

**Workout #1244 - Tuesday, 01 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
SPECIFIC PREP PHASE - ANEROBIC THRESHOLD/VO2 MAX						
MEET DRYLAND WARMUP						
HAVE YOU COMPLETED YOUR DRYLAND FULLY + CORRECTLY?						
1,600	5:00 AM	2x{1 x 400 on 6:20 FR ON 5:50/6:20	EN1	S	FR	0:48
		{1 x 400 on 7:20 IM ON 6:50/7:20	EN2	S	IM	0:55
100	5:29 AM	1 x 100 on 2:00 FR K FAST ON 1:50/2:00	SP2	K	FR	1:00
100	5:32 AM	1 x 100 on 2:20 FR K REC ON 2:10/2:20	REC	K	FR	1:10
200	5:36 AM	2 x 100 on 1:50 FR K FAST ON 1:50/2:00	SP1	K	FR	0:55
100	5:41 AM	1 x 100 on 2:20 FR K REC ON 2:10/2:20	REC	K	FR	1:10
300	5:45 AM	3 x 100 on 2:00 FR K FAST ON 1:50/2:00	SP1	K	FR	1:00
100	5:52 AM	1 x 100 on 2:20 FR K REC ON 2:10/2:20	REC	K	FR	1:10
200	5:56 AM	4 x 50 on :50 FR ON :45/:50	EN2	S	FR	0:50
POWER FINISHES OF EACH STROKE PULL						
200	6:01 AM	4 x 50 on :50 FR P w PADS ON :45/:50	EN2	P	PAD	0:50
POWER FINISHES OF EACH STROKE PULL						
2,200	6:06 AM	2x{4 x 100 on 1:50 FR @ PACE TO FEET ON 1:40/1:50	EN2	S	FR	0:55
		{1 x 100 on 2:30 CH S REC	REC	S	CH	1:15
		{1 x 400 on 5:30 FR :10 REST AFTER EACH 100 SP	EN3	S	FR	0:41
		{1 x 200 on 5:00 CH S REC	REC	S	CH	1:15
	6:47 AM	5,100 Meters - Stress Value = 161				

NAME - 400 FR PB - BROKEN 400 TIME - 2ND BROKEN 400 TIME

- LUKE EDWARDS - 4:41.52 - 5:29.59
- ZOE ROBERTSON - 4:44.96 - 5:11.49
- SAM RUSSO - 4:53.36 - 4:54.50
- LEAH ALLEN - 4:57.31 - 5:41.79 - 5:43.32
- DAVID BURGESS - 4:58.17 - 5:03.96
- STEPHANIE HOLMES - 4:58.83 - 5:58.84
- BROOKE GRIFFIN - 5:00.85 - 5:14.92
- EMILY MEYERINK - 5:08.38 - 5:25.60 - 6:18.82
- CASEY LYON - 5:18.51 - (w FINS) 5:35.70 - (w FINS) 5:18.96
- NATHAN HUYNH - 5:21.32 - 5:43.22
- MONIQUE GRECH - 5:26.95 - (w FINS) 6:11.27
- DAVID ALLEN - 5:28.24 - 5:54.23
- ADRIANNA GRECH - 5:53.60 - 6:24.81

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 39.21%	36.0 38.57%
WARM-UP-RECOVERY	900 17.64%	22.0 23.57%
VO2 MAX	800 15.68%	11.0 11.78%
AEROBIC BASE	800 15.68%	12.6 13.57%
LACTATE TOLERANCE	500 9.80%	9.6 10.35%
PEAK LACTATE	100 1.96%	2.0 2.14%

Stroke Categories	Meters	Minutes
FREESTYLE	3,500 68.62%	60.3 64.64%
IM	800 15.68%	14.6 15.71%
CHOICE	600 11.76%	15.0 16.07%
PADDLES	200 3.92%	3.3 3.57%

Type of Work	Meters	Minutes
SWIM	4,000 78.43%	71.3 76.42%
KICK	900 17.64%	18.6 20.00%
PULL	200 3.92%	3.3 3.57%

**Workout #1245 - Tuesday, 01 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	P
		4:30-7:00PM @ GEN				
		SPECIFIC PREP PHASE - AEROBIC STROKE DEVELOPMENT				
1,500	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN1	L	DRY	
	5:10 PM	5x{1 x 200 on 3:30 S	EN1	S	IM	0
		{1 x 100 on 2:00 K	EN1	K	IM	1
		COMPLETE ONE ROUND OF EACH STROKE + ONE IM				
		ATHLETES CHOOSE ORDER OF STROKES				
2,000	5:39 PM	20 x 100 on 1:50 CH K	EN1	K	CH	0
		DURING K SET ATHLETES INDIVIDUALLY WORK ON STRETCHORDS				
		FOCUS ON ARM/HAND POSITIONING FOR CATCH				
		RIGID HAND/FOREARM, OPEN SHOULDER, HIGH ELBOW				
		USING BODY TO THEN POWER THROUGH STROKE				
200	6:17 PM	4 x 50 on 1:20 BR PULLOUTS UNDER H2O/CH BY 25'S	EN1	S	BR	1
50	6:24 PM	1 x 50 on 4:00 UNDER H2O PULLOUTS REVIEW	EN1	D	BR	4
100	6:29 PM	4 x 25 on :40 FLY K UNDER H2O	EN1	K	FLY	1
		FOCUS ON MAINTAINING SPPED FROM WALL				
		GETTING POWER FROM KICKING BOTH DIRECTIONS				
150	6:33 PM	6 x 25 on :50 FLY K UNDER H2O RACE	SP2	K	FLY	1
	6:38 PM	4,000 Yards - Stress Value = 53				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

- ROTATE, FORWARDS, BACK AND SIDES (HAND POSITION CHANGE)

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP SLIGHTLY)

- 5 PUSHUPS AND HOLD WHEN DROPS COMPLETE (TORSO STIFF)

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

- LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)

- ON FRONT

- ON BACK AGAIN

- ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN

- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN

- FEET TOGETHER

(10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)

FRONT SUPPORT POSITION

- SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR
- HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)
- DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP
- JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP
- TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20
- FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS
- HAND SWITCH FROM GROUND TO BALL SINGLE HANDS
- DIPS (10)

STRETCHCORDZ

- INTERNAL AND EXTERNAL ROTATIONS ELBOW IN FORMING 90 DEGREES
- BACKWARDS ROTATION ABOVE SHOULDERS ELBOWS IN LINE WITH SHOULDERS
- STRAIGHT ARM BACKWARD PRESS IN 'Y' POSITION
- STRAIGHT ARM BACKWARD PRESS IN 't' THEN 'Y' AND 'I'
- ELBOWS IN ROWS
- ELBOWS IN LINE WITH SHOULDER ROWS
- FR, BK, BR, FLY ARM POSITIONING AND RECOVERY
- TRICEP PRESSES

ABDOMINALS SET (6 OF EACH)

- REGULAR
- KNEES UP (FORMING 90 DEGREES AT KNEES)
- TOES UP (LEGS STRAIGHT UP TOUCHING TOES EACH REPEAT)
- HIPS UP (LEGS UP STRAIGHT PRESSING FEET STRAIGHT UP)
- SWIMSITS
- LEG RAISES
- ELBOW TO KNEE
- V-SITS
- CYCLE
- BODY ROCKING (BK)
- BODY ROCKING (FR)
- PARTNER DROP AND RELEASE
- BACK UPS
- PUSHUPS
- TORSO LIFTS

REPEAT SECOND TIME BUT WITH NO REST BETWEEN EXERCISES

Energy Levels	Yards		Minutes	
AEROBIC BASE	3,850	96.25%	76.1	93.83%
PEAK LACTATE	150	3.75%	5.0	6.16%

Stroke Categories	Yards		Minutes	
CHOICE	2,000	50.00%	36.6	45.17%
IM	1,500	37.50%	27.5	33.88%
BREASTSTROKE	250	6.25%	9.3	11.49%
BUTTERFLY	250	6.25%	7.6	9.44%

Type of Work	Yards		Minutes	
KICK	2,750	68.75%	54.3	66.94%
SWIM	1,200	30.00%	22.8	28.13%
DRILL	50	1.25%	4.0	4.92%

**Workout #1246 - Wednesday, 02 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		5:00-7:00AM @ ROW SPECIFIC PREP PHASE - RACE PACE/PACEWORK MEET DRYLAND WARMUP				
400	5:00 AM	4 x 100 on 1:50 FR DESCEND 1-4 ON 1:40/1:50 FINISH #4 AT 1:15/1:25 RESPECTIVELY	EN1	S	FR	0:55
400	5:09 AM	8 x 50 on 1:10 FR K ON 1:00/1:10 FINISH EACH 50 SUB :50/:55 RESPECTIVELY	EN2	K	FR	1:10
200	5:20 AM	2 x 100 on 1:40 FR ON 1:30/1:40 HIT FINISH TIME TO THE FEET OF 1:15/1:25 (OR BETTER)	EN2	S	FR	0:50
400	5:25 AM	4 x 100 on 1:35 FR ON 1:25/1:35 CONTINUE TO FINISH TO THE FEET AT 1:15/1:25	EN2	S	FR	0:48
200	5:33 AM	1 x 200 on 5:00 STROKE STS + SC	EN1	S	STK	1:15
300	5:39 AM	12 x 25 on :45 STROKE STS BREAKOUT + 6 OR 9	SP3	S	STK	1:30
800	5:49 AM	4 x 200 on 4:10 STROKE K ON 3:50/4:10	EN2	K	STK	1:02
800	6:07 AM	16 x 50 on 1:30 STROKE @ PACE ATHLETES CHOOSE STROKE AND DISTANCE IF PACING FOR 100 DONE AT PACE OF 2ND 50 TO HAND TOUCH IF PACING FOR 200 DONE AT PACE OF AVERAGE 50 TO FEET SEE WORKOUT NOTES FOR DETAILS OF ATHLETE STROKE/PACE	SP2	S	STK	1:30
400	6:32 AM	1 x 400 on 8:00 CH S REC	REC	S	CH	1:00
	6:40 AM	3,900 Meters - Stress Value = 147				

16 X 50 @ PACE SET ATHLETE STROKE/PACE

PACE CALCULATION BASED ON GOAL TIME  
 100 FR/BK - GOAL TIME/2 + :01  
 100 BR/FLY - GOAL TIME/2 + :01.5  
 200 FR/BK/BR/FLY - GOAL TIME/4 (AVERAGE PACE)

NAME - EVENT - PB - GOAL TIME - 50 PACE  
 ADRIANNA - 100 BK - 1:23.74 - 1:20 - 41.00  
 NATHAN - 200 BR - NT (100 1:41.24) - 3:32 - 53.00  
 MONIQUE - 100 FLY - 1:18.23 - 1:25 - 44.00  
 CASEY - 100 BK - 1:21.95 - 1:25 - 43.50  
 LEAH - 200 BK - 2:49.09 - 2:40 - 40.00  
 EMILY S - 200 BK - 2:45.94 - 2:38 - 39.50  
 DAVID A - 200 BR - NT (100 1:53.24) - 3:40 - 55.00  
 DAVID B - 100 BR - 1:11.37 - 1:10 - 36.50  
 BROOKE - 200 BK - 2:28.88 - 2:22 - 35.50  
 EMILY M - 200 BK - 2:45.94 - 2:35 - 38.75  
 STEPHANIE - 100 BK - 1:18.79 - 1:18 - 40.00

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,800 46.15%	35.6 40.07%
PEAK LACTATE	800 20.51%	24.0 26.96%
AEROBIC BASE	600 15.38%	12.3 13.85%
WARM-UP-RECOVERY	400 10.25%	8.0 8.98%
ALACTIC	300 7.69%	9.0 10.11%

Stroke Categories	Meters	Minutes
STROKE	2,100 53.84%	54.6 61.42%
FREESTYLE	1,400 35.89%	26.3 29.58%
CHOICE	400 10.25%	8.0 8.98%

Type of Work	Meters	Minutes
SWIM	2,700 69.23%	63.0 70.78%
KICK	1,200 30.76%	26.0 29.21%

**Workout #1247 - Thursday, 03 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		5:00-7:00AM @ NW SPECIFIC PREP PHASE - VO2 MAX/ANAEROBIC THRESHOLD SATURDAY AM PRACTICE AND MEET MONDAY AM OFF - SLEEP IN MEET DRYLAND WARMUP MEET WARMUP - PREPARING FOR 1500 FR FOR TIME				
400	5:00 AM	1 x 400 on 7:00 CH S MIXED	EN1	S	MIX	0:52
400	5:08 AM	4 x 100 on 2:00 FR K	EN2	K	FR	1:00
400	5:17 AM	1 x 400 on 8:00 FR DR/S BY 25'S	EN1	D	FR	1:00
400	5:26 AM	8 x 50 on :50 FR INCREASE HR	EN2	S	FR	0:50
500	5:34 AM	5 x 100 on 1:30 FR :10 REST AFTER EACH @ PACE ALL 100'S FINISH TO THE FEET	EN2	S	FR	0:45
200	5:43 AM	1 x 200 on 4:00 LAST CHANCE PREP TURNS, BREAKOUTS, PACING, TECH	EN2	S	FR	1:00
200	5:48 AM	1 x 200 on 4:00 FR K	EN1	S	FR	1:00
200	5:53 AM	1 x 200 on 4:00 CH S RECOVERY 1500 FR FOR TIME - DAVID ALLEN'S BIRTHDAY SWIM	REC	S	CH	1:00
1,500	5:58 AM	1 x 1500 on 23:00 FR FOR TIME IF YOUR TIME IS > :30 OVER YOUR PB THEN MUST DO 400 FR	EN3	S	FR	0:46
	6:21 AM	4,200 Meters - Stress Value = 142				

NAME - 1500 FR PB - APPROX PACE - 5 X 100 PACING AVG - ACTUAL TIME

SAM RUSSO - 20:18.13 - 1:21 - 1:18 - 19:48.72  
 SPLITS 200/400/800 - 2:30/5:08/10:37

DAVID ALLEN - 20:37.41 - 1:22 - 1:30 - 22:34.42  
 SPLITS 200/400/800 - 2:41.51/5:32/12:02.24

BROOKE GRIFFIN - 20:45.53 - 1:23 - 1:25 - 23:45.20  
 SPLITS 200/400/800 - 2:50/5:47/12:44

LEAH ALLEN - 20:51.55 - 1:23 - 1:23 - 22:35.48  
 SPLITS 200/400/800 - 2:42/5:30/11:59.74

CASEY LYON - 21:16.08 - 1:25 - 1:25 - 23:02.25  
 SPLITS 200/400/800 - 2:46/5:37/12:03

REECE JONES - 22:42.00 - 1:30 - 1:25 - 23:25.48  
 SPLITS 200/400/800 - 2:42/5:39/13:07.95

ADRIANNA GRECH - 26:21.19 - 1:45 - 1:35 - 26:56.91  
 SPLITS 200/400 - 3:17/6:57

MONIQUE GRECH - 27:47.55 - 1:51 - 1:32 - 24:36.73  
 SPLITS 200/400 - 3:03/6:15

LUKE EDWARDS - 20:20.00 - 1:21 - 1:23 - DNF  
 SPLITS 200/400 - 2:34/5:26

400 FR FOR TIME (200 SPLIT)  
 GOAL TO BEAT 400 FR SPLIT FROM 1500 FR

DAVID ALLEN - 6:05.15 (2:55.19)  
 REECE JONES - 5:49.90 (2:54.37)  
 MONIQUE GRECH - 6:13.15 (3:08.24)  
 LUKE EDWARDS (BK) - 5:50.15 (2:52.54)  
 LEAH ALLEN - 5:43.41 (2:48.16)  
 ADRIANNA GRECH - 6:12.56 (3:13.49)  
 SAM RUSSO - 5:07.52 (2:31.72)

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,500 35.71%	26.1 36.25%
V02 MAX	1,500 35.71%	23.0 31.87%
AEROBIC BASE	1,000 23.80%	19.0 26.32%
WARM-UP-RECOVERY	200 4.76%	4.0 5.54%

Stroke Categories	Meters	Minutes
FREESTYLE	3,600 85.71%	61.1 84.75%
MIXED	400 9.52%	7.0 9.69%
CHOICE	200 4.76%	4.0 5.54%

Type of Work	Meters	Minutes
SWIM	3,400 80.95%	56.1 77.82%
KICK	400 9.52%	8.0 11.08%
DRILL	400 9.52%	8.0 11.08%

**Workout #1248 - Thursday, 03 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK
		4:30-7:00PM @ GEN			
		SPECIFIC PREP PHASE - AEROBIC ENDURANCE TECH			
	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN1	L	DRY
		MEET DRYLAND WARMUP			
		THOSE NOT AT PRACTICE THIS MORNING COMPLETE AM SESSION			
500	5:10 PM	1 x 500 on 9:00 FR/IM/BK/IM/BR BY 100'S	EN1	S	IM
400	5:20 PM	2 x 200 on 3:20 CH K DESCEND 1-2	EN2	K	CH
800	5:28 PM	4 x 200 on 2:50 IM FOCUS SL AND HARD PUSHOFFS	EN2	S	IM
500	5:41 PM	10x{ 1 x 25 on :30 STROKE SCULL/FINISH	EN1	D	STK
		{ 1 x 25 on :20 STROKE SP K	SP3	K	STK
800	5:51 PM	8 x 100 on 1:30 STROKE NEGATIVE SPLIT	EN2	S	STK
400	6:04 PM	1 x 400 on 8:00 OFF STROKE SC	REC	S	CH
600	6:13 PM	3 x 200 on 3:00 2ND BEST STROKE K	EN2	K	CH
400	6:23 PM	1 x 400 on 8:00 IM SC MAINTAIN EACH 25	EN1	S	IM
600	6:32 PM	12 x 50 on :40 FR P	EN1	P	FR
	6:40 PM	5,000 Yards - Stress Value = 79			

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

- ROTATE, FORWARDS, BACK AND SIDES (HAND POSITION CHANGE)

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP SLIGHTLY)

- 5 PUSHUPS AND HOLD WHEN DROPS COMPLETE (TORSO STIFF)

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

- LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)

- ON FRONT

- ON BACK AGAIN

- ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN

- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN

- FEET TOGETHER

(10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)

FRONT SUPPORT POSITION

- SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR

- HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)

DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP  
 - JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP  
 TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20  
 FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS  
 - HAND SWITCH FROM GROUND TO BALL SINGLE HANDS  
 DIPS (10)

STRETCHCORDZ  
 INTERNAL AND EXTERNAL ROTATIONS ELBOW IN FORMING 90 DEGREES  
 BACKWARDS ROTATION ABOVE SHOULDERS ELBOWS IN LINE WITH SHOULDERS  
 STRAIGHT ARM BACKWARD PRESS IN 'Y' POSITION  
 STRAIGHT ARM BACKWARD PRESS IN 't' THEN 'Y' AND 'I'  
 ELBOWS IN ROWS  
 ELBOWS IN LINE WITH SHOULDER ROWS  
 FR, BK, BR, FLY ARM POSITIONING AND RECOVERY  
 TRICEP PRESSES

ABDOMINALS SET (1ST ROUND - 10 OF EACH, 2ND ROUND 6 OF EACH)  
 - REGULAR  
 - KNEES UP (FORMING 90 DEGREES AT KNEES)  
 - TOES UP (LEGS STRAIGHT UP TOUCHING TOES EACH REPEAT)  
 - HIPS UP (LEGS UP STRAIGHT PRESSING FEET STRAIGHT UP)  
 - SWIMSITS  
 - LEG RAISES  
 - ELBOW TO KNEE  
 - V-SITS  
 - CYCLE  
 - BODY ROCKING (BK)  
 - BODY ROCKING (FR)  
 - PARTNER DROP AND RELEASE  
 - BACK UPS  
 - PUSHUPS  
 - TORSO LIFTS  
 REPEAT SECOND TIME BUT WITH NO REST BETWEEN EXERCISES

THOSE NOT AT AM SESSION COMPLETE THE MEET WARM UP  
 THEN SWIM 1500 FR TT  
 AS THIS POOL IS 20.58M SWIMMERS COMPLETE 1850M  
 DURING PACE WORK SWIMMERS SWIM 5 LENGTHS TO BE SOMEWHAT EQUIVALENT TO 100M TO UNDERSTAND  
 PACE WORK

NAME - 1500 FR PB - 5 X 100 PACE AVG - 1850M TIME  
 ZOE ROBERTSON - 18:40.89 - 1:18 - 19:57.31  
 STEPHANIE HOLMES - 21:23.00 - 1:24 - 20:02.50

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	2,600 52.00%	39.0 48.54%
AEROBIC BASE	1,750 35.00%	30.0 37.34%
WARM-UP-RECOVERY	400 8.00%	8.0 9.95%
ALACTIC	250 5.00%	3.3 4.14%

Stroke Categories	Yards	Minutes
IM	1,700 34.00%	28.3 35.26%
CHOICE	1,400 28.00%	23.6 29.46%
STROKE	1,300 26.00%	20.3 25.31%
FREESTYLE	600 12.00%	8.0 9.95%

Type of Work	Yards	Minutes
SWIM	2,900 58.00%	48.3 60.16%
KICK	1,250 25.00%	19.0 23.65%
PULL	600 12.00%	8.0 9.95%
DRILL	250 5.00%	5.0 6.22%

**Workout #1250 - Friday, 04 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ ROW					
SPECIFIC PREP PHASE -AEROBIC-AT KICKING+STARTS/TURNS SP					
MEET DRYLAND WARMUP					
FOR THOSE THA DID NOT TRAIN YESTERDAY					
MEET WARMUP + 1500 FR TT					
IF OTHERS WOULD LIKE TO REPEAT 1500 FR CHOICE AVAILABLE					
1,200	5:00 AM	2x { 1 x 200 on 3:30 FR BR3 ON 3:15/3:30	EN1	S	FR
		{ 1 x 200 on 4:00 STROKE STS ON 3:45/4:00	EN1	S	STK
		{ 1 x 200 on 4:15 IM SC ON 4:00/4:15	EN1	S	IM
900	5:25 AM	3x { 1 x 100 on 2:00 CH K w BRD ON 1:50/2:00	EN2	K	CH
		{ 1 x 200 on 4:30 CH K NO BRD ARMS DOWN 4:10/4:30	EN2	K	CH
600	5:46 AM	6 x 100 on 1:35 K w FINS ON 1:25/1:35	EN2	K	FIN
800	5:57 AM	1 x 800 on 15:00 CH REC TECH FOCUS BY 200'S	REC	D	CH
1,000	6:13 AM	20 x 50 on 1:15 CH RIP TURNS + BREAKOUT + 6 OR 9	SP3	S	CH
		PACE IS 1:10 OR 1:15 ATHLETES DO 4-5 OF ONE STROKE			
		TIMING OF TURN HANDS-FEET AND HEAD DOWN-FEET < 1.00S			
	6:38 AM	4,500 Meters - Stress Value = 89			

SWIMMERS COMPLETING 1500 FR TT  
 NAME - 1500 FR PB - 5 X 100 FR PACE - 1500 FR TIME

- DAVID ALLEN - 20:37.41 - 1:25 - 22:28.41
- NATHAN HUYNH - 22:21.43 - 1:30 - 22:29.10
- DAVID BURGESS - 20:45.00 - 1:25 - 21:06.48
- EMILY MEYERINK - 20:35.00 - 1:25 - 21:16.77
- LEAH ALLEN - 20:51.55 - 1:24 - 20:46.11
- EMILY SMITH - 22:09.30 - 1:35 - 23:57.41

SWIMMERS IN THIS GROUP COMPLETE  
 400 CH REC SC  
 THEN 12 X 50 WITH OTHER GROUP (20X50)

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,500 33.33%	29.0 31.35%
AEROBIC BASE	1,200 26.66%	23.5 25.40%
ALACTIC	1,000 22.22%	25.0 27.02%
WARM-UP-RECOVERY	800 17.77%	15.0 16.21%

Stroke Categories	Meters	Minutes
CHOICE	2,700 60.00%	59.5 64.32%
FINS	600 13.33%	9.5 10.27%
IM	400 8.88%	8.5 9.18%
FREESTYLE	400 8.88%	7.0 7.56%
STROKE	400 8.88%	8.0 8.64%

Type of Work	Meters	Minutes
SWIM	2,200 48.88%	48.5 52.43%
KICK	1,500 33.33%	29.0 31.35%
DRILL	800 17.77%	15.0 16.21%

**Workout #1251 - Friday, 04 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)						
	4:30 PM	1 on 59:59 DRYLAND	EN1	L	DRY	
	6:00 PM	1 on 30:00 WALK TO CD	EN1	L	DRY	
400	6:30 PM	1 x 400 on 8:00 MIXED FOCUS ON FAST TURNS + BO AT EACH 50M TURN FAST 5M IN AND 10M OUT WORKING THE TURN AND BREAKOUT AT RACE PACE	EN1	S	MIX	1:00
	6:38 PM	1 on 45:00 STARTS TAKE YOUR MARK POSITION BLOCK WITH NO KICKER CONVENTIONAL START BLOCK WITH KICKER PRACTICE TRACK START KEY CONCEPT OF LOADING LEGS BY TENSION IN ARMS PULLING UP ON BLOCK TO LOAD LEGS ON GO SIGNAL THROW BODY OFF BLOCKS WITH HANDS/ARMS AFTER COG CHANGED PRESS WITH LEGS TRY BOTH HANDS BETWEEN FEET AND HANDS OUTSIDE FEET 15M FOR TIME	SP3	D	MIX	
	7:23 PM	400 Meters - Stress Value = 4				

Energy Levels	Meters	Minutes
AEROBIC BASE	400 100.00%	8.0 100.00%

Stroke Categories	Meters	Minutes
MIXED	400 100.00%	8.0 100.00%

Type of Work	Meters	Minutes
SWIM	400 100.00%	8.0 100.00%

**Workout #1252 - Saturday, 05 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		6:00-8:00AM @ NW SPECIFIC PREP PHASE - SKILLS/RECOVERY MEET DRYLAND WARMUP				
600	6:00 AM	1 x 600 on 12:00 CH FOCUS ON TURNS + BO EVERY TURN AT SHALLOW END FAST 5 IN 15 OUT INCL STS	EN1	S	CH	1:00
400	6:13 AM	1 x 400 on 9:00 K STS (BUT NO ARM STROKES) SPRINT OFF EVERY WALL!!	EN1	K	CH	1:08
800	6:23 AM	16 x 50 on 1:10 MI BREAKOUT + 9 OR 6 + SP FINISH 10 M TO WALL SPRINT FINISH AT 50M	SP3	S	MI	1:10
800	6:43 AM	1 x 800 on 16:00 CH K REC w FINS	REC	K	FIN	1:00
300	7:00 AM	12 x 25 on 3:00 STARTS + 9 OR 6 TAKE YOUR MARK POSITION HANDS OUTSIDE FEET? LOAD LEGS HIPS HIGH COG OVER FRONT OF BLOCK ON GO SIGNAL RIP THE BLOCK OFF WITH HANDS THEN PUSH WITH LEGS	SP3	D	MIX	6:00
	7:36 AM	2,900 Meters - Stress Value = 59				

DISTANCE FR'IM  
NO SWIMMERS

100/200 STROKE PACE WORK  
 DAVID ALLEN  
 LEAH ALLEN  
 ADRIANNA GRECH  
 MONIQUE GRECH  
 ASHLEE GRIFFIN  
 BROOKE GRIFFIN  
 NATHAN HUYNH  
 ZOE ROBERTSON  
 EMILY SMITH

SPRINT (50)  
 DAVID BURGESS (BR) 15.11, 15.29, 14.95, 15.11 (GOAL SUB 15)  
 STEPHANIE HOLMES (FR) 14.55, 14.76, 14.38, 14.41 (GOAL SUB 14)  
 EMILY MEYERINK (BR) 17.03, 17.52, 17.38, 17.57 (GOAL SUB 17)  
 SAM RUSSO (FR) 13.18, 13.08, 13.10, 12.91 (GOAL SUB 13)

Energy Levels	Meters	Minutes
ALACTIC	1,100 37.93%	54.6 59.63%
AEROBIC BASE	1,000 34.48%	21.0 22.90%
WARM-UP-RECOVERY	800 27.58%	16.0 17.45%

Stroke Categories	Meters	Minutes
CHOICE	1,000 34.48%	21.0 22.90%
REV IM	800 27.58%	18.6 20.36%
FINS	800 27.58%	16.0 17.45%
MIXED	300 10.34%	36.0 39.27%

Type of Work	Meters	Minutes
SWIM	1,400 48.27%	30.6 33.45%
KICK	1,200 41.37%	25.0 27.27%
DRILL	300 10.34%	36.0 39.27%

**Workout #1253 - Monday, 07 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
SPECIFIC PREP PHASE - AEROBIC TECH-ANAEROBIC THRESHOLD						
400	4:30 PM	1 on 25:00 RUN 2.5KM	EN2		L DRY	
AEROBIC CONDITIONING DRYLAND - RUN 2.5KM						
RUN TO SCHOOL AND AROUND SCHOOL 2X						
400	4:55 PM	1 on 10:00 TRANSITION TO POOL	REC		L DRY	
400	5:05 PM	1 x 400 on 5:30 FR BR3 TECH/SC BY 25'S	EN1		D FR	0:41
ATHLETES ARE TO FOCUS ON INDIVIDUAL TECH DEVELOPMENT						
THE NEXT 3 X 400 DONE WITH TURNS GOAL < 1 SEC						
1,600	5:12 PM	4 x 400 on 4:30 FR BR3 NEGATIVE SPLIT	EN2		S FR	0:34
AND FIRST 3 STROKES OFF WALL SP						
400	5:31 PM	1 x 400 on 6:30 FLY/BK BY 25'S WORK TURNS + BO	EN1		D IM	0:49
400	5:39 PM	1 x 400 on 7:00 BK/BR BY 25'S WORK TURNS + BO	EN1		D IM	0:52
400	5:47 PM	1 x 400 on 7:00 BR/FR BY 25'S WORK TURNS + BO	EN1		D IM	0:52
1,600	5:55 PM	4 x 400 on 5:30 IM	EN2		S IM	0:41
400	6:18 PM	1 x 400 on 7:00 CH TECH/SC BY 25'S	EN1		D CH	0:52
ATHLETES ARE TO FOCUS ON INDIVIDUAL TECH DEVELOPMENT						
400	6:26 PM	1 x 400 on 5:30 CH NEGATIVE SPLIT FAST TURNS	EN2		S CH	0:41
6:32 PM 5,600 Yards - Stress Value = 92						

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	3,600 64.28%	45.5 57.96%
AEROBIC BASE	2,000 35.71%	33.0 42.03%

Stroke Categories	Yards	Minutes
IM	2,800 50.00%	42.5 54.14%
FREESTYLE	2,000 35.71%	23.5 29.93%
CHOICE	800 14.28%	12.5 15.92%

Type of Work	Yards	Minutes
SWIM	3,600 64.28%	45.5 57.96%
DRILL	2,000 35.71%	33.0 42.03%

**Workout #1254 - Tuesday, 08 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
SPECIFIC PREP PHASE - ANEROBIC THRESHOLD/VO2 MAX						
MEET DRYLAND WARMUP						
BEAT THE TIME SET						
GET TIME FOR 100 FR BEAT THIS TIME IN 1ST 100 OF 200						
GET TIME FOR 200 FR BEAT THIS TIME IN 1ST 200 OF 400						
THIS CONTINUES THROUGH TO BEATING 800 TIME IN 1500						
:30 REST AFTER EACH DISTANCE						
100	5:00 AM	1 x 100 on 1:45 FR BR3 GET TIME FOR 100	EN1	S	FR	0:52
200	5:03 AM	1 x 200 on 4:00 FR BR3 GET TIME FOR 200	EN1	S	FR	1:00
400	5:08 AM	1 x 400 on 7:30 FR BR3 GET TIME FOR 400	EN2	S	FR	0:56
800	5:17 AM	1 x 800 on 14:00 FR BR3 GET TIME FOR 800	EN2	S	FR	0:52
1,500	5:32 AM	1 x 1500 on 25:00 FR BR3	EN2	S	FR	0:50
400	5:58 AM	1 x 400 on 8:00 BK 5 IN 10 OUT FAST TURNS	EN2	S	BK	1:00
300	6:07 AM	6 x 50 on 1:15 BK K FINISH SUB :45	SP2	K	BK	1:15
400	6:16 AM	1 x 400 on 8:00 BK K FOR TIME	EN3	K	BK	1:00
GOAL 1 SUB 7:30, GOAL 2 SUB 7:00, GOAL 3 SUB 6:30						
GOAL 4 ** SUB 6:00						
ANY ATHLETE SUB 6:00 HAS THE OPTION OF GETTING OUT						
200	6:25 AM	1 x 200 on 5:00 CH REC	REC	S	CH	1:15
600	6:31 AM	3 x 200 on 4:10 BR K ON 3:50/4:00/4:10	EN3	K	BR	1:02
200	6:45 AM	1 x 200 on 4:00 IM SC 8-12-8-12	EN1	S	IM	1:00
200	6:50 AM	1 x 200 on 5:00 CH TECH	EN1	D	CH	1:15
6:55 AM 5,300 Meters - Stress Value = 175						

FR - ATHLETES TO FOCUS ON AFTER HAND ENTERS AND SHOULDERS ROLL HAND CONTINUES DOWNWARD INTO STROKE.... MOST SWIMMERS ENTER HAND AND THEN ROLL SHOULDER WITH HAND REMAINING IN THE SAME POSITION

HEIRARCHY OF TRAINING/PERFORMANCE - ATHELTES ARE TO ENSURE THAT THEY MAINTAIN THEIR LEVEL OF PERFORMANCE/TRAINING AS PERTAINS TO THEIR PERSONAL BEST PERFORMANCES..... EG. SWIMMER A HAS A TIME OF 58.35 FOR THE 100 FR SWIMMER B HAS A TIME OF 1:02.44 FOR THE 100 FR.... SWIMMER A SHOULD BE IN LANE AHEAD OF SWIMMER B AND ALSO SWIMMER A IS ALSO EXPECTED TO PERFORM AT A HIGHER LEVEL DURING SETS THAN SWIMMER B

- 400 BK K FOR TIME  
 EMILY MEYERINK - 6:57.42  
 STEPHANIE HOLMES - 7:44.82  
 SAM RUSSO - 6:08.13  
 LUKE EDWARDS - 6:38.90  
 LEAH ALLEN - 7:30.86  
 EMILY SMITH - 7:02.62  
 ASHLEE GRIFFIN - 8:18.05  
 CASEY LYON - 6:56.20  
 DAVID ALLEN - 7:19.40  
 NATHAN HUYNH - 6:52.27

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 58.49%	54.5 53.30%
VO2 MAX	1,000 18.86%	20.5 20.04%
AEROBIC BASE	700 13.20%	14.7 14.42%
PEAK LACTATE	300 5.66%	7.5 7.33%
WARM-UP-RECOVERY	200 3.77%	5.0 4.88%

Stroke Categories	Meters	Minutes
FREESTYLE	3,000 56.60%	52.2 51.10%
BACKSTROKE	1,100 20.75%	23.5 22.98%
BREASTSTROKE	600 11.32%	12.5 12.22%
CHOICE	400 7.54%	10.0 9.77%



**Workout #1255 - Tuesday, 08 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
SPECIFIC PREP PHASE - PEAK LACTATE (SPRINT)						
PILATES SESSION 40 MINUTES w SHONA						
	4:30 PM	1 on 40:00 PILATES	EN1	L	DRY	
200	5:10 PM	1 x 200 on 4:00 CH S SC	EN1	S	CH	1:00
200	5:15 PM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	5:20 PM	1 x 200 on 4:00 CH S SC	EN1	S	CH	1:00
150	5:25 PM	6 x 25 on :45 FR SP STS ONLY	SP3	S	FR	1:30
400	5:31 PM	16 x 25 on :40 FR SP	SP2	S	FR	1:20
200	5:43 PM	1 x 200 on 5:00 CH K REC	REC	K	CH	1:15
150	5:49 PM	6 x 25 on :45 BR SP STS ONLY	SP1	S	BR	1:30
400	5:55 PM	16 x 25 on :40 BR SP	SP2	S	BR	1:20
200	6:07 PM	1 x 200 on 4:00 CH S REC	REC	S	CH	1:00
200	6:12 PM	1 x 200 on 5:00 K FLY/CH BY 25'S	EN1	K	MIX	1:15
150	6:18 PM	6 x 25 on :45 FLY SP STS ONLY	SP3	S	FLY	1:30
400	6:24 PM	16 x 25 on :40 FLY SP	SP2	S	FLY	1:20
250	6:36 PM	1 x 250 on 5:00 CH REC	REC	S	CH	1:00
	6:41 PM	3,100 Yards - Stress Value = 152				

Energy Levels	Yards	Minutes
PEAK LACTATE	1,200 38.70%	32.0 41.83%
AEROBIC BASE	800 25.80%	17.0 22.22%
WARM-UP-RECOVERY	650 20.96%	14.0 18.30%
ALACTIC	300 9.67%	9.0 11.76%
LACTATE TOLERANCE	150 4.83%	4.5 5.88%

Stroke Categories	Yards	Minutes
CHOICE	1,250 40.32%	26.0 33.98%
BREASTSTROKE	550 17.74%	15.1 19.82%
BUTTERFLY	550 17.74%	15.1 19.82%
FREESTYLE	550 17.74%	15.1 19.82%
MIXED	200 6.45%	5.0 6.53%

Type of Work	Yards	Minutes
SWIM	2,500 80.64%	62.5 81.69%
KICK	600 19.35%	14.0 18.30%

**Workout #1256 - Wednesday, 09 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
SPECIFIC PREP PHASE - RACE PACE/PACEWORK						
MEET DRYLAND WARMUP						
DO YOU KNOW YOUR SC GOALS?						
PACEWORK FOR PERFORMANCE AT SC CHAMPS (AUG)?						
600	5:00 AM	6 x 100 on 1:40 FR BR3 DESCEND 1-3 ON 1:30/1:40	EN1	S	FR	0:50
800	5:11 AM	4 x 200 on 3:45 IM SP 1ST 25 EACH STK 3:30/3:45	EN2	S	IM	0:56
300	5:27 AM	1 x 300 on 6:30 STROKE K BUILD	EN2	K	STK	1:05
300	5:35 AM	6 x 50 on 1:15 STROKE SP/SC BY 25'S	SP3	S	STK	1:15
600	5:44 AM	12 x 50 on 1:30 STROKE @ PACE	SP2	S	STK	1:30
100	6:03 AM	1 x 100 on 1:30 STROKE K w FINS SP	SP1	K	FIN	0:45
IF STROKE IS BR DO FLY K						
400	6:06 AM	1 x 400 on 7:00 FR/BK BY 50'S w PADS REC	EN1	S	PAD	0:52
FOCUS ON ATHELTE TECH DEVELOPMENT POINTS						
400	6:14 AM	4x{2 x 50 on 1:15 SCULL-FINISH/P BY 25'S w PB	EN2	D	IM	1:15
ON 25 PULL MUST HAVE VERY HIGH STROKE RATE						
400	6:25 AM	1 x 400 on 7:00 BR/FR BY 50'S w PADS REC	EN1	D	PAD	0:52
FOCUS ON ATHLETE TECH DEVELOPMENT POINTS						
600	6:33 AM	12 x 50 on :55 3FR 1IMO	EN1	S	FR	0:55
	6:44 AM	4,500 Meters - Stress Value = 144				

12 X 50 @ PACE SET ATHLETE STROKE/PACE

PACE CALCULATION BASED ON GOAL TIME

100 FR/BK - GOAL TIME/2 + :01

100 BR/FLY - GOAL TIME/2 + :01.5

200 FR/BK/BR/FLY - GOAL TIME/4 (AVERAGE PACE)

NAME - EVENT - PB - GOAL TIME - 50 PACE

DAVID ALLEN - 100 FR - 1:06 - 33.75

LEAH ALLEN - 200 BR - 2:55 - 43.75

EMILY SMITH - 200 BR - 3:04 - 46.00

EMILY MEYERINK - 200 BR - 2:52 - 43.00

STEPH HOLMES - 200 FR - 2:20 - 35.00

KEELY WILLIAMS - 100 FR - 1:19 - 39.50

ASHLEE GRIFFIN - 200 FR K - 3:50 - 57.50

Energy Levels	Meters	Minutes
AEROBIC BASE	2,000 44.44%	35.0 37.43%
ANAEROBIC THRESHOLD	1,500 33.33%	31.5 33.68%
PEAK LACTATE	600 13.33%	18.0 19.25%
ALACTIC	300 6.66%	7.5 8.02%
LACTATE TOLERANCE	100 2.22%	1.5 1.60%

Stroke Categories	Meters	Minutes
IM	1,200 26.66%	25.0 26.73%
STROKE	1,200 26.66%	32.0 34.22%
FREESTYLE	1,200 26.66%	21.0 22.45%
PADDLES	800 17.77%	14.0 14.97%
FINS	100 2.22%	1.5 1.60%

Type of Work	Meters	Minutes
SWIM	3,300 73.33%	68.5 73.26%
DRILL	800 17.77%	17.0 18.18%
KICK	400 8.88%	8.0 8.55%

**Workout #1257 - Thursday, 10 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
5:00-7:00AM @ NW						
SPECIFIC PREP PHASE - VO2 MAX/ANAEROBIC THRESHOLD						
400	5:00 AM	1 x 400 on 7:00 FR BR 3/5/7 BY 50'S	EN1	S	FR	0:5
500	5:08 AM	5 x 100 on 1:45 IM FAST TURNS	EN2	S	IM	0:5
600	5:18 AM	4x { 1 x 50 on 1:00 K MODERATE	EN2	K	IM	1:0
		{ 1 x 50 on :55 K FAST	EN2	K	IM	0:5
		{ 1 x 50 on 1:05 K FINISH SUB :50	EN2	K	IM	1:0
400	5:31 AM	2 x 200 on 4:10 IM 1-SC, 2-SC + PWR 2ND 25	EN2	S	IM	1:0
400	5:41 AM	1 x 400 on 8:00 CH PREP/RECOVERY	EN1	S	CH	1:0
ATHLETES DEVISE PACING FOR 400 IM (GOAL)						
100 FLY IN 400 IM SHOULD BE PB + :02						
100 FR IN 400 IM SHOULD MATCH FLY SPLIT						
BK, BR, FR SHOULD ALL BE NEGATIVE SPLIT BY :01						
BK SPLIT SHOULD BE PB + :08						
BR SPLIT SHOULD BE PB + :10						
BK SHOULD BE FASTER THAN BR						
USE THIS INFORMATION TO CALCULATE 50'S SPLITS TO HIT						
300	5:50 AM	3 x 100 on 1:50 IM	EN2	S	IM	0:5
1 - FAST TURNS, 2 - SP 3 STROKES OFF WALLS, 3 - 1+2						
400	5:57 AM	8 x 50 on 1:10 IM PACING	EN2	S	IM	1:1
400	6:08 AM	1 x 400 on 7:00 IM FOR TIME	EN3	S	IM	0:5
	6:15 AM	3,400 Meters - Stress Value = 82				

SAM RUSSO

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT  
 1:17.29 - 37/40 - 37.9/40.7  
 1:19.12 - 40/39 - 41.2/38.4  
 1:39.54 - 50/49 - 45.9/45.8  
 1:18.29 - 39/38 - 37.8/33.5  
 5:33.34

DAVID BURGESS

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT  
 1:13.73 - 35.5/37.5  
 1:19.17 - 40.5/38.5  
 1:21.37 - 41/40  
 1:13.73 - 37/36  
 5:07.00

EMILY MEYERINK

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT  
 1:16.68 - 36.5/40 - 39.9/38.6  
 1:22.83 - 41.9/40.9 - 39.8/38.3  
 1:29.53 - 45.5/44.5 - 42.9/42.5  
 1:16.68 - 38.5/37.5 - 34.5/34.5  
 5:25.72

LEAH ALLEN

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT  
 1:20.98 - 39.4/41.5 - 40.7/41.1  
 1:27.92 - 44.4/43.4 - 43.0/40.5  
 1:33.79 - 47/46 - 44.9/45.5  
 1:20.09 - 41/39 - 38.5/35.6  
 5:43.67

DAVID ALLEN

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT  
 1:22 - 40/42 - 44.9/44.9  
 1:26.16 - 43.8/42.8 - 46.3/45.4  
 1:47 - 54/53 - 56.6/59.6  
 1:20 - 40.5/39.5 - 39.0/37.4

5:55.00

TT RESULT - 39.77/44.90/45.29/44.77/55.36/55.85/39.58/38.85 (6:02.28)

NATHAN HUYNH

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT

1:20.65 - 39/41

1:29.37 - 45.44

1:45.97 - 53.5/53/5

1:20.65 - 40.5/39.5

5:53.64

CASEY LYON

GOAL - 50 SPLIT/50 SPLIT - ACTUAL SPLIT/ACTUAL SPLIT

1:24.77 - 41.5/42.5 - 44.6/47.2

1:31.95 - 46/45 - 46.6/43.5

1:48.89 - 56/54 - 52.0/50.4

1:24.77 - 42.5/41.5 - 38.9/39.2

6:10.38

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 64.70%	43.9 66.62%
AEROBIC BASE	800 23.52%	15.0 22.75%
V02 MAX	400 11.76%	7.0 10.61%

Stroke Categories	Meters	Minutes
IM	2,600 76.47%	50.9 77.24%
CHOICE	400 11.76%	8.0 12.13%
FREESTYLE	400 11.76%	7.0 10.61%

Type of Work	Meters	Minutes
SWIM	2,800 82.35%	53.9 81.79%
KICK	600 17.64%	12.0 18.20%

**Workout #1259 - Thursday, 10 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====						
		4:30-7:00PM @ GEN				
		SPECIFIC PREP PHASE - PEAK LACTATE (SPRINT)				
	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN1	L	DRY	
		MEET DRYLAND WARMUP				
600	5:10 PM	1 x 600 on 12:00 AS 6 X 100 MI NO REST DESCEND	EN2	S	MI	1:00
2,700	5:23 PM	3x { 4 x 25 on :40 STROKE SP STS ONLY	SP3	S	MI	1:20
		{ 16 x 25 on :40 STROKE SP	SP2	S	MI	1:20
		{ 1 x 200 on 4:00 CH REC	REC	S	CH	1:00
		{ 1 x 200 on 4:00 STROKE K	EN1	K	STK	1:00
		ROUND 1 - FR				
		ROUND 2 - BR				
		ROUND 3 - FLY				
200	6:28 PM	2 x 100 on 2:00 FLY @ PACE FOR 400 IM	SP1	S	FLY	1:00
400	6:33 PM	1 x 400 on 8:00 FR/BK BY 50'S REC	REC	S	FR	1:00
	6:41 PM	3,900 Yards - Stress Value = 166				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

- ROTATE, FORWARDS, BACK AND SIDES (HAND POSITION CHANGE)

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP SLIGHTLY)

- 5 PUSHUPS AND HOLD WHEN DROPS COMPLETE (TORSO STIFF)

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

- LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)

- ON FRONT

- ON BACK AGAIN

- ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN

- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN

- FEET TOGETHER

(10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)

FRONT SUPPORT POSITION

- SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR

- HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)

DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP

- JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP
- TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20
- FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS
- HAND SWITCH FROM GROUND TO BALL SINGLE HANDS
- DIPS (10)

STRETCHCORDZ

- INTERNAL AND EXTERNAL ROTATIONS ELBOW IN FORMING 90 DEGREES
- BACKWARDS ROTATION ABOVE SHOULDERS ELBOWS IN LINE WITH SHOULDERS
- STRAIGHT ARM BACKWARD PRESS IN 'Y' POSITION
- STRAIGHT ARM BACKWARD PRESS IN 't' THEN 'Y' AND 'I'
- ELBOWS IN ROWS
- ELBOWS IN LINE WITH SHOULDER ROWS
- FR, BK, BR, FLY ARM POSITIONING AND RECOVERY
- TRICEP PRESSES

ABDOMINALS SET (1ST ROUND - 10 OF EACH, 2ND ROUND 6 OF EACH)

- REGULAR
  - KNEES UP (FORMING 90 DEGREES AT KNEES)
  - TOES UP (LEGS STRAIGHT UP TOUCHING TOES EACH REPEAT)
  - HIPS UP (LEGS UP STRAIGHT PRESSING FEET STRAIGHT UP)
  - SWIMSITS
  - LEG RAISES
  - ELBOW TO KNEE
  - V-SITS
  - CYCLE
  - BODY ROCKING (BK)
  - BODY ROCKING (FR)
  - PARTNER DROP AND RELEASE
  - BACK UPS
  - PUSHUPS
  - TORSO LIFTS
- REPEAT SECOND TIME BUT WITH NO REST BETWEEN EXERCISES

Energy Levels	Yards	Minutes
PEAK LACTATE	1,200 30.76%	32.0 36.36%
WARM-UP-RECOVERY	1,000 25.64%	20.0 22.72%
AEROBIC BASE	600 15.38%	12.0 13.63%
ANAEROBIC THRESHOLD	600 15.38%	12.0 13.63%
ALACTIC	300 7.69%	8.0 9.09%
LACTATE TOLERANCE	200 5.12%	4.0 4.54%

Stroke Categories	Yards	Minutes
REV IM	2,100 53.84%	52.0 59.09%
CHOICE	600 15.38%	12.0 13.63%
STROKE	600 15.38%	12.0 13.63%
FREESTYLE	400 10.25%	8.0 9.09%
BUTTERFLY	200 5.12%	4.0 4.54%

Type of Work	Yards	Minutes
SWIM	3,300 84.61%	76.0 86.36%
KICK	600 15.38%	12.0 13.63%

**Workout #1260 - Friday, 11 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ ROW SPECIFIC PREP PHASE - ANAEROBIC THRESHOLD - PACE WORK MEET DRYLAND WARMUP			
500	5:00 AM	10 x 50 on 1:00 FR FINISH AT INDICATED SPEED 1-2 FINISH AT PB+10, 3-4 FINISH AT PB+8, 5-6 FINISH AT PB+6, 7-8 FINISH AT PB+4 9-10 FINISH AT PB+2	EN2	S	FR
300	5:11 AM	3 x 100 on 2:15 FR K DESCEND 1-3 ON 2:10/2:15 FINISH #1 SUB 1:45/1:50 AND DESCEND FROM THIS	SP1	K	FR
300	5:19 AM	3 x 100 on 2:00 FRK w FINS DESCEND 1-3 FINISH #1 SUB 1:20/1:25 &DESCEND FROM THIS ON 1:50/2:00	SP1	K	FIN
200	5:26 AM	1 x 200 on 5:00 FR BR3 REC	REC	S	FR
1,200	5:32 AM	6 x 200 on 3:00 FR ON 2:45/3:00 1-4 S FOLLOWING #4 BONUS :30 REST TO PUT PADS ON #5 S w PADS FOLLOWING #5 BONUS :15 REST TO PUT PB ON #6 P w PADS IF YOU MISS THE PACE WITHIN THIS SET YOU GO TO **TPL**	EN2	S	FR
300	5:51 AM	1 x 300 on 8:00 BK/BR BY 50'S REC	REC	S	BK
500	6:00 AM	10 x 50 on 1:20 FLY FINISH AT INDICATED SPEED 1-2 FINISH AT PB+11, 3-4 FINISH AT PB+9 5-6 FINISH AT PB+7, 7-8 FINISH AT PB+5 9-10 FINISH AT PB+3	EN2	S	FLY
200	6:15 AM	1 x 200 on 5:00 BK/BR BY 50'S REC	REC	S	BR
1,100	6:21 AM	2x { 1 x 200 on 5:00 STROKE K 3 x 50 on 1:10 STROKE @ 400 IM PACE 2 x 100 on 2:30 STROKE @ PACE	EN1 EN2 EN2	K S S	STK STK STK
100	6:49 AM	1 x 100 on 2:00 CH REC	REC	S	CH
	6:51 AM	4,700 Meters - Stress Value = 120			

DURING 6 X 200 FR SET

IF ATHLETES DO NOT MAKE THEIR INDICATED PACE THEY ARE MOVED TO  
 \*\*THE PARTY LANE\*\* (TPL)  
 (SWIMMERS WITH 200 FR PB SUB 2:20 MUST BE ON 2:45)

WHEN IN TPL YOU ARE ABLE TO DO WHATEVER YOU WANT  
 WHEN IN TPL YOU ARE NOT ABLE TO EXIT THE LANE UNTIL THE END OF THE SESSION  
 WHEN IN TPL YOU ARE NOT TO INTERFERE WITH THOSE STILL IN THE REGULAR PRACTICE SESSION

THOSE THAT MOVED TO TPL  
 ASHLEE GRIFFIN  
 SARAH MCNAMARA  
 KEELY WILLIAMS  
 REECE JONES  
 EMILY SMITH  
 NATHAN HUYNH  
 DAVID ALLEN

THOSE THAT MADE THE PACE AND CONTINUED THE REGULAR PRACTICE  
 DAVID BURGESS - IM PACEWORK (BR) - 50'S 40.5, 100'S 1:21  
 EMILY MEYERINK - IM PACEWORK (BK) - 50'S 41, 100'S 1:22  
 STEPHANIE HOLMES - IM PACEWORK (BK) - 50'S 44, 100'S 1:28  
 LEAH ALLEN - IM PACEWORK (BK) - 50'S 41.5, 100'S 1:23

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,900 61.70%	58.3 57.70%
WARM-UP-RECOVERY	800 17.02%	20.0 19.78%
LACTATE TOLERANCE	600 12.76%	12.7 12.61%
AEROBIC BASE	400 8.51%	10.0 9.89%

Stroke Categories	Meters	Minutes
FREESTYLE	2,200 46.80%	39.7 39.32%
STROKE	1,100 23.40%	27.0 26.71%
BUTTERFLY	500 10.63%	13.3 13.19%
BACKSTROKE	300 6.38%	8.0 7.91%
FINS	300 6.38%	6.0 5.93%
BREASTSTROKE	200 4.25%	5.0 4.94%
CHOICE	100 2.12%	2.0 1.97%

Type of Work	Meters	Minutes
SWIM	3,700 78.72%	78.3 77.49%
KICK	1,000 21.27%	22.7 22.50%

**Workout #1261 - Friday, 11 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set	Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	---	---	---	=====
			4:30-7:30PM @ CARRUM DOWNS - PETER				
			DRYLAND - STEWART (4:30-6:00PM)				
			DRYLAND AT FRANKSTON BEACH				
4:30	PM 1	on	59:59 DRYLAND	EN1		L DRY	
6:00	PM 1	on	30:00 WALK TO CD	EN1		L DRY	
6:30	PM 0		Meters				

**Workout #1262 - Saturday, 12 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
6:00-8:00AM @ NW						
SPECIFIC PREP PHASE - TECH/SPEED WORK						
MEET DRYLAND WARMUP						
MONDAY PRACTICE 6-8AM @ NW						
NO PM PRACTICE MONDAY						
200	6:00 AM	1 x 200 on 3:30 FR STS + SC :20 REST AFTER 200	EN1	S	FR	0
MUST HAVE STS PERFECT AND SC 12 EACH LENGTH						
200	6:05 AM	1 x 200 on 3:40 BK STS + SC :20 REST AFTER 200	EN1	S	BK	0
MUST HAVE STS PERFECT AND SC 12 EACH LENGTH						
200	6:10 AM	1 x 200 on 3:40 IM STS + SC :20 REST AFTER 200	EN1	S	IM	0
MUST HAVE STS PERFECT AND SC 8-12-8-12						
200	6:15 AM	1 x 200 on 4:00 BR STS + SC :20 REST AFTER 200	EN1	S	BR	1
MUST HAVE STS PERFECT AND SC 8 EACH LENGTH						
200	6:20 AM	1 x 200 on 4:10 FLY STS + SC :20 REST AFTER 200	EN1	S	FLY	1
MUST HAVE STS PERFECT AND SC 8 EACH LENGTH						
400	6:26 AM	1 x 400 on 9:00 K SP FLY/REC FR BY 25'S	SP2	K	FLY	1
500	6:36 AM	20 x 25 on :40 FLY K	SP2	K	FLY	1
IF YOU FINISH REPEATS 1-10 UNDER :20 THEN 11-20 w FINS						
75	6:51 AM	1 x 75 on 2:00 CH REC	REC	S	CH	1
600	6:54 AM	4x{3 x 50 on 2:30 STROKE FAS 25 SP 25 REC	SP3	S	IM	2
STARTS FROM BLOCK MUST HAVE STS AND RIP THE BLOCK OUT!						
FLY AND FR NO BREATH, BK MINIMUM 10 FLY K OFF START						
1-3 FLY 4-6 BK, 7-9 BR, 10-12 FR						
125	7:25 AM	1 x 125 on 3:00 CH REC	REC	S	CH	1
400	7:29 AM	4 x 100 on 1:30 FR FAST TURNS + BO 1:25/1:30	EN2	S	FR	0
200	7:36 AM	1 x 200 on 3:15 FR ON 3:00/3:15	EN2	S	FR	0
200	7:41 AM	1 x 200 on 3:00 FR w PADS ON 2:45/3:00	EN2	S	PAD	0
200	7:45 AM	1 x 200 on 3:00 FR P w PADS ON 2:45./3:00	EN2	P	PAD	0
	7:48 AM	3,700 Meters - Stress Value = 156				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,000 27.02%	19.0 20.74%
ANAEROBIC THRESHOLD	1,000 27.02%	15.2 16.65%
PEAK LACTATE	900 24.32%	22.3 24.38%
ALACTIC	600 16.21%	30.0 32.75%
WARM-UP-RECOVERY	200 5.40%	5.0 5.45%

Stroke Categories	Meters	Minutes
BUTTERFLY	1,100 29.72%	26.5 28.93%
IM	800 21.62%	33.6 36.76%
FREESTYLE	800 21.62%	12.7 13.92%
PADDLES	400 10.81%	6.0 6.55%
CHOICE	200 5.40%	5.0 5.45%
BREASTSTROKE	200 5.40%	4.0 4.36%
BACKSTROKE	200 5.40%	3.6 4.00%

Type of Work	Meters	Minutes
SWIM	2,600 70.27%	66.2 72.33%
KICK	900 24.32%	22.3 24.38%
PULL	200 5.40%	3.0 3.27%

**Workout #1263 - Monday, 14 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW						
SPECIFIC PREP PHASE - LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
FOLLOWING PRACTICE SESSION DRYLAND (1000 STEPS)						
400	6:00 AM	4 x 100 on 1:40 FR BR3 ON 1:30/1:40	EN1	S	FR	0:50
3RD TURN 8 FLY K + SP 3 STROKES NO BREATH						
400	6:08 AM	1 x 400 on 8:00 FR K FINISH SUB 7:40/7:50/8:00	SP1	K	FR	1:00
400	6:17 AM	4 x 100 on 1:30 FR ON 1:20./1:25/1:30	EN2	S	FR	0:45
FINISHING AT 1:15/1:20/1:25 RESPECTIVELY						
PACE WORK FOR 800/1500 FR						
400	6:24 AM	4 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
FLY - MUST HAVE 6 FLY K + 2 STROKES NO BREATH + SP FLY						
400	6:32 AM	1 x 400 on 7:50 IM K FINISH SUB 7:30/7:40/7:50	SP1	K	IM	0:59
FLY + BK DONE IN SL ON BACK, BR + FR w BRD						
400	6:41 AM	4 x 100 on 1:30 IM w FINS ON 1:20/1:30	EN2	S	FIN	0:45
BR w FLY K (ONE K PER ARM CYCLE)						
AT THE CONCLUSION OF THIS SET ATHELTES ARE TO GRADE THEMSELVES WITH A CHECK OR CROSS FOR EACH SET						
ATHLETES GET A CHECK IF THEY DID THE SET CORRECTLY						
SEE WORKOUT NOTES						
400	6:48 AM	4 x 100 on 1:50 STROKE SP LAST 25 INCL STS	EN2	S	STK	0:55
IF FLY OR BK MUST HAVE MIN 8 FLY K ON FINAL WALL						
PACE TIMES - FLY 1:50, BK 1:40, BR 1:45						
400	6:57 AM	1 x 400 on 7:40 STK K FINISH SUB 7:20/7:30/7:40	SP1	K	STK	0:58
400	7:06 AM	8 x 50 on 1:30 STROKE @ PACE	SP2	S	STK	1:30
100	7:19 AM	1 x 100 on 2:00 CH S-D	REC	S	CH	1:00
AT THE CONCLUSION OF THE SESSION ATHELTES ARE TO GRADE THEMSELVES WITH A CHECK OR CROSS FOR EACH SET						
ATHLETES GET A CHECK IF THEY DID THE SET CORRECTLY						
7:21 AM 3,700 Meters - Stress Value = 189						

ATHLETE GRADING OUT OF 6 SETS

STEPHANIE HOLMES (COMPLETED FIRST SET AND REPEATED 400 FR K) - 1/2

ASHLEE GRIFFIN (ANKLE/SHOULDER INJURY) - NO GRADING

REECE JONES - 3/6

SAM RUSSO - 4/6

ZOE ROBERTSON - 5/6

DAVID BURGESS - 4/6

LEAH ALLEN - 5/6

CASEY LYON - 4/6

DAVID ALLEN - 1/6

IF ATHLETE SCORED LESS THAN 3/6 - FAIL

IF ATHLETE SCORED 3/6 - PASS

IF ATHLETE SCORED 4/6 - 66%

IF ATHLETE SCORED 5/6 - 83%

IF ATHLETE SCORED 6/6 - PERFECT

HOW CLOSE TO PERFECTION CAN YOU GET?

IF YOU ACHIEVED 3/6 .... COULD YOU HAVE DONE 4/6?

IF YOU ACHIEVED 4/6 .... COULD YOU HAVE DONE 5/6?

IF YOU ACHIEVED 5/6 .... COULD YOU HAVE DONE 6/6?

EFFORT MADE DURING PRACTICE SESSION REFLECTS IN PERFORMANCE AT COMPETITION

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,600 43.24%	26.0 37.05%
LACTATE TOLERANCE	1,200 32.43%	23.5 33.49%
PEAK LACTATE	400 10.81%	12.0 17.10%
AEROBIC BASE	400 10.81%	6.6 9.50%
WARM-UP-RECOVERY	100 2.70%	2.0 2.85%

Stroke Categories	Meters	Minutes
FREESTYLE	1,200 32.43%	20.6 29.45%
STROKE	1,200 32.43%	27.0 38.47%
IM	800 21.62%	14.5 20.66%
FINS	400 10.81%	6.0 8.55%
CHOICE	100 2.70%	2.0 2.85%

Type of Work	Meters	Minutes
SWIM	2,500 67.56%	46.6 66.50%
KICK	1,200 32.43%	23.5 33.49%

**Workout #1264 - Tuesday, 15 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
SPECIFIC PREP PHASE - ANEROBIC THRESHOLD					
MEET DRYLAND WARMUP					
FR ON BASE 1:25/1:30 BR3					
IM ON BASE 1:40/1:45					
400	5:00 AM	1 x 400 on 6:00 FR BR3 ON 5:40/6:00	EN2	S	FR
100	5:07 AM	1 x 100 on 1:45 IM ON 1:40/1:45	EN2	S	IM
200	5:10 AM	1 x 200 on 3:00 FR BR3 ON 2:50/3:00	EN2	S	FR
200	5:14 AM	1 x 200 on 3:30 IM ON 3:20/3:30	EN2	S	IM
100	5:19 AM	1 x 100 on 1:30 FR BR3 ON 1:25/1:30	EN2	S	FR
400	5:22 AM	1 x 400 on 7:00 IM ON 6:40/7:00	EN2	S	IM
200	5:30 AM	1 x 200 on 5:00 CH K REC	REC	K	CH
THE NEXT SET DETERMINES IF MOVE TO TPL OR CONTINUE					
2,400	5:36 AM 1x	{ 8 x 25 on :40 FLY	EN1	S	FLY
		{ 4 x 50 on 1:10 FLY	EN2	S	FLY
		{ 2 x 100 on 2:10 FLY	EN2	S	FLY
		{ 1 x 200 on 4:10 FLY	EN2	S	FLY
		{ 1 on 1:30 REC/PREP	REC	L	CH
		{ 8 x 25 on :35 IM (BY 2'S)	EN1	S	IM
		{ 4 x 50 on 1:00 IMO	EN2	S	IM
		{ 2 x 100 on 1:50 IM	EN2	S	IM
		{ 1 x 200 on 3:30 IM	EN2	S	IM
		{ 1 on 1:30 REC/PREP	REC	D	CH
		{ 8 x 25 on :30 STROKE	EN1	S	STK
		{ 4 x 50 on :55 STROKE	EN2	S	STK
		{ 2 x 100 on 1:45 STROKE	EN2	S	STK
		{ 1 x 200 on 3:20 STROKE	EN2	S	STK
IF DURING THE PREVIOUS SET ATHLETES MISSED THE PACE OR DID NOT COMPLETE EACH LENGTH WITH THE CORRECT STROKE ATHLETES WOULD MOVE TO THE PARTY LANE (TPL) ONCE IN TPL ATHLETES CAN DO WHATEVER THEY WANT ONCE IN TPL MUST STAY IN TPL UNTIL END OF SESSION ONCE IN TPL NO INTERACT/DISTRRACT THOSE STILL TRAINING					
200	6:29 AM	1 x 200 on 4:00 FR K w FINS	EN1	K	FIN
100	6:34 AM	1 x 100 on 1:20 FR K w FINS FINISH SUB 1:20	SP1	K	FIN
100	6:37 AM	1 x 100 on 1:20 FR K w FINS	SP1	K	FIN
LONG FINS FINISH SUB 1:10, SHORT FINS FINISH SUB 1:20					
100	6:40 AM	1 x 100 on 1:20 FR K w FINS	SP1	K	FIN
IF LONG FINS & FINISH SUB 1:05 GET OUT IF SHORT FINS & FINISH SUB 1:15 GET OUT IF NOT SUB 1:05/1:15 COMPLETE THE FOLLOWING					
100	6:43 AM	1 x 100 on 2:00 CH REC	REC	S	CH
	6:45 AM	4,600 Meters - Stress Value = 101			

TPL - THE PARTY LANE

- LANE 1 IS TPL
- IF YOU MISS THE PACE YOU GO IMMEDIATELY TO TPL
- ONCE IN TPL
- DO WHATEVER YOU WANT
- MUST STAY IN TPL UNTIL END OF SESSION (IN WATER)
- MAY NOT INTERFERE/DISTRRACT THOSE DOING THE PRACTICE SESSION

SWIMMERS THAT MOVED TO TPL

- ADRIANNA GRECH
- MONIQUE GRECH
- ASHLEE GRIFFIN
- STEPHANIE HOLMES
- NATHAN HUYNH
- REECE JONES
- CASEY LYON
- SAM RUSSO

EMILY SMITH

THOSE THAT COMPLETED THE PRACTICE SESSION

DAVID ALLEN  
 LEAH ALLEN  
 DAVID BURGESS  
 LUKE EDWARDS  
 BROOKE GRIFFIN  
 EMILY MEYERINK  
 ZOE ROBERTSON

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 69.56%	57.5 66.50%
AEROBIC BASE	800 17.39%	18.0 20.78%
LACTATE TOLERANCE	300 6.52%	4.0 4.61%
WARM-UP-RECOVERY	300 6.52%	7.0 8.08%

Stroke Categories	Meters	Minutes
IM	1,500 32.60%	28.0 32.43%
BUTTERFLY	800 17.39%	18.5 21.36%
STROKE	800 17.39%	14.5 16.74%
FREESTYLE	700 15.21%	10.5 12.12%
FINS	500 10.86%	8.0 9.23%
CHOICE	300 6.52%	7.0 8.08%

Type of Work	Meters	Minutes
SWIM	3,900 84.78%	73.5 84.98%
KICK	700 15.21%	13.0 15.01%

**Workout #1265 - Tuesday, 15 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
SPECIFIC PREP PHASE - ALACTIC/VO2 MAX						
GYMNASTICS WARMUP - DRYLAND						
	4:30 PM	1 on 40:00 GYMNASICS DRYLAND WARMUP	EN1	L	DRY	
200	5:10 PM	1 x 200 on 3:00 CH S TECH	EN1	S	CH	0:45
200	5:14 PM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	5:19 PM	1 x 200 on 3:00 CH S TECH	EN1	S	CH	0:45
200	5:23 PM	8 x 25 on :40 FR SP FOR TIME	SP3	S	FR	1:20
500	5:30 PM	1 x 500 on 5:45 FR SP FOR TIME	EN3	S	FR	0:34
300	5:37 PM	1 x 300 on 6:00 CH REC	REC	S	CH	1:00
200	5:44 PM	8 x 25 on :40 FR S/R FOCUS	SP3	S	FR	1:20
GIRLS GOAL S/R 50, BOYS GOAL S/R 45						
500	5:51 PM	1 x 500 on 5:45 FR SP FOR TIME	EN3	S	FR	0:34
MAINTAIN HIGH S/R						
MUST BEAT TIME FROM PREVIOUS 500						
300	5:58 PM	1 x 300 on 6:00 CH REC	REC	S	CH	1:00
300	6:05 PM	6 x 50 on :55 FR SP	SP2	S	FR	0:55
GOAL SUB 30... HOW MUCH UNDER CAN YOU KEEP IT						
500	6:12 PM	1 x 500 on 5:45 FR SP FOR TIME	EN3	S	FR	0:34
GOAL TO BEAT PREVIOUS 500 FR TIME						
300	6:19 PM	1 x 300 on 6:00 CH REC	REC	S	CH	1:00
600	6:26 PM	3 x 200 on 3:00 STROKE K	EN2	K	STK	0:45
	6:35 PM	4,300 Yards - Stress Value = 154				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

- ROTATE, FORWARDS, BACK AND SIDES (HAND POSITION CHANGE)

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP SLIGHTLY)

- 5 PUSHUPS AND HOLD WHEN DROPS COMPLETE (TORSO STIFF)

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

- LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)

- ON FRONT

- ON BACK AGAIN

- ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN
- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN
- FEET TOGETHER
- (10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)
- FRONT SUPPORT POSITION
- SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR
- HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)
- DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP
- JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP
- TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20
- FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS
- HAND SWITCH FROM GROUND TO BALL SINGLE HANDS
- DIPS (10)

ABDOMINALS SET

LEG THROWDOWNS (PARTNER) X 20

500 FR TIMES (1ST 500 - 2ND 500 - 3RD 500)

SAM RUSSO 4:58.79 - 4:59.02 - 5:04.88  
 NATHAN HUYNH 5:55.19 - 5:43.87 - 6:01.41  
 CASEY LYON 5:40.46 - 5:41.28 - 6:05.04  
 DAVID BURGESS 5:16.74 - 5:11.91 - 5:22.43  
 BROOKE GRIFFIN 5:31.41 - 5:17.85 - 5:48.92  
 EMILY MEYERINK 5:29.33 - 5:17.19 - 5:52.31  
 ZOE ROBERTSON 5:15.36 - 5:13.13 - 5:40.79

Energy Levels	Yards	Minutes
V02 MAX	1,500 34.88%	17.2 24.49%
WARM-UP-RECOVERY	900 20.93%	18.0 25.56%
ANAEROBIC THRESHOLD	600 13.95%	9.0 12.78%
AEROBIC BASE	600 13.95%	10.0 14.20%
ALACTIC	400 9.30%	10.6 15.14%
PEAK LACTATE	300 6.97%	5.5 7.81%

Stroke Categories	Yards	Minutes
FREESTYLE	2,200 51.16%	33.4 47.45%
CHOICE	1,500 34.88%	28.0 39.76%
STROKE	600 13.95%	9.0 12.78%

Type of Work	Yards	Minutes
SWIM	3,500 81.39%	57.4 81.53%
KICK	800 18.60%	13.0 18.46%

**Workout #1266 - Wednesday, 16 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
		5:00-7:00AM @ ROW SPECIFIC PREP PHASE - RACE PACE/PACEWORK MEET DRYLAND WARMUP DO YOU KNOW YOUR SC GOALS? PACEWORK FOR PERFORMANCE AT SC CHAMPS (AUG)?				
1,000	5:00 AM	4x{ 3 x 50 on :50 FR BR3 { 2 x 50 on 1:00 IMO EACH 50 STS OFF 1ST WALL OFF TURN FOCUS ON SL AND HARD PUSHOFF	EN1	S	FR	0
			EN1	S	IMO	1
200	5:19 AM	2 x 100 on 1:55 IM ON 1:45/1:55	EN2	S	IM	0
200	5:24 AM	2 x 100 on 1:50 IM ON 1:40/1:50	EN2	S	IM	0
200	5:29 AM	2 x 100 on 1:45 IM ON 1:35/1:40	EN2	S	IM	0
200	5:34 AM	2 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0
2,400	5:39 AM	4x{ 4 x 50 on 1:10 K FINISH SUB :50 { 1 x 200 on 4:20 STROKE TECH { 4 x 50 on 1:00 25 SP 25 SC SET 1 FLY, SET 2 BK, SET 3 BR, SET 4 FR ATHLETES NOW CHOOSE DISTANCE FR/IM OR 100/200 STROKE PACE WORK OR 50 SPRINT WORK	SP2	K	IM	1
			EN1	D	IM	1
			SP2	S	IM	1
		DISTANCE FR/IM SET				
1,000	6:32 AM	5 x 200 on 3:15 FR OR IM IF FR 1-2 S, 3-4 SwPADS, 5 PwPADS IF IM :15 REST AFTER EACH 200 NEGATIVE SPLIT EACH 50	EN2	S	FRM	0
500	6:50 AM	5 x 100 on 1:40 FR @ PACE TO FEET :10 REST IF IM DO 4 X 100 @ PACE :15 REST	EN2	S	FRM	0
		100/200 STROKE PACE WORK SET				
300	7:00 AM	3x{ 1 x 50 on :55 STROKE SP K (NO REST) { 1 x 50 on :55 25 SP BO + 9 OR 6 25 SC	SP2	K	STK	0
			EN2	S	STK	0
600	7:07 AM	12 x 50 on 1:30 STROKE @ PACE IF 100 PACE FINISH TO HAND, IF 200 PACE FINISH TO FEET	SP2	S	STK	1
		50 SPRINT WORK SET				
1,200	7:26 AM	4x{ 1 x 100 on 2:30 STROKE SCULL-FINISH/SC BY 25'S { 1 x 25 on 1:00 STROKE BUILD TO RACE FINISH { 1 x 25 on :30 STROKE FAS SP FOR TIME { 1 x 150 on 4:00 STROKE K REC	EN1	D	STK	1
			EN2	S	STK	2
			SP3	S	STK	1
			REC	K	STK	1
	7:58 AM	7,800 Meters - Stress Value = 341				

DISTANCE SET - NO ATHLETES

100/200 STROKE PACING SET

- DAVID BURGESS - BR
- ADRIANNA GRECH - FR
- ASHLEE GRIFFIN - FR
- STEPHANIE HOLMES - FR
- NATHAN HUYNH - FR
- EMILY MEYERINK - FR
- EMILY SMITH - FR

50 STROKE SPRINT SET

- MONIQUE GRECH - FLY
- ZOE ROBERTSON - FLY
- BROOKE GRIFFIN - BK

12 X 50 @ PACE SET ATHLETE STROKE/PACE

PACE CALCULATION BASED ON GOAL TIME

100 FR/BK - GOAL TIME/2 + :01

100 BR/FLY - GOAL TIME/2 + :01.5  
 200 FR/BK/BR/FLY - GOAL TIME/4 (AVERAGE PACE)

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,550 32.69%	45.6 27.77%
PEAK LACTATE	2,350 30.12%	55.4 33.70%
AEROBIC BASE	2,200 28.20%	45.3 27.57%
WARM-UP-RECOVERY	600 7.69%	16.0 9.73%
ALACTIC	100 1.28%	2.0 1.21%

Stroke Categories	Meters	Minutes
IM	3,200 41.02%	66.3 40.34%
STROKE	2,100 26.92%	55.5 33.75%
FR-IM	1,500 19.23%	24.5 14.95%
FREESTYLE	600 7.69%	10.0 6.08%
IM ORDER	400 5.12%	8.0 4.86%

Type of Work	Meters	Minutes
SWIM	5,050 64.74%	99.6 60.61%
KICK	1,550 19.87%	37.4 22.75%
DRILL	1,200 15.38%	27.3 16.62%

**Workout #1267 - Thursday, 17 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
5:00-7:00AM @ NW SPECIFIC PREP PHASE - VO2 MAX/ANAEROBIC THRESHOLD MEET DRYLAND WARMUP ATHLETES CHOOSE THEIR PRACTICE SESSION CHOICE 1 - 3000 FR FOR TIME CHOICE 2 - 2000 FR/IM FOR TIME CHOICE 3 - 10 X 200 IM :20 REST FOR BEST AVERAGE CHOICE 4 - 27 X 100 STROKE FOR BEST AVERAGE FOLLOWING COMPLETION OF CHOICE PRACTICE ALL SWIMMERS COMPLETE AEROBIC KICKING UNTIL ALL SWIMMERS COMPLETE						
500	5:00 AM	1 x 500 on 10:00 CH WARMUP OYO	EN1	S	CH	1:
600	5:11 AM	12 x 50 on :50 FR TO THE FEET @ PACE IF 50 DONE IN :36 SEC THIS EQUATES TO 36 MIN FOR 3000 ATHLETE CHOOSES GOAL TIME AND HITS TIME FOR EACH 50	EN2	S	FR	0:
3,000	5:22 AM	1 x 3000 on 50:00 FR FOR TIME	EN3	S	FR	0:
CHOICE 2 - 2000 FR/IM FOR TIME DONE AS 4 X (300 FR + 200 IM)						
1,000	6:13 AM	4x{ 2 x 50 on 1:00 IM	EN2	S	IM	1:
		{ 3 x 50 on :55 FR	EN2	S	FR	0:
2,000	6:33 AM	1 x 2000 on 35:00 FR/IM AS 4 X (300 FR + 200 IM)	EN3	S	FRM	0:
CHOICE 3 - 10 X 200 IM :20 REST FOR BEST AVERAGE						
700	7:09 AM	1 x 700 on 13:00 CH WARMUP OYO	EN1	S	CH	0:
400	7:23 AM	8 x 50 on :55 IM	EN2	S	IM	0:
300	7:32 AM	3 x 100 on 1:45 IM	EN2	S	IM	0:
2,000	7:39 AM	10 x 200 on 3:35 IM :20 REST FOR BEST AVERAGE	EN3	S	IM	0:
CHOICE 4 - 27 X 100 STROKE FOR BEST AVERAGE DONE AS 3 X (9 X 100) ON 1:40/1:50/2:00 BY SET						
400	8:16 AM	1 x 400 on 8:00 CH WARMUP OYO	EN1	S	CH	1:
300	8:25 AM	6 x 50 on 1:00 STROKE SP/SC BY 25'S	EN2	S	STK	1:
300	8:32 AM	3 x 100 on 1:50 STROKE NEGATIVE SPLIT	EN2	S	STK	0:
2,700	8:39 AM	1x{ 9 x 100 on 1:40 STROKE FOR BEST AVERAGE	EN3	S	STK	0:
		{ 9 x 100 on 1:50 STROKE FOR BEST AVERAGE	EN3	S	STK	0:
		{ 9 x 100 on 2:00 STROKE FOR BEST AVERAGE	EN3	S	STK	1:
ALL SWIMMERS COMPLETE THE FOLLOWING						
300	9:30 AM	3 x 100 on 2:30 CH K REC	REC	K	CH	1:
50	9:39 AM	5 x 10 on 2:00 STARTS + BREAKOUTS STARTS FROM BLOCK TAKE YOUR MARK - LOAD LEGS BY TENSION IN ARMS TAKE YOUR MARK - COG OVER FRONT OF BLOCK GO SIGNAL - THROW BACKWARDS PRESS ON BLOCK GO SIGNAL - PRESS WITH LEGS AS HAR AS POSSIBLE GO SIGNAL - RETURN ARMS TO SL PRIOR TO ENTRY	SP3	D	CH	10:
	9:49 AM	14,550 Meters - Stress Value = 724				

CHOICE 1 - 3000 FR FOR TIME  
 NAME - PERSONAL BEST - 50'S AVERAGE - 3000 TIME - SWIMMER EVAL  
 DAVID ALLEN - NT - 45.00 - 48:49.75 - :|  
 REECE JONES - 52:43.73 - 42.5 - 50:24.79 - :)

CHOICE 2 - 2000 FR/IM FOR TIME (DONE AS 4 X (300 FR + 200 IM))  
 NAME - PERSONAL BEST - 2000 FR/IM TIME - SWIMMER EVALUATION  
 EMILY MEYERINK - 28:44.66 - 31:08.94 - :|  
 MONIQUE GRECH - NT - 34:16.14 - :|  
 ADRIANNA GRECH - NT - 35:19.02 - :|  
 LEAH ALLEN - 31:16.72 - 31:13.92 - :|

CASEY LYON - 31:11.47 - 31:05.23 - :)

CHOICE 3 - 10 X 200 IM :20 REST FOR BEST AVERAGE  
 NAME - 200 IM PB - TOTAL TIME - AVERAGE - SWIMMER EVALUATION  
 BROOKE GRIFFIN - 2:33.99 - 35:20.05 - 3:14.00 - :|  
 SAM RUSSO - 2:36.71 - 34:30.21 - 3:09.02 - :|

CHOICE 4 - 27 X 100 STROKE (DONE AS 3 X (9 X 100))  
 NAME - STROKE - PB - SET 1 AVG - SET 2 AVG - SET 3 AVG  
 MIKAYLA HOWELL - BK - 1:15.80 - 1:35.55 - 1:39.47 - 1:33.30  
 SET 1  
 1:29.95, 1:32.95, 1:34.35, 1:37.23, 1:35.96, 1:37.41, 1:37.85, 1:36.51, 1:41.06  
 SET 2  
 1:38.55, 1:37.33, 1:38.14, 1:40.38, 1:37.79, 1:38.57, 1:41.69, 1:40.38, 1:38.42  
 SET 3  
 1:33.52, 1:35.41, 1:35.07, 1:35.26, 1:34.10, 1:34.01, 1:32.94, 1:32.74, 1:26.77

KEYS FOR BEING HAPPY WITH YOUR PERFORMANCE AT COMPETITION  
 ONE IS BEING HAPPY WITH PERFORMANCE AT TRAINING  
 MAKE SURE THAT YOU CONTROL YOUR PERFORMANCE DO NOT COMPROMISE YOUR TRAINING FOR OTHERS  
 THINGS THAT SHOULD NEVER OCCUR AT TRAINING  
 - SLOWING DOWN FOR OTHERS IF THEY ARE GOING SLOW AHEAD  
 - SLOW TURNS - BEING AGGRESSIVE IN TURNS MAKES A DIFFERENCE  
 - STANDING/TOUCHING THE BOTTOM  
 - STOPPING TO LET OTHERS PASS  
 TO REACH YOUR GOALS YOU MUST BE AGGRESSIVE (BUT NOT TO HARM OTHERS)

EVERY SESSION COUNTS (REVIEW YOUR EVALUATION OF PERFORMANCE)  
 IN TODAY'S SESSION ONLY 2 ATHLETES OF 9 WERE SATISFIED WITH THEIR PERFORMANCE  
 :) - HAPPY WITH PERFORMANCE  
 :| - PERFORMANCE WAS OK  
 :( - NOT HAPPY WITH PERFORMANCE  
 LETS SEE LOTS MORE SMILES!

Energy Levels	Meters	Minutes
V02 MAX	9,700 66.66%	170.3 62.64%
ANAEROBIC THRESHOLD	2,900 19.93%	53.0 19.52%
AEROBIC BASE	1,600 10.99%	31.0 11.40%
WARM-UP-RECOVERY	300 2.06%	7.5 2.75%
ALACTIC	50 0.34%	10.0 3.67%

Stroke Categories	Meters	Minutes
FREESTYLE	4,200 28.86%	71.0 26.11%
STROKE	3,300 22.68%	61.0 22.43%
IM	3,100 21.30%	56.4 20.74%
FR-IM	2,000 13.74%	35.0 12.87%
CHOICE	1,950 13.40%	48.5 17.83%

Type of Work	Meters	Minutes
SWIM	14,200 97.59%	254.4 93.56%
KICK	300 2.06%	7.5 2.75%
DRILL	50 0.34%	10.0 3.67%

**Workout #1268 - Thursday, 17 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====						
		4:30-7:00PM @ GEN				
		SPECIFIC PREP PHASE - PEAK LACTATE (SPRINT)				
	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN1	L	DRY	
		MEET DRYLAND WARMUP				
		THOSE NOT AT AM COMPLETE CHOICE OF AM STREAM				
400	5:10 PM	1 x 400 on 8:00 OYO CH WARM UP	EN1	S	CH	1:00
800	5:19 PM	16 x 50 on :50 IM K SP/REC BY 25'S	SP2	K	IM	0:50
1,800	5:34 PM	6x { 1 x 100 on 2:30 STROKE SC = 6 FLY/BR OR 10 FR/BK	EN1	D	STK	1:15
		{ LONG AND POWERFUL MAX 6 FLY K UNDER WATER				
		{ 4 x 25 on :50 STROKE SPRINT	SP2	S	STK	1:40
		{ 1 x 100 on 2:30 STROKE K	EN1	K	STK	1:15
		MUST COMPLETE A MINIMUM OF 2 ROUNDS IN ONE STROKE				
		BEFORE CHANGING TO ALTERNATE STROKE				
-----						
		HOT/COLD CONTRAST TRAINING				
		ALL SWIMMERS				
500	6:25 PM	2x { 1 on 3:00 SAUNA	EN1	L	DRY	
		{ 1 x 25 on :20 CH FAS SPRINT	SP3	S	CH	0:40
		{ 1 x 100 on 2:00 CH REC	REC	S	CH	1:00
		{ 1 on 1:00 COLD SHOWER	EN1	L	DRY	
		{ 1 x 25 on :20 CH FAS SPRINT	SP3	S	CH	0:40
		{ 1 x 100 on 2:00 CH REC	REC	S	CH	1:00
	6:43 PM	3,500 Yards - Stress Value = 160				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

- ROTATE, FORWARDS, BACK AND SIDES (HAND POSITION CHANGE)

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP SLIGHTLY)

- 5 PUSHUPS AND HOLD WHEN DROPS COMPLETE (TORSO STIFF)

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

- LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)

- ON FRONT

- ON BACK AGAIN

- ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN
- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN
- FEET TOGETHER
- (10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)
- FRONT SUPPORT POSITION
- SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR
- HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)
- DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP
- JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP
- TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20
- FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS
- HAND SWITCH FROM GROUND TO BALL SINGLE HANDS
- DIPS (10)

STRETCHCORDZ

- INTERNAL AND EXTERNAL ROTATIONS ELBOW IN FORMING 90 DEGREES
- BACKWARDS ROTATION ABOVE SHOULDERS ELBOWS IN LINE WITH SHOULDERS
- STRAIGHT ARM BACKWARD PRESS IN 'Y' POSITION
- STRAIGHT ARM BACKWARD PRESS IN 't' THEN 'Y' AND 'I'
- ELBOWS IN ROWS
- ELBOWS IN LINE WITH SHOULDER ROWS
- FR, BK, BR, FLY ARM POSITIONING AND RECOVERY
- TRICEP PRESSES

ABDOMINALS SET (1ST ROUND - 10 OF EACH, 2ND ROUND 6 OF EACH)

- REGULAR
  - KNEES UP (FORMING 90 DEGREES AT KNEES)
  - TOES UP (LEGS STRAIGHT UP TOUCHING TOES EACH REPEAT)
  - HIPS UP (LEGS UP STRAIGHT PRESSING FEET STRAIGHT UP)
  - SWIMSITS
  - LEG RAISES
  - ELBOW TO KNEE
  - V-SITS
  - CYCLE
  - BODY ROCKING (BK)
  - BODY ROCKING (FR)
  - PARTNER DROP AND RELEASE
  - BACK UPS
  - PUSHUPS
  - TORSO LIFTS
- REPEAT SECOND TIME BUT WITH NO REST BETWEEN EXERCISES

ATHLETES NOT AT AM SESSION

ATHLETES CHOICE 10 X 200 IM :20 REST (IN GEN POOL 13 X 200 IM)  
 ZOE ROBERTSON  
 STEPHANIE HOLMES

Energy Levels	Yards	Minutes
AEROBIC BASE	1,600 45.71%	38.0 47.10%
PEAK LACTATE	1,400 40.00%	33.3 41.32%
WARM-UP-RECOVERY	400 11.42%	8.0 9.91%
ALACTIC	100 2.85%	1.3 1.65%

Stroke Categories	Yards	Minutes
STROKE	1,800 51.42%	50.0 61.98%
CHOICE	900 25.71%	17.3 21.48%
IM	800 22.85%	13.3 16.52%

Type of Work	Yards	Minutes
SWIM	1,500 42.85%	37.3 46.28%
KICK	1,400 40.00%	28.3 35.12%
DRILL	600 17.14%	15.0 18.59%

**Workout #1269 - Friday, 18 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ ROW						
SPECIFIC PREP PHASE - ANAEROBIC THRESHOLD - PACE WORK						
MEET DRYLAND WARMUP						
100	5:00 AM	4 x 25 on :30 IMO STS + SC 8-12-8-12	EN1	S	IMO	1:
100	5:03 AM	2 x 50 on 1:00 1 - FLY/BK, 2 - BR/FR STS + SC	EN1	S	IM	1:
MAINTAIN SC 8 FOR FLY/BR AND 12 FOR BK/FR						
200	5:06 AM	2 x 100 on 2:00 IM STS + SC 8-12-8-12	EN1	S	IM	1:
400	5:11 AM	2 x 200 on 4:00 IM STS + SC 8-8-12-12-8-8-12-12	EN1	S	IM	1:
2,400	5:20 AM	4x { 4 x 50 on 1:00 IMO STROKE BY SET DESCEND 1-4	EN2	S	IMO	1:
		{ 3 x 100 on 2:30 IMO STROKE BY SET @ PACE	EN2	S	IMO	1:
		{ 1 x 100 on 3:00 IMO NEXT STROKE REC/PREP	REC	S	IMO	1:
3 X 100 HOLDING 100 STROKE PACE FOR 400 IM						
400 IM APPROXIMATE PACE CALCULATION						
FLY SPLIT = FLY PB + :02						
BK SPLIT = PB + :08						
BR SPLIT = BR PB + :10						
FR SPLIT = FLY SPLIT						
THESE ARE APPROXIMATE AND CONSIDERATION TAKEN FOR						
HOW RECENT PB IN 100 STROKE HAS BEEN ACHIEVED						
250	6:19 AM	5 x 50 on :50 FR P HIGH S/R	EN2	P	FR	0:
250	6:25 AM	5 x 50 on :50 FR P w PADS	EN2	P	PAD	0:
400	6:31 AM	4 x 100 on 1:25 FR ON 1:20/1:25 FOR NE/NAT	EN2	S	FR	0:
400	6:38 AM	8 x 50 on 1:00 25 BR 3 DOWN 1 UP 25 FR BR3	EN1	S	MIX	1:
	6:46 AM	4,500 Meters - Stress Value = 77				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,900 64.44%	60.0 62.50%
AEROBIC BASE	1,200 26.66%	24.0 25.00%
WARM-UP-RECOVERY	400 8.88%	12.0 12.50%

Stroke Categories	Meters	Minutes
IM ORDER	2,500 55.55%	60.0 62.50%
IM	700 15.55%	14.0 14.58%
FREESTYLE	650 14.44%	9.8 10.24%
MIXED	400 8.88%	8.0 8.33%
PADDLES	250 5.55%	4.1 4.34%

Type of Work	Meters	Minutes
SWIM	4,000 88.88%	87.6 91.31%
PULL	500 11.11%	8.3 8.68%

**Workout #1271 - Friday, 18 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)						
4:30	PM 1	on 59:59 DRYLAND	EN1	L	DRY	
6:00	PM 1	on 30:00 WALK TO CD	EN1	L	DRY	
SPECIFIC PREP PHASE - TECHNIQUE STARTS						
325	6:30	PM 1 x 325 on 8:00 CH MIXED GREAT SL'S	EN1	S	CH	1:14
300	6:39	PM 20 x 15 on 1:30 STARTS + BREAKOUTS	SP3	D	MIX	5:00
75	7:10	PM 1 x 75 on 2:00 CH REC	REC	S	CH	1:20
7:12	PM	700 Meters - Stress Value = 16				

STARTS FROM THE BLOCKS

TAKE YOUR MARK

- TENSION IN ARMS PULLING DOWN ON BLOCK
  - COG FORWARD OVER FRONT OF BLOCK
  - LOADING OF THE LEGS
  - HIPS RAISED
  - PLAY WITH FEET POSITIONING TO BE TRACK/GRAB (TOES MUST GRIP)
- 'GO' SIGNAL
- USE OF ARMS TO THROW BODY FROM BLOCK (FORWARDS)
  - PUSHING WITH LEGS OFF THE FRONT OF THE BLOCKS
  - AIMING OF ARMS TO ENTRY POSITION
  - MAINTAINING RIGID BODY LINE ON ENTRY TO WATER

Energy Levels	Meters	Minutes
=====		
AEROBIC BASE	325 46.42%	8.0 20.00%
ALACTIC	300 42.85%	30.0 75.00%
WARM-UP-RECOVERY	75 10.71%	2.0 5.00%

Stroke Categories	Meters	Minutes
=====		
CHOICE	400 57.14%	10.0 25.00%
MIXED	300 42.85%	30.0 75.00%

Type of Work	Meters	Minutes
=====		
SWIM	400 57.14%	10.0 25.00%
DRILL	300 42.85%	30.0 75.00%

**Workout #1272 - Saturday, 19 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
		6:00-8:00AM @ NW SPECIFIC PREP PHASE - TECH/SPEED WORK MEET DRYLAND WARMUP				
200	6:00 AM	1 x 200 on 5:00 FR TECH (SEE NOTES) BR 3 AT ALL TIMES COMPLETE THE FOLOWING DRILLS (50 EACH) ROBOT CENTRELINE ACCELERATION SA RECOVERY (OPEN ARMPIT CATCH) FRwFLY K HU (25) ACCELERATION ON ENTRY DEEP CATCH (25)	EN1	D	FR	1:1
400	6:06 AM	8 x 50 on 1:00 FR (HIT THE GOAL TIMES) GOAL TIMES 1-2 = 46, 3-4 = 39, 5-6 = 42, 7-8 = 38	EN2	S	FR	1:0
200	6:15 AM	1 x 200 on 5:00 BR TECH (SEE NOTES) FAST TO SL EVERY STROKE AT ALL TIMES COMPLETE THE FOLLOWING DRILLS (50 EACH) SA SCULL (25), SCARECROW SCULL (25) BR w FLY K 1 SA SCULL (NO K) + 1 FULL STROKE BR BR/FLY	EN1	D	BR	1:1
400	6:21 AM	8 x 50 on 1:10 BR (HIT THE GOAL TIMES) GOAL TIMES 1-2 = 57, 3-4 = 54, 5-6 = 49, 7-8 = 52	EN2	S	BR	1:1
200	6:32 AM	1 x 200 on 5:00 BK TECH (SEE NOTES) THUMB OUT CHOP IN AT ALL TIMES COMPLETE THE FOLLOWING DRILLS (50 EACH) SPLASH IN SHOULDER OUT RAINBOW STRETCH BACK AND ROLL HAND DEEP 3 SCULL SWITCH	EN1	D	BK	1:1
400	6:38 AM	8 x 50 on 1:00 BK (HIT THE GOAL TIMES) GOAL TIMES 1-2 = 49, 3-4 = 46, 5-6 = 41, 7-8 48	EN2	S	BK	1:0
200	6:47 AM	1 x 200 on 5:00 FLY TECH (SEE NOTES) AFTER ENTRY HOLD AND PULL - NO GLIDE OR LOOK FORWARD COMPLETE THE FOLLOWING DRILLS (50 EACH) XMAS (25), BIONDI (25) 3 FULL, 3 RA, 3 LA 4K1P TIMING DOUBLE SLAP FACE THEN ARMS (FOCUS ON TIPPING OVER FAST)	EN1	D	FLY	1:1
50	6:53 AM	1 x 50 on 1:00 FLY	EN2	S	FLY	1:0
50	6:55 AM	1 x 50 on :55 BK	EN2	S	BK	0:5
50	6:57 AM	1 x 50 on 1:00 BR	EN2	S	BR	1:0
50	6:59 AM	1 x 50 on :50 FR	EN2	S	FR	0:5
400	7:01 AM	1 x 400 on 7:00 IM (:05 REST AFTER EACH 100)	EN3	S	IM	0:5
1,000	7:09 AM	20 x 50 on :55 FR ON :50/:55	EN2	S	FR	0:5
500	7:29 AM	10 x 50 on :55 FR P w PADS ON :50/:55	EN2	P	PAD	0:5
	7:39 AM	4,100 Meters - Stress Value = 98				

400 IM GOALS  
 100 FLY SPLIT = PB + :02  
 100 BK SPLIT = PB + :08  
 100 BR SPLIT = PB + :10  
 100 FR SPLIT = FLY SPLIT

NAME - PB - FLY SPLIT - BK SPLIT - BR SPLIT - FR SPLIT - TOTAL  
 LEAH ALLEN - 5:47.53 - 1:20.67 - 1:27.21 - 1:35.07 - 1:14.97 - 5:37.92  
 ADRIANNA - 6:22.44 - 1:40.39 - 1:30.13 - 1:45.79 - 1:29.17 - 6:25.48  
 MONIQUE - 6:35.20 - 1:33.85 - 1:35.71 - 1:47.22 - 1:23.54 - 6:20.32  
 ASHLEE - 6:14.32 - 1:54.32 - 1:30.42 - 2:02.76 - 1:23.33 - 6:50.83 (FLY = BR)  
 DAVID A - 6:02.28 - 1:41.61 - 1:38.48 - 1:56.15 - 1:18.08 - 6:34.32

NATHAN - 6:09.91 - 1:22.17 - 1:27.98 - 1:46.70 - 1:16.23 - 5:53.08  
 SAM - 5:40.39 - 1:18.96 - 1:21.16 - 1:33.60 - 1:10.70 - 5:24.42  
 LUKE - 5:45.94 - 1:26.68 - 1:28.18 - 1:36.33 - 1:13.13 - 5:44.52

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,900 70.73%	56.5 67.69%
AEROBIC BASE	800 19.51%	20.0 23.92%
V02 MAX	400 9.75%	7.0 8.37%

Stroke Categories	Meters	Minutes
FREESTYLE	1,650 40.24%	32.1 38.48%
BREASTSTROKE	650 15.85%	15.3 18.34%
BACKSTROKE	650 15.85%	13.9 16.65%
PADDLES	500 12.19%	9.1 10.96%
IM	400 9.75%	7.0 8.37%
BUTTERFLY	250 6.09%	6.0 7.17%

Type of Work	Meters	Minutes
SWIM	2,800 68.29%	54.4 65.10%
DRILL	800 19.51%	20.0 23.92%
PULL	500 12.19%	9.1 10.96%

**Workout #1273 - Monday, 21 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
6:00-8:00AM @ NW					
SPECIFIC PREP PHASE - AEROBIC/LACTATE TOLERANCE					
MEET DRYLAND WARMUP					
PRACTICE FOR THOSE NOT AT SV OPEN/MC CHAMPS					
ATTENDANCE REQUIRED FOR THOSE NOT AT 3 OR MORE SESSIONS					
800	6:00 AM	1 x 800 on 14:00 FR/BK BY 100'S	EN1	S	FR
800	6:15 AM	1 x 800 on 14:00 IM AS 8 X 100 IM NO REST	EN1	S	IM
800	6:30 AM	1 x 800 on 14:00 IM/FR BY 400'S	EN1	S	IM
600	6:45 AM	4x{1 x 75 on 1:00 FR FAST SP	SP2	S	FR
		{1 x 75 on 1:30 CH REC	REC	S	CH
200	6:56 AM	1 x 200 on 3:00 FR FOR TIME	SP1	S	FR
100	7:00 AM	1 x 100 on 3:00 CH S REC	REC	S	CH
400	7:04 AM	4 x 100 on 1:55 BK K ON 1:50/1:55	EN2	K	BK
300	7:13 AM	12 x 25 on :45 FLY SP K ON BK IN SL	SP1	K	FLY
400	7:23 AM	1 x 400 on 8:00 CH K w FINS BY 200'S	EN1	K	FIN
		DO 2 DIFFERENT STROKES - 200 OF EACH			
	7:31 AM	4,400 Meters - Stress Value = 117			

200 FR TIME TRIAL  
 ASHLEE - 3:15.10  
 EMILY S - 3:11.10  
 CASEY - 2:45.91  
 DAVID A - 2:38.73  
 LEAH - 2:37.76  
 SAM - 2:20.14

Energy Levels	Meters	Minutes
AEROBIC BASE	2,800 63.63%	50.0 60.48%
LACTATE TOLERANCE	500 11.36%	12.0 14.51%
WARM-UP-RECOVERY	400 9.09%	9.0 10.88%
ANAEROBIC THRESHOLD	400 9.09%	7.6 9.27%
PEAK LACTATE	300 6.81%	4.0 4.83%

Stroke Categories	Meters	Minutes
IM	1,600 36.36%	28.0 33.87%
FREESTYLE	1,300 29.54%	21.0 25.40%
BACKSTROKE	400 9.09%	7.6 9.27%
FINS	400 9.09%	8.0 9.67%
CHOICE	400 9.09%	9.0 10.88%
BUTTERFLY	300 6.81%	9.0 10.88%

Type of Work	Meters	Minutes
SWIM	3,300 75.00%	58.0 70.16%
KICK	1,100 25.00%	24.6 29.83%

**Workout #1274 - Monday, 21 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
SPECIFIC PREP PHASE - SPRINT/VO2 MAX						
	4:30 PM	1 on 50:00 DRYLAND RUN + ULTIMATE	EN2	L	DRY	
RUN TO PARK 1.5KM - PLAY ULTIMATE 15 MIN - WALK BACK						
	5:20 PM	1 on 10:00 TRANSITION TO POOL	REC	L	DRY	
200	5:30 PM	1 x 200 on 3:00 FR LONG AND SMOOTH	EN1	S	FR	0:45
200	5:34 PM	8 x 25 on :40 FR SP	SP2	S	FR	1:20
400	5:41 PM	1 x 400 on 5:00 FR FINISH SUB 5:00	EN2	S	FR	0:38
IF TIME IS SUB 5:00 THEN 400 K AS SET						
IF TIME IS > 5:00 REPEAT 400 AND FINISH SUB 5:00						
400	5:47 PM	1 x 400 on 5:00 FR K REC	EN1	K	FR	0:38
150	5:53 PM	6 x 25 on :45 FR SP	SP2	S	FR	1:30
400	5:59 PM	1 x 400 on 4:45 FR FINISH SUB 4:45	EN2	S	FR	0:36
IF TIME IS SUB 4:45 THEN 400 K AS SET						
IF TIME IS > 4:45 THEN REPEAT 400 AND FINISH SUB 4:45						
400	6:05 PM	1 x 400 on 5:00 BK K REC	EN1	K	BK	0:38
100	6:11 PM	4 x 25 on :50 FR SP	SP3	S	FR	1:40
400	6:16 PM	1 x 400 on 4:30 FR FINISH SUB 4:30	EN3	S	FR	0:34
IF TIME IS SUB 4:30 THEN 400 K AS SET						
IF TIME IS > 4:30 THEN REPEAT 400 AND FINISH SUB 4:30						
400	6:22 PM	1 x 400 on 5:00 BR K REC	EN1	K	BR	0:38
50	6:28 PM	2 x 25 on :55 FR SP	SP3	S	FR	1:50
400	6:31 PM	1 x 400 on 4:15 FR FINISH SUB 4:15	EN3	S	FR	0:32
IF TIME IS SUB 4:15 THEN 400 K AS SET						
IF TIME IS > 4:15 THEN REPEAT 400 AND FINISH SUB 4:15						
400	6:37 PM	1 x 400 on 5:00 FLY K REC	EN1	K	FLY	0:38
100	6:43 PM	1 x 100 on 2:00 FLY FOR TIME FAS	SP2	S	FLY	1:00
6:45 PM 4,000 Yards - Stress Value = 133						

Energy Levels	Yards	Minutes
AEROBIC BASE	1,800 45.00%	23.0 39.31%
ANAEROBIC THRESHOLD	800 20.00%	9.7 16.66%
VO2 MAX	800 20.00%	8.7 14.95%
PEAK LACTATE	450 11.25%	11.8 20.22%
ALACTIC	150 3.75%	5.1 8.83%

Stroke Categories	Yards	Minutes
FREESTYLE	2,700 67.50%	41.5 70.94%
BUTTERFLY	500 12.50%	7.0 11.96%
BREASTSTROKE	400 10.00%	5.0 8.54%
BACKSTROKE	400 10.00%	5.0 8.54%

Type of Work	Yards	Minutes
SWIM	2,400 60.00%	38.5 65.81%
KICK	1,600 40.00%	20.0 34.18%

**Workout #1275 - Tuesday, 22 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
SPECIFIC PREP PHASE - ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
300	5:00 AM	3 x 100 on 1:50 FR BR3 + STS	EN1	S	FR	0:55
300	5:07 AM	3 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:00
600	5:14 AM	12 x 50 on 1:00 BR ON :55/1:00	EN2	S	BR	1:00
RIGID SL PUSHOFFS & FAST TURNS						
300	5:27 AM	3 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
SP ON FLY AND BR						
600	5:33 AM	3 x 200 on 3:50 BR ON 3:30/3:50	EN2	S	BR	0:58
FAST TURNS, GREAT SL, HARD UNDER H2O PULLOUTS						
200	5:46 AM	2 x 100 on 1:20 FR ON 1:15/1:20	SP1	S	FR	0:40
200	5:50 AM	1 x 200 on 5:00 FLY K REC	EN1	K	FLY	1:15
700	5:56 AM	28 x 25 on :30 FLY SP ON :25/:30	SP1	S	FLY	1:00
PUSH HARD OFF WALLS, GREAT SL'S, FAST S/R, NO GLIDE						
200	6:11 AM	2 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
100	6:16 AM	1 x 100 on 1:35 IM ON 1:25/1:35	EN2	S	IM	0:48
600	6:19 AM	6 x 100 on 1:45 FLY 1:35/1:45 (w FINS 1:20/1:30)	SP1	S	FLY	0:52
200	6:31 AM	1 x 200 on 5:00 BK K REC	EN1	K	BK	1:15
600	6:37 AM	8 x 75 on 1:30 BK ON 1:20/1:30	EN2	S	BK	1:00
FAST TURNS HOLD SL OFF WALLS						
6:49 AM 4,900 Meters - Stress Value = 195						

LANES ORGANIZED BY 400 IM TIME

- DAVID B - 5:25.03 - 3
- BROOKE - 5:27.70 - 4
- ZOE - 5:28.08 - 3
- SAM - 5:40.39 - 4
- LEAH - 5:47.93 - 3
- EMILY M - 5:54.87 - 4
- EMILY S - 5:57.64 - 4
- DAVID A - 6:02.28 - 2
- NATHAN - 6:09.01 - 1
- STEPH - 6:11.86 - 2
- ASHLEE - 6:22.44 - 1
- ADRIANNA - 6:23.44 - 2
- REECE - 6:26.61 - 1
- MONIQUE - 6:38.20 - 2

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,400 48.97%	45.4 48.27%
LACTATE TOLERANCE	1,500 30.61%	27.1 28.87%
AEROBIC BASE	1,000 20.40%	21.5 22.85%

Stroke Categories	Meters	Minutes
BUTTERFLY	1,500 30.61%	29.5 31.35%
BREASTSTROKE	1,200 24.48%	23.5 24.97%
IM	900 18.36%	15.9 16.91%
BACKSTROKE	800 16.32%	17.0 18.06%
FREESTYLE	500 10.20%	8.1 8.68%

Type of Work	Meters	Minutes
SWIM	4,500 91.83%	84.0 89.37%
KICK	400 8.16%	10.0 10.62%

**Workout #1276 - Tuesday, 22 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:00PM @ GEN						
SPECIFIC PREP PHASE - ALACTIC/VO2 MAX						
PILATES SESSION - SHONA						
	4:30 PM	1 on 45:00 PILATES - SHONA	EN1		L DRY	
	5:15 PM	1 on 10:00 TRANSITION TO POOL	REC		L DRY	
300	5:25 PM	12 x 25 on :30 BK SC FOCUS FOR FINISHES	EN1	S	BK	1:00
2,400	5:32 PM	3x { 1 on 8:00 FLY-BK TURNS TECH WORK	EN1	D	IM	
		{ 4 x 50 on :55 FLY/BK BY 25'S FAST TURN	SP3	S	IM	0:55
		{ 1 on 8:00 BK-BR TURNS TECH WORK	EN1	D	IM	
		{ 4 x 50 on :55 BK/BR BY 25'S FAST TURN	SP3	S	IM	0:55
		{ 1 on 8:00 BR-FR TURNS TECH WORK	EN1	D	IM	
		{ 4 x 50 on :55 BR/FR BY 25'S FAST TURN	SP3	S	IM	0:55
		{ 1 x 200 on 5:00 CH K REC	EN1	K	CH	1:15
	7:32 PM	2,700 Yards - Stress Value = 81				

Energy Levels	Yards	Minutes
ALACTIC	1,800 66.66%	33.0 61.11%
AEROBIC BASE	900 33.33%	21.0 38.88%

Stroke Categories	Yards	Minutes
IM	1,800 66.66%	33.0 61.11%
CHOICE	600 22.22%	15.0 27.77%
BACKSTROKE	300 11.11%	6.0 11.11%

Type of Work	Yards	Minutes
SWIM	2,100 77.77%	39.0 72.22%
KICK	600 22.22%	15.0 27.77%

**Workout #1277 - Wednesday, 23 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
SPECIFIC PREP PHASE - RACE PACE/PACEWORK						
MEET DRYLAND WARMUP						
ARE YOU READY TO PERFORM TODAY?						
600	5:00 AM	6 x 100 on 1:40 FR BR3 FAST TURNS ON 1:30/1:40	EN1	S	FR	0:50
300	5:11 AM	4 x 75 on 1:30 BR SP/SC/SP BY 25'S ON 1:20/1:30	EN2	S	BR	1:00
400	5:18 AM	2 x 200 on 3:30 BK 6 FLY K OFF WALLS 3:10/3:50	EN2	S	BK	0:52
100	5:26 AM	4 x 25 on :45 FLY MAX EFFORT SPRINT	SP3	S	FLY	1:30
200	5:30 AM	4 x 50 on 1:10 FR K FINISH SUB :50	SP2	K	FR	1:10
400	5:36 AM	4 x 100 on 1:40 FR P BR 3/5 BY 25'S ON 1:30/1:40	EN2	P	FR	0:50
200	5:44 AM	4 x 50 on :50 FR FAST ON :45/:50	EN2	S	FR	0:50
FINISH SUB :40/:42 RESPECTIVELY						
-----						
IF 1500 FR PB > 22:15.00 AND/OR						
IF 1500 FR PB BEFORE 2010 AND/OR						
IF WANT TO SWIM 1500 FR BY CHOICE						
400	5:49 AM	4 x 100 on 1:40 FR @ GOAL PACE TO FEET :10	EN2	S	FR	0:50
1,500	5:57 AM	1 x 1500 on 25:00 FR FOR TIME FAS	EN3	S	FR	0:50
-----						
IF 1500 BR < 21:15.00 AND DONE IN 2010						
400	6:23 AM	4 x 100 on 1:50 IMO NEG SPLIT EACH 100 :30 REST	EN2	S	IMO	0:55
800	6:32 AM	16 x 50 on 1:30 IMO PACE WORK	SP2	S	IMO	1:30
1-4 FLY, 5-8 BK, 9-12 BR, 13-16 FR						
-----						
50	6:57 AM	5 x 10 on 2:00 STARTS (FROM BLOCKS)	SP3	D	MIX	10:00
CONTINUED WORK ON THROWING OFF THE BLOCK						
7:07 AM 5,350 Meters - Stress Value = 269						

THOSE DOING 1500 FR FOR TIME  
 NAME - PB - TIME  
 EMILY M - 20:35.00 - 21:28.39  
 DAVID B - 20:45.00 - 21:29.76  
 CASEY - 21:16.08 - 21:49.01  
 ASHLEE - 21:23.00 - 24:58.23  
 EMILY S - 22:09.30 - 25:20.82  
 NATHAN - 22:21.43 - 22:04.41  
 MONIQUE - 24:36.73 - 24:32.15  
 ADRIANNA - 26:21.19 - 25:33.17  
 KEELY - 12:13.00 (800) - 12:09.26  
 SARAH M - 23:01.36 - 22:11.76

400 IM PACEWORK  
 DAVID A  
 LEAH  
 BROOKE  
 STEPHANIE  
 ZOE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,100 39.25%	37.0 32.55%
V02 MAX	1,500 28.03%	25.0 21.99%
PEAK LACTATE	1,000 18.69%	28.6 25.21%
AEROBIC BASE	600 11.21%	10.0 8.79%
ALACTIC	150 2.80%	13.0 11.43%

Stroke Categories	Meters	Minutes
FREESTYLE	3,300 61.68%	56.3 49.56%
IM ORDER	1,200 22.42%	31.3 27.56%
BACKSTROKE	400 7.47%	7.0 6.15%

BREASTSTROKE	300	5.60%	6.0	5.27%
BUTTERFLY	100	1.86%	3.0	2.63%
MIXED	50	0.93%	10.0	8.79%

Type of Work	Meters		Minutes	
=====	=====	=====	=====	=====
SWIM	4,700	87.85%	92.3	81.23%
PULL	400	7.47%	6.6	5.86%
KICK	200	3.73%	4.6	4.10%
DRILL	50	0.93%	10.0	8.79%

**Workout #1278 - Thursday, 24 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
SPECIFIC PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
300	5:00 AM	1 x 300 on 5:00 FR/BK BY 50'S	EN1	S	FR	0:50
SL PAST FLAGS EVERY WALL						
300	5:06 AM	1 x 300 on 5:30 IM SC DESCEND 25'S (TIME)	EN2	S	IM	0:55
600	5:13 AM	3 x 200 on 3:55 STROKE K ON 3:40/3:55	EN2	K	STK	0:59
600	5:26 AM	3 x 200 on 3:55 IM K ON 3:40/3:55	EN2	K	IM	0:59
400	5:39 AM	4 x 100 on 2:00 STROKE DESEND 1-4	EN2	S	STK	1:00
400	5:48 AM	4 x 100 on 2:00 STROKE SP	SP2	S	STK	1:00
400	5:57 AM	1 x 400 on 7:40 IM ON 7:00/7:40	EN1	S	IM	0:58
400	6:06 AM	1 x 400 on 7:20 IM ON 6:45/7:20	EN2	S	IM	0:55
400	6:15 AM	1 x 400 on 7:00 IM ON 6:30/7:00	EN2	S	IM	0:52
400	6:23 AM	1 x 400 on 6:40 IM ON 6:15/6:40	EN2	S	IM	0:50
400	6:31 AM	1 x 400 on 7:00 STROKE TECH	EN1	S	STK	0:52
GOOD RHYTHM, FAST TURNS, EXT SL						
500	6:39 AM	10 x 50 on :50 FR ON :45/:50	EN1	S	FR	0:50
6:48 AM 5,100 Meters - Stress Value = 130						

MEET WITH EACH ATHLETE INDIVIDUALLY AND DISCUSS COMPETITION PLAN

SV STATE SC CHAMPS ENTRIES  
 EVENTS FOR THIS WEEKEND AT MVC & CA TRITONS  
 CHOOSE EVENT(S) FOR WESTERN REGION SC MEET  
 REVIEW ACT CHAMPS ENTRIES (MAX 10) REMOVE AS NECESSARY  
 CONSIDER WHAT EVENTS ARE REQUIRED FOR EDA/MARIB/NUNA MEET

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 60.78%	58.0 61.70%
AEROBIC BASE	1,600 31.37%	28.0 29.78%
PEAK LACTATE	400 7.84%	8.0 8.51%

Stroke Categories	Meters	Minutes
IM	2,500 49.01%	45.9 48.84%
STROKE	1,800 35.29%	34.7 36.96%
FREESTYLE	800 15.68%	13.3 14.18%

Type of Work	Meters	Minutes
SWIM	3,900 76.47%	70.5 75.00%
KICK	1,200 23.52%	23.5 25.00%

**Workout #1279 - Thursday, 24 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
SPECIFIC PREP PHASE - PEAK LACTATE (SPRINT)						
	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN1	L	DRY	
MEET DRYLAND WARMUP						
100	5:10 PM	1 x 100 on 1:30 FR	EN1	S	FR	0:45
50	5:13 PM	1 x 50 on :40 FLY	EN1	S	FLY	0:40
100	5:15 PM	1 x 100 on 1:30 FR	EN1	S	FR	0:45
50	5:18 PM	1 x 50 on :40 BK	EN1	S	BK	0:40
100	5:20 PM	1 x 100 on 1:30 FR	EN1	S	FR	0:45
50	5:23 PM	1 x 50 on 1:00 BR	EN1	S	BR	1:00
300	5:25 PM	6 x 50 on :50 FLY K SP/REC BY 25'S	SP3	K	FLY	0:50
300	5:31 PM	6 x 50 on 1:00 FLY SP	SP2	S	FLY	1:00
100	5:38 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	5:41 PM	1 x 50 on :40 FLY	REC	S	FLY	0:40
100	5:43 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	5:46 PM	1 x 50 on :40 BK	REC	S	BK	0:40
100	5:48 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	5:51 PM	1 x 50 on 1:00 BR	REC	S	BR	1:00
300	5:53 PM	3 x 100 on 1:45 BK K SP/REC BY 25'S	SP3	S	BK	0:52
300	6:00 PM	12 x 25 on :30 BK 8 STROKES SP THEN FR	SP3	S	BK	1:00
100	6:07 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	6:10 PM	1 x 50 on :40 FLY	REC	S	FLY	0:40
100	6:12 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	6:15 PM	1 x 50 on :40 BK	REC	S	BK	0:40
100	6:17 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	6:20 PM	1 x 50 on 1:00 BR	REC	S	BR	1:00
300	6:22 PM	1 x 300 on 5:00 BR K SP/REC BY 25'2	SP3	K	BR	0:50
300	6:28 PM	6 x 50 on 1:00 BR SP	SP2	S	BR	1:00
100	6:35 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	6:38 PM	1 x 50 on :40 FLY	REC	S	FLY	0:40
100	6:40 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	6:43 PM	1 x 50 on :40 BK	REC	S	BK	0:40
100	6:45 PM	1 x 100 on 1:30 FR	REC	S	FR	0:45
50	6:48 PM	1 x 50 on 1:00 BR	REC	S	BR	1:00
300	6:50 PM	6 x 50 on 1:00 FR SP K	SP2	K	FR	1:00
300	6:57 PM	6 x 50 on 1:00 FR SP	SP2	S	FR	1:00
200	7:04 PM	1 x 200 on 3:00 CH REC	REC	S	CH	0:45
	7:07 PM	4,400 Yards - Stress Value = 171				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

- ROTATE, FORWARDS, BACK AND SIDES (HAND POSITION CHANGE)  
 PUSHUP FROM PALM TO FINGERS  
 SITTING ON KNEES STRETCH SHOULDERS AND PECS  
 (PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)  
 FRONT SUPPORT (LEGS LIFTED BY OTHER)  
 - SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP SLIGHTLY)  
 - 5 PUSHUPS AND HOLD WHEN DROPS COMPLETE (TORSO STIFF)  
 BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR  
 - SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)  
 ROCKING  
 - LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)  
 - ON FRONT  
 - ON BACK AGAIN  
 - ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)  
 PRONE FALLS  
 - START FROM KNEES TO PUSHUP POSITION ELBOWS IN  
 - STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN  
 - FEET TOGETHER  
 (10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)  
 FRONT SUPPORT POSITION  
 - SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR  
 - HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)  
 DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP  
 - JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP  
 TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20  
 FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS  
 - HAND SWITCH FROM GROUND TO BALL SINGLE HANDS  
 DIPS (10)

STRETCHCORDZ

INTERNAL AND EXTERNAL ROTATIONS ELBOW IN FORMING 90 DEGREES  
 BACKWARDS ROTATION ABOVE SHOULDERS ELBOWS IN LINE WITH SHOULDERS  
 STRAIGHT ARM BACKWARD PRESS IN 'Y' POSITION  
 STRAIGHT ARM BACKWARD PRESS IN 't' THEN 'Y' AND 'I'  
 ELBOWS IN ROWS  
 ELBOWS IN LINE WITH SHOULDER ROWS  
 FR, BK, BR, FLY ARM POSITIONING AND RECOVERY  
 TRICEP PRESSES

ABDOMINALS SET (1ST ROUND - 10 OF EACH, 2ND ROUND 6 OF EACH)

- REGULAR  
 - KNEES UP (FORMING 90 DEGREES AT KNEES)  
 - TOES UP (LEGS STRAIGHT UP TOUCHING TOES EACH REPEAT)  
 - HIPS UP (LEGS UP STRAIGHT PRESSING FEET STRAIGHT UP)  
 - SWIMSITS  
 - LEG RAISES  
 - ELBOW TO KNEE  
 - V-SITS  
 - CYCLE  
 - BODY ROCKING (BK)  
 - BODY ROCKING (FR)  
 - PARTNER DROP AND RELEASE  
 - BACK UPS  
 - PUSHUPS  
 - TORSO LIFTS

REPEAT SECOND TIME BUT WITH NO REST BETWEEN EXERCISES

FLY 50'S GOAL TIME - SUB :30

BK 25'S MAX SP 8 STROKES

BR 50'S GOAL TIME - SUB :35

FR 50'S GOAL TIME - SUB :25

MEET WITH EACH ATHLETE INDIVIDUALLY AND DISCUSS COMPETITION PLAN

SV STATE SC CHAMPS ENTRIES

EVENTS FOR THIS WEEKEND AT MVC & CA TRITONS

CHOOSE EVENT(S) FOR WESTERN REGION SC MEET

REVIEW ACT CHAMPS ENTRIES (MAX 10) REMOVE AS NECESSARY  
 CONSIDER WHAT EVENTS ARE REQUIRED FOR EDA/MARIB/NUNA MEET

Energy Levels	Yards	Minutes
WARM-UP-RECOVERY	1,550 35.22%	23.5 31.09%
ALACTIC	1,200 27.27%	21.2 28.11%
PEAK LACTATE	1,200 27.27%	24.0 31.75%
AEROBIC BASE	450 10.22%	6.8 9.04%

Stroke Categories	Yards	Minutes
FREESTYLE	1,800 40.90%	30.0 39.69%
BACKSTROKE	800 18.18%	13.9 18.41%
BREASTSTROKE	800 18.18%	15.0 19.84%
BUTTERFLY	800 18.18%	13.6 18.08%
CHOICE	200 4.54%	3.0 3.96%

Type of Work	Yards	Minutes
SWIM	3,500 79.54%	59.5 78.83%
KICK	900 20.45%	16.0 21.16%

**Workout #1280 - Friday, 25 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
5:00-7:00AM @ ROW						
SPECIFIC PREP PHASE - ANAEROBIC THRESHOLD - PACE WORK						
MEET DRYLAND WARMUP						
SWITCHING STROKES BY 25'S FOCUS ON FAST TURNS						
100 'S STROKE GOOD RHYTHM & STROKE RATE						
100	5:00 AM	1 x 100 on 2:00 FLY/BK BY 25'S	EN1	S	IM	1:0
100	5:03 AM	1 x 100 on 2:00 BK	EN1	S	BK	1:0
100	5:06 AM	1 x 100 on 2:00 BK/BR BY 25'S	EN1	S	IM	1:0
100	5:09 AM	1 x 100 on 2:00 BR	EN1	S	BR	1:0
100	5:12 AM	1 x 100 on 2:00 BR/FR BY 25'S	EN1	S	IM	1:0
750	5:15 AM	15 x 50 on 1:05 FLY ON :55/1:05	EN2	S	FLY	1:0
MAINTAIN HIGH S/R NO GLIDE IN STROKE						
IF ON 1:05 THEN 12 X 50						
150	5:33 AM	3 x 50 on 1:05 IM SWITCHES ON :55/1:05	EN2	S	IM	1:0
1- FLY/BK, 2- BK/BR, 3- BR/FR						
400	5:38 AM	1 x 400 on 9:00 IM FAS	EN3	S	IM	1:0
GET TIME FOR 100 FLY FAS GOAL IS PB + :02						
:05 REST AFTER EACH 100						
GET FINAL TIME (SUBTRACT :15)						
750	5:48 AM	15 x 50 on 1:00 BK ON :50/1:00	EN2	S	BK	1:0
MAINTAIN HIGH S/R FAST TURNS						
IF ON 1:00 THEN 12 X 50						
150	6:04 AM	3 x 50 on 1:00 IM SWITCHES ON :50/1:00	EN2	S	IM	1:0
1- FLY/BK, 2- BK/BR, 3- BR/FR						
400	6:08 AM	1 x 400 on 9:00 IM FAS	EN3	S	IM	1:0
GET TIME FOR 100 BK GOAL IS PB + :08						
:10 REST AFTER FLY, :05 REST AFTER BK AND BR						
GET FINAL TIME (SUBTRACT :20)						
750	6:18 AM	15 x 50 on 1:05 BR ON :55/1:05	EN2	S	BR	1:0
MAINTAIN HIGH S/R SNAPPING KICK CLOSED SHOOTING ARMS						
IF ON 1:05 THEN 12 X 50						
150	6:36 AM	3 x 50 on 1:05 IM SWITCHES ON :55/1:05	EN2	S	IM	1:0
1- FLY/BK, 2- BK/BR, 3- BR/FR						
400	6:41 AM	1 x 400 on 9:00 IM FAS	EN3	S	IM	1:0
GET TIME FOR 100 BR GOAL IS PB + :10						
GET FINAL TIME (SUBTRACT :20)						
:05 REST AFTER FLY, :10 REST AFTER BK, :05 REST AFTER BR						
100	6:51 AM	2 x 50 on :40 FR SP	SP2	S	FR	0:4
6:53 AM 4,500 Meters - Stress Value = 154						

MEET WITH EACH ATHLETE INDIVIDUALLY AND DISCUSS COMPETITION PLAN

SV STATE SC CHAMPS ENTRIES

EVENTS FOR THIS WEEKEND AT MVC & CA TRITONS

CHOOSE EVENT(S) FOR WESTERN REGION SC MEET

REVIEW ACT CHAMPS ENTRIES (MAX 10) REMOVE AS NECESSARY

CONSIDER WHAT EVENTS ARE REQUIRED FOR EDA/MARIB/NUNA MEET

NAME - FLY - BK - BR - IM TIME 1 - IM TIME 2 - IM TIME 3

DAVID A - 1:44.35 - 1:35 - 1:50 - 6:29.32 - 6:37.33 - 6:19.95

DAVID B - 1:22.85 - 1:28.85 - NT - 5:34.18 - 5:50.75 - NT

LEAH - 1:35.16 - 1:24 - 1:38 - 6:12.93 - 6:15.46 - 6:14.63

ADRIANNA - 1:45.94 - 1:40 - 1:54 - 6:28.22 - 7:05.00 - 6:52.88

MONIQUE - 1:40.86 - 2:15 - 2:00 - 6:42.56 - 8:10.45 - 7:15.66

ZOE - 1:18.10 - 1:25 - NT - 5:45.32 - NT - IMK 7:47.71

ASHLEE - BK 1:41.63 - 1:44 - 2:15 - 7:00.56 - 7:30.85 - 7:46.42

EMILY S - 1:31.60 - 1:42 - 1:40 - 6:42.91 - 7:23.09 - 6:54.75

EMILY M - 1:36.60 - 1:26.62 - NT - 6:17.50 - 6:22.74 - NT

SARAH - 1:34.30 - 1:29 - 1:40 - 6:22.56 - 6:57.80 - 6:35.88

KEELY - 1:50.56 - 1:45 - 2:10 - 7:34.89 - 7:38.68 - 7:44.04

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,700 60.00%	57.0 59.79%
V02 MAX	1,200 26.66%	27.0 28.32%
AEROBIC BASE	500 11.11%	10.0 10.48%
PEAK LACTATE	100 2.22%	1.3 1.39%

Stroke Categories	Meters	Minutes
IM	1,950 43.33%	42.5 44.58%
BACKSTROKE	850 18.88%	17.0 17.83%
BREASTSTROKE	850 18.88%	18.2 19.14%
BUTTERFLY	750 16.66%	16.2 17.04%
FREESTYLE	100 2.22%	1.3 1.39%

Type of Work	Meters	Minutes
SWIM	4,500 100.00%	95.3 100.00%

**Workout #1281 - Friday, 25 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)						
4:30	PM 1	on 59:59 DRYLAND	EN1	L	DRY	
6:00	PM 1	on 30:00 WALK TO CD	EN1	L	DRY	
SPECIFIC PREP PHASE - TECHNIQUE STARTS & TURNS						
325	6:30	PM 1 x 325 on 8:00 CH MIXED GREAT SL'S	EN1	S	CH	1:14
300	6:39	PM 20 x 15 on 1:30 STARTS + BREAKOUTS	SP3	D	MIX	5:00
75	7:10	PM 1 x 75 on 2:00 CH REC	REC	S	CH	1:20
7:12	PM	700 Meters - Stress Value = 16				

STARTS FROM THE BLOCKS

TAKE YOUR MARK

- TENSION IN ARMS PULLING DOWN ON BLOCK
  - COG FORWARD OVER FRONT OF BLOCK
  - LOADING OF THE LEGS
  - HIPS RAISED
  - PLAY WITH FEET POSITIONING TO BE TRACK/GRAB (TOES MUST GRIP)
- 'GO' SIGNAL
- USE OF ARMS TO THROW BODY FROM BLOCK (FORWARDS)
  - PUSHING WITH LEGS OFF THE FRONT OF THE BLOCKS
  - AIMING OF ARMS TO ENTRY POSITION
  - MAINTAINING RIGID BODY LINE ON ENTRY TO WATER

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	325 46.42%	8.0 20.00%
ALACTIC	300 42.85%	30.0 75.00%
WARM-UP-RECOVERY	75 10.71%	2.0 5.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
CHOICE	400 57.14%	10.0 25.00%
MIXED	300 42.85%	30.0 75.00%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	400 57.14%	10.0 25.00%
DRILL	300 42.85%	30.0 75.00%

**Workout #1282 - Monday, 28 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
3:00-5:00PM @ ROW						
SPECIFIC PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
200	3:00 PM	1 x 200 on 3:40 BK TECH FOCUS :10 REST	EN1	S	BK	0:55
200	3:05 PM	1 x 200 on 3:40 BR TECH FOCUS :10 REST	EN1	S	BR	0:55
200	3:10 PM	1 x 200 on 3:40 IM SC FOCUS :10 REST	EN1	S	IM	0:55
200	3:15 PM	1 x 200 on 3:40 CH TECH FOCUS	EN1	S	CH	0:55
600	3:20 PM	6 x 100 on 2:00 K FLY/STROKE BY 50'S	EN2	K	STK	1:00
200	3:33 PM	1 x 200 on 4:00 K w FINS FLY OR BK OR FR	EN1	K	FIN	1:00
LARGE AMPLITUDE KICKS LOOSENING ANKLES KNEES HIPS						
300	3:38 PM	3 x 100 on 2:00 CH K w FINS SP FOR TIME	SP1	K	CH	1:00
GOAL TO FINISH SUB 1:10						
400	3:45 PM	1 x 400 on 7:40 IM SC (INCL STS)	EN1	S	IM	0:58
500	3:54 PM	5 x 100 on 1:50 BK w 6 FLY K OFF EVERY WALL	EN2	S	BK	0:55
400	4:05 PM	2 x 200 on 3:45 BR DESCEND 50'S TIMES MAINT SC	EN2	S	BR	0:56
200	4:14 PM	1 x 200 on 3:30 BR DESCEND 50'S TIME MAINT SC	EN2	S	BR	0:52
400	4:19 PM	8 x 50 on :50 FR ON :45/:50	EN2	S	FR	0:50
1,200	4:27 PM	2x { 2 x 200 on 3:00 FR ON 2:50/3:00	EN2	S	FR	0:45
		{ 1 x 200 on 3:30 IM ON 3:10/3:30	EN2	S	IM	0:52
	4:46 PM	5,000 Meters - Stress Value = 113				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,300 66.00%	57.8 64.14%
AEROBIC BASE	1,400 28.00%	26.3 29.20%
LACTATE TOLERANCE	300 6.00%	6.0 6.65%

Stroke Categories	Meters	Minutes
FREESTYLE	1,200 24.00%	18.6 20.70%
IM	1,000 20.00%	18.3 20.33%
BREASTSTROKE	800 16.00%	14.6 16.26%
BACKSTROKE	700 14.00%	12.8 14.23%
STROKE	600 12.00%	12.0 13.30%
CHOICE	500 10.00%	9.6 10.72%
FINS	200 4.00%	4.0 4.43%

Type of Work	Meters	Minutes
SWIM	3,900 78.00%	68.1 75.60%
KICK	1,100 22.00%	22.0 24.39%

**Workout #1283 - Tuesday, 29 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		5:00-7:00AM @ NW				
		SPECIFIC PREP PHASE - ANEROBIC THRESHOLD				
		MEET DRYLAND WARMUP				
900	5:00 AM	3x{1 x 100 on 1:40 FR ON 1:30/1:40	EN1	S	FR	0:
		{1 x 100 on 2:00 CH ON 1:50/2:00	EN1	S	CH	1:
		{1 x 100 on 2:00 IM ON 1:50/2:00	EN1	S	IM	1:
		LANES RE-ORGANIZED SEE WORKOUT NOTES				
400	5:18 AM	4x{1 x 50 on :55 FR K	EN2	K	FR	0:
		{1 x 50 on 1:00 FR K	EN1	K	FR	1:
600	5:27 AM	3 x 200 on 3:45 FLY	EN2	S	FLY	0:
		MAINTAIN GOOD S/R NO GLIDE				
600	5:40 AM	3 x 200 on 3:30 BR	EN2	S	BR	0:
		MAINTAIN RIGID SL BODY POSITION EACH STROKE				
600	5:52 AM	3 x 200 on 3:10 BK	EN2	S	BK	0:
		GOOD SL OFF WALLS INCL FLY K PAST FLAGS				
1,200	6:03 AM	3 x 400 on 6:20 FR PACE DEPENDS ON PB SEE NOTES	EN2	S	FR	0:
		IF PB < 5:00 THEN PACE = 5:40				
		IF 5:00 < PB < 5:30 THEN PACE = 6:00				
		IF PB > 5:30 THEN PACE = 6:20				
800	6:23 AM	2 x 400 on 6:20 FR AS PREVIOUS SET	EN2	S	FR	0:
100	6:37 AM	1 x 100 on 1:20 FR FINISH SUB 1:20	SP2	S	FR	0:
		IF ATHLETE FINISHES UNDER 1:20 THEN PRACTICE IS DONE				
		IF ATHLETE FINISHES OVER 1:20 REPEAT UNTIL UNDER 1:20				
	6:38 AM	5,200 Meters - Stress Value = 109				

LANE 3 - SAM, ZOE, CASEY, MONIQUE  
 LANE 2 - EMILY M, LEAH, ASHLEE  
 LANE 1 - BROOKE, REECE, DAVID A, ADRIANNA

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,000 76.92%	66.5 74.88%
AEROBIC BASE	1,100 21.15%	21.0 23.61%
PEAK LACTATE	100 1.92%	1.3 1.49%

Stroke Categories	Meters	Minutes
FREESTYLE	2,800 53.84%	45.6 51.35%
BREASTSTROKE	600 11.53%	10.5 11.80%
BUTTERFLY	600 11.53%	11.2 12.65%
BACKSTROKE	600 11.53%	9.5 10.68%
CHOICE	300 5.76%	6.0 6.74%
IM	300 5.76%	6.0 6.74%

Type of Work	Meters	Minutes
SWIM	4,800 92.30%	81.2 91.37%
KICK	400 7.69%	7.6 8.62%

**Workout #1284 - Tuesday, 29 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
3:00-5:00PM @ NW						
SPECIFIC PREP PHASE - MEET WARMUP/PACEWORK						
MEET DRYLAND WARMUP						
MEET WARMUP - PREP FOR ATHELETE CHOICE 200 OR 800/1500						
400	3:00 PM	1 x 400 on 7:30 CH S	EN1	S	MIX	0:56
400	3:09 PM	4 x 100 on 2:00 STROKE K	EN2	K	STK	1:00
400	3:18 PM	1 x 400 on 8:00 STROKE DR/S BY 25'S	EN1	D	STK	1:00
400	3:27 PM	8 x 50 on :55 STROKE PACE WORK SEE NOTES	EN2	S	STK	0:55
IF FR PACE = :45, IF BK PACE = :50, IF BR PACE = :55						
IF FLY PACE = :50 BUT SWUM AS 25 FLY 25 CH						
IF PACEWORK FOR 200 DO THE FOLLOWING						
200	3:36 PM	4 x 50 on 1:00 STROKE :15 REST TO THE FEET	SP2	S	STK	1:00
HITTING GOAL PACE						
IF PACEWORK FOR 800/1500 FR THEN DO THE FOLLOWING						
500	3:41 PM	5 x 100 on 1:30 FR @ PACE :10 REST TO THE FEET	EN2	S	FR	0:45
HITTING GOAL PACE						
200	3:50 PM	1 x 200 on 4:00 LAST CHANCE PREP	EN1	S	CH	1:00
INCLUDE FAST TURNS, BREAKOUTS, TECHNIQUE, PACE WORK						
200	3:55 PM	1 x 200 on 4:00 CH K STRONG	EN2	K	CH	1:00
200	4:00 PM	1 x 200 on 4:00 CH S LOOSEN	REC	S	CH	1:00
ATHLETES THEN DO PACE WORK AS FOLLOWS						
IF PACEWORK FOR 200 EVENT						
800	4:05 PM	16 x 50 on 1:30 STROKE @ PACE TO THE FEET	SP2	S	STK	1:30
600	4:30 PM	1 x 600 on 13:00 CH K	EN1	K	CH	1:05
IF PACEWORK FOR 800/1500 FR						
800	4:44 PM	8 x 100 on 1:30 FR @ PACE TO THE FEET	EN2	S	FR	0:45
200	4:57 PM	1 x 200 on 5:00 CH K REC	REC	K	CH	1:15
600	5:03 PM	3 x 200 on 2:50 FR @ PACE TO THE FEET	EN2	S	FR	0:42
200	5:13 PM	1 x 200 on 5:00 CH K REC	REC	K	CH	1:15
5:18 PM 6,100 Meters - Stress Value = 191						

ATHLETES REVIEW AND CHOOSE EVENTS FOR FINAL MEETS OF THE SEASON

PACEWORK DETAILS

ADRIANNA - FR - GOAL 41.00 - TECH FINISH EACH STROKE HARD

NATHAN - BR - GOAL 48.50 - TECH SHARP AND FAST STROKES

MONIQUE - BR - GOAL 50.00 - TECH SHOOT ARMS FORWARD

SAM - 1500 FR - GOAL 1:16.00 - TECH FAST TURNS

EMILY M - BK - GOAL 37.00 - TECH FAST ROTATION OF TURN + HARD PUSH

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,900 47.54%	47.3 38.85%
AEROBIC BASE	1,600 26.22%	32.5 26.67%
PEAK LACTATE	1,000 16.39%	28.0 22.98%
WARM-UP-RECOVERY	600 9.83%	14.0 11.49%

Stroke Categories	Meters	Minutes
STROKE	2,200 36.06%	51.3 42.13%
FREESTYLE	1,900 31.14%	28.0 22.98%
CHOICE	1,600 26.22%	35.0 28.72%
MIXED	400 6.55%	7.5 6.15%

Type of Work	Meters	Minutes
SWIM	4,100 67.21%	78.8 64.70%
KICK	1,600 26.22%	35.0 28.72%
DRILL	400 6.55%	8.0 6.56%

**Workout #1285 - Wednesday, 30 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ ROW						
SPECIFIC PREP PHASE - SCULLING/ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
FOR THE FOLLOWING SET 400, 300, 200, 100						
ATHLETES CHOOSE WHICH DISTANCE TO DO K, P, S, SCULL						
ATHLETES ALSO CHOOSE WHICH STROKE FOR EACH DISTANCE						
400	5:00 AM	1 x 400 on 8:00 CH K OR P OR S OR SCULL	EN1	K	CH	1:00
300	5:09 AM	1 x 300 on 6:00 CH K OR P OR S OR SCULL	EN1	P	CH	1:00
200	5:16 AM	1 x 200 on 4:00 CH K OR P OR S OR SCULL	EN1	S	CH	1:00
100	5:21 AM	1 x 100 on 2:00 CH K OR P OR S OR SCULL	EN1	D	CH	1:00
300	5:24 AM	6 x 50 on 1:10 FR FINISHES/P BY 25'S	EN1	D	FR	1:10
300	5:32 AM	6 x 50 on 1:10 BK FINISHES/P BY 25'S	EN1	D	BK	1:10
300	5:40 AM	6 x 50 on 1:10 FLY XMAS SCULL/S BY 25'S	EN1	D	FLY	1:10
300	5:48 AM	6 x 50 on 1:15 BR SCULL/P w PADS BY 25'S	SP2	D	BR	1:15
600	5:57 AM	8 x 75 on 1:30 BK/BR/FR BY 25'S ON 1:20/1:30	EN1	S	IM	1:00
400	6:10 AM	4 x 100 on 3:00 K w FINS	EN2	K	FIN	1:30
25 FLY K UNDER H20 SL ON FRONT						
25 SL BK K ON BK						
25 FLY K ARMS DOWN ON FRONT BREATHING EVERY 5 KICKS						
25 FLY K ON BK ARMS DOWN						
ATHLETES HAVE THE CHOICE OF ONE OF THE FOLLOWING SETS						
500	6:23 AM	5 x 100 on 1:50 K FLY/CH/CH/FLY BY 25'S	EN2	K	MIX	0:55
600	6:34 AM	6 x 100 on 1:55 FLY K	EN2	K	FLY	0:58
ATHLETES ARE TO MAKE THEIR CHOICE AND MAKE THE PACE						
100	6:47 AM	1 x 100 on 2:00 CH REC	REC	S	CH	1:00
6:49 AM 4,400 Meters - Stress Value = 92						

5 X 100 K FLY/CH/CH/FLY BY 25'S  
 DAVID A, LEAH A, ADRIANNA, ASHLEE, BROOKE, EMILY M

6 X 100 FLY K  
 EMILY S, MONIQUE

Energy Levels	Meters	Minutes
AEROBIC BASE	2,500 56.81%	53.0 55.69%
ANAEROBIC THRESHOLD	1,500 34.09%	32.6 34.32%
PEAK LACTATE	300 6.81%	7.5 7.88%
WARM-UP-RECOVERY	100 2.27%	2.0 2.10%

Stroke Categories	Meters	Minutes
CHOICE	1,100 25.00%	22.0 23.11%
BUTTERFLY	900 20.45%	18.5 19.43%
IM	600 13.63%	12.0 12.60%
MIXED	500 11.36%	9.1 9.63%
FINS	400 9.09%	12.0 12.60%
BREASTSTROKE	300 6.81%	7.5 7.88%
BACKSTROKE	300 6.81%	7.0 7.35%
FREESTYLE	300 6.81%	7.0 7.35%

Type of Work	Meters	Minutes
KICK	1,900 43.18%	40.6 42.73%
DRILL	1,300 29.54%	30.5 32.04%
SWIM	900 20.45%	18.0 18.91%
PULL	300 6.81%	6.0 6.30%

**Workout #1286 - Wednesday, 30 June 2010**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
3:00-5:00PM @ ROW						
SPECIFIC PREP PHASE - AEROBIC/PACEWORK						
MEET DRYLAND WARMUP						
1,000	3:00 PM	4 x 250 on 4:40 IM SEE NOTES	EN1	S	IM	0:56
		1 - 100 FR, 75 BR, 50 BK, 25 FLY				
		2 - 50 FLY, 75 BK, 100 BR, 25 FR				
		3 - 75 FLY, 100 BK, 25 BR, 50 FR				
		4 - 100 FLY, 25 BK, 50 BR, 75 FR				
600	3:20 PM	6 x 100 on 1:55 CH K (FR OR IMO)	EN2	K	CH	0:58
IF CHOICE IS FR THEN COMPLETE THE FOLLOWING						
1,000	3:33 PM	10 x 100 on 1:50 FR FINISH @ 400 FR GOAL PACE	EN2	S	FR	0:55
800	3:53 PM	1 x 800 on 16:00 CH REC	REC	S	CH	1:00
50	4:10 PM	5 x 10 on 2:00 STARTS	SP3	D	MIX	10:00
IF CHOICE IS IMO THEN COMPLETE THE FOLLOWING						
200	4:21 PM	2 x 100 on 2:30 FLY @ 400 IM GOAL PACE	EN2	S	FLY	1:15
200	4:27 PM	2 x 100 on 2:30 BK @ 400 IM GOAL PACE	EN2	S	BK	1:15
200	4:33 PM	2 x 100 on 2:30 BR @ 400 IM GOAL PACE	EN2	S	BR	1:15
300	4:39 PM	2 x 150 on 3:00 50 BR 100 FR @ 400 IM GOAL PACE	EN2	S	FR	1:00
GET TIME FOR 100 FR @ 400 IM GOAL PACE						
400	4:46 PM	1 x 400 on 6:00 FR OR IM BROKEN OR TIME TRIAL	SP1	S	CH	0:45
IF BROKEN :10 REST AFTER EACH 100						
150	4:53 PM	1 x 150 on 3:00 CH REC	REC	S	CH	1:00
	4:56 PM	4,900 Meters - Stress Value = 102				

CHOICE 1 - FR

EMILY M - 400 FR PB 4:54 - GOAL PACE 1:12

BROKEN 400 TIME - 5:32.55 - :30 = 5:02.55

CHOICE 2 - IM

NATHAN - PB 6:01.08

SPLIT	S/R	100 SPLIT	GOAL SPLIT
37.61	44.0		
44.91	38.3	1:22.58	1:20.6
45.60	33.7		
44.27	36.3	1:29.87	1:27.3
54.98	34.6		
55.50	45.2	1:50.48	1:43.6
39.45	36.4		
38.70	40.7	1:18.15	1:20.6

KEYS EZ SPEED FLY, FAST S/R BK, FINISHING TO SL BR, HEAD STILL FR

8 X 100 DETAILS

8 X 100 DETAILS			TIME TRIAL RESULT			
S/R	S/R	TIME	S/R	TIME	SPLIT	100 SPLIT
38.0	41.7	1:28.21 - FLY	44.5	37.24	37.24	
45.6	41.7	1:23.00 - FLY	39.6	1:20.98	43.74	1:20.98
37.8	33.8	1:25.31 - BK	36.8	2:06.76	46.78	
38.2	37.1	1:27.07 - BK	37.5	2:51.80	45.04	1:31.82
43.0	45.4	1:40.71 - BR	48.0	3:43.20	52.00	
33.7	33.8	1:40.66 - BR	44.8	4:36.79	52.99	1:44.49
43.1	41.9	1:20.08 - FR	42.2	5:16.71	39.92	
36.0	41.0	1:22.70 - FR	44.3	5:54.83	38.12	1:18.04

BROOKE - PB

SPLIT	100 SPLIT	GOAL
33.09		
40.36	1:13.45	1:12
42.22		
42.30	1:24.52	1:16
46.82		
47.48	1:34.30	1:34

38.31  
 37.12 1:15.43 1:13

8 X 100 DETAILS

S/R			TIME	TIME TRIAL RESULT (:10 REST/100)	
S/R	S/R			S/R	
50.4	49.5		1:20.41 - FLY	47.2	
50.4	49.5		1:18.93 - FLY	47.4	
34.3	35.8		1:21.26 - BK	36.1	
41.9	41.5		1:19.40 - BK	37.5	
39.5	42.2		1:35.78 - BR	38.5	
45.8	46.8		1:35.72 - BR	38.2	
40.0	41.1		1:19.08 - FR	41.3	
44.7	41.5		1:17.34 - FR	38.9	

6:00.62 - :30 = 5:30.62

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,500 51.02%	50.8 48.64%
AEROBIC BASE	1,000 20.40%	18.6 17.86%
WARM-UP-RECOVERY	950 19.38%	19.0 18.18%
LACTATE TOLERANCE	400 8.16%	6.0 5.74%
ALACTIC	50 1.02%	10.0 9.56%

Stroke Categories	Meters	Minutes
CHOICE	1,950 39.79%	36.5 34.92%
FREESTYLE	1,300 26.53%	24.3 23.28%
IM	1,000 20.40%	18.6 17.86%
BACKSTROKE	200 4.08%	5.0 4.78%
BUTTERFLY	200 4.08%	5.0 4.78%
BREASTSTROKE	200 4.08%	5.0 4.78%
MIXED	50 1.02%	10.0 9.56%

Type of Work	Meters	Minutes
SWIM	4,250 86.73%	83.0 79.42%
KICK	600 12.24%	11.5 11.00%
DRILL	50 1.02%	10.0 9.56%