

Workout #42 - Monday, 05 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,650	7:00 PM	1x{6 x 125 on 2:15 kick even laps {1 x 50 on 3:00 stretch {1 x 250 on 3:30 alt swim/drill by 50s {3 x 200 on 3:15 free, IM, choice			S CHO	1:48 6:00 1:24 1:38
3,600	7:31 PM	1x{9 x 100 on 1:30 free {12 x 75 on 1:05 free {12 x 75 on 1:15 IM NO FREE {9 x 100 on 1:40 free			S FR S FR S IM S IM	1:30 1:27 1:40 1:40
100	8:29 PM	1 x 100 on 2:00 easy			S CHO	2:00
1,200	8:32 PM	16 x 75 on 1:30 ki/dr/swim 8 fr 8 cho			S SCM	2:00
200	8:57 PM	1 x 200 on 3:00 warmdown			S WDN	1:30
	9:00 PM	6,750 Yards				

Workout #43 - Tuesday, 06 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,050	7:00 PM	1x{5 x 200 on 3:15 free, im, dr/kick, cho, fr {1 x 50 on 2:00 stretch after 3rd 200			S WUP	1:38 4:00
1,600	7:20 PM	8 x 200 on 3:00 free			S FR	1:30
1,700	7:45 PM	1x{8 x 50 on 1:15 TEXAS 50s {10 x 25 on :40 1-5 12k/side; 6-10 6k/side {8 x 50 on 1:15 sp/ea; ea/sp {10 x 25 on :30 4-3-2-1-none {8 x 50 on 1:15 under h20;easy			S CHO D FR S FR S FR S	2:30 2:40 2:30 2:00 2:30
100	8:28 PM	1 x 100 on 2:00 easy			S FIN	2:00
1,600	8:31 PM	1x{5 x 100 on 1:40 undertime {3 x 200 on 3:20 undertime {5 x 100 on 1:40 undertime			S FR S FR S FR	1:40 1:40 1:40
100	8:59 PM	1 x 100 on 1:30 easy			S WDN	1:30
	9:01 PM	6,150 Yards				

Workout #44 - Wednesday, 07 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,050	7:00 PM	1x{5 x 100 on 1:40 free {1 x 50 on 2:00 stretch {1 x 500 on 8:00 300 im; 200 cho			S WUP	1:40 4:00 1:36
1,500	7:20 PM	1x{20 x 25 on :30 stroke {10 x 50 on :50 stroke {5 x 100 on 1:40 stroke			S STK S STK S STK	2:00 1:40 1:40
1,750	7:48 PM	1x{20 x 25 on :30 stm undh20 w/ fins {5 x 100 on 1:40 und time - 3/5/7/5/3 by 100s {10 x 75 on 1:15 IRON MAN - head up, fly, 1 breat			K FIN S FR S FIN	2:00 1:40 1:40
50	8:20 PM	1 x 50 on 20:00 turns			S STK	40:00
500	8:41 PM	20 x 25 on :30 SPRINTS			S STK	2:00
500	8:52 PM	1 x 500 on 8:00 3/5/7/5/3 by 100s			S FR	1:36
	9:00 PM	5,350 Yards				

**Workout #45 - Friday, 09 January 2009
High School - Middle Distance
1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
2,050	7:00 PM	1x{2 x 400 on 6:00 1 - free; 2 - cho			S WUP	1:30
		{1 x 50 on 3:00 stretch				6:00
		{3 x 200 on 3:15 1 - kick, 2 - pull; 3 - drill			S WUP	1:38
		{2 x 300 on 4:30 1 - IM; 2 - CHO			S WUP	1:30
2,500	7:35 PM	5 x 500 on 10:00 free, breath, kick, pull, free			S	2:00
1,000	8:26 PM	2x{20 x 25 on :40 1 - und h20; 2 - 4,3,2,1,none			S	2:40
400	8:54 PM	1 x 400 on 6:00 warmdown			S WDN	1:30
	9:00 PM	5,950 Yards				

**Workout #46 - Saturday, 10 January 2009
High School - Middle Distance
1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,450	8:00 AM	1x{1 x 500 on 8:00 free			S WUP	1:36
		{1 x 400 on 7:00 choi			S WUP	1:45
		{1 x 50 on 5:00 stretch				10:00
		{1 x 300 on 4:30 im			S IM	1:30
		{1 x 200 on 3:00 back			S BK	1:30
1,200	8:29 AM	1x{8 x 75 on 1:20 pull w/ buoy and paddles			P FR	1:47
		{8 x 50 on 1:00 kick w/ PLB			K FR	2:00
		{8 x 25 on :40 drill			D FR	2:40
3,000	8:54 AM	2x{5 x 100 on 1:40 undertime			S FR	1:40
		{5 x 200 on 3:20 undertime			S FR	1:40
200	9:45 AM	1 x 200 on 4:00 easy			S CHO	2:00
50	9:50 AM	1 x 50 on 10:00 break - eat, bathroom				20:00
500	10:01 AM	1 x 500 on 8:00 3/5/7/5/3			S FR	1:36
500	10:10 AM	20 x 25 on :30 4-3-2-1-Non			S FR	2:00
500	10:21 AM	5 x 100 on 1:30 3/5/7/5/3 groups of 5			S FR	1:30
500	10:30 AM	20 x 25 on :40 under water			S FR	2:40
100	10:45 AM	1 x 100 on 2:00 easy			S CHO	2:00
500	10:48 AM	20 x 25 on :20 free			S FR	1:20
300	10:56 AM	1 x 300 on 4:30 warmdown			S WDN	1:30
	11:01 AM	8,800 Yards				