

Workout #34 - Monday, 29 December 2008
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 59:59 taping				59:59
1,050	12:01 PM	1x{6 x 100 on 1:40 choice {1 x 50 on 3:00 stretch {2 x 200 on 3:15 1 - IM, 2 Cho NO BREAK			S CHO	1:40 6:00 1:38
2,000	12:22 PM	10 x 200 on 3:00 free			S FR	1:30
1,000	12:53 PM	10 x 100 on 2:00 kick w/ board			K FR	2:00
1,500	1:14 PM	10 x 150 on 2:15 pull w/ paddles			P FR	1:30
1,000	1:38 PM	1x{10 x 25 on :40 under water {10 x 25 on :30 4-3-2-1-None {1 x 500 on 7:30 3/5/7/5/3			S FR	2:40 2:00 1:30
	1:58 PM	6,600 Yards				

Workout #35 - Tuesday, 30 December 2008
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
50	2:00 PM	1 x 50 on 59:59 watch tape Ind - watch tape; Others - Drill work				59:59
400	3:01 PM	1 x 400 on 6:00 free/drill/kick/cho by 100s				1:30
1,500	3:08 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
1,200	3:27 PM	3x{1 x 25 on :30 under water {1 x 50 on :45 free {1 x 75 on 1:10 free {1 x 100 on 1:30 free {1 x 75 on 1:10 free {1 x 50 on :45 free {1 x 25 on :30 underwater			S FR	2:00 1:30 1:33 1:30 1:33 1:30 2:00
100	3:47 PM	1 x 100 on 2:00 easy			S CHO	2:00
1,500	3:50 PM	1x{3 x 100 on 1:30 3, 7, 5 by 100s {3 x 300 on 4:30 3, 7, 5 by 300s {3 x 100 on 1:30 3, 7, 5 by 100s			S FR	1:30 1:30 1:30
1,800	4:14 PM	2x{12 x 25 on :30 stroke swim {6 x 50 on 1:10 stroke drill {3 x 100 on 1:40 stroke swim			S STK D STK S STK	2:00 2:20 1:40
500	4:51 PM	1 x 500 on 7:30 3/5/7/5/3			S FR	1:30
	4:59 PM	7,050 Yards				

Workout #36 - Tuesday, 30 December 2008
High School - Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
50	2:00 PM	1 x 50 on 59:59 watch tape ind watch; others drill				59:59
400	3:01 PM	1 x 400 on 6:00 free/drill/kick/cho		S WUP		1:30
2,000	3:08 PM	2x{5 x 100 on 2:30 undertime {1 x 500 on 9:00 under time 1 min break between sets evens sets w/ zoomers		S FR	S FR	2:30 1:48
1,200	3:52 PM	1x{6 x 100 on 2:10 kick {3 x 200 on 3:15 pull w/ paddles and buoy		K FR	FR	2:10 1:38
1,000	4:16 PM	1x{5 x 100 on 2:30 undertime {1 x 500 on 9:00 under time		S FR	FR	2:30 1:48
100	4:39 PM	1 x 100 on 2:00 easy		S FR		2:00
500	4:42 PM	20 x 25 on :40 1/2 kick und h20; 1/2 swim			FR	2:40
200	4:57 PM	1 x 200 on 3:00 easy		S CHO		1:30
	5:00 PM	5,450 Yards				

Workout #37 - Wednesday, 31 December 2008
High School - Middle Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,050	8:00 AM	1x{2 x 300 on 4:30 free, cho {1 x 50 on 3:00 stretch {2 x 200 on 3:15 kick; cho			S WUP	1:30 6:00 1:38
1,800	8:20 AM	9 x 200 on 3:00 free		S FR		1:30
2,900	8:48 AM	29 x 100 on 2:00 fr, im, kick, dr md 50, pul, stk		S MIX		2:00
1,800	9:47 AM	9 x 200 on 3:15 IM		S IM		1:38
50	10:18 AM	1 x 50 on 20:00 fly drills		D FLY		40:00
50	10:39 AM	1 x 50 on 20:00 relays, etc				40:00
	10:59 AM	7,650 Yards				

Workout #38 - Friday, 02 January 2009
High School - Distance
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,550	11:00 AM	1x{1 x 500 on 7:00 free {1 x 400 on 6:00 choice {1 x 50 on 3:00 stretch {1 x 300 on 4:30 IM {1 x 200 on 3:00 back {1 x 100 on 1:30 breast/fly by 50s		S FR	S CHO	1:24 1:30 6:00 1:30 1:30 1:30
1,000	11:26 AM	10 x 100 on 1:40 hold time		S FR		1:40
1,000	11:44 AM	5 x 200 on 3:15 pull w/ buoy and paddles		P FR		1:38
2,000	12:02 PM	4 x 500 on 9:00 hold time		S FR		1:48
1,000	12:39 PM	10 x 100 on 1:50 kick w/ board and fins		K FR		1:50
1,000	12:59 PM	1x{5 x 100 on 2:30 under time {1 x 500 on 9:00 under time		S FR	S FR	2:30 1:48
50	1:22 PM	1 x 50 on 40:00 fly drills		D FLY		59:59
	2:02 PM	7,600 Yards				

**Workout #39 - Friday, 02 January 2009
High School - Middle Distance
1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,550	11:00 AM	1x{1 x 500 on 7:00 free {1 x 400 on 6:00 cho {1 x 50 on 3:00 stretch {1 x 300 on 4:30 IM {1 x 200 on 3:00 back {1 x 100 on 1:30 50 br 50 fly			S FR S CHO S IM S BK S SCM	1:24 1:30 6:00 1:30 1:30 1:30
2,000	11:26 AM	1x{5 x 200 on 3:00 free {10 x 100 on 1:30 free			S FR S FR	1:30 1:30
2,000	11:57 AM	1x{5 x 200 on 2:50 free {10 x 100 on 1:25 free			S FR S FR	1:25 1:25
1,000	12:27 PM	20 x 50 on 1:00 odds 45 evens 115			K FIN	2:00
200	12:48 PM	1 x 200 on 3:00 easy			S CHO	1:30
1,500	12:52 PM	2x{15 x 25 on :30 {3 x 125 on 1:40 free odd sets - 25s 1/2 kick und water; 1/2 swim even sets - 25s UNDER WATER 1:00 rest between sets			S FR S FR	2:00 1:20
50	1:18 PM	1 x 50 on 40:00 fly drills			D FLY	59:59
	1:58 PM	8,300 Yards				

**Workout #40 - Friday, 02 January 2009
High School - Sprint
1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,550	11:00 AM	1x{1 x 500 on 7:00 free {1 x 400 on 6:00 cho {1 x 50 on 3:00 stretch {1 x 300 on 4:30 IM {1 x 200 on 3:00 back {1 x 100 on 1:30 50 br; 50 fly			S FR S CHO S IM S BK S SCM	1:24 1:30 6:00 1:30 1:30 1:30
1,200	11:26 AM	1x{4 x 100 on 1:30 free {8 x 50 on :45 free {16 x 25 on :25 free			S FR S FR S FR	1:30 1:30 1:40
1,200	11:46 AM	1x{4 x 100 on 1:25 free {8 x 50 on :45 free {16 x 25 on :25 free			S FR S FR S FR	1:25 1:30 1:40
1,000	12:06 PM	20 x 50 on 1:00 odds 45 evens 115			K FIN	2:00
200	12:27 PM	1 x 200 on 3:00 easy			S	1:30
900	12:31 PM	12 x 75 on 1:20 IRON MAN 75s 25 head up, 25 fly, 25 one breath			S SCM	1:47
1,800	12:48 PM	4x{9 x 25 on :30 {3 x 75 on 1:05 free odd sets - 25s 1/2 kick und water; 1/2 swim even sets - 25s Swim Under Water			S MIX S FR	2:00 1:27
50	1:20 PM	1 x 50 on 40:00 fly drills			D FLY	59:59
	2:00 PM	7,900 Yards				

Workout #41 - Saturday, 03 January 2009
High School - Stokers
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,400	2:00 PM	1x{6 x 125 on 2:15 drill even laps {1 x 50 on 3:00 stretch {3 x 200 on 3:15 free, IM, cho STROKE LANES - FLY w/ ZOOMERS			S MIX	1:48 6:00 1:38
1,600	2:28 PM	1x{10 x 50 on :50 stroke swim {8 x 75 on 1:30 stroke pull {5 x 100 on 2:00 stroke kick			S STK P STK K STK	1:40 2:00 2:00
1,600	3:00 PM	4x{8 x 50 on 1:15 Drill progression FR - PLB w/ 1 transition; PLB w/ 12 ki, 6 ki, 3 ki BK - PLB w/ 1 trans; L, PLB w/ 12 ki, 6 ki, 3 ki BR - kick on bk, head foot, pull w/ fly kick, 3 ki 1 pu FLY - body motion arms up; r arm, l arm, 3 r 3 l 3 full			D STK	2:30
900	3:41 PM	2x{9 x 25 on :40 { FR, BK, FLY - kick 1/2 under water; 1/2 swim { BR - 1/2 double pull out; 1/2 swim {3 x 75 on 1:15 stroke swim				STK 2:40
1,000	4:02 PM	10 x 100 on 1:45 swim			S STK	1:40
50	4:21 PM	1 x 50 on 40:00 starts, turn RELAY STARTS			S STK	1:45
	5:01 PM	6,550 Yards			T STK	59:59