

Workout #333—Sunday, 14 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,250	10:04 AM	10 x 125 on snorkel hold a padd fins kk	1:32
1,800	10:26 AM	3 x 600 on 7:55 200fly/bk/br	1:19
900	10:52 AM	36 x 25 on :19 fast fly	1:16
1,500	11:06 AM	12 x 125 on 2:05 o=75bk50br e=50bk75br	1:40
	11:31 AM	1 on 59:59 coach w.r.	
	12:31 AM	5,450 Yards	

Workout #336—Monday, 15 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
		School only and not getting out before 7:40am	
	6:03 AM	1 on 28:00 5trx..9vasa 3 ervasa..others ste	
1,800	6:31 AM	24 x 75 on 1:10 fins hold padd snorkel	1:33
2,400	7:01 AM	2 x 1200 on 15:05 by 200im	1:15
450	7:34 AM	18 x 25 on :28 max prime	1:52
	7:43 AM	4650 Yards	

Workout #339—Monday, 15 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
750	3:03 PM	3 x 250 on 3:40 u pick ur drills	1:28
3,900	3:16 PM	2 x {3 x 250 on 2:45 des 1/3	1:06
		{3 x 250 on 2:55 des 1/3	1:10
		{6 x 75 on 1:05 #3/6 max 1.2=pr 4.5=les	1:27
1,500	4:05 PM	12 x 125 on 2:05 fast snor board xx	1:40
1,600	4:32 PM	1 x 1600 on 19:45 p/b 200bk300fr	1:14
800	4:54 PM	8 x 100 on 1:03 race	1:03
	5:02 PM	1 on 58:00 copach w.r.	
	6:00 PM	8,550 Yards	

Workout #342—Tuesday, 16 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,400	6:04 AM	1 x 1400 on 28:00 ropes..turns lanes 4/5 ++vert kk	2:00
2,000	6:34 AM	16 x 125 on 1:35 p/b 50bkrotate 75fr	1:16
600	7:02 AM	8 x 75 on 1:30 max dive mix chc	2:00
2,400	7:16 AM	8 x 300 on 3:10 free	1:03
	7:42 AM	6,400 Yards	

Workout #345—Tuesday, 16 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
600	3:03 PM	8 x 75 on :55 drills	1:13
9300	3:13 PM	3 x {1 x 800 on 8:10 free	1:01
		{16 x 25 on :17 fly work kkout	1:08
		{1 x 600 on 7:35 300bk/br	1:16
		{16 x 25 on :19 fly longer kickouts	1:16
		{1 x 500 on 7:55 board kicking	1:35
		{16 x 25 on :21 fly longer kickouts	1:24
	5:09 PM	1 on 52:00 coach wr girls only jimmy	
	6:01 PM	9,900	

Workout #348—Wednesday, 17 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
		Kerri you add 35mins sr	
800	6:03 AM	2 x 400 on 5:55 drills	1:29
3,300	6:17 AM	11 x {20 x 15 on :11 dive	1:13
		{1 on 3:40 45w15r rotate trx..kb.vasa steps	
	7:38 AM	4,100 Yards	

Workout #355—Wednesday, 17 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,000	3:04 PM	10 x 100 on 1:20 choice of drill	1:20
10,000	3:20 PM	1 x {1 x 2000 on 20:40 free	1:02
		{4 x 500 on 5:00 free	1:00
		{1 x 1500 on 15:15 free	1:01
		{3 x 500 on 4:55 free	0:59
		{1 x 1000 on 10:00 free	1:00
		{2 x 500 on 4:50 free	0:58
		{1 x 500 on 4:45 free	0:59
	5:00 PM	1 on 59:59 coach w.r.	0:57
	6:00 PM	11,000 Yards	

Workout #351—Thursday, 18 November 2010**Distance****2 minutes rest between sets**

Yards	Time	Set Description	PACE
	6:04 AM	1 on 28:00 u pick ur dryland	
1,500	6:32 AM	12 x 125 on 1:55 fin board kk	1:32
1,800	6:57 AM	3 x 600 on 6:35 300bk/fr p/z	1:06
1,650	7:19 AM	22 x 75 on 1:00 d.c. fly	1:20
		Friday ga 8/1 sat 730.1230 sun 10/noon	
	7:41 AM	4950 Yards	

**Team Set: Super 500
1984-1985**

**1 x 25 on :30
1 x 25 on :30
1 x 50 on 1:00**



**1 x 75 on 1:30
1 x 25 on :30**



**1 x 50 on 1:00
1 x 50 on 1:00**



**1 x 25 on :30
1 x 75 on 1:30**



**1 x 50 on 1:00
1 x 25 on :30
1 x 25 on :30**

USA SET

G	A1	A2	C	
25	50	75	100	1:00
50	75	100	200	2:00
75	100	150	300	3:00

Workout #165—Thursday, 18 November 2010**Future 1****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,200	6:03 PM	12 x 100 on 1:30 25 sidekick, 50 5/20,25 headhigh	1:30
2,700	6:23 PM	3 x {6 x 25 on :20 free	1:20
		{3 x 50 on :45 25fly/bk	1:30
		{6 x 25 on :19 free	1:16
		{3 x 50 on :45 25bk/br	1:30
		{6 x 25 on :18 free	1:12
		{3 x 50 on :45 25br/fr	1:30
1,200	7:03 PM	16 x 75 on 1:20 FAST FLUTTER KICK	1:47
1,500	7:27 PM	6 x 250 on 3:40 backstroke	1:28
500	7:51 PM	20 x 25 on :25 s.a.r.fly	1:40
	8:00 PM	7,100	

Workout #169—Friday, 19 November 2010**Future 1****2 minutes rest between sets**

Yards	Time	Set Description	PACE
900	6:03 PM	18 x 50 on :50 25 sidekk,8k&roll free	1:40
2,000	6:20 PM	1 x {8 x 25 on :30 fr-get avg.stroke count	2:00
		{6 x 300 on 4:05 fr-100 normal,-1,-2spl bilateral	1:22
1,200	6:51 PM	2 x {12 x 25 on :30 s.l. fkyb	2:00
		{6 x 50 on :55 Fast Flutter Kick	1:50
1,000	7:16 PM	8 x 125 on 1:55 drop/add IM	1:32
	7:32 PM	5,100 Yards	

Workout #173—Saturday, 20 November 2010**Future 1****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,200	7:00 AM	4 x 300 on 4:15 100 8-3-8, 50R/Larm, 100 5/20	1:25
2,400	7:19 AM	4 x 600 on 8:25 100IM order/100free	1:24
1,800	7:55 AM	9 x 200 on 3:00 100bk/br	1:30
1,200	8:24 AM	24 x 50 on :55 choice 1=25r/t 2=25t/r 3=race	1:50
1,000	8:48 AM	40 x 25 on :19 free	1:16
	9:01 AM	7,600 Yards	

Workout #153—Monday, 15 November 2010**Future 1****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,200	6:03 PM	8 x 150 on 2:15 50 8-3-8, 25 Rarm/Larm, 50skate	1:30
5,600	6:23 PM	4 x {2 x 300 on 3:55 free-breathe by 100 3,5,7/1 {1 on :15 get board {6 x 50 on :55 RACE FLUTTER KICK {1 x :15 put on goggles {4 x 125 on 1:55 race prime	1:18 1:50 1:32
400	7:51 PM	16 x 25 on :30 3,2,1,0air free	2:00
	7:59 PM	7,200 Yards	

Workout #158—Tuesday, 16 November 2010**Future 1****2 minutes rest between sets**

Yards	Time	Set Description	PACE
800	6:03 PM	16 x 50 on :50 25Rarm/Larm free	1:40
1,800	6:19 PM	3 x 600 on 8:35 200back/400 free-rotate bk	1:26
1,200	6:47 PM	12 x 100 on 1:45 FAST FLUTTER KICK	1:45
1,800	7:10 PM	9 x 200 on 2:55 1=100rev/norm 2=by100im 3=IM	1:28
1,200	7:39 PM	4 x {3 x 75 1:15 RACE BY 1/3 {1 on :15 climb out {1 x 75 on 1:15 DIVE_RACE	1:40 1:40
	8:00 PM	6,800 Yards	

Workout #162—Wednesday, 17 November 2010**Future 1****2 minutes rest between sets**

Yards	Time	Set Description	PACE
1,200	6:03 PM	8 x {1 x 37 on :30 fr-s.l. b'out/turn {2 x 50 on :50 RIMO by round {1 x 13 on :15 fr-no air finish	1:21 1:40 1:55
1,800	6:25 PM	12 x 150 on 2:15 100/50 IM order-f/b b/br br/fr	1:30
1,600	6:54 PM	2 x {12 x 25 on :30 s.l. fkyb {5 x 100 on 1:45 FAST FLUTTER KICK	2:00 1:45
1,350	7:26 PM	6 x 225 on 3:15 backstroke	1:27
800	7:48 PM	8 x 100 on 1:45 RACE BREAST	1:45
	8:02 PM	6750 Yards	