

Workout #56 - Monday, 26 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,400	7:00 PM	1x{6 x 100 on 1:40 choice {1 x 50 on 3:00 stretch {6 x 125 on 2:15 drill even laps			S CHO	1:40 6:00 1:48
1,000	7:28 PM	2x{10 x 25 on :40 drill {5 x 50 on :50 swim under time			D STK S STK	2:40 1:40
2,000	7:51 PM	10 x 200 on 3:00 free			S FR	1:30
1,600	8:22 PM	1x{5 x 100 on 1:30 free {1 x 50 on 1:00 rest {5 x 100 on 1:25 free {1 x 50 on 1:00 rest {5 x 100 on 1:20 free keep under time			S FR S FR S FR	1:30 2:00 1:25 2:00 1:20
600	8:47 PM	2 x 300 on 6:00 1 - work turns; 2 - hypox			S FR	2:00
	8:59 PM	6,600 Yards				

Workout #57 - Wednesday, 28 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,750	7:00 PM	1x{4 x 200 on 3:20 choice {1 x 50 on 3:00 stretch {3 x 300 on 5:00 kick/pull/cho by 300s			S CHO S WUP	1:40 6:00 1:40
1,200	7:33 PM	1x{8 x 75 on 1:20 kick/pull/swim {8 x 25 on :40 drill {8 x 50 on :50 swim			D S	2:40 1:40
800	7:57 PM	4x{4 x 50 on :50 keep under time rest 1:00 between sets			S SCM	1:40
2,800	8:12 PM	1x{6 x 125 on 1:55 free {6 x 100 on 1:30 free {6 x 50 on :45 free {1 x 50 on 1:00 rest {4 x 50 on :40 free {4 x 100 on 1:20 free {4 x 125 on 1:40 free			S FR S FR S FR S FR S FR	1:32 1:30 1:30 2:00 1:20 1:20
300	8:54 PM	1 x 300 on 5:00 warmdown			S WDN	1:40
	8:59 PM	6,850 Yards				

Workout #58 - Thursday, 29 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,450	3:00 PM	1x{1 x 500 on 8:00 choice			S CHO	1:36
		{1 x 50 on 3:00 stretch				6:00
		{3 x 300 on 4:30 IM, Kick/Pull/Drill, Cho			S WUP	1:30
3,000	3:26 PM	1x{4 x 400 on 6:00 free			S FR	1:30
		{3 x 300 on 4:30 free			S FR	1:30
		{2 x 200 on 3:00 free			S FR	1:30
		{1 x 100 on 1:30 free			S FR	1:30
600	4:12 PM	8 x 75 on 1:30			SCM	2:00
		1-4 on 1:40 - kick w/ boards free				
		5-8 1:20 swim/drill/swim stroke				
1,400	4:25 PM	2x{10 x 25 on :30 SHORTIES			S FR	2:00
		{9 x 25 on :30 1/2 und water; 1/2 swim			S	2:00
		{3 x 75 on 1:05 free			S FR	1:27
300	4:52 PM	1 x 300 on 5:00 warmdown			S WDN	1:40
	4:57 PM	6,750 Yards				

Workout #59 - Friday, 30 January 2009
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,800	7:00 PM	1x{6 x 100 on 1:40 cho			S CHO	1:40
		{6 x 75 on 1:40 kick			K CHO	2:13
		{1 x 50 on 3:00 stretch				6:00
		{3 x 100 on 1:45 IM			S IM	1:45
		{2 x 200 on 3:30 choice			S CHO	1:45
1,600	7:37 PM	2x{4 x 25 on :30 under time			S STK	2:00
		{1 x 50 on 1:00 rest				2:00
		{4 x 50 on :50 under time			S STK	1:40
		{1 x 50 on 1:00 rest				2:00
		{4 x 100 on 1:45 under time			S STK	1:45
200	8:07 PM	1 x 200 on 4:00 easy			S CHO	2:00
1,850	8:12 PM	1x{3 x 100 on 1:30 free			S FR	1:30
		{2 x 150 on 2:15 free			S FR	1:30
		{1 x 300 on 4:30 free			S FR	1:30
		{1 x 50 on 1:00 rest				2:00
		{1 x 300 on 4:15 free			S FR	1:25
		{2 x 150 on 2:05 free			S FR	1:23
		{3 x 100 on 1:25 free			S FR	1:25
200	8:41 PM	1 x 200 on 4:00 easy			S CHO	2:00
600	8:46 PM	6 x 100 on 1:30 odds - 3; evens - 5			S FR	1:30
	8:55 PM	6,250 Yards				