free Hold under :39 SP1
 {1 x 100 on 2:30 Freestyle REC
 {2 x 100 on 1:55 Free Hold under 1:20 SP1
 {1 x 100 on 2:30 Freestyle REC
 {3 x 50 on :55 Free Hold under :40 SP1
 {1 x 100 on 2:30 Freestyle REC
 {3 x 100 on 1:50 Free Hold under 1:23 SP1
 {1 x 100 on 2:30 Freestyle REC
 {4 x 50 on :50 Free Hold under :41 SP1
 {1 x 100 on 2:30 Freestyle REC
 {4 x 100 on 1:45 Free Hold AFAP SP1
 200 1 x 200 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 9:35 PM 2,400 Yards - Stress Value = 123

Workout #8339 - Thursday, 23 December 2010

HighSchl - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
400	1 on 37:00 DS and Weights		
	1 x 400 on 7:00 Underwater trn drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
2,100	1x{1 x 100 on :20 Freestyle	EN2	
	{1 x 100 on :25 Freestyle	EN2	
	{1 x 100 on :30 Freestyle	EN2	
	{1 x 100 on :35 Freestyle	EN2	
	{1 x 100 on :40 Freestyle	EN2	
	{1 x 100 on :45 Freestyle	EN2	
	{1 x 100 on :50 Freestyle	EN2	
	{1 x 100 on :55 Freestyle	EN2	
	{1 x 100 on 1:00 Freestyle	EN2	
	{1 x 100 on 1:05 Freestyle	EN2	
	{1 x 100 on 1:10 Freestyle	EN2	
	{1 x 100 on 1:15 Freestyle	EN2	
	{1 x 100 on 1:20 Freestyle	EN2	
	{1 x 100 on 1:25 Freestyle	EN2	
	{1 x 100 on 1:30 Freestyle	EN2	
	{1 x 100 on 1:35 Freestyle	EN2	
	{1 x 100 on 1:40 Freestyle	EN2	
	{1 x 100 on 1:45 Freestyle	EN2	
	{1 x 100 on 1:50 Freestyle	EN2	
	{1 x 100 on 1:55 Freestyle	EN2	
	{1 x 100 on 2:00 Freestyle	EN2	
300	1 x 300 on 5:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	4:35 PM 2,950 Yards - Stress Value = 48		

Workout #8336 - Thursday, 23 December 2010

HighSchl - Sprint

1 minute rest between sets

Yards	Set Description	EGY	WOF
	8:38 PM Start		
2,200	1x{1 x 50 on 1:05 Free Hold under:28	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{1 x 100 on 2:00 Free Hold under 1:00	SP2	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 50 on 1:00 Free Hold under :29	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{2 x 100 on 1:55 Free Hold under 1:02	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 50 on :55 Free Hold under :30	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{3 x 100 on 1:50 Free Hold under 1:05	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 50 on :50 Free Hold under :31	SP1	
	{1 x 100 on 2:30 Freestyle	REC	
	{4 x 100 on 1:45 Free Hold AFAP	SP1	
200	1 x 200 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
	9:35 PM 2,400 Yards - Stress Value = 123		

Workout #8340 - Friday, 24 December 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
	7:00 AM Start				
10,000	100 x 100 on 1:20 Freestyle	EN2	S	FR	1:20
	9:14 AM 10,000 Yards - Stress Value = 200				

Workout #8351 - Monday, 27 December 2010

HighSchl - Back

1 minute rest between sets

Yards	Set Description	EGY	WOF
	8:37 AM Start		
3,100	1x{3 x 200 on 3:00 Backstroke-descend	EN2	
	{1 x 100 on 1:25 Backstroke	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{3 x 200 on 2:55 Backstroke-descend	EN2	
	{1 x 100 on 1:20 Backstroke	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{1 x 100 on 1:10 Backstroke	EN2	
	{3 x 200 on 2:50 Backstroke-descend	EN2	
	{1 x 100 on 1:15 Backstroke	EN2	
	{1 x 100 on 1:10 Backstroke	EN2	
	{1 x 100 on 1:05 Backstroke	EN2	
	{4 x 100 on 1:30 Back des to LudSpeed	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 3,300 Yards - Stress Value = 62		

Workout #8348 - Monday, 27 December 2010

HighSchl - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
	8:37 AM Start		
2,600	1x{4 x 250 on 4:10 Breast des 1-3 hold 4	EN2	
	{4 x 200 on 3:15 Breast des 1-3 hold 4	EN2	
	{4 x 150 on 2:25 Breast des 1-3 hold 4	EN2	
	{4 x 50 on 1:00 Breast all best effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
	9:35 AM 2,800 Yards - Stress Value = 60		

Workout #8354 - Monday, 27 December 2010

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:00 PM Start		
	1 on 27:00 Shoulders and DS		L
600	1 x 600 on 10:00 Swim-kick-drill-swim	REC	S
150	10 x 15 on :45 Shooters	SP3	S
2,200	11 x 200 on 3:00 Challenge Set	EN2	S
	Silver-175's, Bronze and Rookies 150's		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M
	4:35 PM 3,200 Yards - Stress Value = 50		

Workout #8345 - Monday, 27 December 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
	8:37 AM Start			
3,600	1x{3 x 500 on 6:15 Freestyle-descend	EN2	S	
	{3 x 400 on 4:55 Freestyle-descend	EN2	S	
	{3 x 300 on 3:40 Freestyle-descend	EN2	S	
200	1 x 200 on 2:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	
	9:35 AM 3,800 Yards - Stress Value = 72			

Workout #8346 - Monday, 27 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK
3,150	1x{3 x 500 on 6:55 Freestyle-descend	EN2	S
	{3 x 400 on 5:30 Freestyle-descend	EN2	S
	{3 x 150 on 2:00 Freestyle-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:35 AM 3,350 Yards - Stress Value = 63

Workout #8349 - Monday, 27 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WC
2,450	1x{4 x 250 on 4:30 Breast des 1-3 hold 4	EN2	
	{4 x 200 on 3:30 Breast des 1-3 hold 4	EN2	
	{4 x 150 on 2:35 Breast des 1-3 hold 4	EN2	
	{1 x 50 on 1:00 Breast all best effort	EN3	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		

9:35 AM 2,650 Yards - Stress Value = 51

Workout #8352 - Monday, 27 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK
2,700	1x{3 x 200 on 3:20 Backstroke-descend	EN2	S
	{1 x 100 on 1:40 Backstroke	EN2	S
	{1 x 100 on 1:35 Backstroke	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{3 x 200 on 3:15 Backstroke-descend	EN2	S
	{1 x 100 on 1:35 Backstroke	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{3 x 200 on 3:10 Backstroke-descend	EN2	S
	{1 x 100 on 1:30 Backstroke	EN2	S
	{1 x 100 on 1:25 Backstroke	EN2	S
	{1 x 100 on 1:20 Backstroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:34 AM 2,900 Yards - Stress Value = 54

Workout #8353 - Monday, 27 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:37 AM Start

Yards	Set Description	EGY	WORK
2,350	1x{3 x 200 on 3:50 Backstroke-descend	EN2	S
	{1 x 100 on 1:55 Backstroke	EN2	S
	{1 x 100 on 1:50 Backstroke	EN2	S
	{1 x 100 on 1:45 Backstroke	EN2	S
	{3 x 200 on 3:45 Backstroke-descend	EN2	S
	{1 x 100 on 1:50 Backstroke	EN2	S
	{1 x 100 on 1:45 Backstroke	EN2	S
	{1 x 100 on 1:40 Backstroke	EN2	S
	{3 x 150 on 2:45 Backstroke-descend	EN2	S
	{1 x 100 on 2:00 Back-Great Effort	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:35 AM 2,550 Yards - Stress Value = 47

Workout #8341 - Monday, 27 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:30 Kick
	{4 x 25 on :30 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:36 AM 2,550 Yards - Stress Value = 44

Workout #8342 - Monday, 27 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on :55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:25 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:25 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{4 x 25 on :30 Kick no board BSLR
100	1 x 100 on 2:00 Kick for time
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:36 AM 2,400 Yards - Stress Value = 41

Workout #8343 - Monday, 27 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 3:05 Kick
 {2 x 25 on :30 Kick no board BS
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:36 AM 2,200 Yards - Stress Value = 38

Workout #8344 - Monday, 27 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 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
 {2 x 50 on 1:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:40 Kick
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:50 Kick
 {4 x 25 on :30 Kick no board BSLR
 100 1 x 100 on 2:00 Kick for time
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:36 AM 2,050 Yards - Stress Value = 36

Workout #8347 - Monday, 27 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WORK S
 =====
 2,700 1x{3 x 400 on 6:30 Freestyle-descend EN2 S
 {3 x 300 on 4:50 Freestyle-descend EN2 S
 {3 x 200 on 3:10 Freestyle-descend EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:35 AM 2,900 Yards - Stress Value = 54

Workout #8350 - Monday, 27 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:37 AM Start
 Yards Set Description EGY WC
 =====
 2,250 1x{4 x 200 on 4:00 Breast des 1-3 hold 4 EN2

{4 x 150 on 2:50 Breast des 1-3 hold 4 EN2
 {6 x 100 on 1:55 Breast des in 3's EN2
 {5 x 50 on 1:00 Breast all best effort EN3
 200 1 x 200 on 3:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 2,450 Yards - Stress Value = 55

Workout #8355 - Tuesday, 28 December 2010

HighSchl - Distance

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 2,400 1x{1 x 300 on 4:00 Freestyle
 {3 x 100 on 1:10 Free descend
 {2 x 300 on 3:45 Freestyle
 {2 x 100 on 1:15 Free-descend
 {3 x 300 on 3:30 Freestyle
 {1 x 100 on 1:20 Free-descend
 1,500 1x{4 x 125 on 2:10 Kick
 {4 x 125 on 2:05 Kick
 {4 x 125 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
 2,400 1x{1 x 300 on 4:00 Freestyle
 {3 x 100 on 1:10 Free-descend
 {2 x 300 on 3:45 Freestyle
 {2 x 100 on 1:15 Free-descend
 {3 x 300 on 3:30 Freestyle
 {1 x 100 on 1:20 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 7,350 Yards - Stress Value = 129

Workout #8356 - Tuesday, 28 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Core
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 2,100 1x{1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:20 Free descend
 {2 x 300 on 4:10 Freestyle
 {2 x 100 on 1:25 Free-descend
 {2 x 300 on 4:05 Freestyle
 {1 x 100 on 1:30 Free-descend
 1,250 1x{4 x 125 on 2:30 Kick
 {4 x 125 on 2:25 Kick
 {2 x 125 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
 2,100 1x{1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:20 Free-descend
 {2 x 300 on 4:10 Freestyle
 {2 x 100 on 1:25 Free-descend
 {2 x 300 on 4:05 Freestyle
 {1 x 100 on 1:30 Free-descend
 200 1 x 200 on 3:00 Stroke Drills
 1 on 10:00 Ice
 9:35 AM 6,500 Yards - Stress Value = 112

Workout #8359 - Tuesday, 28 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,850	1x{12 x 25 on :30 Fly-descend in 4's {3 x 100 on 1:40 Individual Medley {8 x 25 on :30 Back-descend in 4's {3 x 100 on 1:35 Individual Medley {8 x 25 on :35 Breast-descend in 4's {2 x 100 on 1:30 Individual Medley {6 x 25 on :25 Free descend in 3's
1,250	1x{4 x 125 on 2:30 Kick {4 x 125 on 2:25 Kick {2 x 125 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
1,650	1x{12 x 25 on :30 Fly descend in 4's {3 x 100 on 1:40 Individual Medley {8 x 25 on :30 Back descend in 4's {3 x 100 on 1:35 Individual Medley {8 x 25 on :35 Breast descend in 4's {2 x 100 on 1:30 Individual Medley {6 x 25 on :25 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM	5,600 Yards - Stress Value = 97

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS and Core
150	10 x 15 on :45 Shooters
1,850	1x{12 x 25 on :25 Fly-descend in 4's {3 x 100 on 1:30 Individual Medley {12 x 25 on :25 Back-descend in 4's {3 x 100 on 1:25 Individual Medley {12 x 25 on :30 Breast-descend in 4's {2 x 100 on 1:20 Individual Medley {6 x 25 on :20 Free descend in 3's
1,350	1x{4 x 125 on 2:20 Kick {4 x 125 on 2:15 Kick {3 x 100 on 1:45 Kick {1 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
1,850	1x{12 x 25 on :25 Fly descend in 4's {3 x 100 on 1:30 Individual Medley {12 x 25 on :25 Back descend in 4's {3 x 100 on 1:25 Individual Medley {12 x 25 on :30 Breast descend in 4's {2 x 100 on 1:20 Individual Medley {6 x 25 on :20 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM	6,100 Yards - Stress Value = 107

Workout #8357 - Tuesday, 28 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #8362 - Tuesday, 28 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,650	1x{1 x 250 on 4:00 Freestyle {5 x 50 on :55 Free 8-7-6-5-4 breaths {8 x 25 on :30 Free descend in 3's {1 x 200 on 3:10 Freestyle {4 x 50 on :55 Free 7-6-5-4 breaths {6 x 25 on :30 Descend in 3's {1 x 150 on 2:25 Freestyle {3 x 50 on :55 Free 6-5-4 breaths {4 x 25 on :30 Free descend
1,250	1x{4 x 125 on 2:30 Kick {4 x 125 on 2:25 Kick {2 x 125 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
1,650	1x{1 x 250 on 4:00 Freestyle {5 x 50 on :55 Free 8-7-6-5-4 breaths {8 x 25 on :30 Free descend in 3's {1 x 200 on 3:10 Freestyle {4 x 50 on :55 Free 7-6-5-4 breaths {6 x 25 on :30 Free-descend in 3's {1 x 150 on 2:25 Freestyle {3 x 50 on :55 Free 6-5-4 breaths {4 x 25 on :30 Free-descend
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM	5,600 Yards - Stress Value = 97

7:00 AM Start

Yards	Set Description
550	1 on 30:00 DS and Core
150	10 x 15 on :45 Shooters
1,850	1x{1 x 300 on 4:50 Freestyle {3 x 100 on 1:35 Free descend {2 x 300 on 4:45 Freestyle {2 x 100 on 1:40 Free-descend {1 x 300 on 4:40 Freestyle {3 x 50 on :50 Free-descend
1,150	1x{4 x 125 on 2:45 Kick {4 x 125 on 2:40 Kick {2 x 75 on 1:35 Kick
100	2x{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 300 on 4:50 Freestyle {3 x 100 on 1:35 Free-descend {2 x 300 on 4:45 Freestyle {2 x 100 on 1:40 Free-descend {1 x 300 on 4:40 Freestyle {3 x 50 on :50 Free-descend
200	1 x 200 on 3:00 Stroke Drills 1 on 10:00 Ice
9:35 AM	5,850 Yards - Stress Value = 100

Workout #8358 - Tuesday, 28 December 2010

HighSchl - IM'ers

1 minute rest between sets

Workout #8360 - Tuesday, 28 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 30:00 DS and Core
150	1 x 550 on 10:00 Underwater trn drill
1,450	10 x 15 on :45 Shooters
1,450	1x{8 x 25 on :35 Fly-descend in 4's
	{3 x 100 on 1:50 Individual Medley
	{8 x 25 on :35 Back-descend in 4's
	{2 x 100 on 1:45 Individual Medley
	{8 x 25 on :40 Breast-descend in 4's
	{2 x 100 on 1:40 Individual Medley
1,150	1x{6 x 25 on :30 Free descend in 3's
	{4 x 125 on 2:45 Kick
	{4 x 125 on 2:40 Kick
	{2 x 75 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
1,450	1x{8 x 25 on :35 Fly descend in 4's
	{3 x 100 on 1:50 Individual Medley
	{8 x 25 on :35 Back descend in 4's
	{2 x 100 on 1:45 Individual Medley
	{8 x 25 on :40 Breast descend in 4's
	{2 x 100 on 1:40 Individual Medley
	{6 x 25 on :30 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,050 Yards - Stress Value = 87

7:00 AM Start

Yards	Set Description
600	1 on 30:00 DS and Core
150	1 x 600 on 10:00 Underwater trn drill
1,750	10 x 15 on :45 Shooters
1,750	1x{1 x 250 on 3:45 Freestyle
	{5 x 50 on :50 Free 8-7-6-5-4 breaths
	{10 x 25 on :30 Free descend in 3's
	{1 x 200 on 3:00 Freestyle
	{4 x 50 on :50 Free 7-6-5-4 breaths
	{8 x 25 on :30 Descend in 3's
	{1 x 150 on 2:15 Freestyle
	{3 x 50 on :50 Free 6-5-4 breaths
	{4 x 25 on :30 Free descend
1,350	1x{4 x 125 on 2:20 Kick
	{4 x 125 on 2:15 Kick
	{3 x 100 on 1:45 Kick
	{1 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
1,750	1x{1 x 250 on 3:45 Freestyle
	{5 x 50 on :50 Free 8-7-6-5-4 breaths
	{10 x 25 on :30 Free descend in 3's
	{1 x 200 on 3:00 Freestyle
	{4 x 50 on :50 Free 7-6-5-4 breaths
	{8 x 25 on :30 Free-descend in 3's
	{1 x 150 on 2:15 Freestyle
	{3 x 50 on :50 Free 6-5-4 breaths
	{4 x 25 on :30 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,900 Yards - Stress Value = 103

Workout #8363 - Tuesday, 28 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
550	1 on 30:00 DS and Core
150	1 x 550 on 10:00 Underwater trn drill
1,550	10 x 15 on :45 Shooters
1,550	1x{1 x 250 on 4:15 Freestyle
	{5 x 50 on 1:00 Free 8-7-6-5-4 breaths
	{6 x 25 on :30 Free descend in 3's
	{1 x 200 on 3:25 Freestyle
	{4 x 50 on 1:00 Free 7-6-5-4 breaths
	{4 x 25 on :30 Free-descend
	{1 x 150 on 2:35 Freestyle
	{3 x 50 on 1:00 Free 6-5-4 breaths
	{4 x 25 on :30 Free descend
1,150	1x{4 x 125 on 2:45 Kick
	{4 x 125 on 2:40 Kick
	{2 x 75 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
1,550	1x{1 x 250 on 4:15 Freestyle
	{5 x 50 on 1:00 Free 8-7-6-5-4 breaths
	{6 x 25 on :30 Free descend in 3's
	{1 x 200 on 3:25 Freestyle
	{4 x 50 on 1:00 Free 7-6-5-4 breaths
	{4 x 25 on :30 Free-descend
	{1 x 150 on 2:35 Freestyle
	{3 x 50 on 1:00 Free 6-5-4 breaths
	{4 x 25 on :30 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Ice

9:35 AM 5,250 Yards - Stress Value = 91

Workout #8371 - Wednesday, 29 December 2010

HighSchl - Breast

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY WORK
1,800	1x{2 x 50 on :55 Breast hold under :45	EN3
	{1 x 150 on 2:30 Breaststroke	EN2
	{2 x 50 on :55 Breast hold under :45	EN3
	{2 x 125 on 2:05 Breaststroke	EN2
	{2 x 50 on :55 Breast hold under :45	EN3
	{2 x 100 on 1:40 Breaststroke	EN2
	{2 x 50 on :55 Breast hold under :45	EN3
	{1 x 150 on 2:25 Breaststroke	EN2
	{2 x 50 on :55 Breast hold under :45	EN3
	{2 x 125 on 2:00 Breaststroke	EN2
	{2 x 50 on :55 Breast hold under :45	EN3
	{2 x 100 on 1:35 Breaststroke	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	M

9:35 AM 2,100 Yards - Stress Value = 60

Workout #8361 - Tuesday, 28 December 2010

HighSchl - Sprint

1 minute rest between sets

Workout #8368 - Wednesday, 29 December 2010

HighSchl - Distance

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
2,400	1x{2 x 50 on :45 Free hold under :32	EN3	S	
	{1 x 500 on 6:15 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :32	EN3	S	350
	{1 x 500 on 6:05 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :32	EN3	S	
	{1 x 500 on 5:55 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :32	EN3	S	
	{1 x 500 on 5:45 Freestyle	EN2	S	
	{ Hold all 500's under 5:45			
350	7 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

9:35 AM 2,750 Yards - Stress Value = 64

Workout #8373 - Wednesday, 29 December 2010

HighSchl - Fly

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
1,900	1x{2 x 125 on 1:40 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u1d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:35 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u2d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:35 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u3d	EN2	S	FLY
	{1 x 100 on 1:30 Freestyle	REC	S	FR
	{2 x 125 on 1:30 Fly w/fins	EN2	S	FLY
	{6 x 25 on :30 Fly w/fins 1u4d	EN2	S	FLY
	{ Hold all 25's :16 or faster			
350	7 x 50 on 1:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:35 AM 2,250 Yards - Stress Value = 32

Workout #8369 - Wednesday, 29 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
2,300	1x{2 x 50 on :45 Free hold under :36	EN3	S	
	{1 x 500 on 7:05 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :36	EN3	S	
	{1 x 500 on 6:55 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :36	EN3	S	
	{1 x 500 on 6:45 Freestyle	EN2	S	
	{2 x 50 on :45 Free hold under :36	EN3	S	
	{1 x 400 on 5:20 Freestyle	EN2	S	
	{ Hold all 500's under 6:40			
250	5 x 50 on 1:00 Stroke Drills	REC	D	
	1 on 10:00 Ice		M	

9:36 AM 2,550 Yards - Stress Value = 62

Workout #8374 - Wednesday, 29 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:47 AM Start

Yards	Set Description	EGY	WORK	STK
1,700	1x{2 x 125 on 2:05 Fly w/fins	EN2	S	FLY
	{4 x 25 on :35 Fly w/fins 1u1d	EN2	S	FLY

{1 x 100 on 1:40 Freestyle	REC	S	FR
{2 x 125 on 2:00 Fly w/fins	EN2	S	FLY
{4 x 25 on :35 Fly w/fins 1u2d	EN2	S	FLY
{1 x 100 on 1:40 Freestyle	REC	S	FR
{2 x 125 on 1:55 Fly w/fins	EN2	S	FLY
{4 x 25 on :35 Fly w/fins 1u3d	EN2	S	FLY
{1 x 100 on 1:40 Freestyle	REC	S	FR
{2 x 125 on 1:50 Fly w/fins	EN2	S	FLY
{4 x 25 on :35 Fly w/fins 1u4d	EN2	S	FLY
{ Hold all 25's :20 or faster			
7 x 50 on 1:00 Stroke Drills	REC	D	CD
1 on 10:00 Ice		M	

9:35 AM 2,050 Yards - Stress Value = 28

Workout #8376 - Wednesday, 29 December 2010

HighSchl - Individual Prescriptions

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 15:00 Dynamic Stretch & Explanation
600	1 x 600 on 10:00 Free L.25 of each 100 non f
	600-Gold, 550-Silver, 500-Bronze
600	1x{1 x 200 on 15:00 Station #1
	{1 on 2:30 Rotate to next IP
	{1 x 200 on 15:00 Station #2
	{1 on 2:30 Rotate to next IP
	{1 x 200 on 15:00 Station #3
400	8 x 50 on 1:00 Stroke Drills
	1 on 10:00 Ice

4:35 PM 1,600 Yards

Workout #8364 - Wednesday, 29 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights
150	1 x 600 on 10:00 Free L.25 of each 100 non f
	10 x 15 on :45 Shooters
1,500	1x{6 x 25 on :30 Kick no board B
	{2 x 150 on 2:35 Kick
	{6 x 25 on :30 Kick no board S
	{2 x 125 on 2:05 Kick
	{6 x 25 on :30 Kick no board L
	{2 x 100 on 1:35 Kick
	{6 x 25 on :30 Kick no board R
	{2 x 75 on 1:10 Kick
1,000	1x{1 x 200 on 2:30 Lungbuster pulls
	{2 x 150 on 1:55 Lungbuster pulls
	{3 x 100 on 1:20 Lungbuster pulls
	{4 x 50 on :45 Lungbuster pulls
	{ Breathe 3-5-7-9 by the 25's
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

8:46 AM 3,350 Yards - Stress Value = 46

Workout #8365 - Wednesday, 29 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 600 1 x 600 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 :35 Kick no board B
 {2 x 150 on 3:00 Kick
 {6 x 25 on :35 Kick no board S
 {2 x 125 on 2:25 Kick
 {6 x 25 on :35 Kick no board L
 {1 x 100 on 1:55 Kick
 {6 x 25 on :35 Kick no board R
 900 1x{1 x 200 on 2:50 Lungbuster pulls
 {2 x 150 on 2:10 Lungbuster pulls
 {3 x 100 on 1:30 Lungbuster pulls
 {2 x 50 on :50 Lungbuster pulls
 { Breathe 3-5-7-9 by the 25's
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:46 AM 3,000 Yards - Stress Value = 40

{ Breathe 3-5-7-9 by the 25's
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:46 AM 2,550 Yards - Stress Value = 34

Workout #8370 - Wednesday, 29 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start
 Yards Set Description EGY WORK S
 =====
 2,000 1x{2 x 50 on :50 Free hold under:40 EN3 S
 {1 x 400 on 6:30 Freestyle EN2 S
 {2 x 50 on :50 Free hold under :40 EN3 S
 {1 x 400 on 6:25 Freestyle EN2 S
 {2 x 50 on :50 Free hold under :40 EN3 S
 {1 x 400 on 6:20 Freestyle EN2 S
 {2 x 50 on :50 Free hold under :40 EN3 S
 {1 x 400 on 6:15 Freestyle EN2 S
 { Hold all 400's under 6:15
 250 5 x 50 on 1:00 Stroke Drills REC D
 1 on 10:00 Ice M
 9:36 AM 2,250 Yards - Stress Value = 56

Workout #8366 - Wednesday, 29 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 550 1 x 550 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,100 1x{6 x 25 on :40 Kick no board B
 {2 x 125 on 2:40 Kick
 {6 x 25 on :40 Kick no board S
 {2 x 100 on 2:05 Kick
 {4 x 25 on :40 Kick no board L
 {2 x 50 on 1:00 Kick
 {6 x 25 on :40 Kick no board R
 850 1x{1 x 200 on 3:10 Lungbuster pulls
 {2 x 150 on 2:25 Lungbuster pulls
 {3 x 100 on 1:40 Lungbuster pulls
 {1 x 50 on :55 Lungbuster pulls
 { Breathe 3-5-7-9 by the 25's
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:46 AM 2,750 Yards - Stress Value = 37

Workout #8372 - Wednesday, 29 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start
 Yards Set Description EGY WOF
 =====
 1,650 1x{2 x 50 on 1:00 Breast hold under :50 EN3
 {1 x 150 on 2:45 Breaststroke EN2
 {2 x 50 on 1:00 Breast hold under :50 EN3
 {2 x 125 on 2:15 Breaststroke EN2
 {2 x 50 on 1:00 Breast hold under :50 EN3
 {1 x 100 on 1:45 Breaststroke EN2
 {2 x 50 on 1:00 Breast hold under :50 EN3
 {1 x 150 on 2:40 Breaststroke EN2
 {2 x 50 on 1:00 Breast hold under :50 EN3
 {2 x 125 on 2:10 Breaststroke EN2
 {3 x 50 on 1:00 Breast hold under :50 EN3
 {1 x 100 on 1:40 Breaststroke EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 Ice
 9:35 AM 1,950 Yards - Stress Value = 59

Workout #8375 - Wednesday, 29 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:47 AM Start
 Yards Set Description EGY WORK STK
 =====
 1,500 1x{2 x 100 on 1:45 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u1d EN2 S FLY
 {1 x 100 on 1:50 Freestyle REC S FR
 {2 x 100 on 1:40 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u2d EN2 S FLY
 {1 x 100 on 1:50 Freestyle REC S FR
 {2 x 100 on 1:35 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u3d EN2 S FLY
 {1 x 100 on 1:50 Freestyle REC S FR
 {2 x 100 on 1:30 Fly w/fins EN2 S FLY
 {4 x 25 on :40 Fly w/fins 1u4d EN2 S FLY
 { Hold all 25's :25 or faster
 350 7 x 50 on 1:00 Stroke Drills REC D CD
 1 on 10:00 Ice M
 9:35 AM 1,850 Yards - Stress Value = 24

Workout #8367 - Wednesday, 29 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS and Weights
 500 1 x 500 on 10:00 Free L.25 of each 100 non f
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :45 Kick no board B
 {2 x 100 on 2:15 Kick
 {6 x 25 on :45 Kick no board S
 {2 x 75 on 1:40 Kick
 {6 x 25 on :45 Kick no board L
 {2 x 50 on 1:05 Kick
 {4 x 25 on :45 Kick no board R
 800 1x{1 x 200 on 3:25 Lungbuster pulls
 {2 x 150 on 2:35 Lungbuster pulls
 {2 x 100 on 1:45 Lungbuster pulls
 {2 x 50 on :55 Lungbuster pulls

Workout #8381 - Thursday, 30 December 2010

HighSchl - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM Start			
3,400	1x{3 x 150 on 1:50 Freestyle	EN2	
	{5 x 100 on 1:25 Free Hold time I give	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{4 x 125 on 1:45 Free Hold time I give	EN2	
	{3 x 250 on 3:00 Freestyle	EN2	
	{4 x 150 on 2:05 Free Hold time I give	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM 3,700 Yards - Stress Value = 68			

Workout #8382 - Thursday, 30 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM Start			
3,100	1x{3 x 150 on 2:05 Freestyle	EN2	
	{5 x 100 on 1:35 Free Hold time I give	EN2	
	{3 x 200 on 2:45 Freestyle	EN2	
	{4 x 125 on 1:55 Free Hold time I give	EN2	
	{3 x 250 on 3:25 Freestyle	EN2	
	{2 x 150 on 2:20 Free Hold time I give	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM 3,400 Yards - Stress Value = 62			

Workout #8385 - Thursday, 30 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM Start			
2,700	1x{2 x 250 on 4:00 50fl 50fr 50fl 50fr 50fl	EN2	
	{4 x 100 on 1:35 Individual Medley	EN2	
	{2 x 250 on 4:00 50ba 50fr 50ba 50fr 50ba	EN2	
	{3 x 100 on 1:35 Individual Medley	EN2	
	{2 x 250 on 4:15 50br 50fr 50br 50fr 50br	EN2	
	{2 x 100 on 1:35 Individual Medley	EN2	
	{1 x 100 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 IM for time	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM 3,000 Yards - Stress Value = 52			

Workout #8388 - Thursday, 30 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM Start			
2,450	1x{6 x 125 on 2:05 Free hold time I give	EN2	
	{6 x 25 on :30 SD w/ fast finishes	EN2	
	{6 x 100 on 1:40 Free-hold time I give	EN2	
	{6 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 75 on 1:15 Free-hold time I give	EN2	
	{6 x 25 on :40 SD w/fast finishes	EN2	
	{4 x 50 on :50 Free-hold time I give	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM 2,800 Yards - Stress Value = 49			

Workout #8384 - Thursday, 30 December 2010

HighSchl - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM Start			
3,050	1x{2 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl	EN2	
	{4 x 100 on 1:25 Individual Medley	EN2	
	{2 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba	EN2	
	{4 x 100 on 1:25 Individual Medley	EN2	
	{2 x 250 on 3:45 50br 50fr 50br 50fr 50br	EN2	
	{4 x 100 on 1:25 Individual Medley	EN2	
	{1 x 150 on 3:00 Freestyle	REC	
	{1 x 200 on 3:00 IM for time	EN2	
300	6 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM 3,350 Yards - Stress Value = 58			

Workout #8377 - Thursday, 30 December 2010

HighSchl - Platinum

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
	1 on 30:00 DS and Core		
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 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 1:25 Kick		
	{1 x 100 on 1:20 Kick		
	{1 x 100 on 1:25 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		
800	1x{4 x 50 on :50 Pulls		
	{4 x 50 on :45 Pulls		
	{4 x 50 on :40 Pulls		
	{4 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		
8:32 AM 3,150 Yards - Stress Value = 46			

Workout #8378 - Thursday, 30 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS and Core
 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
 1,300 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
 {2 x 100 on 1:45 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
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 750 1x{3 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 {4 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
 8:32 AM 2,900 Yards - Stress Value = 42

Workout #8379 - Thursday, 30 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS 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 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 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 50 on 1:05 Kick
 700 1x{2 x 50 on 1:00 Pulls
 {4 x 50 on :55 Pulls
 {4 x 50 on :50 Pulls
 {4 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
 8:32 AM 2,650 Yards - Stress Value = 38

Workout #8380 - Thursday, 30 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS 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 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
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:05 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:15 Kick
 600 1x{2 x 50 on 1:05 Pulls
 {3 x 50 on 1:00 Pulls
 {3 x 50 on :55 Pulls
 {4 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
 8:32 AM 2,400 Yards - Stress Value = 36

Workout #8383 - Thursday, 30 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:33 AM Start
 Yards Set Description EGY WC
 =====
 2,750 1x{3 x 150 on 2:25 Freestyle EN2
 {4 x 100 on 1:45 Free Hold time I give EN2
 {3 x 200 on 3:10 Freestyle EN2
 {4 x 125 on 2:10 Free Hold time I give EN2
 {2 x 250 on 4:00 Freestyle EN2
 {2 x 150 on 2:35 Free Hold time I give EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 9:35 AM 3,000 Yards - Stress Value = 55

Workout #8386 - Thursday, 30 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:33 AM Start
 Yards Set Description EGY
 =====
 2,450 1x{2 x 200 on 3:35 50fl 50fr 50fl 50fr 50fl EN2
 {4 x 100 on 1:45 Individual Medley EN2
 {2 x 200 on 3:35 50ba 50fr 50ba 50fr 50ba EN2
 {3 x 100 on 1:45 Individual Medley EN2
 {2 x 200 on 3:45 50br 50fr 50br 50fr 50br EN2
 {3 x 100 on 1:45 Individual Medley EN2
 {1 x 50 on 1:30 Freestyle REC
 {1 x 200 on 4:00 IM for time EN2
 300 6 x 50 on 1:00 Stroke Drills REC
 1 on 10:00 ice
 9:35 AM 2,750 Yards - Stress Value = 48

Workout #8389 - Thursday, 30 December 2010

HighSchl - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM	Start		
2,250	1x{6 x 125 on 2:15 Free hold time I give	EN2	
	{4 x 25 on :40 SD w/ fast finishes	EN2	
	{6 x 100 on 1:50 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
	{6 x 75 on 1:20 Free-hold time I give	EN2	
	{3 x 50 on 1:00 Free-hold time I give	EN2	
	{4 x 25 on :40 SD w/fast finishes	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM	2,600 Yards - Stress Value = 45		

Workout #8395 - Friday, 31 December 2010

HighSchl - Distance
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
2,750	5x{1 x 125 on 1:40 Freestyle	EN2	S	FR
	{1 x 125 on 1:35 Freestyle	EN2	S	FR
	{1 x 125 on 1:30 Freestyle	EN2	S	FR
	{1 x 125 on 1:25 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Non Free	REC	S	STK
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:35 AM	3,050 Yards - Stress Value = 48			

Workout #8390 - Thursday, 30 December 2010

HighSchl - Speed Acquisition
1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
	1 on 25:00 Shoulders and DS		
600	1 x 600 on 10:00 Underwater trn drill	REC	
180	12 x 15 on :45 Start/Shooter/Finish	SP3	
1,500	5x{1 x 25 on :30 Freestyle	SP2	
	{1 x 25 on :40 Freestyle	SP2	
	{1 x 25 on :50 Freestyle	SP2	
	{1 x 25 on 1:00 Freestyle	SP2	
	{1 x 200 on 4:00 Stroke Drills	REC	
200	1 x 200 on 3:00 Stroke Drills	REC	
	1 on 10:00 Ice		
4:35 PM	2,480 Yards - Stress Value = 55		

Workout #8396 - Friday, 31 December 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
8:43 AM	Start			
2,750	5x{1 x 125 on 1:55 Freestyle	EN2	S	FR
	{1 x 125 on 1:50 Freestyle	EN2	S	FR
	{1 x 125 on 1:45 Freestyle	EN2	S	FR
	{1 x 125 on 1:40 Freestyle	EN2	S	FR
	{1 x 50 on 1:00 Non Free	REC	S	STK
	On the 5th set do the 125's @ the 145 and 140			
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	
9:40 AM	3,050 Yards - Stress Value = 48			

Workout #8387 - Thursday, 30 December 2010

HighSchl - Sprint
1 minute rest between sets

Yards	Set Description	EGY	WC
8:33 AM	Start		
2,700	1x{4 x 125 on 1:55 Free hold time I give	EN2	
	{8 x 25 on :25 SD w/ fast finishes	EN2	
	{6 x 100 on 1:30 Free-hold time I give	EN2	
	{8 x 25 on :30 SD w/fast finishes	EN2	
	{6 x 75 on 1:10 Free-hold time I give	EN2	
	{8 x 25 on :35 SD w/fast finishes	EN2	
	{6 x 50 on :45 Free hold time I give	EN2	
350	7 x 50 on 1:00 Stroke Drills	REC	
	1 on 10:00 ice		
9:35 AM	3,050 Yards - Stress Value = 54		

Workout #8399 - Friday, 31 December 2010

HighSchl - Gold/Silver
1 minute rest between sets

Yards	Set Description	EGY
8:43 AM	Start	
2,050	1x{4 x 50 on :50 Backstroke-8 KOW	EN2
	{2 x 150 on 2:30 Back 25 stroke 25 drill	EN1
	{6 x 50 on :50 Backstroke-9 KOW	EN2
	{2 x 150 on 2:35 Back 25 stroke 25 drill	EN1
	{8 x 50 on :50 Backstroke-10 KOW	EN2
	{2 x 150 on 2:40 Back 25 stroke 25 drill	EN1
	{5 x 50 on :50 Backstroke-11 KOW	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:35 AM	2,350 Yards - Stress Value = 32	

Workout #8398 - Friday, 31 December 2010

HighSchl - Back
1 minute rest between sets

Yards	Set Description	EGY
8:43 AM	Start	
2,300	1x{4 x 50 on :45 Backstroke-8 KOW	EN2
	{2 x 150 on 2:15 Back 25 stroke 25 drill	EN1
	{6 x 50 on :45 Backstroke-9 KOW	EN2
	{2 x 150 on 2:20 Back 25 stroke 25 drill	EN1
	{8 x 50 on :45 Backstroke-10 KOW	EN2
	{2 x 150 on 2:25 Back 25 stroke 25 drill	EN1
	{10 x 50 on :45 Backstroke-11 KOW	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	
9:35 AM	2,600 Yards - Stress Value = 37	

Workout #8402 - Friday, 31 December 2010

HighSchl - Gold/Silver

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK
2,100	1x{1 x 150 on 2:25 Freestyle {6 x 50 on :45 Free-descend in 3's {1 x 150 on 2:25 Freestyle {6 x 50 on :50 Free-descend in 3's {1 x 150 on 2:25 Freestyle {6 x 50 on :55 Free-descend in 3's {1 x 150 on 2:25 Freestyle {6 x 50 on 1:00 Free-descend in 3's {1 x 150 on 2:25 Freestyle {3 x 50 on 1:05 Free-descend in 3's sets of 3=1drill, 1build, 1ludicrous speed	EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2 EN1 EN2	S S S S S S S S S S
250	1 x 250 on 4:00 Stroke Drills 1 on 10:00 Ice	REC	D M
9:35 AM 2,350 Yards - Stress Value = 37			

Workout #8404 - Friday, 31 December 2010

HighSchl - Individual Prescriptions

1 minute rest between sets

3:00 PM Start

Yards	Set Description
600	1 on 15:00 Dynamic Stretch & Explanation 1 x 600 on 10:00 Free L.25 of each 100 non f 600-Gold, 550-Silver, 500-Bronze
600	1x{1 x 200 on 15:00 Station #1 {1 on 2:30 Rotate to next IP {1 x 200 on 15:00 Station #2 {1 on 2:30 Rotate to next IP {1 x 200 on 15:00 Station #3
400	8 x 50 on 1:00 Stroke Drills 1 on 10:00 Ice
4:35 PM 1,600 Yards	

Workout #8391 - Friday, 31 December 2010

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 40:00 DS and Weights 1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,500	1x{8 x 25 on :30 Kick no board BSLR-12 {4 x 50 on :45 Kick {8 x 25 on :30 Kick no board BSLR-11 {4 x 75 on 1:10 Kick {8 x 25 on :30 Kick no board BSLR-10 {4 x 100 on 1:35 Kick
900	1x{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
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:42 AM 3,250 Yards - Stress Value = 51	

Workout #8392 - Friday, 31 December 2010

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS and Weights

600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,250	1x{8 x 25 on :35 Kick no board BSLR-12 {3 x 50 on :55 Kick {8 x 25 on :35 Kick no board BSLR-11 {4 x 75 on 1:20 Kick {4 x 25 on :35 Kick no board BSLR-10 {3 x 100 on 1:50 Kick
750	1x{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
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:42 AM 2,850 Yards - Stress Value = 43	

Workout #8393 - Friday, 31 December 2010

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS and Weights
550	1 x 550 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,100	1x{8 x 25 on :40 Kick no board BSLR-12 {2 x 50 on 1:05 Kick {4 x 25 on :40 Kick no board BSLR-11 {4 x 75 on 1:35 Kick {4 x 25 on :40 Kick no board BSLR-10 {3 x 100 on 2:05 Kick
650	1x{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
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
8:42 AM 2,550 Yards - Stress Value = 38	

Workout #8394 - Friday, 31 December 2010

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 40:00 DS and Weights
500	1 x 500 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR-12 {4 x 50 on 1:10 Kick {4 x 25 on :45 Kick no board BSLR-11 {4 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR-10 {2 x 100 on 2:15 Kick
600	1x{4 x 75 on 1:20 Pulls-nbbf&w + 2 yds {4 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
8:42 AM 2,350 Yards - Stress Value = 35	

Workout #8397 - Friday, 31 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK	STK
2,200	4x{1 x 125 on 2:15 Freestyle	EN2	S	FR
	{1 x 125 on 2:10 Freestyle	EN2	S	FR
	{1 x 125 on 2:05 Freestyle	EN2	S	FR
	{1 x 125 on 2:00 Freestyle	EN2	S	FR
	{1 x 50 on 1:30 Non Free	REC	S	STK
	On the 4th set only do the 125's @ the 2:05 and @2:00			
300	1 x 300 on 5:00 Stroke Drills	REC	D	CD
	1 on 10:00 Ice		M	

9:39 AM 2,500 Yards - Stress Value = 40

{6 x 50 on :55 Free-descend in 3's	EN2	S
{1 x 150 on 2:15 Freestyle	EN1	S
{6 x 50 on 1:00 Free-descend in 3's	EN2	S
sets of 3=1drill, 1build, 1ludicrous speed		
250 1 x 250 on 4:00 Stroke Drills	REC	D
1 on 10:00 Ice		M

9:35 AM 2,500 Yards - Stress Value = 40

Workout #8400 - Friday, 31 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY
1,850	1x{3 x 50 on :55 Backstroke-8 KOW	EN2
	{2 x 150 on 2:45 Back 25 stroke 25 drill	EN1
	{4 x 50 on :55 Backstroke-9 KOW	EN2
	{2 x 150 on 2:50 Back 25 stroke 25 drill	EN1
	{5 x 50 on :55 Backstroke-10 KOW	EN2
	{2 x 150 on 3:00 Back 25 stroke 25 drill	EN1
	{7 x 50 on :55 Backstroke-11 KOW	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	1 on 10:00 Ice	

9:35 AM 2,150 Yards - Stress Value = 28

Workout #8403 - Friday, 31 December 2010

HighSchl - Silver/Bronze

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK
1,950	1x{1 x 150 on 2:35 Freestyle	EN1	S
	{6 x 50 on :50 Free-descend in 3's	EN2	S
	{1 x 150 on 2:35 Freestyle	EN1	S
	{6 x 50 on :55 Free-descend in 3's	EN2	S
	{1 x 150 on 2:35 Freestyle	EN1	S
	{6 x 50 on 1:00 Free-descend in 3's	EN2	S
	{1 x 150 on 2:35 Freestyle	EN1	S
	{6 x 50 on 1:05 Free-descend in 3's	EN2	S
	{1 x 100 on 1:45 Freestyle	EN1	S
	{1 x 50 on 1:10 Free-100%	EN2	S
	sets of 3=1drill, 1build, 1ludicrous speed		
250	1 x 250 on 4:00 Stroke Drills	REC	D
	1 on 10:00 Ice		M

9:35 AM 2,200 Yards - Stress Value = 34

Workout #8401 - Friday, 31 December 2010

HighSchl - Sprint

1 minute rest between sets

8:43 AM Start

Yards	Set Description	EGY	WORK
2,250	1x{1 x 150 on 2:15 Freestyle	EN1	S
	{6 x 50 on :40 Free-descend in 3's	EN2	S
	{1 x 150 on 2:15 Freestyle	EN1	S
	{6 x 50 on :45 Free-descend in 3's	EN2	S
	{1 x 150 on 2:15 Freestyle	EN1	S
	{6 x 50 on :50 Free-descend in 3's	EN2	S
	{1 x 150 on 2:15 Freestyle	EN1	S