

Workout #47 - Tuesday, 13 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,850	7:00 PM	1x{5 x 100 on 1:40 free {1 x 50 on 3:00 stretch {1 x 500 on 8:00 choice {1 x 50 on 3:00 stretch {6 x 125 on 2:15 drill even laps			S WUP	1:40 6:00 1:36 6:00 1:48
2,150	7:37 PM	1x{8 x 100 on 1:45 free {6 x 100 on 1:35 free {1 x 25 on :30 rest :30 {4 x 100 on 1:25 free {1 x 25 on :30 rest 30 seconds {2 x 100 on 1:20 free {1 x 100 on 1:15 free			S FR S FR S FR S FR S FR	1:45 1:35 2:00 1:25 2:00 1:20 1:15
200	8:13 PM	1 x 200 on 4:00 easy			S CHO	2:00
800	8:18 PM	8 x 100 on 2:10 kick w/ boards			K FR	2:10
1,200	8:37 PM	4 x 300 on 5:00 pull w/ buoy and paddles			P FR	1:40
100	8:58 PM	1 x 100 on 2:00 warmdown			S WDN	2:00
	9:00 PM	6,300 Yards				

Workout #48 - Wednesday, 14 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{3 x 200 on 3:20 choice {1 x 50 on 3:00 stretch {1 x 200 on 4:00 kick {1 x 200 on 3:00 choice			S WUP K WUP S WUP	1:40 6:00 2:00 1:30
2,050	7:21 PM	1x{5 x 100 on 1:30 free {5 x 100 on 1:40 im {1 x 50 on 1:00 rest 1:00 {5 x 100 on 1:40 stroke {5 x 100 on 1:30 free			S FR S IM S STK S FR	1:30 1:40 2:00 1:40 1:30
200	7:55 PM	1 x 200 on 4:00 easy			S CHO	2:00
2,200	8:00 PM	2x{8 x 50 on 1:30 dril progression {4 x 75 on 1:40 kick/pull/swim stroke {8 x 50 on :50 stroke swim			D STK STK S STK	3:00 2:13 1:40
300	8:52 PM	1 x 300 on 7:00 warmdown			S WDN	2:20
	8:59 PM	5,800 Yards				

Workout #49 - Thursday, 15 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	7:00 PM	1x{6 x 125 on 2:15 drill even laps {1 x 50 on 3:00 stretch {1 x 400 on 6:00 kick/pull/im/cho by 100s		S	WUP	1:48 6:00 1:30
2,400	7:24 PM	2x{1 x 400 on 6:00 free {2 x 200 on 3:00 free {4 x 100 on 1:30 free		S	FR	1:30 1:30 1:30
2,000	8:01 PM	1x{4 x 500 on 10:00 free/hypox/kick/free		S	MIX	2:00
600	8:42 PM	1x{12 x 25 on :40 drill {6 x 50 on :50 swim		D	SCM	2:40 1:40
200	8:56 PM	1 x 200 on 4:00 warmdown		S	WDN	2:00
	9:00 PM	6,400 Yards				

Workout #50 - Friday, 16 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,950	7:00 PM	1x{3 x 300 on 4:30 free, IM, Choice {1 x 50 on 3:00 stretch {5 x 200 on 3:30 free/im/kick/ch/free		S	WUP	1:30 6:00 1:45
1,500	7:35 PM	1x{1 x 500 on 7:30 free {1 x 400 on 1:30 free {1 x 300 on 4:30 free {1 x 200 on 3:00 free {1 x 100 on 1:30 free		S	FR	1:30 0:22 1:30 1:30 1:30
1,000	7:54 PM	10 x 100 on 2:10 kick w/ boards		K	FR	2:10
750	8:17 PM	10 x 75 on 1:10 pull w/ buoy and paddles		P	FR	1:33
1,500	8:30 PM	2x{15 x 25 on :30 1/2 k un h20; 1/2 swim {3 x 125 on 1:45 free		S	FR	2:00 1:24
200	8:57 PM	1 x 200 on 3:00 warmdown		S	WDN	1:30
	9:00 PM	6,900 Yards				

Workout #51 - Saturday, 17 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
50	11:00 AM	1 x 50 on 45:00 under h20 video tape				59:59
1,900	11:46 AM	1x{8 x 100 on 1:40 free {1 x 50 on 4:00 stretch {10 x 50 on 1:10 kick {1 x 50 on 3:00 stretch {1 x 500 on 7:30 swim choice		S	WUP	1:40 8:00 2:20 6:00 1:30
1,750	12:27 PM	1x{5 x 100 on 1:30 free {10 x 75 on 1:15 pull w/ buoy and paddles {5 x 100 on 1:30 free		S	FR	1:30 1:40 1:30
900	12:56 PM	2x{9 x 25 on :30 1/2 und h20; 1/2 swim {3 x 75 on 1:05 free		S	FR	2:00 1:27
200	1:13 PM	1 x 200 on 4:00 easy		S	WDN	2:00
50	1:18 PM	1 x 50 on 40:00 watch video tape				59:59
	1:58 PM	4,850 Yards				