

Workout #100 - Monday, 05 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	5:00 PM Start Set Description	WORK	STK	PF
1,200	2x{1 x 300 on 4:30 BF Free {2 x 100 on 1:40 Switching by 25 {4 x 25 on :30 2 Br , 2 Dr Fl	S	FR	0:
600	12 x 50 on :50 FK - fins	K	FR	0:
100	1 x 100 on 2:00 My Fav Bk	D	BK	1:
1,400	2x{4 x 50 on 1:00 L Swim back {4 x 75 on 1:15 Free {4 x 50 on :55 Fr/Bk	D	BK	1:
200	8 x 25 on :30 Drill Fly	D	FLY	1:
6:09 PM 3,500 Yards				

1 minute 30 seconds rest between sets

Yards	5:00 PM Start Set Description	WORK	STK	PF
1,500	2x{3 x 125 on 2:00 11 Drill {3 x 75 on 1:30 KDS - Ch {3 x 50 on 1:00 Descending Fr 1-3	D	FF	0:
750	30 x 25 on :25 (3 FK / 2 DK) - fins	K	MIX	1:
200	1 x 200 on 4:00 Spitfire	D	FF	0:
1,500	3x{2 x 50 on :55 Fly/Bk {2 x 50 on :55 Bk/Br {2 x 50 on :55 Br/Fr {8 x 25 on :25 11 Dr FR	S	IM	0:
400	2 x 200 on 3:30 Switching	S	SW	0:
6:24 PM 4,350 Yards				

Workout #99 - Tuesday, 06 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	5:00 PM Start Set Description	WORK	STK	PF
250	1 x 250 on 4:00 11 Drill Free	D	FR	0:
1,350	2x{6 x 50 on :50 11 Drill Free {5 x 75 on 1:30 Switching - no free	S	F/B	0:
250	5 x 50 on 1:00 jump/sprint/ez FR, 25 bk k	D	FR	1:
600	6 x 100 on 1:30 O-Fr, E-SW w/ no FR	S	FR	1:
750	10 x 75 on 1:15 6 FK / 4(50BKFK/25 DR FL) fi	D	F/B	1:
200	4 x 50 on :50 Free	D	BK	1:
200	8 x 25 on :30 Fast Free	D	FR	1:
200	4 x 50 on :50 Back	D	FR	1:
200	8 x 25 on :30 Fast BK	D	FLY	1:
6:25 PM 4,000 Yards				

Workout #96 - Friday, 09 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	5:00 PM Start Set Description	WORK	STK	PF
1,300	1x{1 x 200 on 3:30 11 Drill Fr {2 x 100 on 1:30 Bk/Fr by 25 {4 x 50 on 1:00 K/Dr - IMO {2 x 100 on 1:30 Bk/Fr by 25 {1 x 500 on 7:30 11 Drill FR	D	FR	0:
200	1 x 200 on 4:00 Spitfire	D	FR	1:
600	2x{6 x 50 on 1:00 75% Pace	S	FR	1:
250	10 x 25 on :30 Mid Pool 25's	D	F/B	1:
300	2 x 150 on 3:00 L BK Swim - Rec	D	BK	1:
350	14 x 25 on :30 6 beat K FR	D	FR	1:
350	14 x 25 on :30 6 beat kick FR	D	FR	1:
200	8 x 25 on :30 1 Arm Fly	D	FLY	1:
6:20 PM 3,550 Yards				

Workout #98 - Wednesday, 07 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	5:00 PM Start Set Description	WORK	STK	PF
1,400	1x{5 x 100 on 1:40 11 DRILL FR {10 x 50 on :55 O-Fr/Bk E-Bk/Br {1 x 400 on 6:00 BF Free (3-2 Bre)	D	FR	0:50
600	12 x 50 on 1:00 13 UW FSH K / 37 EZ FR - fir	C	CH	1:00
350	7 x 50 on :55 Dr Fr / Dr Fl	S	SW	0:50
250	10 x 25 on :30 Br Pull w/ Fk	S	FR	0:45
250	10 x 25 on :30 BF BR	D	FR	1:00
1,200	12 x 100 on 1:40 7 Free, 4 BK, 1 Br/Fr	D	F/B	0:50
6:21 PM 4,050 Yards				

Workout #95 - Monday, 12 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	5:00 PM Start Set Description	WORK	STK	PACE
1,500	1x{6 x 75 on 1:15 11 Drill FR {6 x 50 on 1:00 K/Dr {6 x 100 on 1:40 Switching {6 x 25 on :30 BR	D	FR	0:50
500	20 x 25 on :25 Paddles & Fins	P	FR	0:50
2,000	2x{8 x 25 on :30 6 beat kick FR {4 x 50 on :50 FR/BK {2 x 100 on 1:30 Fast FR {4 x 50 on 1:00 6 beat kick FR {8 x 25 on :25 LA Combo	D	FR	1:00
250	10 x 25 on :30 DR FL	S	F/B	0:50
6:20 PM 4,250 Yards				

Workout #97 - Thursday, 08 October 2009

Red Group

Workout #94 - Tuesday, 13 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC
5:00 PM Start				
1,600	1x{1 x 400 on 6:30 6 beat K FR {8 x 50 on 1:00 Kick/Drill - BK {4 x 100 on 1:40 Switching {16 x 25 on :30 O-BK E-CH	D	FR	0:4
1,000	2x{20 x 25 on :30 IMO Kick :30 Rest between each stroke	K	IM	1:0
1,800	3x{1 x 150 on 2:30 Build BK {2 x 75 on 1:20 L BK swim {6 x 25 on :30 6 beat K Fr {3 x 50 on :50 BF FR	D	BK	0:5
6:25 PM 4,400 Yards				

Yards	Set Description	WORK	STK
5:00 PM Start			
1,650	1x{2 x 200 on 3:30 11 drill FR {5 x 50 on :50 FR {1 x 250 on 4:00 Switching {10 x 25 on :30 2 ST 20 K {1 x 250 on 4:00 Switching {5 x 50 on :50 FR	D	FR
900	3x{2 x 75 on 1:05 FK - fins {2 x 75 on 1:15 FK - fins	K	FR
150	3 x 50 on 1:00 BR kick	K	BR
500	10 x 50 on 1:00 75% pace FR	S	FR
1,300	13 x 100 on 1:40 5 FR, 4 BK, 4 CH	S	MIX
6:25 PM 4,500 Yards			

Workout #93 - Wednesday, 14 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WOF
5:00 PM Start		
1,500	5 x 300 on 5:00 1-11 DR FR, 2-SW, 3-MI 4-6 beat kick FR, 5-CH	===
600	4x{1 x 25 on :25 Paddles & Fins {1 x 50 on :50 Paddles & Fins {1 x 75 on 1:15 Paddles & Fins	
200	8 x 25 on :30 Sprint FR - Paddles & Fins	
2,100	3x{8 x 25 on :30 BR pull w/fk {1 x 150 on 2:30 Free {4 x 25 on :30 BR pull w/dk {1 x 150 on 2:30 Free {4 x 25 on :30 Breast	
6:24 PM 4,400 Yards		

Workout #90 - Monday, 19 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description
5:00 PM Start	
1,650	3x{1 x 300 on 4:30 FR {4 x 25 on :30 1 ST 12 K's {1 x 150 on 2:30 SW BK/no FR by 25
1,200	4x{6 x 25 on :25 Paddles & Fins {3 x 50 on :45 Paddles & Fins
1,500	3x{4 x 25 on :30 BK K {3 x 50 on :50 6 beat kick FR {2 x 75 on 1:15 Free {1 x 100 on 1:30 FAST FR - try to be under 1:
250	10 x 25 on :30 Drill Fly
6:22 PM 4,600 Yards	

Workout #92 - Thursday, 15 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
5:00 PM Start			
1,500	1x{1 x 500 on 7:30 11 drill FR {1 x 400 on 6:30 MI {1 x 300 on 5:00 6 beat kick FR {1 x 200 on 4:00 IM drill {1 x 100 on 1:40 Choice	D	
900	3 x 300 on 4:30 K-fins 1-DK 2-BK 3-FK	K	M
2,100	2x{1 x 75 on 1:20 IM {2 x 100 on 1:40 FRIM {3 x 50 on 1:00 Sprint FR {1 x 200 on 3:30 FRIM {3 x 50 on 1:00 Sprint FR {2 x 100 on 1:40 FRIM {1 x 75 on 1:20 IM	S	
150	1 x 150 on 2:30 11 drill FR	D	
6:25 PM 4,650 Yards			

Workout #89 - Tuesday, 20 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
5:00 PM Start			
1,350	1x{6 x 50 on :50 BK {4 x 75 on 1:15 FR/BK/FR {3 x 100 on 1:40 6 beat kick FR {3 x 50 on :50 BK {2 x 75 on 1:15 SW - choice {1 x 150 on 2:15 FAST FR	S	
1,000	20 x 50 on 1:00 (2FK, 1 DK, 1 WK) x 5	K	
250	1 x 250 on 5:00 Spitfire	D	
2,000	2x{8 x 25 on :30 L drill BK {4 x 50 on :50 BK {2 x 100 on 1:30 FR {4 x 50 on :50 BK {8 x 25 on :30 L swim BK	D	
100	1 x 100 on 2:00 My Fav BK	D	
6:32 PM 4,700 Yards			

Workout #91 - Friday, 16 October 2009

Red Group

1 minute 30 seconds rest between sets

Workout #88 - Wednesday, 21 October 2009

6:17 PM 3,950 Yards

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	I S S C S S
600	3 x 200 on 4:30 Test Set - Flutter Kick	F
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	I S S C S S
	10 Minutes Backstroke turns	
	6:21 PM 4,000 Yards	

Workout #87 - Thursday, 22 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WC
1,500	3x{1 x 300 on 5:00 SW by 50 {4 x 25 on :30 2 stroke 20 K's {2 x 50 on 1:00 K/DR 1-Br, 2-Fly	==
750	10 x 75 on 1:10 Paddles & Fins	
2,750	2x{1 x 25 on :30 FLY {1 x 50 on :45 FR {1 x 75 on 1:30 IM {1 x 100 on 1:30 FR {1 x 125 on 2:00 Texas IM (IM+25FR) {1 x 150 on 2:15 FR {1 x 175 on 3:00 IM - FL/FR/BK/FR/BR/FR/FR {1 x 200 on 3:00 FR {1 x 225 on 4:00 Texas IM (IM+25 FR) {1 x 250 on 3:45 FR	
	1 Min Rest between rounds; Round 1 goes down	
50	1 x 50 on 1:00 EZ Float	
	6:30 PM 5,050 Yards	

Workout #86 - Friday, 23 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,000	10 x 100 on 1:40 4 FR, 3 BK, 2 SW, 1 IM	S
800	2 x 400 on 8:30 IM Kick	F
800	4x{1 x 50 on :55 6 beat kick FR {1 x 50 on :50 6 beat kick FR {1 x 50 on :45 6 beat kick FR {1 x 50 on :40 6 beat kick FR	I I I I
1,250	10 x 125 on 2:00 O-FR E-SW	S
100	1 x 100 on 2:00 EZ Ch	S

Workout #85 - Monday, 26 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,550	1x{3 x 200 on 3:00 6 beat kick FR {4 x 150 on 2:30 IM {7 x 50 on 1:00 1 stoke 12 kick	I S C
1,000	4 x 250 on 3:45 Kick-Fins BK, Dk, FK, Mix	F
2,000	2x{8 x 25 on :30 11 drill FR {1 x 200 on 3:00 BF FR {4 x 50 on :50 6 beat kick FR {1 x 200 on 3:00 BF FR {8 x 25 on :30 11 drill FR	I S I S I
250	10 x 25 on :30 Drill FLY	I
	6:27 PM 4,800 Yards	

Workout #84 - Tuesday, 27 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,600	2x{4 x 75 on 1:15 6 beat kick FR {1 x 300 on 4:45 SW BK/FR by 25 {4 x 50 on 1:00 K/DR - IMO	D S C	FR B/F IM
600	4x{1 x 75 on 1:10 Paddles & Fins {1 x 50 on :50 Paddles & Fins {1 x 25 on :30 Paddles & Fins - BK	P P P	FR FR BK
200	1 x 200 on 4:00 Spitfire	D	FR
1,400	2x{1 x 200 on 4:00 BK - FAST!! {4 x 25 on :30 11 drill FR {2 x 50 on 1:00 Build BK {3 x 100 on 1:40 SW	S D S S	BK FR BK F/B
800	32 x 25 on :30 Turn 25's - IMO	S	IM
	6:31 PM 4,600 Yards		

Workout #83 - Wednesday, 28 October 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WC
1,650	1x{3 x 300 on 5:00 O-FR E-IM {6 x 125 on 2:00 (25K/50DR/50SWIM)	
1,200	6 x 200 on 3:00 K-Fins FK, DK, BK, FK, DK, WK	
2,000	2x{4 x 25 on :30 BR pull w/FK {4 x 50 on :50 6 beat kick FR {4 x 25 on :30 BR {4 x 50 on :50 6 beat kick FR {4 x 100 on 1:45 BR/FR/BR/FR	
100	1 x 100 on 2:00 My Fav BK	
	6:28 PM 4,950 Yards	

Workout #82 - Thursday, 29 October 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PF
1,700	1x{1 x 500 on 7:30 6 beat kick FR {2 x 300 on 5:00 SW {1 x 400 on 7:00 IM Drill {1 x 200 on 3:00 FAST FR!!	D	FR	0:
		S	SW	0:
		D	IM	0:
		S	FR	0:
2,200	4x{1 x 100 on 1:45 IM {1 x 125 on 2:15 IM - 50 ST IMO {1 x 150 on 2:45 IM - 75 ST IMO {1 x 175 on 3:15 IM - 100 ST IMO	S	IM	0:
		S	IM	0:
		S	IM	0:
		S	IM	0:
100	1 x 100 on 2:00 My Fav BK	D	BK	1:

6:13 PM 4,000 Yards

Workout #81 - Monday, 02 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK
1,500	1x{4 x 200 on 3:15 11 drill FR {4 x 100 on 1:40 BK/Fr {4 x 50 on 1:00 Kick BR / Drill FLY {4 x 25 on :30 ST	D	FR
		S	B/F
		C	MIX
		S	STK
800	32 x 25 on :25 Paddles - 6 Fr/2 BK	P	F/B
200	1 x 200 on 4:00 Spitfire - BK	D	BK

2,500	1x{20 x 25 on :25 11 drill FR {10 x 50 on :50 FR/BK - work turns {5 x 100 on 1:40 6 beat kick FR {2 x 250 on 4:00 SW {1 x 500 on 7:30 SPRINT FREE 4 TIME	D	FR
		S	F/B
		D	FR
		S	SW
		S	FR

100	1 x 100 on 2:00 My Fav BK	D	BK
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6:33 PM 5,100 Yards

Workout #79 - Tuesday, 03 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK
1,700	1x{4 x 150 on 2:30 6 beat kick FR {8 x 75 on 1:20 BK/FR/BK {10 x 50 on 1:00 O-FL dr/Bk E-Bk/dr BR	D
		S
		C
1,200	3 x 400 on 6:00 K-fins FK, BK, MIX	K

2,200	2x{6 x 50 on :50 11 drill FR {6 x 25 on :30 L drill BK {4 x 50 on :45 FR {6 x 25 on :30 BK {1 x 100 on 1:45 FR {1 x 200 on 3:30 fast BK for time	D
		D
		S
		S
		S
		S

100	1 x 100 on 2:00 My Fav BK	D
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6:35 PM 5,200 Yards

Workout #80 - Tuesday, 03 November 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start

Yards	Set Description
1,000	1x{1 x 300 on 4:30 11 drill FR {2 x 150 on 2:15 SW by 25 {8 x 50 on :55 K/Dr O-FR E-CH

750	15 x 50 on :45 Drill FR
750	10 x 75 on 1:10 Paddles & Fins K/Scull/Swin
700	7 x 100 on 1:30 4 SW 3 FR 6:26 AM 3,200 Yards

Workout #78 - Wednesday, 04 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description
1,800	2x{1 x 350 on 5:30 SW {3 x 75 on 1:30 KDS - BR {5 x 25 on :30 11 drill FR {2 x 100 on 1:30 BK/FR by 25

900	12 x 75 on 1:15 Fins - Kick/Scull/11 drill F
2,000	2x{5 x 100 on 1:45 BR/FR by 25 {6 x 50 on :50 11 drill FR {4 x 25 on :30 board lead whip kick {1 x 100 on 2:00 Breast 6:26 PM 4,700 Yards

Workout #76 - Thursday, 05 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	D	FLY
		S	FR
		S	SW
		C	CH
		S	IM
		S	MIX

400	1 x 400 on 7:00 TS - timed 400 IM	T	IM
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300	1 x 300 on 5:00 EZ SW	S	SW
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1,000	10 x 100 on 1:40 O-IM E-FR 6:07 PM 3,400 Yards	S	MIX
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Workout #77 - Thursday, 05 November 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start

Yards	Set Description
1,000	1x{1 x 600 on 9:00 (100 6 beat K FR / 50 St) {1 x 400 on 6:30 IM drill

750	15 x 50 on :45 BF FR
1,000	10 x 100 on 1:25 Fins 5-BK kick 5-FR/BK by

500	1 x 500 on 7:00 SW by 25's 6:23 AM 3,250 Yards
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Workout #75 - Friday, 06 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 x 5000 on 59:59 Choice Workout for 5000 yards
 6:30 PM 5,000 Yards

Workout #74 - Monday, 09 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1,650 1x{20 x 25 on :25 11 drill FR
 {5 x 100 on 1:45 K/S by 25
 {10 x 50 on :50 ST/FR
 {1 x 150 on 2:30 L Back
 600 12 x 50 on :55 Fins - 10 Fish kick off walls
 200 1 x 200 on 4:00 Spitfire
 1,000 2x{6 x 50 on 1:00 80 % Pace FR
 {1 x 200 on 4:00 SW
 6:09 PM 3,450 Yards

Workout #72 - Tuesday, 10 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1,800 3x{4 x 125 on 2:00 2-11 drill FR, 2 BK/BR by 25
 {4 x 25 on :30 2 stroke 20 K's
 2,100 1x{4 x 25 on :25 BK
 {4 x 50 on :50 FR/BK
 {4 x 75 on 1:20 FLY/BK/FR
 {4 x 100 on 1:30 FR
 {4 x 125 on 2:00 BK/FR/BK
 {4 x 150 on 2:15 FR
 700 14 x 50 on :50 Paddles
 250 10 x 25 on :30 FINS - 10 UW fish k walls
 6:26 PM 4,850 Yards

Workout #73 - Tuesday, 10 November 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start
 Yards Set Description WORK STK
 =====
 1,000 1x{2 x 250 on 3:45 11 drill FR D FR
 {5 x 100 on 1:30 FR/BK/FR/BK S SW
 900 12 x 75 on 1:10 P&F - K/Scull/FR C FR
 1,000 10x{2 x 25 on :30 ST S STK
 {1 x 50 on :45 FR S FR
 300 1 x 300 on 4:30 EZ SW S SW
 6:27 AM 3,200 Yards

Workout #71 - Wednesday, 11 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 x 400 on 6:00 11 drill FR
 25 Min Starts
 1,400 1x{3 x 200 on 3:30 BR/FR by 25
 {10 x 25 on :30 board lead whip kick
 {3 x 100 on 2:00 3 st BR / 3 st FL
 {10 x 25 on :30 board lead whip kick
 1,200 12 x 100 on 1:30 (2 Bk/FR, 1 Br/FR) SW by 2
 5:54 PM 3,000 Yards

Workout #69 - Thursday, 12 November 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description WORK STK
 =====
 1,500 1x{4 x 250 on 3:45 2-11 drill FR, 2-SW C MIX
 {3 x 100 on 2:00 2 stroke 20 kicks D FF
 {8 x 25 on :30 O-BR E-CH S MIX
 500 20 x 25 on :25 P&F & Snorkels P FF
 1,600 1x{1 x 400 on 6:30 FRIM S FRI
 {1 x 400 on 6:00 FR S FF
 {1 x 400 on 7:00 IM drill D IM
 {1 x 400 on 6:00 FR S FF
 1,000 1 x 1000 on 13:00 Kick - fins K FF
 100 1 x 100 on 2:00 My Fav BK D BK
 6:21 PM 4,700 Yards

Workout #70 - Thursday, 12 November 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1,100 1x{4 x 150 on 2:30 2-11 drill FR, 2 SW
 {20 x 25 on :25 drill FR
 20 minutes chatting
 500 10 x 50 on 1:00 FR/ST - bld turns & breakout
 300 1 x 300 on 4:30 Lungbuster
 6:07 AM 1,900 Yards

Workout #68 - Friday, 13 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,450	1x{8 x 50 on :55 FR {9 x 50 on :55 ST {8 x 75 on 1:30 K - fins	S S K
800	1 x 800 on 13:00 Mid Pool swims	D
800	16 x 50 on :45 FR - fins (underwaters)	S
600	1 x 600 on 9:30 IM	D
15 Minutes Starts		
6:08 PM 3,650 Yards		

Workout #67 - Monday, 16 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
5:00 PM Start				
USA Swimming Club Development Workshop				
5:00 PM 0 Yards				

Workout #65 - Tuesday, 17 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,450	1x{10 x 50 on :50 11 drill FR {5 x 100 on 1:30 FR/BK by 25 {3 x 150 on 2:30 (50 K/50drill/50swim) - BK	
500	20 x 25 on :30 snorkels - work rotatation	
2,100	2x{6 x 25 on :30 L drill BK {4 x 75 on 1:20 (25 K / 50 drill) - BK {2 x 100 on 1:30 FR {4 x 50 on :50 FR/ BK {1 x 200 on 3:30 BK for time	
450	6 x 75 on 1:10 K-fins	
6:22 PM 4,500 Yards		

Workout #66 - Tuesday, 17 November 2009

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC
5:30 AM Start				
1,000	1x{1 x 600 on 9:00 300 FR, 300 SW {1 x 400 on 6:30 IM drill	S D	MIX IM	0:4 0:4
600	24 x 25 on :25 best form FR	D	FR	0:5
1,500	3x{1 x 150 on 2:10 FR {1 x 150 on 2:00 FR {1 x 150 on 1:50 FR {1 x 50 on 1:00 easy BK	S S S S	FR FR FR BK	0:4 0:4 0:3 1:0
200	1 x 200 on 3:00 easy loosen	S	CH	0:4
6:25 AM 3,300 Yards				

Workout #64 - Wednesday, 18 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,600	2x{1 x 300 on 5:00 (50 FR / 25 WK) {4 x 75 on 1:20 KDS - BR {4 x 50 on :45 FR	C C S	M C S
800	16 x 50 on :45 10 K walls - fins	K	
2,200	2x{6 x 25 on :25 BR pull w/ flutter kick {4 x 50 on :45 FR {4 x 100 on 1:30 BR/FR by 25 {1 x 250 on 4:00 11 drill FR {1 x 100 on 2:00 SP BR w/ start	D S S D S	
150	1 x 150 on 3:00 easy SW	S	
6:23 PM 4,750 Yards			

Workout #62 - Thursday, 19 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
5:00 PM Start			
1,000	1x{3 x 200 on 3:00 11 drill FR {4 x 100 on 2:00 IM Kick	D K	FF IM
525	21 x 25 on :30 Midpool 25's - turns 4-Fly/Bk, 4-Bk/Br, 4-Br/Fr, 3-Fly, 3-Bk, 3-	D	IM
500	10 x 50 on 1:00 80% Pace	S	FF
100	1 x 100 on 2:00 My Fav BK	D	BK
400	1 x 400 on 6:00 Best Form FR	S	FF
15 Minutes of Starts			
800	1 x 800 on 12:00 FR-fins	S	FF
6:07 PM 3,325 Yards			

Workout #63 - Thursday, 19 November 2009

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
5:30 AM Start		
1,000	1x{3 x 200 on 3:00 FR {4 x 100 on 2:00 IM Kick	S K
800	16 x 50 on :50 10 kick walls - fins	K
1,200	1x{4 x 100 on 1:40 IM drill {4 x 100 on 1:35 ST/FR by 25 {4 x 100 on 1:30 descending 1-4 by 2 sec	I S S
200	8 x 25 on :30 drill FR	I
6:29 AM 3,200 Yards		

Workout #61 - Friday, 20 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WOF
5:00 PM Start		
1,800	3x{1 x 300 on 5:00 SW {1 x 200 on 3:30 SW {1 x 100 on 2:00 CH	

800	8 x 50 on :50 BK desc 1-4,5-8	S BK 0:5
	{1 x 300 on 4:30 FR	S FR 0:4
	{4 x 75 on 1:15 CH Desc 1-4	S CH 0:5
	.	
800	8 x 100 on 1:20 Paddles & Fins	P FR 0:4
	.	
50	1 x 50 on 1:00 EZ Float	S CH 1:0
	6:17 PM 4,550 Yards	

Workout #56 - Tuesday, 01 December 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WOF
5:00 PM Start		
750	15 x 50 on :50 10 fish kick walls - fins	
2,000	20 x 100 on 1:40 5 FR, 5 BK, 5 SW, 5 ST	
	.	
200	1 x 200 on 4:00 EZ SW	
	6:26 PM 4,750 Yards	

Yards	Set Description	WORK	ST
5:00 PM Start			
1,300	1x{1 x 1000 on 15:00 600 FR / 400 IM DR {4 x 75 on 1:30 KDS - BK	C MI	C E
	.		
300	12 x 25 on :25 drill FR	D E	
	.		
900	6x{1 x 50 on :55 DK - fins {1 x 50 on :50 FK - fins {1 x 50 on :45 FK - fins	K FI	K E
	.		
2,500	2x{1 x 350 on 5:00 BK {2 x 150 on 2:30 SW by 25 {3 x 100 on 1:30 11 drill FR {4 x 75 on 1:15 BK	S E	S S
	.		
100	1 x 100 on 2:00 My Fav BK	D E	
	6:30 PM 5,100 Yards		

Workout #60 - Tuesday, 24 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	ST
5:00 PM Start			
1,500	3x{1 x 350 on 5:00 11 Drill {2 x 75 on 1:10 KDS - choice	D E	C C
	.		
900	12 x 75 on 1:10 Paddles & Fins	P E	
	.		
2,000	2x{1 x 200 on 3:00 FR {1 x 200 on 2:50 FR {1 x 200 on 2:40 FR {1 x 200 on 2:30 FR {1 x 200 on 2:20 FR	S E	S E
	.		
1,000	1 x 1000 on 15:00 FK/ L BK - fins	C MI	
	6:24 PM 5,400 Yards		

300	12 x 25 on :25 drill FR	D E
	.	
900	6x{1 x 50 on :55 DK - fins {1 x 50 on :50 FK - fins {1 x 50 on :45 FK - fins	K FI
	.	
2,500	2x{1 x 350 on 5:00 BK {2 x 150 on 2:30 SW by 25 {3 x 100 on 1:30 11 drill FR {4 x 75 on 1:15 BK	S E
	.	
100	1 x 100 on 2:00 My Fav BK	D E
	6:30 PM 5,100 Yards	

Workout #57 - Tuesday, 01 December 2009

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
5:30 AM Start				
500	2 x 250 on 3:00 FR	S FR	0:36	
1,200	3x{1 x 25 on :25 Stroke {1 x 50 on :50 SW {1 x 75 on 1:15 FR {1 x 100 on 1:30 FR {1 x 75 on 1:15 FR {1 x 50 on :50 SW {1 x 25 on :25 ST	S STK	0:50	
	.			
500	20 x 25 on :25 FR - snorkels	S FF		
	.			
750	10 x 75 on 1:30 UW Fish K Walls - fins Kicks - 6 off wall 1, 8 off wall 2, 10 off wal	C FF		
	.			
500	1 x 500 on 8:00 Choice - technique	S CF		
	.			
520	8 x 65 on 1:40 Ladders	S FF		
	6:09 PM 3,370 Yards			

500	2 x 250 on 3:00 FR	S FR	0:36
1,200	3x{1 x 25 on :25 Stroke {1 x 50 on :50 SW {1 x 75 on 1:15 FR {1 x 100 on 1:30 FR {1 x 75 on 1:15 FR {1 x 50 on :50 SW {1 x 25 on :25 ST	S STK	0:50
	.		
500	20 x 25 on :25 FR - snorkels	S FF	
	.		
750	10 x 75 on 1:30 UW Fish K Walls - fins Kicks - 6 off wall 1, 8 off wall 2, 10 off wal	C FF	
	.		
500	1 x 500 on 8:00 Choice - technique	S CF	
	.		
520	8 x 65 on 1:40 Ladders	S FF	
	6:09 PM 3,370 Yards		

Workout #58 - Monday, 30 November 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC
5:00 PM Start				
1,700	1x{1 x 400 on 6:00 FR {3 x 200 on 3:20 BK/FR by 25 {3 x 100 on 1:30 L BK swim {8 x 50 on :55 K/DR 4-Fr 4-Ch	S FR	0:4	
	.			
2,000	1x{1 x 300 on 4:30 FR {3 x 100 on 1:30 BK desc 1-3 {1 x 400 on 6:00 FR	S FR	0:4	
	.			

Workout #55 - Wednesday, 02 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PAC
1,500	1x{20 x 25 on :25 11 drill FR {10 x 50 on :55 K/S {5 x 100 on 1:40 SW	D	FR	0:5
		C	MIX	0:5
		S	SW	0:5
750	1x{10 x 25 on :25 P & F - BK {10 x 25 on :25 P & F - fins {10 x 25 on :20 P & F - FR	P	BK	0:5
		P	FR	0:5
		P	FR	0:4
200	1 x 200 on 4:00 Spitfire	D	FR	1:0

1,500	15 x 100 on 1:30 5 FR, 5 BK, 5 CH	S	MIX	
600	12 x 50 on :40 K-fins - FK/DK	K	MIX	
1,200	3x{4 x 50 on 1:00 80% pace {1 x 200 on 3:30 Switching	S	FR	
		S	SW	
675	9 x 75 on 1:15 25kick/50 swim 1-Fly 2-BK 3-FR	C	IM	
175	1 x 175 on 3:00 CD - choice 6:14 PM 4,150 Yards	S	CH	

Workout #51 - Monday, 07 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PAC
1,800	2x{6 x 25 on :30 brd ld whip kick {3 x 50 on :50 FR {4 x 50 on 1:00 BR pull w/ fk {3 x 50 on :50 FR {2 x 75 on 1:30 BR/FR/BR {1 x 100 on 2:00 BR	K	BR	1:0
		S	FR	0:5
		D	BR	1:0
		S	FR	0:5
		S	SW	1:0
		S	BR	1:0
200	1 x 200 on 4:00 EZ SW 6:28 PM 4,450 Yards	S	SW	1:0

5:00 PM Start

Yards	Set Description	WORK	STK	PAC
1,300	1x{4 x 150 on 2:30 FR {4 x 100 on 2:00 25K/25DR/50Swim {4 x 50 on 1:00 K - IMO {4 x 25 on :30 BR	S	FR	0:5
		C	FR	1:0
		K	IM	1:0
		S	BR	1:0
1,000	1x{1 x 400 on 6:00 K-fins SW {1 x 300 on 4:30 K-fins BK {1 x 200 on 3:00 K-fins FK {1 x 100 on 1:30 K-fins FK	K	SW	0:5
		K	BK	0:5
		K	FR	0:5
		K	FR	0:5

Workout #53 - Thursday, 03 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	D	FLY
		S	FR
		S	SW
		C	CH
		S	IM
		S	MIX

5:00 PM Start

Yards	Set Description	WORK	STK	PAC
600	4x{1 x 50 on 1:00 FLY or BR {1 x 50 on :50 CH {1 x 50 on :40 FR	S	CH	1:0
		S	CH	0:5
		S	FR	0:5
300	1 x 300 on 6:00 Spitfire	D	FR	1:0
1,800	3x{1 x 300 on 4:00 Fast FR {1 x 300 on 5:00 Switching 6:30 PM 5,000 Yards	S	FR	0:5
		S	SW	0:5

Workout #54 - Thursday, 03 December 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start

Yards	Set Description	WOF
300	1 x 300 on 4:30 FR	
500	20 x 25 on :25 drill FR	
1,500	20 x 75 on 1:00 25 Kick / 50 Swim - fins 5 rounds of 4; O-FR E-ST	
200	1 x 200 on 4:00 EZ SW 20 Mins assessing meet performance 6:12 AM 2,500 Yards	

Workout #50 - Tuesday, 08 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PAC
1,550	1x{4 x 125 on 1:50 11 drill FR {7 x 50 on 1:00 K/DR O-FR E-BK {4 x 125 on 1:50 11 drill FR {4 x 50 on 1:00 build 2-FR 2-BK	D	FR	
		C	F/B	
		D	FR	
		S	F/B	
750	10 x 75 on 1:05 K-fins FK/DK/FK	K	MIX	
1,550	1x{4 x 125 on 1:50 11 drill FR {7 x 50 on 1:00 K/DR O-FR E-BK {4 x 125 on 1:50 11 drill FR {4 x 50 on 1:00 build 2-FR 2-BK	D	FR	
		C	F/B	
		D	FR	
		S	F/B	
750	15 x 50 on :45 Paddles (4FR/1BK) 6:21 PM 4,600 Yards	P	F/B	

Workout #52 - Friday, 04 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK

Workout #49 - Wednesday, 09 December 2009

Red Group

1 minute 30 seconds rest between sets

6:00 PM Start
 Yards Set Description
 =====
 Late Practice Due to HS Meet
 .
 1,600 1x{1 x 400 on 6:30 11 drill FR
 {2 x 200 on 3:30 switching
 {4 x 100 on 1:30 FR
 {8 x 50 on 1:00 K/DR O-BR E-FR
 .
 1,000 10 x 100 on 1:30 K-fins (50 BK/25DK/25FK)
 250 5 x 50 on 1:05 Whip K
 .
 200 4 x 50 on 1:00 Descending by :02
 .
 100 1 x 100 on 2:00 My Fav Bk
 7:01 PM 3,150 Yards

Workout #47 - Thursday, 10 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description
 =====
 500 20 x 25 on :25 6 beat kick FR
 600 8 x 75 on 1:30 K - DK/WK/FK
 .
 875 5x{1 x 50 on :50 BK - P & F
 {1 x 50 on :45 FR - P & F
 {1 x 75 on 1:05 FR - P & F
 25 1 x 25 on :30 Float
 .
 300 3 x 100 on 2:00 drill FLY
 .
 2,400 1x{4 x 150 on 2:15 IM
 {4 x 50 on 1:00 6 beat kick FR
 {4 x 225 on 3:30 25FL/50FR/25BK/50FR/25BR/50E
 {4 x 50 on 1:00 6 beat kick FR
 {4 x 125 on 1:50 IM
 6:28 PM 4,700 Yards

Workout #48 - Thursday, 10 December 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start
 Yards Set Description WORK STK
 =====
 900 1x{4 x 150 on 2:30 2-FR 2-SW S MIX
 {6 x 50 on :50 K/S CH C CH
 .
 900 12 x 75 on 1:00 P&F (25scull/50s) C FR
 .
 1,500 1x{1 x 500 on 7:00 FR S FR
 {1 x 400 on 6:00 SW S SW
 {1 x 300 on 4:00 FR S FR
 {1 x 200 on 3:00 IM S IM
 {1 x 100 on 1:30 Sprint FR w/ start S FR
 .
 150 6 x 25 on :30 6 beat K FR D FR
 6:27 AM 3,450 Yards

Workout #46 - Friday, 11 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description WOF

===== =====
 2,300 2x{3 x 200 on 3:30 6 beat kick FR
 {4 x 75 on 1:30 KDS - ST
 {10 x 25 on :30 2 stroke 20 k
 .
 900 1x{6 x 50 on :50 DK - fins
 {6 x 50 on :45 BK - fins
 {6 x 50 on :40 FK - fins
 .
 400 4 x 100 on 2:00 FLY - 25 k 50 dr 25 swim
 .
 20 min starts
 6:08 PM 3,600 Yards

Workout #45 - Monday, 14 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description WORK STK
 =====
 1,500 1x{30 x 25 on :25 6 beat kick FR D FF
 {10 x 75 on 1:30 FK/WK/FK K SW
 .
 900 6 x 150 on 2:15 P&F Desc. 1-3,4-6 P FF
 .
 500 5 x 100 on 2:00 FLY - Reg/LA/RA/Reg D FLY
 .
 200 1 x 200 on 3:30 Switching S SW
 .
 1,150 1x{10 x 50 on 1:00 75% Pace FR S FF
 {1 x 200 on 3:30 Switching S SW
 {5 x 50 on 1:00 80% Pace FR S FF
 {1 x 200 on 3:30 Switching S SW
 6:23 PM 4,250 Yards

Workout #43 - Tuesday, 15 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start
 Yards Set Description WORK SI
 =====
 1,150 1x{1 x 400 on 6:00 11 drill FR D E
 {30 x 25 on :25 drill FR D E
 .
 2,700 2x{4 x 25 on :30 BK K K E
 {3 x 150 on 2:15 FR/BK by 25 S F/
 {4 x 25 on :30 L drill BIK D E
 {3 x 100 on 1:30 BK desc. by :03 S E
 {4 x 75 on 1:10 FR S E
 {1 x 100 on 2:00 BK - sprint for time S E
 .
 600 8 x 75 on 1:10 K-fins FK/DK/FK K MI
 .
 150 1 x 150 on 2:30 drill BK D E
 6:20 PM 4,600 Yards

Workout #44 - Tuesday, 15 December 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start

Yards	Set Description	WORK	STK	PAC
750	6 x 125 on 1:50 3 FR / 3 SW	S	MIX	0:4
900	1x{4 x 75 on 1:00 P & F {4 x 75 on :55 P & F {4 x 75 on :50 P & F	P	FR	0:4 0:3 0:3
400	1 x 400 on 6:00 EZ FR	S	FR	0:4
1,500	15 x 100 on 1:30 (3 FR / 2 SW) 6:27 AM 3,550 Yards	S	MIX	0:4

Workout #42 - Wednesday, 16 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK
1,500	1x{1 x 500 on 7:30 FR - long & smooth {2 x 250 on 4:00 Switching {5 x 100 on 2:00 50 kick/ 50 drill	S	FF SW MIX
900	1x{4 x 75 on 1:05 P&F {4 x 75 on 1:00 P&F {4 x 75 on :55 P&F	P	FF FF FF
700	7 x 100 on 1:45 Fly (Reg/LA/RA/Reg)	D	FLY
1,500	1x{7 x 50 on 1:00 BR/FR {1 x 300 on 5:00 FR {7 x 50 on 1:00 FR/BR {1 x 300 on 5:00 FR {4 x 50 on 1:00 BR - desc.	S	BF FF BF FF BF
100	1 x 100 on 2:00 My Fav BK 6:27 PM 4,700 Yards	D	BF

Workout #40 - Thursday, 17 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	D	E S S C S M
600	3 x 200 on 4:00 TS - 200 flutter kick	T	
300	1 x 300 on 5:00 IM	S	
800	8 x 100 on 1:30 FLY (DK/LA/RA/Reg)	C	E
100	1 x 100 on 2:00 My fav BK 10 Min starts 6:11 PM 3,500 Yards	D	

Workout #41 - Thursday, 17 December 2009

Sr Group

1 minute 30 seconds rest between sets

5:30 AM Start

Yards	Set Description	WORK	STK

600	4 x 150 on 2:15 2-FR 2-SW	S	MIX
300	1 x 300 on 4:30 3/4 pause drill	D	FF
100	2 x 50 on 1:00 3/4 pause drill	D	FF
200	1 x 200 on 3:00 3/4 pause drill FR	D	FF

200	8 x 25 on :25 L drill BK	D	BF
600	6 x 100 on 2:00 FR - UW turns at flags	D	FF
800	8 x 100 on 1:30 O-FR E-SW 6:27 AM 2,800 Yards	S	MIX

Workout #39 - Friday, 18 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WOF
900	3 x 300 on 4:45 1-11 drill FR 2- SW 3- MI	
800	1 x 800 on 10:30 Kick - fins	
2,000	20 x 100 on 1:30 FR	
900	9 x 100 on 1:30 FLY (Reg/LA/RA/Reg) - fins 10 min starts 6:13 PM 4,600 Yards	

Workout #38 - Monday, 21 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK
1,600	1x{1 x 300 on 4:30 11 drill FR {2 x 200 on 3:30 Switching by 25 {1 x 500 on 7:00 BF FR {2 x 200 on 4:00 Kick/Swim by 50	D	E S E E
1,000	10 x 100 on 1:30 Fly-fins (50K/50S)	C	FI
250	1 x 250 on 4:00 EZ loosen FR	S	E
2,000	4 x 500 on 10:00 Super 5's 6:31 PM 4,850 Yards	C	MI

Workout #37 - Tuesday, 22 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PACE
	Team Holiday Party!!! 5:00 PM 0 Yards			

Workout #36 - Wednesday, 23 December 2009

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PACE
	Not one bloody swimmer from Red Group 5:00 PM 0 Yards			

Workout #35 - Monday, 28 December 2009

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
5:00 PM Start			
2,100	1x{1 x 700 on 9:00 FR {20 x 25 on :25 drill FR {10 x 50 on :55 Kick O-FK E-ST K {8 x 50 on :50 kick/swim	S D K C	FR FR MIX FR
400	1 x 400 on 6:00 400 IM for time	T	IM
200	1 x 200 on 4:00 EZ switching	S	SW
2,500	1x{5 x 100 on 1:30 ST {5 x 100 on 1:25 SW {5 x 100 on 1:20 FR {5 x 100 on 1:15 FR {5 x 100 on 1:10 FR	S S S S S	STK SW FR FR FR
6:23 PM	5,200 Yards		

Workout #34 - Tuesday, 29 December 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
5:00 PM Start			
1,600	2x{6 x 75 on 1:10 11 drill FR {5 x 50 on 1:00 Kick O-FR E-CH {4 x 25 on :30 BK	D K S	FR MIX BK
750	10 x 75 on 1:00 P&F	P	FR
300	1 x 300 on 5:00 SW	S	SW
2,500	2x{4 x 25 on :30 BK kick {3 x 150 on 2:15 FR/BK by 25 {4 x 25 on :30 L drill BKq {3 x 100 on 1:30 BK desc 1-3 by :03 {4 x 75 on 1:10 FR	K S D S S	BK F/B BK BK FR
6:29 PM	5,150 Yards		

Workout #33 - Wednesday, 30 December 2009

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
5:00 PM Start			
1,600	1x{8 x 125 on 2:00 4 FR, 2 SW, 2 BK {8 x 50 on :50 2 st 20 K's {8 x 25 on :30 4 BR, 4 drill FL	S D C	MIX FR MIX
900	12x{1 x 25 on :30 DK - fins {1 x 25 on :25 FK - fins {1 x 25 on :20 FK - fins	K K K	FLY FR FR
2,700	3x{1 x 25 on :30 BR {1 x 50 on :45 FR {1 x 75 on 1:10 BR/FR/BR {1 x 100 on 1:30 FR {1 x 125 on 1:50 Texas IM {1 x 150 on 2:15 FR {1 x 175 on 2:40 SW {1 x 200 on 3:00 FR	S S S S S S S S	BR FR BR FR IM FR SW FR
6:27 PM	5,200 Yards		

Workout #32 - Thursday, 31 December 2009

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
5:00 PM Start				
5,650	1x{10 x 75 on 1:00 FR {10 x 75 on 1:10 ST/FR/ST {10 x 75 on 1:00 FR {10 x 75 on 1:15 IM {10 x 75 on 1:00 FR {10 x 75 on 1:10 SW {10 x 75 on 1:00 FR {5 x 75 on 1:30 CD-choice {1 x 25 on 1:00 Float	S S S S S S S S	FR SW FR IM FR SW SW CH BK	0:40 0:47 0:40 0:50 0:40 0:47 0:40 1:00 2:00
6:25 PM	5,650 Yards			

Workout #31 - Monday, 04 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC	
5:00 PM Start					
400	15 minute team meeting 1 x 400 on 6:00 FR		S D	FR FR	0:4 0:4
1,600	2x{1 x 200 on 3:00 drill FR {2 x 100 on 1:30 SW {4 x 50 on :50 Kick/Swim {8 x 25 on :25 kick		D S C K	FR SW MIX FR	0:4 0:4 0:5 0:5
600	24 x 25 on :25 P&F w/ snorkels	P	FR	0:5	
600	6 x 100 on 2:00 80% Pace FR	S	FR	1:0	
50	1 x 50 on 2:00 Float	S	FR	2:0	
250	5 x 50 on 1:00 80% Pace FR	S	FR	1:0	
100	1 x 100 on 2:00 My Fav Bk	D	BK	1:0	
6:14 PM	3,600 Yards				

Workout #30 - Tuesday, 05 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC
5:00 PM Start				
1,500	1x{24 x 25 on :25 6 beat kick FR {1 x 400 on 6:00 BK/FR by 50 {5 x 100 on 1:45 BK - 50 K / 50 S			
750	10 x 75 on 1:10 Fish kick walls - fins (7/9/)			
250	1 x 250 on 5:00 Spitfire			
2,200	2x{1 x 200 on 3:20 BK - neg split {4 x 50 on :45 FR - fast {1 x 200 on 3:10 BK - build {4 x 50 on :50 11 drill FR {1 x 200 on 3:00 BK {1 x 100 on 2:00 EZ FR			
6:24 PM	4,700 Yards			

Workout #29 - Wednesday, 06 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
5:00 PM Start				
5:00 PM	0 Yards			

Practiced didn't happen cause dumb HS meet toc

Workout #32 - Thursday, 31 December 2009

Sr Group

1 minute 30 seconds rest between sets

Workout #28 - Thursday, 07 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	D	FLY S FR S SW C CH S IM S MIX
900	6 x 150 on 3:00 TS - Pace 150's	P	FR
300	1 x 300 on 5:00 BK/FR by 50	C	B/F
100	1 x 100 on 2:00 EZ	S	FR
1,000	1x{1 x 25 on :20 FR {1 x 25 on :25 FR {1 x 25 on :30 FR {1 x 50 on :35 FR {1 x 50 on :40 FR {1 x 50 on :45 FR {1 x 75 on :50 FR {1 x 75 on :55 FR {1 x 75 on 1:00 FR {1 x 75 on 1:05 FR {1 x 75 on 1:10 FR {1 x 100 on 1:15 FR {1 x 100 on 1:20 FR {1 x 100 on 1:25 FR {1 x 100 on 1:30 FR	S	FR S FR S FR S FR S FR S FR S FR S FR S FR S FR S FR S FR S FR S FR
6:19 PM 4,000 Yards			

{4 x 100 on 1:45 11 drill FR
{10 x 50 on 1:00 BK kick/ 2 st 20 ks

1,000	10 x 100 on 1:30 UW Fish K Walls	6,8,10,12
250	1 x 250 on 5:00 Spitfire	
600	6 x 100 on 2:00 80% Pace	
300	1 x 300 on 5:00 (50 DA BK/50BK/FR)	
750	5x{1 x 50 on :50 FR - paddles {1 x 50 on :45 FR - Paddles & Snorkels {1 x 50 on :40 FR - Paddles & Snorkels	
300	1 x 300 on 5:00 11 drill FR	
6:31 PM 4,700 Yards		

Workout #25 - Tuesday, 12 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,600	2x{2 x 175 on 3:00 FR {2 x 125 on 2:00 BK/FR by 25 {2 x 75 on 1:30 K - DK/WK/FK {2 x 25 on :30 BK	S S E K S	
1,200	6 x 200 on 3:00 FR-fins desc 1-3,4-6	S	
2,200	2x{3 x 100 on 1:30 BK {6 x 50 on :45 FR {1 x 400 on 6:00 BK/FR by 50 {1 x 100 on 2:00 SP FR	S S S E S	
6:24 PM 5,000 Yards			

Workout #27 - Friday, 08 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,000	1x{1 x 400 on 6:00 FR {1 x 300 on 4:30 Switching {1 x 200 on 3:00 IM {1 x 100 on 2:00 Kick		
600	8x{1 x 25 on :30 BK - Paddles {1 x 25 on :25 FR - Paddles {1 x 25 on :20 FR - Paddles		
600	6 x 100 on 2:00 80% Pace		
300	1 x 300 on 5:00 (100 drill BK/ 50 BR or FLY)		
500	10 x 50 on 1:00 80% Pace FR		
100	1 x 100 on 2:00 MY Fav BK		
1,000	5 x 200 on 3:00 FR-fins desc 1-5 by :03		
250	1 x 250 on 4:00 BK/FR by 50		
6:27 PM 4,350 Yards			

Workout #24 - Wednesday, 13 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,650	1x{3 x 250 on 3:30 6 beat K FR {10 x 50 on :55 kick/dr O-FR E-BR {4 x 100 on 1:40 FRIM	D C S	FF MIX FRI
900	1x{4 x 75 on 1:00 FR - P&F {4 x 75 on :55 FR - P&F {4 x 75 on :50 FR - P&F	P P P	FF FF FF
300	1 x 300 on 5:00 FR/BR by 50	S	SW
1,600	2x{4 x 25 on :30 BR {3 x 100 on 1:40 FRIM {4 x 25 on :30 BR drill - 1 up 2 dn {3 x 100 on 1:30 FR	S S D S	BF FRI BF FF
150	3 x 50 on 2:00 SP BR w/ start	S	BF
6:23 PM 4,600 Yards			

Workout #26 - Monday, 11 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description
1,500	1x{6 x 100 on 1:30 FR

Workout #23 - Thursday, 14 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WOF
5:00 PM Start		
1,000	1 x 1000 on 14:00 600 FR 400 FRIM	
500	20 x 25 on :30 Kick - IMO	
200	1 x 200 on 3:15 IM	
1,850	1x{1 x 25 on :20 FR	
	{1 x 25 on :25 FR	
	{1 x 50 on :30 FR	
	{1 x 50 on :35 FR	
	{1 x 50 on :40 FR	
	{1 x 50 on :45 FR	
	{1 x 50 on :50 FR	
	{1 x 75 on :55 FR	
	{1 x 75 on 1:00 FR	
	{1 x 75 on 1:05 FR	
	{1 x 75 on 1:10 FR	
	{1 x 100 on 1:15 FR	
	{1 x 100 on 1:20 FR	
	{1 x 100 on 1:25 FR	
	{1 x 100 on 1:30 FR	
	{1 x 125 on 1:35 FR	
	{1 x 125 on 1:40 FR	
	{1 x 125 on 1:45 FR	
	{1 x 150 on 1:50 FR	
	{1 x 150 on 1:55 Free	
	{1 x 175 on 2:00 FR	

300	1 x 300 on 5:00 FRIM	
550	11 x 50 on :50 10/12 UWFishK Wall - fins	
200	1 x 200 on 3:30 SW	
6:21 PM	4,600 Yards	

Workout #21 - Friday, 15 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	ST
5:00 PM Start			
1,500	3x{1 x 200 on 3:30 6 beat kick FR	D	F
	{4 x 50 on :50 BK/FR	S	B/
	{4 x 25 on :30 DRILL - IMO	D	I
1,000	10 x 100 on 1:20 FR - Paddles & Fins	P	F
2,400	3x{1 x 250 on 4:00 FR - build	S	F
	{4 x 50 on :55 ST/FR - IMO	S	I
	{4 x 25 on :30 choice DR	D	C
	{1 x 250 on 4:00 FR	S	F
6:24 PM	4,900 Yards		

Workout #22 - Friday, 15 January 2010

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WOF
3:15 PM Start		
1,650	3x{1 x 200 on 3:00 6 beat kick FR	
	{4 x 50 on :50 ST drill	
	{6 x 25 on :25 Kick - 3 FR 3 ST	
1,400	2x{5 x 100 on 2:00 Best Possible Pace FR	
	{1 x 200 on 4:00 EZ Switching	
800	16 x 50 on :45 3 EZ FR, 1 SP ST	
800	4 x 200 on 2:30 FR-fins desc 1-4 by :05 swim with fins (i.e. 2:13, 2:08, 2:03, 1:58)	

500 1 x 500 on 7:00 50 drill FR / 50 stroke
4:46 PM 5,150 Yards

Workout #20 - Monday, 18 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC
5:00 PM Start				
1,000	1x{5 x 100 on 1:30 6 beat kick FR	D	FR	0:4
	{5 x 100 on 1:40 BK/FR by 25	S	B/F	0:5
1,000	1 x 1000 on 15:00 IM Kick	K	IM	0:4
1,500	1x{10 x 25 on :30 11 drill FR	D	FR	1:0
	{10 x 50 on :50 FR	S	FR	0:5
	{10 x 25 on :25 6 beat kick FR	D	FR	0:5
	{10 x 50 on :50 FR	S	FR	0:5
1,500	3x{1 x 200 on 3:00 FR	S	FR	0:4
	{1 x 150 on 2:30 SW	S	SW	0:5
	{1 x 100 on 1:30 FR	S	FR	0:4
	{1 x 50 on 1:00 Sprint FR	S	FR	1:0
6:27 PM	5,000 Yards			

Workout #19 - Tuesday, 19 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PAC
5:00 PM Start				
1,500	3x{2 x 175 on 3:00 6 beat kick FR	S	FR	0:5
	{2 x 25 on :30 L drill BK	D	BK	1:0
	{2 x 50 on :45 FR	S	FR	0:4
1,000	20 x 50 on :40 P&F	P	FR	0:4
	5 min for lanes to write workouts			
	Lane 500's - 5x500@8:00 different 500s			
2,500	5 x 500 on 8:00 Lane 500's	S	MIX	0:4
6:22 PM	5,000 Yards			

Workout #18 - Wednesday, 20 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
5:00 PM Start				
	Breaststroke Teaching Day!!! 90 Minutes			
5:00 PM	0 Yards			

Workout #17 - Thursday, 21 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
1,700	1x{1 x 900 on 13:00 500 FR 40 FRIM {1 x 300 on 5:00 SW {20 x 25 on :25 2 stroke 20 k			
500	20 x 25 on :30 K - IMO			
700	7 x 100 on 1:30 6/8/10/12 UW FSK walls - fir			
150	1 x 150 on 2:30 EZ SW			
50	1 x 50 on 1:00 Sprint BR w/ start			
900	1x{3 x 100 on 1:30 FRIM {1 x 50 on 1:00 Sprint Fly w/ start {1 x 200 on 3:30 EZ FR {1 x 350 on 6:00 CH			
6:14 PM	4,000 Yards			

Workout #16 - Friday, 22 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
4,500	1 x 4500 on 59:59 Misc workout	S	MIX	1:00
6:30 PM	4,500 Yards			

Workout #15 - Monday, 25 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
1,600	1x{1 x 400 on 6:00 6 beat kick FR {3 x 200 on 3:15 SW {6 x 50 on 1:00 drill/swim {1 x 300 on 4:30 FR/BK by 100			
500	1 x 500 on 7:00 Lungbuster - breathe 7 P&F			
500	1 x 500 on 7:00 Lungbuster - breathe 6 P&F			
2,400	2x{6 x 50 on :45 FR {1 x 300 on 4:30 SW {4 x 75 on 1:05 FR {2 x 150 on 2:15 SW			
150	6 x 25 on :30 FR (0,1,2) breaths by 25			
6:27 PM	5,150 Yards			

Workout #14 - Tuesday, 26 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
1,250	1x{10 x 75 on 1:10 6 FR 4 BK/FR/BK {5 x 100 on 1:45 25K 25 DR 50 S	S	MIX	C
500	20 x 25 on :25 O-BK E-FR	S	B/F	C
3,000	2x{4 x 125 on 1:45 FR {6 x 50 on :50 BK {12 x 25 on :30 Flutter Kick {1 x 400 on 7:00 BK	S	FR	C
		S	BK	C
		K	FR	1
		S	BK	C

500	20 x 25 on :25 drill FR - fins	D	FR	C
6:33 PM	5,250 Yards			

Workout #13 - Wednesday, 27 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,500	3 x 500 on 7:00 FR, FRIM, SW	S	MIX
600	24 x 25 on :30 Kick - (2 FK, 2 WK)	K	MIX
2,000	2x{4 x 50 on 1:00 BR {3 x 100 on 1:30 FR {4 x 50 on :50 BR/FR {3 x 100 on 1:30 FR	S	BR
		S	FR
		S	MIX
		S	FR
850	1x{10 x 25 on :25 BR Pull w FK - fins {6 x 100 on 1:30 BF FR - fins	P	BR
		S	FR
50	1 x 50 on 1:00 Float	S	BK
6:28 PM	5,000 Yards		

Workout #12 - Thursday, 28 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST	D	FI
		S	F
		S	F
		C	C
		S	I
		S	MI
	Stretch		
2,000	1 x 2000 on 30:00 TS - Timed 2000 FR	T	F
300	1 x 300 on 5:00 EZ Switching	S	F
	10 Minutes - Combat Kickboard		
6:11 PM	4,000 Yards		

Workout #11 - Friday, 29 January 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
4,900	1 x 4900 on 59:59 Misc Workout	C	MIX	0:55
6:30 PM	4,900 Yards			

Workout #10 - Monday, 01 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,650	1x{4 x 150 on 2:15 11 drill FR {4 x 100 on 1:40 BR/FR by 25 {10 x 25 on :30 2 stroke 20 k's {1 x 400 on 6:00 FRIM	D	FR S SW K FR S FRI
200	1 x 200 on 3:30 Fly	S	FLY
1,000	5 x 200 on 3:00 K-fins O-FK E-DK	K	MIX
2,000	2x{3 x 75 on 1:05 FR {3 x 25 on :30 BK {3 x 75 on 1:00 FR {3 x 25 on :30 BK {1 x 400 on 6:00 Build FR by 100's	S	FR BK FR BK FR
150	1 x 150 on 2:30 EZ SW	S	SW
6:26 PM 5,000 Yards			

Workout #9 - Tuesday, 02 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,500	1x{1 x 100 on 2:00 Head Lead Body Dolphin {1 x 500 on 7:30 BK/FR by 50's {4 x 125 on 2:00 25 BKK/50L drill/50FR) {8 x 50 on :50 FR/BK	D S C S
1,000	2 x 500 on 8:00 P&F Lungbusters 1-breathe every 7 2-breathe every 6	P
200	1 x 200 on 3:30 Fly	S
2,500	2x{4 x 25 on :30 BK kick {3 x 150 on 2:10 FR/BK by 50's {4 x 25 on :30 L drill BK {3 x 100 on 1:30 BK - desc 1-3 by :03 {4 x 75 on 1:10 FR	K S D S S
6:29 PM 5,200 Yards		

Workout #8 - Wednesday, 03 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,000	1 x 1000 on 15:00 FR/FRIM/FR/BR/FR	S	CH
600	4x{2 x 25 on :30 P&F - BK {2 x 25 on :25 P&F - FR {2 x 25 on :20 P&F - FR	P	BK FR FR
200	1 x 200 on 3:30 FLY	S	FLY
250	10 x 25 on :30 WK	K	BR
1,800	8 x 225 on 3:45 (50FR/25BR)	S	MIX
250	1x{1 x 100 on 2:00 BR {1 x 75 on 1:30 BR {1 x 50 on 1:00 BR {1 x 25 on :30 BR	S	BR BR BR BR
500	1 x 500 on 7:30 BK/FR	S	B/F
6:28 PM 4,600 Yards			

Workout #7 - Thursday, 04 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	ST
5:00 PM Start			
10 Minute Team Mtg			
1,250	1x{10 x 25 on :30 Kick - IMO {12 x 50 on :50 FR/ST (IMO) {1 x 400 on 6:30 IM Drill	K	I I I
1,500	30 x 50 on :45 Butt Busters Interval descends by :01 every repeat	S	F
200	1 x 200 on 3:30 FLY	S	FI
825	1x{1 x 75 on 1:15 FR/BK/BR {1 x 100 on 1:40 FRIM {1 x 125 on 2:00 FL/FR/BK/FR/BR {1 x 150 on 2:30 IM {1 x 175 on 3:00 FR/BK/FR/BR/FR/BK/FR {1 x 200 on 3:30 IM	S	I FF I I I I
25	1 x 25 on 1:00 EZ slow	S	C
6:09 PM 3,800 Yards			

Workout #5 - Monday, 08 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
5:00 PM Start		
1,600	1x{16 x 50 on :45 6 beat kick FR {5 x 100 on 1:40 FR/BK by 25 {12 x 25 on :30 DR - IMO	I S I
700	14 x 50 on :50 Paddles, Fins & Snorkels	F
200	1 x 200 on 4:00 BR	S
2,000	1x{4 x 25 on :30 2 stroke 20 K's {4 x 75 on 1:10 FR {4 x 25 on :30 BR {4 x 75 on 1:05 FR {4 x 25 on :30 FLY {4 x 75 on 1:00 FR {4 x 25 on :30 BK {4 x 75 on :55 FR {4 x 25 on :30 CH {4 x 75 on 1:00 FR	C S S S S S S S S
500	1 x 500 on 6:00 FRIM	S
6:27 PM 5,000 Yards		

Workout #6 - Monday, 08 February 2010

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK
1,500	1x{1 x 400 on 6:00 FR {2 x 200 on 3:15 SW BK/FR by 25 {4 x 50 on 1:00 Flutter Kick {10 x 50 on :50 drill FR	S S K D
600	6 x 100 on 1:30 6/8/10/12 Fish K Walls	K
1,000	5 x 200 on 3:30 O-FR E-SW by 25	S
1,000	1x{10 x 50 on :45 FR {10 x 50 on :50 SW	S S
100	1 x 100 on 2:00 My Fav BK 4:47 PM 4,200 Yards	S

Workout #3 - Tuesday, 09 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
1,500	1x{1 x 300 on 4:30 11 drill FR {1 x 300 on 5:00 SW {1 x 300 on 4:30 11 drill FR {1 x 300 on 5:00 SW {1 x 300 on 4:30 11 drill FR	D S D S D	FR SW FR SW FR	0:45 0:50 0:45 0:50 0:45
1,000	5 x 200 on 3:00 K-fins	K	MIX	0:45
200	1 x 200 on 3:30 BR	S	BR	0:52
1,950	1x{2 x 125 on 2:00 BK {1 x 250 on 3:30 FR {3 x 75 on 1:10 BK {7 x 25 on :30 FR {2 x 125 on 1:45 FR/BK by 25 {1 x 200 on 3:30 BK - fast {4 x 50 on :45 FR {2 x 100 on 1:30 Bk/FR by 25 {1 x 200 on 3:30 EZ CH	S S S S S S S S S	BK FR BK FR F/B BK FR B/F CH	0:48 0:42 0:47 1:00 0:42 0:52 0:45 0:45 0:52
6:18 PM 4,650 Yards				

Workout #4 - Tuesday, 09 February 2010

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK
1,000	1x{1 x 400 on 6:00 FR {1 x 300 on 4:30 SW by 50 {1 x 200 on 3:30 IM {1 x 100 on 2:00 IM Kick	S S S K	FR SW IM IM
900	3x{4 x 25 on :25 BK - Paddles & Fins {4 x 25 on :20 FR - Paddles & Fins {4 x 25 on :15 FR - Paddles & Fins	P P P	BK FR FR
600	1x{1 x 300 on 4:30 6 beat kick FR {1 x 200 on 3:00 6 beat kick FR {1 x 100 on 1:30 6 beat kick FR	D D D	FR FR FR
500	20 x 25 on :30 CH drill	D	CH
1,000	10 x 100 on 1:40 25 K 75 SW 4:42 PM 4,000 Yards	C	MIX

Workout #1 - Wednesday, 10 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PF
1,500	1x{1 x 100 on 1:30 FR {1 x 200 on 3:15 FRIM {1 x 300 on 4:30 FR {1 x 400 on 6:30 FRIM {1 x 500 on 7:30 FR	S S S S S	FR FRI FR FRI FR	0: 0: 0: 0: 0:
200	1 x 200 on 3:30 BR	S	BR	0:
500	20 x 25 on :25 drill FLY - fins	D	FLY	0:
2,000	1x{1 x 400 on 6:00 FR {1 x 400 on 6:30 FRIM {1 x 300 on 4:30 FR {1 x 300 on 5:00 FRIM {1 x 200 on 3:00 FR {1 x 200 on 3:30 FRIM {1 x 100 on 1:30 FR {1 x 100 on 1:45 FRIM	S S S S S S S S	FR FRI FR FRIM FR FRI FR FR	0: 0: 0: 0: 0: 0: 0: 0:
800	1 x 800 on 12:00 IM kick - fins 6:26 PM 5,000 Yards	K	IM	0:

Workout #2 - Wednesday, 10 February 2010

Sr Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
1,000	40 x 25 on :25 drill FR	D		
1,000	5 x 200 on 3:00 K-fins	K	MIX	
900	12 x 75 on 1:30 50 drill, :05 R, 25 Fast	S	MIX	
600	6 x 100 on 1:30 FR - neg split	S		
600	1 x 600 on 8:00 EZ SW 4:45 PM 4,100 Yards	S		

Workout #407 - Thursday, 11 February 2010

Red Group

1 minute 30 seconds rest between sets

Yards	Set Description	WORK	STK	PACE
1,650	1x{1 x 250 on 3:30 FR {4 x 75 on 1:30 BK/BR/FR {1 x 250 on 3:30 FR {4 x 75 on 1:15 FL/BK/FR {1 x 250 on 3:30 FR {4 x 75 on 1:30 CH	S S S S S S	FR IM FR IM FR CH	0:42 1:00 0:42 0:50 0:42 1:00
200	1 x 200 on 3:30 BR	S	BR	0:52
500	20 x 25 on :30 FK	K	FR	1:00
200	1 x 200 on 5:00 Spitfire	D	FR	1:15
40 Minutes Starts 5:51 PM 2,550 Yards				

Workout #406 - Thursday, 11 February 2010

Sr Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PACE
1,125	1x{5 x 75 on 1:10 FR {5 x 75 on 1:05 SW {5 x 75 on 1:00 FR	S	FR	0:47
275	11 x 25 on :30 ST	S	STK	1:00
600	6x{2 x 25 on :25 FK {2 x 25 on :30 O-DK E-WK	K	FR	0:50
800	4x{1 x 50 on :50 BK - P & F {1 x 50 on :45 FR - P&F {1 x 50 on :40 FR - P&F {1 x 50 on :35 FR - P&F	P	BK	0:50
1,600	4 x 400 on 6:00 O-SW E-FR 6:15 PM 4,400 Yards	S	MIX	0:45

Yards	Set Description	WORK
1,600	1x{4 x 175 on 3:00 FR {4 x 125 on 2:00 BK/FR by 25 {4 x 75 on 1:15 BK/BR/FR {4 x 25 on :30 FLY	S
600	1 x 600 on 10:00 10 minute flutter kick	K
3,000	1x{1 x 500 on 7:30 FR {20 x 25 on :25 BK {1 x 400 on 6:00 BK {16 x 25 on :25 FR {1 x 300 on 4:30 BK {12 x 25 on :25 FR {1 x 200 on 3:00 BK {8 x 25 on :25 FR {1 x 100 on 1:30 BK {4 x 25 on :25 FR	S
6:29 PM	5,200 Yards	

Workout #410 - Tuesday, 16 February 2010

Sr Group

1 minute 30 seconds rest between sets

Workout #409 - Monday, 15 February 2010

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Yards	Set Description	WORK	STK	PAC
1,800	1x{3 x 200 on 3:15 6 beat kick FR {4 x 150 on 2:15 SW {12 x 50 on :45 FR	D	FR	0:4
900	1x{4 x 75 on 1:05 FR - P&F {4 x 75 on 1:00 FR - P&F {4 x 75 on :55 FR - P&F	P	FR	0:4
2,000	8x{1 x 25 on :25 FR {1 x 50 on :50 FR {1 x 75 on 1:15 BK {1 x 100 on 1:30 FR	S	FR	0:5
300	1 x 300 on 4:30 EZ CH 6:23 PM 5,000 Yards	S	CH	0:4

3:30 PM Start

Yards	Set Description	WORK	STK	E
600	6 x 100 on 1:40 FR	S	FR	C
450	6 x 75 on 1:30 BK/FR/ST	S	SW	1
500	20 x 25 on :30 2 FK 2 CH K	K	MIX	1
1,000	10 x 100 on 1:30 ST/FR by 25 - fins	S	MIX	C
500	20 x 25 on :30 FR	S	FR	1
450	2 x 225 on 4:00 1-SW 2-FR 4:42 PM 3,500 Yards	S	MIX	C

Workout #413 - Wednesday, 17 February 2010

Red Group

1 minute 30 seconds rest between sets

3:30 PM Start

Yards	Set Description	WORK	STK
900	6 x 150 on 2:30 3 FR 3 SW	S	MI>
500	20 x 25 on :30 DR FR	D	FF
600	1x{2 x 100 on 2:00 IM K {2 x 75 on 1:15 FK {5 x 50 on 1:00 CH K / FK	K	IN
600	8 x 75 on 1:00 Paddles	P	FF
1,000	10 x 100 on 1:45 25 K 25 DR 50 Swim	C	MI>
400	1 x 400 on 6:00 EZ SW 4:47 PM 4,000 Yards	S	SW

5:00 PM Start

Yards	Set Description
1,500	1x{20 x 25 on :25 11 drill FR {10 x 50 on :50 FR {5 x 100 on 1:45 BR/FR
250	10 x 25 on :30 whip kick
600	1 x 600 on 9:00 fins - 200 DK/ 200 BK K/ 200
2,000	2x{4 x 50 on 1:00 BR/FR {1 x 100 on 1:30 IM {4 x 50 on :55 BR/FR {1 x 100 on 1:30 FR {4 x 50 on :50 BR/FR {1 x 200 on 3:30 FR
250	10 x 25 on :25 EZ FR 6:27 PM 4,600 Yards

Workout #411 - Tuesday, 16 February 2010

Red Group

1 minute 30 seconds rest between sets

5:00 PM Start

Workout #412 - Wednesday, 17 February 2010

Sr Group

1 minute 30 seconds rest between sets

3:30 PM Start

Yards	Set Description
1,700	1x{1 x 100 on 2:30 HEAD lead BOD DOL {1 x 400 on 6:30 Free {1 x 300 on 5:00 Switching {6 x 50 on 1:00 K/DR - (Choice) {2 x 200 on 4:00 IM {4 x 50 on 1:00 Build - 2 FR, 2 ST
1,000	10 x 100 on 2:00 25 kick/25 drill / 50 swim
300	12 x 25 on :30 FR - ez

4:32 PM 3,000 Yards