

**Workout #52 - Tuesday, 20 January 2009**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,550	7:00 PM	1x{6 x 100 on 1:40 free {1 x 50 on 3:00 stretch {3 x 300 on 5:00 300 kick; 300 pull; 300 cho		S	FR	1:40 6:00
1,500	7:29 PM	2x{5 x 100 on 1:40 pace work {10 x 25 on :40 drill rest 1:00 between sets		S	FR	1:40
500	8:00 PM	10 x 25 on :40 drill		D	FR	2:40
500	8:13 PM	10 x 50 on 1:10 kick w/ boards		K	CHO	2:20
100	8:27 PM	10 x 50 on 1:15 ea/sp; sp/ea		S	SCM	2:30
50	8:30 PM	1 x 100 on 2:00 easy		S	CHO	2:00
	9:00 PM	1 x 50 on 30:00 starts, turns relay sprints		T	STK	59:59
		4,200 Yards				

**Workout #53 - Thursday, 22 January 2009**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,600	7:00 PM	8 x 200 on 3:15 fr/cho/dr/fr/stre/im/kick/cho/fr		S	WUP	1:38
4,050	7:27 PM	1x{10 x 100 on 1:30 free {5 x 200 on 3:00 free {1 x 50 on 1:00 REST {5 x 200 on 2:50 free {10 x 100 on 1:25 free		S	FR	1:30 1:30 2:00 1:25 1:25
100	8:28 PM	1 x 100 on 2:00 easy		S		2:00
1,200	8:31 PM	1x{8 x 75 on 1:15 kick/pull/swim {8 x 25 on :40 drill {8 x 50 on :50 swim		C	CHO	1:40
300	8:54 PM	1 x 300 on 7:00 warmdown		D	CHO	2:40
	9:01 PM	7,250 Yards		S	CHO	1:40 2:20

**Workout #54 - Friday, 23 January 2009**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,550	7:00 PM	1x{1 x 500 on 8:00 choice {1 x 50 on 3:00 stretch {8 x 125 on 2:15 drill even laps		S	CHO	1:36 6:00 1:48
1,800	7:30 PM	1x{12 x 75 on 1:15 pull w/ buoy & paddles {12 x 50 on 1:10 kick free w/ board {12 x 25 on :40 drill		P	FR	1:40
1,600	8:08 PM	1x{16 x 25 on :30 IM ORDER {8 x 50 on :50 im order {4 x 100 on 1:30 im {2 x 200 on 3:00 im		K	FR	2:20 2:40
1,200	8:36 PM	4 x 300 on 4:30 free/hypox/free/hypox		S	IM	2:00 1:40 1:30
300	8:55 PM	1 x 300 on 6:00 easy		S	FR	1:30
	9:01 PM	6,450 Yards		S	CHO	2:00

**Workout #55 - Saturday, 24 January 2009**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,550	2:00 PM	1x{1 x 500 on 8:00 free			S FR	1:36
		{1 x 400 on 6:00 choice			S CHO	1:30
		{1 x 50 on 4:00 stretch				8:00
		{1 x 300 on 4:30 im			S IM	1:30
		{1 x 200 on 3:00 back			S BK	1:30
		{1 x 100 on 1:30 br/fly			S SCM	1:30
3,050	2:28 PM	1x{4 x 200 on 3:00 free			S FR	1:30
		{4 x 150 on 2:15 free			S FR	1:30
		{4 x 100 on 1:30 free			S FR	1:30
		{4 x 50 on :45 free			S FR	1:30
		{2 x 50 on :40 free			S FR	1:20
		{2 x 100 on 1:20 free			S FR	1:20
		{2 x 150 on 2:00 free			S FR	1:20
		{2 x 200 on 2:40 free			S FR	1:20
		{1 x 50 on 2:00 REST			S FIN	4:00
200	3:15 PM	1 x 200 on 4:00 easy			S CHO	2:00
750	3:20 PM	10x{1 x 50 on 1:15 kick w/ boards			K FR	2:30
		{1 x 25 on :25 kick w/ board			K FR	1:40
1,000	3:38 PM	2x{10 x 25 on :40 drill stroke			D STK	2:40
		{5 x 50 on :50 stroke swim			S STK	1:40
		pick one stroke per set				
50	4:01 PM	1 x 50 on 55:00 turns/starts/relay			T STK	59:59
	4:56 PM	6,600 Yards				