

**Workout #29 - Monday, 22 December 2008**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,050	7:00 PM	1x{6 x 100 on 1:40 free {1 x 50 on 3:00 stretch {2 x 200 on 3:30 1 - IM; 2 - CHO			S FR	1:40 6:00 1:45
1,500	7:21 PM	1x{20 x 25 on :30 IM {10 x 50 on :50 im {5 x 100 on 1:30 im			S IM	2:00 1:40 1:30
3,200	7:48 PM	2x{5 x 100 on 2:00 kick {10 x 50 on :45 free {8 x 75 on 1:10 pull 1 - Free; 2 - Stroke NO FREE			K STK S STK P STK	2:00 1:30 1:33
50	8:43 PM	1 x 50 on 20:00 fly drills			D FLY	40:00
	9:03 PM	5,800 Yards				

**Workout #30 - Tuesday, 23 December 2008**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,000	7:00 PM	5 x 200 on 3:00 free cho drill im cho			S WUP	1:30
1,500	7:16 PM	2x{15 x 25 on :30 1/2 kick un h20; 1/2 sp {3 x 125 on 1:40 free			FR	2:00 1:20
900	7:42 PM	1x{6 x 50 on 1:10 kick w/ plb {6 x 50 on 1:20 free drills {6 x 50 on :45 pull w/ buoy paddles			K FR D FR P FR	2:20 2:40 1:30
900	8:03 PM	2x{9 x 25 on :25 free {3 x 75 on 1:00 free ALL SETS COMPLETED TOGETHER			S FR S FR	1:40 1:20
1,450	8:18 PM	1x{6 x 100 on 1:30 free {10 x 25 on :25 fly {3 x 200 on 3:00 free			S FR S FLY S FR	1:30 1:40 1:30
50	8:42 PM	1 x 50 on 20:00 fly drills			D FLY	40:00
	9:02 PM	5,800 Yards				

**Workout #31 - Wednesday, 24 December 2008**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
2,050	8:00 AM	1x{10 x 100 on 1:40 free {1 x 50 on 3:00 stretch {5 x 200 on 3:20 cho			S FR	1:40 6:00 1:40
3,000	8:38 AM	1x{10 x 200 on 3:00 odds free; evens im {10 x 100 on 1:35 odds free, evens im			S FRM	1:30 1:35
100	9:25 AM	1 x 100 on 2:00 easy			S WDN	2:00
1,950	9:28 AM	1x{12 x 50 on :45 stroke NO Free {8 x 25 on :25 fly {6 x 100 on 1:25 free {6 x 25 on :25 fly {4 x 100 on 1:20 free			S STK S FLY S FR S FLY S FR	1:30 1:40 1:25 1:40 1:20
100	9:58 AM	1 x 100 on 2:00 easy			S WDN	2:00
	10:00 AM	7,200 Yards				

**Workout #32 - Friday, 26 December 2008**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,050	2:00 PM	1x{6 x 100 on 1:40 free {1 x 50 on 3:00 stretch {1 x 400 on 6:00 free, cho, dril, im			S FR	1:40 6:00 1:30
3,250	2:20 PM	1x{8 x 125 on 2:00 IM - rotate dbl stk lap {8 x 25 on :30 breast {10 x 100 on 1:30 free {10 x 25 on :30 back {8 x 75 on 1:05 free {8 x 25 on :30 fly			S IM S BR S FR S BK S FR S FLY	1:36 2:00 1:30 2:00 1:27 2:00
100	3:14 PM	1 x 100 on 2:00 easy			S CHO	2:00
1,000	3:17 PM	2x{5 x 100 on 1:30 free			S FR	1:30
800	3:33 PM	4x{8 x 25 on :30 stroke swim			S STK	2:00
800	3:50 PM	2x{4 x 100 on 1:25 free			S FR	1:25
50	4:03 PM	1 x 50 on 59:59 fly drills			D FLY	59:59
	5:03 PM	7,050 Yards				

**Workout #33 - Saturday, 27 December 2008**  
**High School - Middle Distance**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,000	8:00 AM	1x{5 x 200 on 3:15 free, im, drill, str, kick, cho 2:00 stretch after 3rd 200			S WUP	1:38
5,000	8:18 AM	2x{8 x 100 on 1:30 im w/ fins {20 x 25 on :40 underwater w/ fins {4 x 300 on 4:40 IM 1 - IM; 2 FR			S IM S FIN S IM	1:30 2:40 1:33
1,350	9:47 AM	1x{6 x 25 on :30 strmline fly kic on back {6 x 100 on 1:30 free {6 x 25 on :40 underwater {6 x 75 on 1:05 free			K FLY S FR  S FR	2:00 1:30 2:40 1:27
50	10:11 AM	1 x 50 on 50:00 fly drills			D FLY	59:59
	11:01 AM	7,400 Yards				