

**Workout #1650 - Friday, 01 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
5:00-7:00AM @ ROW						
PEAK/TAPER PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR ATHLETE'S CHOICE 50 < EVENT <= 1500						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
400	6:43 AM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1
200	6:56 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1
100	7:01 AM	1 x 100 on 3:00 CH RECOVERY K	REC	K	CH	1
100	7:05 AM	1 x 100 on 5:00 BROKEN SWIM :10/50	SP2	S	STK	2
200	7:11 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN2	S	STK	1
200	7:16 AM	1 x 200 on 5:00 FR/STROKE K BY 50'S	EN2	K	STK	1
200	7:22 AM	4 x 50 on 1:00 STROKE STRONG/CH REC BY 25'S	EN2	S	STK	1
200	7:27 AM	1 x 200 on 4:00 CH RECOVERY SWIM	EN1	S	CH	1
STARTS						
	7:31 AM	5,800 Meters - Stress Value = 157				

NAME - EVENT - GOAL PACE  
 AVE ON 8 X 50 - GOAL PACE SPLITS - ACTUAL SPLITS - TIME

KEELY - 200 BK - 2:50.00 - 42.50  
 42.70 - 42.50 - 43.36, 44.82, 45.03, 43.55 - 2:56.76

BROOKE - 100 FLY - 1:07.00 - 34.50  
 37.50 - 32.50, 35.40, 41.87 - 1:17.27

SARAH - 100 BK - 1:18.00 - 39.75  
 40.30 - 38.25, 39.75 - 38.97, 40.02 - 1:18.99

NATHAN - 100 FR - 1:05.06L (1:03.72S) - 32.61  
 32.50 - 31.11, 32.61 - 31.97, 32.09 - 1:03.16

ASHLEE - 100 FR - 1:07.00 - 34.50  
 41.40 - 32.75, 34.25 - 40.57, 44.10 - 1:24.67

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,600 62.06%	77.0 59.84%
AEROBIC BASE	1,300 22.41%	26.0 20.20%
PEAK LACTATE	600 10.34%	18.6 14.50%
WARM-UP-RECOVERY	300 5.17%	7.0 5.44%

Stroke Categories	Meters	Minutes
STROKE	2,700 46.55%	66.8 51.94%
FREESTYLE	1,200 20.68%	24.0 18.65%
CHOICE	1,100 18.96%	23.0 17.87%
IM	400 6.89%	7.3 5.69%
MIXED	400 6.89%	7.5 5.82%

Type of Work	Meters	Minutes
SWIM	4,500 77.58%	96.1 74.74%
KICK	900 15.51%	24.0 18.65%
DRILL	400 6.89%	8.5 6.60%

**Workout #1651 - Friday, 01 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
4:30	PM 1	on 10:00 GATHER AND OUTLINE SESSION	REC		L DRY	
4:40	PM 6	on 6:00 MIXED ACTIVITY	EN1		L DRY	
		KICKING/CATCHING FOOTY				
		FRISBEE THROW/CATCH				
		SOCCER KICK/TRAP				
		FRISBEE THROW/CATCH				
5:16	PM 1	on 35:00 FOOTY KICKING GAME (21)	EN2		L DRY	
5:51	PM 1	on 15:00 ULTIMATE FRISBEE	EN2		L DRY	
6:06	PM 1	on 15:00 TRAVEL TO CD POOL & SETUP	REC		L DRY	
6:21	PM 1	on 15:00 STRETCHING HEAD TO TOE	EN1		L DRY	
		COMPETITION PHASE - ALACTIC/DRILLS AWARENESS				
		MEET DRYLAND WARMUP				
1,000	6:36	PM 1 x 1000 on 20:00 MIXED SWIM LOOSEN	EN1		S MIX	1:00
	6:56	PM 3 on 10:00 TECHNICAL EQUIPMENT	EN1		D MIX	
		STRETCHCORD SPEED ASSIST SL				
		TECH TOC FR/BK/BR/FLY, ROTATION HIP BELT				
		ANTI PADDLES/PADDLES				
	7:26	PM 1,000 Meters - Stress Value = 11				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,000 100.00%	20.0 100.00%

Stroke Categories	Meters	Minutes
MIXED	1,000 100.00%	20.0 100.00%

Type of Work	Meters	Minutes
SWIM	1,000 100.00%	20.0 100.00%

**Workout #1652 - Saturday, 02 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
6:00-8:00AM @ NW					
PEAK/TAPER PHASE - AEROBIC ENDURANCE/ALACTIC/PK LACTATE					
MEET DRYLAND WARMUP					
800	6:00 AM	2x{ 3 x 100 on 1:50 FR ON 1:30/1:40/1:50	EN2	S	FR
		{ 1 x 100 on 2:00 BK ON 1:40/1:50/2:00	EN2	S	BK
FOCUS ON SL'S AND HARD PUSHOFFS INCL FLY K'S					
600	6:16 AM	2x{ 6 x 50 on 1:05 FLY/FR K BY 25'S :55/1:00/1:05	EN2	K	FLY
ROUND 1 FLY/FR BY 25'S, ROUND 2 FLY/BK BY 25'S					
SPRINT ON FLY					
300	6:30 AM	1 x 300 on 7:00 K w FINS	EN1	K	FIN
AMPLITUDE AND FOLLOW THROUGH 'FLICK'					
100	6:38 AM	1 x 100 on 2:30 FLY K w FINS FOR TIME	SP2	K	FLY
GOAL .. JOIN THE CLUB SUB 1:00/1:05/1:10, 1:15 ....					
800	6:42 AM	1 x 800 on 20:00 CH MIXED DRILL AND SWIM	EN1	D	CH
ATHLETES PAIR UP BASED ON 100 FLY K TIME					
ATHLETES WORK TOGETHER ALTERNATING DRILL INSTRUCTION					
800	7:03 AM	8x{ 1 x 25 on :45 STROKE BO + 6 OR 8 SP	SP3	S	STK
		{ 1 x 25 on :45 STROKE BUILD TO RACE FINISH	EN2	S	STK
		{ 1 x 25 on 1:00 STROKE REC/TECH	REC	D	STK
		{ 1 x 25 on 1:30 STROKE FAS SP FOR TIME	SP2	S	STK
	7:35 AM	3,400 Meters - Stress Value = 88			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,600 47.05%	34.0 37.98%
AEROBIC BASE	1,100 32.35%	27.0 30.16%
PEAK LACTATE	300 8.82%	14.5 16.20%
ALACTIC	200 5.88%	6.0 6.70%
WARM-UP-RECOVERY	200 5.88%	8.0 8.93%

Stroke Categories	Meters	Minutes
CHOICE	800 23.52%	20.0 22.34%
STROKE	800 23.52%	32.0 35.75%
BUTTERFLY	700 20.58%	15.5 17.31%
FREESTYLE	600 17.64%	11.0 12.29%
FINS	300 8.82%	7.0 7.82%
BACKSTROKE	200 5.88%	4.0 4.46%

Type of Work	Meters	Minutes
SWIM	1,400 41.17%	39.0 43.57%
KICK	1,000 29.41%	22.5 25.13%
DRILL	1,000 29.41%	28.0 31.28%

**Workout #1653 - Monday, 04 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	====	===	=====
		5:00-7:00AM @ NW				
		PEAK/TAPER PHASE -				
		MEET DRYLAND WARMUP				
5:00	AM	0 Meters				

**Workout #1654 - Monday, 04 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
4:30-6:30PM @ FWY						
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	4:30 PM	1 x 600 on 12:00 FR/BK/FR/BR/FR/FLY BY 50'S	EN1	S	IM	1:0
200	4:43 PM	8 x 25 on :45 STROKE BO + 4 OR 6 THEN SC	SP3	S	STK	1:3
150	4:50 PM	1 x 150 on 4:00 CH RECOVERY S	REC	S	CH	1:2
600	4:55 PM	6 x 100 on 1:45 STROKE K w FINS ON 1:40/1:45	EN2	K	FIN	0:5
200	5:07 PM	1 x 200 on 5:00 CH K RECOVERY	REC	K	CH	1:1
1,200	5:13 PM	12x { 1 x 25 on :40 STROKE STS + SC	EN1	D	STK	1:2
		{ 1 x 25 on :40 STROKE SPRINT	SP2	S	STK	1:2
		{ 1 x 25 on :40 STROKE STS + TECH	EN1	D	STK	1:2
		{ 1 x 25 on :40 STROKE SPRINT	SP2	S	STK	1:2
400	5:46 PM	1 x 400 on 8:00 FR LAST 25 OF EACH 100 SP	EN2	S	FR	1:0
400	5:55 PM	1 x 400 on 8:00 IM LAST 25 OF EACH 100 SP	EN2	S	IM	1:0
200	6:04 PM	1 x 200 on 5:00 CH K RECOVERY	REC	K	CH	1:1
	6:09 PM	3,950 Meters - Stress Value = 119				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,400 35.44%	26.5 29.28%
AEROBIC BASE	1,200 30.37%	28.0 30.93%
PEAK LACTATE	600 15.18%	16.0 17.67%
WARM-UP-RECOVERY	550 13.92%	14.0 15.46%
ALACTIC	200 5.06%	6.0 6.62%

Stroke Categories	Meters	Minutes
STROKE	1,400 35.44%	38.0 41.98%
IM	1,000 25.31%	20.0 22.09%
FINS	600 15.18%	10.5 11.60%
CHOICE	550 13.92%	14.0 15.46%
FREESTYLE	400 10.12%	8.0 8.83%

Type of Work	Meters	Minutes
SWIM	2,350 59.49%	54.0 59.66%
KICK	1,000 25.31%	20.5 22.65%
DRILL	600 15.18%	16.0 17.67%

**Workout #1655 - Tuesday, 05 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD					
MEET DRYLAND WARMUP					
600	5:00 AM	3x{1 x 100 on 1:40 FR ON 1:30/1:35/1:40	EN1	S	FR
		{1 x 100 on 1:50 BK ON 1:40/1:45/1:50	EN1	S	BK
		FOCUS - SL'S OFF WALL HOLD + FLY K PAST FLAGS			
	5:12 AM	1 on 8:00 ATHLETE INSTRUCTION	REC	L	DRY
		DISCUSSION ON MAKING THE PACE & DOING THINGS CORRECTLY			
		ATHLETES REPEAT FIRST SET			
600	5:20 AM	3x{1 x 100 on 1:40 FR ON 1:30/1:35/1:40	EN1	S	FR
		{1 x 100 on 1:50 BK ON 1:40/1:45/1:50	EN1	S	BK
400	5:32 AM	8 x 50 on :55 FR ON :45/:50/:55 GOAL S/R > 45	EN2	S	FR
1,200	5:41 AM	3 x 400 on 6:40 FR ON 5:50/6:10/6:40	EN2	S	FR
		IF ATHLETES MAKE PACE ON 1-2 GET BONUS :40 REST			
		AND WEAR PADDLES ON #3 GOAL < :20 FROM TIME ON #1			
400	6:02 AM	8 x 50 on 1:00 BK ON :50/:55/1:00 GOAL S/R > 43	EN2	S	BK
1,200	6:11 AM	3 x 400 on 7:20 BK ON 6:30/6:50/7:20	EN2	S	BK
		IF ATHLETES MAKE PACE ON 1-2 GET BONUS :40 REST			
		AND WEAR PADDLES ON #3 GOAL <:20 FROM TIME ON #1			
300	6:34 AM	3 x 100 on 2:20 BR ON 2:00/2:10/2:20	EN1	S	BR
		FINISH EACH STROKE TO SL FINISH HANDS AND FEET TOGETHER			
	6:41 AM	4,700 Meters - Stress Value = 85			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 68.08%	57.3 67.18%
AEROBIC BASE	1,500 31.91%	28.0 32.81%

Stroke Categories	Meters	Minutes
FREESTYLE	2,200 46.80%	37.3 43.75%
BACKSTROKE	2,200 46.80%	41.0 48.04%
BREASTSTROKE	300 6.38%	7.0 8.20%

Type of Work	Meters	Minutes
SWIM	4,700 100.00%	85.3 100.00%

**Workout #1656 - Tuesday, 05 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-6:30PM @ ROW PEAK/TAPER PHASE - AEROBIC DRYLAND DRYLAND SESSION				
4:30	PM 1	on 20:00 FRISBEE THROW PRACTICE IN GROUPS OF 4 PASS AND CATCH 20 TIMES WITHOUT DROP IF THROW IS NOT TO YOU .... YOU MUST RUN TO CATCH IT	EN1		L	DRY
4:50	PM 1	on 45:00 ULTIMATE FRISBEE GAME	EN2		L	DRY
5:35	PM 1	on 20:00 STRETCHING HEAD TO TOE	REC		L	DRY
5:55	PM 1	on 20:00 STRETCHCORDZ ROTATOR CUFF WORK	EN1		L	STZ
6:15	PM 1	on 15:00 STRETCHCORDZ 50 STROKES OF FLY, 60 STROKES OF BK AND FR 50 FINISHES	EN2		L	STZ
6:30	PM 0	Meters				

**Workout #1657 - Wednesday, 06 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
5:00-7:00AM @ ROW						
PEAK/TAPER PHASE - PEAK LACTATE/VO2 MAX						
MEET DRYLAND WARMUP						
1,200	5:00 AM	4x { 1 x 100 on 1:35 FR ON 1:30/1:35 BR3 SNAP FINISH	EN1	S	FR	0
		{ 1 x 100 on 1:55 IM ON 1:50/1:55	EN1	S	IM	0
		{ SP FLY, S/R BK, SL BR, FR K HARD				
4,000	5:22 AM	2x { 1 x 100 on 1:45 BK ON 1:40/1:45 SL PAST FLAGS	EN1	S	BK	0
		{ 2 x 50 on 1:15 STROKE SP K GOAL SUB :45	SP2	K	STK	1
		{ 1 x 100 on 2:00 STROKE K RECOVERY	REC	K	STK	1
		{ 2 x 50 on 1:15 STROKE SP K GOAL SUB :45	SP2	K	STK	1
		{ 1 x 100 on 2:00 STROKE K RECOVERY	REC	K	STK	1
		{ 2 x 50 on 1:15 STROKE SP K GOAL SUB :45	SP2	K	STK	1
		{ 1 x 100 on 2:00 STROKE K RECOVERY	REC	K	STK	1
		{ 2 x 50 on 1:15 STROKE SP K GOAL SUB :45	SP2	K	STK	1
		{ 1 x 100 on 2:00 STROKE K RECOVERY	REC	K	STK	1
		{ 1 x 100 on 3:00 CH LOOSEN SWIM	REC	S	CH	1
		{ 1 x 400 on 9:00 STROKE K FOR TIME	EN3	K	STK	1
		{ 1 x 100 on 2:00 CH RECOVERY SWIM	REC	S	CH	1
		{ 3 x 200 on 3:55 STROKE ACTIVE RECOVERY	EN2	S	STK	0
		{ FR ON 3:10/3:15, BK ON 3:30/3:35, BR+FLY ON 3:50/3:55,				
		{ IM ON 3:40/3:45				
	6:50 AM	5,200 Meters - Stress Value = 179				

NAME - STROKE - PB - TIME 1 - TIME 2

KEELY - IM - NT - 7:28.67 - 7:39.84  
 SARAH - IM - 7:17.82 - 7:14.06 - 7:17.06  
 BROOKE - IM - 6:54.89 - 6:35.19 - 6:24.37 (BR REPLACED WITH FLY)  
 NATHAN - IM - 6:50.04 - 6:52.03 - 7:15.12  
 ASHLEE - FR - 7:14.19 - 8:38.15 - 8:17.37

Energy Levels	Meters	Minutes
AEROBIC BASE	1,200 23.07%	21.0 19.35%
WARM-UP-RECOVERY	1,200 23.07%	26.0 23.96%
ANAEROBIC THRESHOLD	1,200 23.07%	23.5 21.65%
VO2 MAX	800 15.38%	18.0 16.58%
PEAK LACTATE	800 15.38%	20.0 18.43%

Stroke Categories	Meters	Minutes
STROKE	3,600 69.23%	77.5 71.42%
BACKSTROKE	400 7.69%	7.0 6.45%
CHOICE	400 7.69%	10.0 9.21%
FREESTYLE	400 7.69%	6.3 5.83%
IM	400 7.69%	7.6 7.06%

Type of Work	Meters	Minutes
SWIM	2,800 53.84%	54.5 50.23%
KICK	2,400 46.15%	54.0 49.76%

**Workout #1658 - Thursday, 07 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ NW PEAK/TAPER PHASE - PEAK LACTATE MEET DRYLAND WARMUP			
600	5:00 AM	4x { 1 x 50 on 1:00 IMO K	EN1	K	IMO
		{ 1 x 100 on 1:55 IMO S	EN1	S	IMO
400	5:13 AM	8 x 50 on 1:00 IMO X 2'S SP/MOD BY 25'S THE FOLLOWING SET IS DONE IN THE ORDER FR/BK/BR/FLY/IM 100'S SP #1 FAS, #2 (w FINS) FAS, #3 (w FINS+PADS) FAP	EN2	K	IMO
4,000	5:22 AM	5x { 1 x 50 on 1:00 IMO BY SET TECH/DRILL BY 25'S	EN1	D	IMO
		{ 1 x 50 on 1:00 IMO BY SET SC/BUILD BY 25'S	EN2	S	IMO
		{ 1 x 50 on 1:00 IMO BY SET TECH/DRILL BY 25'S	EN1	D	IMO
		{ 1 x 50 on 1:00 IMO BY SET SP/SC BY 25'S	EN2	S	IMO
		{ 1 x 100 on 3:00 IMO BY SET SP MAX EFFORT	SP2	S	IMO
		{ GOAL IS TO BE FASTER THAN PB + :03			
		{ 1 x 100 on 3:00 IMO BY SET w FINS SP MAX EFFORT	SP2	S	IMO
		{ GOAL IS TO BE FASTER THEN PB			
		{ 1 x 100 on 3:00 IMO BY SET w FINS + PADS SP MAX	SP2	S	IMO
		{ GOAL IS TO BE FASTER THAN PB AND FASTER THAN w FINS			
		{ 1 x 300 on 7:00 CH RECOVERY SWIM	REC	S	CH
		IF AN ATHELTE MISSES 2 OF THE 3 GOALS ON A SINGLE SET STARTING WITH SECDOND ROUND OF THE SET THEY ARE MOVED TO AN ALTERNATE PRACTICE ALTERNATE PRACTICE IS 24 X 50 ON :50 WHICH IS DONE IN PLACE OF ONE ROUND OF THE PREVIOUS SET WHEN DOING BR OR FLY THEN 20 X 50 ON :55			
	7:02 AM	5,000 Meters - Stress Value = 196			

NAME  
 100 PB - 100 TIME - 100 w FINS - 100 w FINS + PADS  
 ORDER OF STROKES FR/BK/BR/FLY/IM

LAUREN  
 1:07.16 - 1:09.65 - 1:04.73 - 1:04.50  
 1:19.77 - 1:19.99 - 1:12.89 - 1:09.88  
 1:35.73 - 1:35.35 - 1:26.98 - 1:31.15  
 1:12.89 - HAD TO LEAVE EARLY  
 1:19.83 - HAD TO LEAVE EARLY

KEELY  
 1:15.62 - 1:22.39 - 1:13.29 - 1:17.17  
 1:24.61 - 1:29.03 - 1:20.63 - 1:20.77  
 1:48.84 - 1:48.98 - 1:29.80 - 1:35.39  
 1:29.47 - 1:31.80 - 1:20.24 - 1:26.11  
 1:31.68 - NO TIME REMAINING

SARAH  
 1:11.69 - 1:25.43 - 1:17.93 - 1:16.89  
 1:17.56 - 1:25.60 - 1:17.10 - 1:15.74  
 1:28.60 - 1:44.00 - 1:31.80 - 1:35.06  
 1:19.21 - MOVED TO ALTERNATE SET  
 1:18.46 - NO TIME REMAINING

BROOKE  
 1:04.34 - 1:19.43 - 1:11.03 - 1:13.59  
 1:07.27 - 1:18.26 - 1:12.89 - 1:14.97  
 1:22.20 - MOVED TO ALTERNATE SET  
 1:07.98 - OUT SHOULDER IMPINGEMENT  
 1:10.07 - OUT SHOULDER IMPINGEMENT

LUKE  
 1:04.92 - 1:12.54 - 1:05.80 - 1:06.94

1:18.35 - 1:24.85 - 1:09.40 - 1:10.93  
 1:29.06 - 1:29.50 - 1:22.68 - 1:27.83  
 1:15.00 - HAD TO LEAVE EARLY  
 1:15.48 - HAD TO LEAVE EARLY

Energy Levels	Meters	Minutes
PEAK LACTATE	1,500 30.00%	45.0 37.60%
WARM-UP-RECOVERY	1,500 30.00%	35.0 29.24%
AEROBIC BASE	1,100 22.00%	21.6 18.10%
ANAEROBIC THRESHOLD	900 18.00%	18.0 15.04%

Stroke Categories	Meters	Minutes
IM ORDER	3,500 70.00%	84.6 70.75%
CHOICE	1,500 30.00%	35.0 29.24%

Type of Work	Meters	Minutes
SWIM	3,900 78.00%	97.6 81.61%
KICK	600 12.00%	12.0 10.02%
DRILL	500 10.00%	10.0 8.35%

**Workout #1659 - Thursday, 07 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
PEAK/TAPER PHASE - ANAEROBIC POWER/PEAK LACTATE						
MEET DRYLAND WARMUP						
300	4:30 PM	1 x 300 on 6:00 FR SL ONLY PAST FLAGS NO K	EN1	S	FR	1:00
200	4:37 PM	1 x 200 on 4:00 BK SL ONLY PAST FLAGS NO K	EN1	S	BK	1:00
100	4:42 PM	1 x 100 on 2:00 IM SL ONLY PAST FLAGS NO K	EN1	S	IM	1:00
4,000	4:45 PM	4x { 1 x 200 on 4:30 K w FINS 8 FLY K OFF WALLS SP	EN2	K	FIN	1:08
		{ 8 K'S DONE OFF WALLS AT MAX EFFORT IN SL UNDER H20				
		{ THEN RECOVERY REMAINDER OF 25				
		{ ALTERNATE EACH ROUND FLY K ON FRONT/FLY K ON BK				
		{ 3 x 100 on 2:10 IMO STROKE K BY SET	EN2	K	IMO	1:05
		{ 3 x 100 on 1:55 IMO STROKE P w PADS	EN2	P	IMO	0:58
		{ FOR FLY NO PADDLES BUT ADD FINS				
		{ 4 x 50 on 1:15 IMO STROKE SP/REC BY 25'S	SP2	S	IMO	1:15
		{ FOCUS IS ON MAXIMIZING UNDER WATER WORK OFF WALLS				
		{ THEN MAX POWER SP TO 25 RACING FINISH				
	6:12 PM	4,600 Meters - Stress Value = 164				

FOCUS FOR THE ENTIRE SESSION

AT ALL TIMES TIGHT SL OFF WALLS  
 PUSHING HARD  
 IF K OR S SP FLY K OR UNDER H20 PULLOUT

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 69.56%	67.0 67.67%
PEAK LACTATE	800 17.39%	20.0 20.20%
AEROBIC BASE	600 13.04%	12.0 12.12%

Stroke Categories	Meters	Minutes
IM ORDER	3,200 69.56%	69.0 69.69%
FINS	800 17.39%	18.0 18.18%
FREESTYLE	300 6.52%	6.0 6.06%
BACKSTROKE	200 4.34%	4.0 4.04%
IM	100 2.17%	2.0 2.02%

Type of Work	Meters	Minutes
KICK	2,000 43.47%	44.0 44.44%
SWIM	1,400 30.43%	32.0 32.32%
PULL	1,200 26.08%	23.0 23.23%

**Workout #1660 - Friday, 08 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
5:00-7:00AM @ ROW						
PEAK/TAPER PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR EVENT WHICH HAS BEEN LONGEST WITHOUT PB						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
400	6:43 AM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1
200	6:56 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1
100	7:01 AM	1 x 100 on 3:00 CH RECOVERY K	REC	K	CH	1
100	7:05 AM	1 x 100 on 5:00 STROKE TIME TRIAL FAS	SP2	S	STK	2
200	7:11 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN2	S	STK	1
100	7:16 AM	1 x 100 on 2:00 FR/STROKE K BY 50'S	EN1	K	FR	1
200	7:19 AM	4 x 50 on 1:00 STROKE STRONG/CH REC BY 25'S	EN2	S	STK	1
100	7:24 AM	1 x 100 on 2:00 CH K	EN1	K	CH	1
200	7:27 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN1	S	FR	1
IF HR < 18 BEATS FOR 10 SECONDS YOU ARE FINISHED						
	7:31 AM	5,800 Meters - Stress Value = 155				

NAME - EVENT - PB - GOAL TIME - GOAL PACE 2ND 50  
 GOAL PACE SPLITS - ACTUAL SPLITS - TIME

ASHLEE - 100 BR - 1:43.45 - 1:42.45 - 52.22  
 50.23, 52.22 - 46.81, 52.32 - 1:39.13

NATHAN - 100 BR - 1:30.17 - 1:29.17 - 45.58  
 43.59, 45.58 - 42.71, 46.72 - 1:29.43

SARAH - 100 BR - 1:28.60 - 1:27.60 - 44.80  
 42.80, 44.80 - 45.49, 51.83 - 1:37.32

KEELY - 100 BR - 1:47.94 - 1:46.94 - 54.47

52.47, 54.47 - 51.40, 56.72 - 1:48.14

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,400 58.62%	72.0 56.39%
AEROBIC BASE	1,500 25.86%	30.0 23.49%
PEAK LACTATE	600 10.34%	18.6 14.62%
WARM-UP-RECOVERY	300 5.17%	7.0 5.48%

Stroke Categories	Meters	Minutes
STROKE	2,500 43.10%	61.8 48.43%
FREESTYLE	1,500 25.86%	30.0 23.49%
CHOICE	1,000 17.24%	21.0 16.44%
IM	400 6.89%	7.3 5.74%
MIXED	400 6.89%	7.5 5.87%

Type of Work	Meters	Minutes
SWIM	4,500 77.58%	96.1 75.32%
KICK	900 15.51%	23.0 18.01%
DRILL	400 6.89%	8.5 6.65%

**Workout #1661 - Friday, 08 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set	Description	EGY	WORK	STK	PACE
			4:30-7:30PM @ CD				
			4:30-6:00PM DRYLAND AT OVAL				
	4:30 PM	1 on	10:00 GATHER AND OUTLINE SESSION	REC		L DRY	
	4:40 PM	1 on	10:00 RUN ONCE ROUND	EN1		L DRY	
	4:50 PM	1 on	10:00 STRETCHING	EN1		L DRY	
	5:00 PM	1 on	59:59 ULTIMATE FRISBEE	EN2		L DRY	
	6:00 PM	1 on	15:00 TRAVEL TO CD POOL & SETUP	REC		L DRY	
	6:15 PM	1 on	15:00 STRETCHING HEAD TO TOE	EN1		L DRY	
			PEAK/TAPER PHASE - LOOSEN & GAMES				
			MEET DRYLAND WARMUP				
1,000	6:30 PM	1 x	1000 on 22:00 CH MIXED K AND SWIM	EN1	S	CH	1:06
	6:52 PM	1 on	5:00 PARTNER STROKE FEEDBACK	EN1	S	STK	
	6:57 PM	1 on	5:00 PARTNER STROKE FEEDBACK	EN1	S	STK	
	7:02 PM	1 on	20:00 1-2-3 POOPSIE GAME	EN2	S	CH	
	7:22 PM	1,000	Meters - Stress Value = 11				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,000 100.00%	22.0 100.00%

Stroke Categories	Meters	Minutes
CHOICE	1,000 100.00%	22.0 100.00%

Type of Work	Meters	Minutes
SWIM	1,000 100.00%	22.0 100.00%

**Workout #1662 - Saturday, 09 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW						
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
400	6:00 AM	1 x 400 on 7:00 FR/BK BY 100'S ON 6:40/7:00	EN1	S	FR	0:52
400	6:08 AM	1 x 400 on 6:20 FR/BK w FINS BY 100'S 6:00/6:30	EN2	S	FIN	0:48
400	6:16 AM	1 x 400 on 6:05 FR/BK w FINS + PADS 5:45/6:05	EN2	S	PAD	0:46
400	6:24 AM	8 x 50 on 1:00 IM K SETS OF 2 DESCEND 1-2	EN2	K	IM	1:00
200	6:33 AM	1 x 200 on 4:00 IM FOR TIME	SP2	S	IM	1:00
500	6:38 AM	1 x 500 on 12:00 CH RECOVERY	REC	S	CH	1:12
RELAY CHALLENGE - 3 TEAM DUAL						
TEAMS ARRANGED BY TIMES POSTED FOR 200 IM						
TEAM 1 - BROOKE, SARAH, KEELY						
TEAM 2 - GLENN, ASHLEE, LAUREN						
TEAM 3 - LUKE, CASEY, NATHAN						
POINTS ARE 1ST - 3 PTS, 2ND - 2 PTS, 3RD - 1 PT						
RELAYS ARE AS FOLLOWS:						
300	6:51 AM	3 x 100 on 1:40 MEDLEY RELAY (NO FR)	SP2	S	IM	0:50
600	6:57 AM	3 x 200 on 2:50 FR RELAY	SP2	S	FR	0:42
150	7:07 AM	3 x 50 on :55 BK RELAY	SP2	S	BK	0:55
300	7:11 AM	3 x 100 on 1:50 BR RELAY	SP2	S	BR	0:55
600	7:18 AM	3 x 200 on 3:10 MEDLEY RELAY (NO FR)	SP2	S	IM	0:48
REMAINING RELAYS COMPLETED WITH REORGANIZATION 2 TEAMS						
TEAM 1 - BROOKE, NATHAN, LAUREN, ASHLEE						
TEAM 2 - GLENN, LUKE, SARAH, KEELY						
200	7:29 AM	4 x 50 on :45 FLY RELAY	SP2	S	FLY	0:45
400	7:33 AM	4 x 100 on 1:20 FR RELAY	SP2	S	FR	0:40
100	7:40 AM	4 x 25 on :25 BR RELAY	SP2	S	BR	0:50
150	7:43 AM	1 x 150 on 2:30 CH RECOVERY	REC	S	CH	0:50
	7:46 AM	5,100 Meters - Stress Value = 345				

BROOKE, SARAH, KEELY  
 2+1+2+1+3 = 9 - 3RD

GLENN, ASHLEE, LAUREN  
 1+3+3+2+2 = 11 - 1ST

LUKE, CASEY, NATHAN  
 3+2+1+3+1 = 10 - 2ND

BROOKE, NATHAN, LAUREN, ASHLEE  
 2+2+2 = 6 - 1ST

GLENN, LUKE, SARAH, KEELY  
 1+1+1 - 3 - 2ND

Energy Levels	Meters	Minutes
PEAK LACTATE	2,850 55.88%	45.2 51.91%
ANAEROBIC THRESHOLD	1,200 23.52%	20.4 23.42%
WARM-UP-RECOVERY	650 12.74%	14.5 16.63%
AEROBIC BASE	400 7.84%	7.0 8.03%

Stroke Categories	Meters	Minutes
IM	1,500 29.41%	26.5 30.40%
FREESTYLE	1,400 27.45%	20.8 23.90%
CHOICE	650 12.74%	14.5 16.63%
BREASTSTROKE	400 7.84%	7.1 8.22%

FINS	400	7.84%	6.3	7.26%
PADDLES	400	7.84%	6.0	6.97%
BUTTERFLY	200	3.92%	3.0	3.44%
BACKSTROKE	150	2.94%	2.7	3.15%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	4,700	92.15%	79.1	90.82%
KICK	400	7.84%	8.0	9.17%

**Workout #1663 - Monday, 11 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
5:00-7:00AM @ ROW PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE MEET DRYLAND WARMUP					
600	5:00 AM	2x{ 1 x 100 on 2:10 CH K	EN1	K	CH
		{ 1 x 100 on 2:00 CH S	EN1	S	CH
		{ 1 x 100 on 1:50 CH S w FINS	EN1	S	FIN
500	5:13 AM	10 x 50 on :50 FR ON :45/:50	EN2	S	FR
400	5:23 AM	8 x 50 on :55 IMO ON :50/:55	EN2	S	IMO
ATHLETES CHOOSE EITHER IM SET OR FR SET IM SET					
400	5:32 AM	8 x 50 on 1:00 IM DESCEND 1-2	EN2	S	IM
400	5:41 AM	4 x 100 on 1:50 IMO :10 REST	SP2	S	IMO
GET TOTAL TIME (-:30) IF SUB GOAL TIME FINISHED.... IF NOT SUB PB THEN REPEAT FR SET					
1,500	5:50 AM	15 x 100 on 1:40 FR SEE NOTES	EN2	S	FR
IF GOAL IS 800 < 12:00 PACE = 1:40 ALL SUB 1:30 IF GOAL IS 1500 < 21:15 PACE = 1:35 ALL SUB 1:25 IF SUB GOAL ON ALL REPEATS THEN FINISHED					
	6:15 AM	3,800 Meters - Stress Value = 112			

KEELY - 400 IM - 6:27.40  
 1:33.33, 1:32.36, 1:51.65, 1:23.97 = 6:21.31

KODILEE - 800 FR - 13:25.43

SARAH - 1500 FR - 21:52.16 (1:27)

LAUREN - 400 IM - 5:57.42  
 1:26.42, 1:23.20, 1:41.16, 1:14.38 = 5:45.46

NATHAN - 400 IM - 5:50.42  
 1:20.50, 1:22.12, 1:45.07, 1:10.85 = 5:38.54

GLENN - 400 IM - 5:53.64  
 1:25.16, 1:23.59, 1:43.29, 1:16.47 = 5:48.51

ASHLEE - 400 IM - 6:10.05  
 1:24.88, 1:30.93, 1:39.76, 1:14.95 = 5:50.52

LUKE - 400 IM - 5:55.41  
 1:19.83, 1:30.26, 1:39.02, 1:19.82 = 5:48.93

BROOKE - 400 IM - 5:27.70  
 1:24.88, 1:51.16, 2:09.86, 1:48.65 = 7:15.55  
 1:27.95, 2:00.09, 2:09.86, 1:48.65 = 7:26.55  
 1:54.78, 1:53.54, 2:14.58, 1:51.20 = 7:54.10

HOLLY - 800 FR - 12:43.09

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 73.68%	48.6 71.56%
AEROBIC BASE	600 15.78%	12.0 17.64%
PEAK LACTATE	400 10.52%	7.3 10.78%

Stroke Categories	Meters	Minutes
FREESTYLE	2,000 52.63%	33.3 49.01%
IM ORDER	800 21.05%	14.6 21.56%
IM	400 10.52%	8.0 11.76%

CHOICE	400	10.52%	8.3	12.25%
FINS	200	5.26%	3.6	5.39%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	3,600	94.73%	63.6	93.62%
KICK	200	5.26%	4.3	6.37%

**Workout #1664 - Monday, 11 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ ROW						
PEAK/TAPER PHASE - PEAK LACTATE						
MEET DRYLAND WARMUP						
800	4:30 PM	4x{ 3 x 50 on :55 FR	EN1	S	FR	0:55
		{ 1 x 50 on :55 IMO	EN1	S	IMO	0:55
300	4:46 PM	3 x 100 on 1:55 IM ON 1:45/1:55	EN2	S	IM	0:58
300	4:53 PM	3x{ 1 x 50 on :55 FLY K	SP2	K	FLY	0:55
		{ 1 x 50 on 1:15 CH K	EN1	K	CH	1:15
300	5:01 PM	2x{ 1 x 50 on :40 FR ON :35/:40	SP2	S	FR	0:40
		{ 2 x 50 on 1:10 CH ON 1:05/1:10	EN1	S	CH	1:10
300	5:08 PM	1 x 300 on 7:00 FLY BREATHE 2 & SL PAST FLAGS	EN1	S	FLY	1:10
300	5:16 PM	2 x 150 on 3:00 BR DESCEND 50'S 1-3 ON 2:45/3:00	EN2	S	BR	1:00
300	5:23 PM	4 x 75 on 1:30 IM NO FR ON 1:15/1:30	EN2	S	IM	1:00
300	5:30 PM	1x{ 1 x 100 on 1:15 FR @ FINS SP ON 1:10/1:15	SP2	S	FR	0:38
		{ 1 x 200 on 5:00 CH REC S w FINS	REC	S	FIN	1:15
300	5:38 PM	1 x 300 on 5:00 CH K w FINS ON 4:40/5:00	EN2	K	FIN	0:50
NATHAN OUT FOR THE 300 K w FINS						
300	5:44 PM	3 x 100 on 2:00 BK ON 1:50/2:00	EN2	S	BK	1:00
OFF WALLS FEET PAST FLAGS FOR BO						
300	5:51 PM	4 x 75 on 1:05 FR ON :55/1:05	EN3	S	FR	0:43
300	5:57 PM	3 x 100 on 1:35 FLY w FINS ON 1:25/1:35	EN2	S	FIN	0:48
GLENN OUT FOR THE 3 X 100 FLY w FINS						
6:01 PM		4,100 Meters - Stress Value = 117				

NATHAN + GLENN

PRIOR TO THE START OF EACH SET YOU HAVE THE CHOICE TO NOT SWIM THAT SET (ONLY ONCE) AND BOTH ARE UNABLE TO CHOOSE THE SAME SET

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,800 43.90%	33.5 42.81%
AEROBIC BASE	1,450 35.36%	30.0 38.44%
PEAK LACTATE	350 8.53%	5.3 6.81%
V02 MAX	300 7.31%	4.3 5.53%
WARM-UP-RECOVERY	200 4.87%	5.0 6.38%

Stroke Categories	Meters	Minutes
FREESTYLE	1,100 26.82%	17.9 22.89%
FINS	800 19.51%	14.7 18.84%
IM	600 14.63%	11.7 15.01%
BUTTERFLY	450 10.97%	9.7 12.46%
CHOICE	350 8.53%	8.4 10.75%
BREASTSTROKE	300 7.31%	6.0 7.66%
BACKSTROKE	300 7.31%	6.0 7.66%
IM ORDER	200 4.87%	3.6 4.68%

Type of Work Meters Minutes

```
=====
SWIM      3,500 85.36% 66.7 85.30%
KICK      600 14.63% 11.5 14.69%
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**Workout #1665 - Tuesday, 12 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
PEAK/TAPER PHASE - AEROBIC/ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
500	5:00 AM	1 x 500 on 9:00 FR/BK BY 100'S SEE NOTE	EN1	S	FR	0:54
BK - FLY K OFF WALLS (6), FR - SC + PAST FLAGS ON BO						
500	5:10 AM	1 x 500 on 10:00 BK/BR BY 100'S SEE NOTE	EN1	S	BK	1:00
BK - QUICK SHOULDER ROLL, BR - SL EACH STROKE						
500	5:21 AM	1 x 500 on 9:30 BR/FR BY 100'S SEE NOTE	EN1	S	BR	0:57
BR - JUMP TO SL, FR - FLY K OFF WALLS (6)						
1,200	5:32 AM	3 x 400 on 6:30 FR ON 6:10/6:30	EN2	S	FR	0:49
SWIMMERS TO GET AT LEAST :10 REST						
900	5:53 AM	3 x 300 on 5:45 IM ON 5:30/5:45	EN2	S	IM	0:58
600	6:12 AM	3 x 200 on 4:30 FLY K ON 4:15/4:30	EN2	K	FLY	1:08
300	6:27 AM	3 x 100 on 1:55 FLY ON 1:45/1:55	EN2	S	FLY	0:58
150	6:34 AM	3 x 50 on :45 FR ON :40/:45	EN2	S	FR	0:45
150	6:38 AM	1 x 150 on 3:00 CH RECOVERY	REC	S	CH	1:00
6:41 AM 4,800 Meters - Stress Value = 87						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,150 65.62%	58.2 64.90%
AEROBIC BASE	1,500 31.25%	28.5 31.75%
WARM-UP-RECOVERY	150 3.12%	3.0 3.34%

Stroke Categories	Meters	Minutes
FREESTYLE	1,850 38.54%	30.7 34.26%
IM	900 18.75%	17.2 19.22%
BUTTERFLY	900 18.75%	19.2 21.44%
BREASTSTROKE	500 10.41%	9.5 10.58%
BACKSTROKE	500 10.41%	10.0 11.14%
CHOICE	150 3.12%	3.0 3.34%

Type of Work	Meters	Minutes
SWIM	4,200 87.50%	76.2 84.95%
KICK	600 12.50%	13.5 15.04%

**Workout #1666 - Tuesday, 12 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
4:30-6:30PM @ ROW						
PEAK/TAPER PHASE - DRYLAND/BIATHALON						
DRYLAND SESSION						
	4:30 PM	1 on 20:00 MIXED PLAY FRISBEE/SOCCER	EN1	L	DRY	
ATHLETES PREPARE FOR BIATHALON						
BIATHALON - 3000M RUN - 800M SWIM						
800	4:50 PM	1 x 800 on 40:00 BIATHALON 3KM RUN + 800 FR	EN3	S	FR	2:30
200	5:31 PM	1 x 200 on 5:00 CH K w FINS + CHAT (LAUREN)	EN1	K	FIN	1:15
200	5:37 PM	1 x 200 on 5:00 CH P (KEELY)	EN1	P	CH	1:15
200	5:43 PM	4x{ 1 x 25 on 1:00 FR (NATHAN)	EN1	S	FR	2:00
		{ 1 x 25 on 1:00 FAS MIX 2 STROKES	EN2	S	CH	2:00
200	5:52 PM	4x{ 1 x 25 on 1:00 RUN + DIVE + FINISH (GLENN)	EN2	S	CH	2:00
		{ 1 x 25 on 1:00 FAS WATERPOLO FR	EN2	S	FR	2:00
200	6:01 PM	4x{ 1 x 25 on 1:00 BK (LUKE)	EN1	S	BK	2:00
		{ 1 x 25 on 1:00 IMO FAS SP	SP2	S	IMO	2:00
	6:09 PM	1,800 Meters - Stress Value = 76				

NAME - RUN - TOTAL - SWIM

GLENN	- 14:10.79	- 26:03.92	- 11:53.27
NATHAN	- 14:12.56	- 26:16.25	- 12:03.69
LAUREN	- 14:26.59	- 27:16.07	- 12:49.48
LUKE	- 14:57.31	- 28:24.86	- 13:27.55
KEELY	- 18:40.49	- 34:43.83	- 16:03.34

Energy Levels	Meters	Minutes
V02 MAX	800 44.44%	40.0 54.05%
AEROBIC BASE	600 33.33%	18.0 24.32%
ANAEROBIC THRESHOLD	300 16.66%	12.0 16.21%
PEAK LACTATE	100 5.55%	4.0 5.40%

Stroke Categories	Meters	Minutes
FREESTYLE	1,000 55.55%	48.0 64.86%
CHOICE	400 22.22%	13.0 17.56%
FINS	200 11.11%	5.0 6.75%
BACKSTROKE	100 5.55%	4.0 5.40%
IM ORDER	100 5.55%	4.0 5.40%

Type of Work	Meters	Minutes
SWIM	1,400 77.77%	64.0 86.48%
KICK	200 11.11%	5.0 6.75%
PULL	200 11.11%	5.0 6.75%

**Workout #1667 - Wednesday, 13 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ ROW						
PEAK/TAPER PHASE - AEROBIC/VO2 MAX						
MEET DRYLAND WARMUP						
300	5:00 AM	6 x 50 on 1:15 FR STS + SC (12) BR3	EN1	S	FR	1:15
400	5:09 AM	8 x 50 on 1:05 FLY/IM BY 25'S	EN2	K	IM	1:05
100	5:19 AM	1 x 100 on 3:00 IM STS + SC	EN1	S	IM	1:30
300	5:23 AM	3 x 100 on 1:50 IM DESCEND 1-3 ON 1:40/1:50	EN2	S	IM	0:55
400	5:30 AM	2 x 200 on 3:30 FR SP 1ST 25 OF EACH 100	EN2	S	FR	0:52
2,000	5:38 AM	1 x 2000 on 35:00 FRIM FOR TIME 4 X(300 FR+200 IM)	EN3	S	IM	0:52
IF PB - 1 X 1000 STEPS, IF NO PB 2 X 1000 STEPS						
200	6:14 AM	1 x 200 on 5:00 CH K	EN1	K	CH	1:15
200	6:20 AM	1 x 200 on 5:00 CH S TECH	EN1	S	CH	1:15
600	6:26 AM	8 x 75 on 1:40 P w PADS SEE NOTE	EN2	P	PAD	1:07
BR HU SP/FR BR3 SC 14/16/BK SC 14/16						
6:39 AM 4,500 Meters - Stress Value = 178						

NATHAN - 30:42.89 - 30:19.96 - 1  
 SARAH - DNF  
 GLENN - 31:12.62 - 32:00.25 - 2  
 LUKE - 32:05.46 - 32:40.17 - 2  
 ADRIANNA - 32:33.19 - 33:44.64 - 2  
 KEELY - 3:47.65 - 33:38.92 - 1  
 MONIQUE - 33:47.72 - 33:01.47 - 1  
 KODILEE - NT - 39:32.43 - 1  
 LAUREN - NT - 32:31.67 - 1

Energy Levels	Meters	Minutes
VO2 MAX	2,000 44.44%	35.0 38.88%
ANAEROBIC THRESHOLD	1,700 37.77%	34.5 38.33%
AEROBIC BASE	800 17.77%	20.5 22.77%

Stroke Categories	Meters	Minutes
IM	2,800 62.22%	52.1 57.96%
FREESTYLE	700 15.55%	14.5 16.11%
PADDLES	600 13.33%	13.3 14.81%
CHOICE	400 8.88%	10.0 11.11%

Type of Work	Meters	Minutes
SWIM	3,300 73.33%	63.0 70.00%
KICK	600 13.33%	13.6 15.18%
PULL	600 13.33%	13.3 14.81%

**Workout #1668 - Thursday, 14 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
PEAK/TAPER PHASE - LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
1,200	5:00 AM	2x{ 1 x 200 on 3:20 150 FR 50 BK ON 3:10/3:20	EN2	S	FR	0:50
		{ 1 x 200 on 3:20 150 FR 50 BR ON 3:10/3:20	EN2	S	FR	0:50
		{ 1 x 200 on 3:20 150 FR 50 FLY ON 3:10/3:20	EN2	S	FR	0:50
50	5:21 AM	1 x 50 on 1:00 CH K FINISH SUB :50	SP2	K	CH	1:00
150	5:23 AM	3 x 50 on 1:00 CH S RECOVERY	REC	S	CH	1:00
100	5:27 AM	2 x 50 on 1:00 CH K FINISH SUB :50	SP2	K	CH	1:00
150	5:30 AM	3 x 50 on 1:00 CH S RECOVERY	REC	S	CH	1:00
150	5:34 AM	3 x 50 on 1:00 CH K FINISH SUB :50	SP1	K	CH	1:00
150	5:38 AM	3 x 50 on 1:00 CH S RECOVERY	REC	S	CH	1:00
200	5:42 AM	4 x 50 on 1:00 CH K FINISH SUB :50	SP1	K	CH	1:00
150	5:47 AM	3 x 50 on 1:00 CH S RECOVERY	REC	S	CH	1:00
250	5:51 AM	5 x 50 on 1:00 CH K FINISH SUB :50	SP1	K	CH	1:00
150	5:57 AM	3 x 50 on 1:00 CH S RECOVERY	REC	S	CH	1:00
300	6:01 AM	6 x 50 on 1:00 CH K FINISH SUB :50	SP1	K	CH	1:00
150	6:08 AM	3 x 50 on 1:00 CH S RECOVERY	REC	S	CH	1:00
350	6:12 AM	7 x 50 on :55 CH K	EN2	K	CH	0:55
800	6:20 AM	1 x 800 on 15:00 S w PADS FR/BK/FR/BR BY 100'S	EN2	S	PAD	0:56
400	6:36 AM	4x{ 2 x 25 on :40 IMO BY SET P HIGH S/R	EN2	P	IMO	1:20
		{ 1 x 25 on 1:00 IMO BY SET BO + 4 OR 6	SP3	S	IMO	2:00
		{ 1 x 25 on 1:00 IMO BY SET FAS SP FOR TIME	SP2	S	IMO	2:00
	6:50 AM	4,700 Meters - Stress Value = 168				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,550 54.25%	46.7 49.86%
WARM-UP-RECOVERY	900 19.14%	18.0 19.20%
LACTATE TOLERANCE	900 19.14%	18.0 19.20%
PEAK LACTATE	250 5.31%	7.0 7.46%
ALACTIC	100 2.12%	4.0 4.26%

Stroke Categories	Meters	Minutes
CHOICE	2,300 48.93%	45.4 48.44%
FREESTYLE	1,200 25.53%	20.0 21.33%
PADDLES	800 17.02%	15.0 16.00%
IM ORDER	400 8.51%	13.3 14.22%

Type of Work	Meters	Minutes
SWIM	3,100 65.95%	61.0 65.06%
KICK	1,400 29.78%	27.4 29.24%
PULL	200 4.25%	5.3 5.68%

**Workout #1669 - Thursday, 14 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
		3:30-6:30PM @ ROW				
		PEAK/TAPER PHASE - ANAEROBIC/VO2 MAX				
		DRYLAND				
	3:30 PM	1 on 20:00 SOCCER	EN2	L	DRY	
	3:50 PM	1 on 25:00 ULTIMATE FRISBEE	EN2	L	DRY	
		ATHLETES NOW COMPETE IN THE BIATHALON				
		BIATHALON - 3KM RUN + 800 FR FOR TIME				
800	4:15 PM	1 x 800 on 45:00 BIATHALON 3KM RUN + 800 FR	EN3	S	FR	2:49
		MEET DRYLAND WARMUP				
250	5:01 PM	10 x 25 on :55 20 WINDSPRINTS	EN2	S	FR	1:50
25	5:12 PM	1 x 25 on :40 CH EZ	REC	S	CH	1:20
25	5:14 PM	1 x 25 on 1:00 UNDER H2O FLY K w FINS FOR TIME	SP2	K	FIN	2:00
	5:15 PM	1,100 Meters - Stress Value = 61				

NAME - RUN - TOTAL - SWIM  
 GLENN - 12:50.08 - 24:45.37 - 11:55.29  
 NATHAN - 18:18.65 - 30:16.36 - 11:56.61  
 BROOKE - 14:06.99 - 26:43.16 - 12:36.17  
 LUKE - 15:18.97 - 27:53.84 - 12:34.87  
 LAUREN - 14:12.80 - 26:59.41 - 12:46.61  
 KEELY - 17:40.29 - 30:28.06 - 12:47.77  
 KODILEE - 25:19.98 - 40:02.58 - 14:42.60

25 FLY K w FINS FOR TIME  
 BROOKE - 14.78, 12.97, 12.82  
 GLENN - 14.48, 13.29, 13.08  
 KEELY - 14.72, 14.23  
 KODILEE - 13.58, 13.39, 13.53  
 LAUREN - 13.96, 13.42, 12.90  
 LUKE - 12.38, 12.50, 12.24  
 NATHAN - 16.58, 14.87

Energy Levels	Meters	Minutes
=====	=====	=====
VO2 MAX	800 72.72%	45.0 80.59%
ANAEROBIC THRESHOLD	250 22.72%	9.1 16.41%
WARM-UP-RECOVERY	25 2.27%	0.6 1.19%
PEAK LACTATE	25 2.27%	1.0 1.79%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	1,050 95.45%	54.1 97.01%
CHOICE	25 2.27%	0.6 1.19%
FINS	25 2.27%	1.0 1.79%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,075 97.72%	54.8 98.20%
KICK	25 2.27%	1.0 1.79%

**Workout #1670 - Friday, 15 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
5:00-7:00AM @ ROW						
PEAK/TAPER PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR 400 IM OR 1500 FR AS INDICATED						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
400	6:43 AM	8 x 50 on 1:10 STROKE @ GOAL PACE	SP2	S	STK	1
OR 6 X 100 ON 1:30 @ PACE						
200	6:54 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1
100	6:59 AM	1 x 100 on 3:00 CH RECOVERY K	REC	K	CH	1
400	7:03 AM	1 x 400 on 8:00 STROKE TIME TRIAL FAS	SP2	S	STK	1
200	7:12 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN2	S	STK	1
100	7:17 AM	1 x 100 on 2:00 FR/STROKE K BY 50'S	EN1	K	FR	1
200	7:20 AM	4 x 50 on 1:00 STROKE STRONG/CH REC BY 25'S	EN2	S	STK	1
100	7:25 AM	1 x 100 on 2:00 CH K	EN1	K	CH	1
200	7:28 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN1	S	FR	1
IF HR < 18 BEATS FOR 10 SECONDS YOU ARE FINISHED						
	7:32 AM	6,100 Meters - Stress Value = 188				

NAME - EVENT - PB - GOAL TIME - GOAL PACE 2ND 50  
 GOAL PACE SPLITS - ACTUAL SPLITS - TIME

ASHLEE - 400 IM - 6:10.05  
 37.60, 46.52, 47.36, 48.54, 52.13, 56.24, 40.23, 40.63  
 40.18, 51.63, 46.71, 45.98, 56.77, 55.69, 40.73, 43.64

BROOKE - DNP

SARAH - 400 IM - 5:59.72  
 37.92, 46.26, 46.03, 44.56, 52.09, 51.83, 41.14, 40.42  
 38.53, 48.36, 45.01, 44.88, 52.29, 51.87, 42.53, 40.86

LAUREN - 1500 FR - 20:58.92 - 1:23 - 21:03.48

KEELY - 400 IM - 6:27.40

42.46, 53.11, 46.38, 46.41, 57.37, 58.94, 41.68, 40.96  
 43.49, 51.03, 48.32, 46.77, 1:00.84, 58.35, 43.07, 41.02

NATHAN - 1500 FR - 20:12.09 - 1:21 - 23:14.82

LUKE - 400 IM - 5:55.41

35.64, 43.13, 46.64, 45.37, 51.69, 52.61, 42.01, 38.32  
 35.53, 42.86, 47.62, 45.63, 52.71, 51.52, 40.94, 41.92

ASHLEE AT END OF SESSION 5 X 200 FLY

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,400 55.73%	72.0 56.25%
AEROBIC BASE	1,500 24.59%	30.0 23.43%
PEAK LACTATE	900 14.75%	19.0 14.84%
WARM-UP-RECOVERY	300 4.91%	7.0 5.46%

Stroke Categories	Meters	Minutes
STROKE	2,800 45.90%	62.1 48.56%
FREESTYLE	1,500 24.59%	30.0 23.43%
CHOICE	1,000 16.39%	21.0 16.40%
IM	400 6.55%	7.3 5.72%
MIXED	400 6.55%	7.5 5.85%

Type of Work	Meters	Minutes
SWIM	4,800 78.68%	96.5 75.39%
KICK	900 14.75%	23.0 17.96%
DRILL	400 6.55%	8.5 6.64%

**Workout #1671 - Friday, 15 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		3:30-6:30PM @ ROW				
		3:30-5:30PM DRYLAND				
		PEAK/TAPER PHASE - DRYLAND/BIATHALON/RECOVERY				
	3:30 PM	1 on 59:59 ULTIMATE FRISBEE/SOCCER	EN2		L DRY	
		THOSE THAT HAVE NOT ACHIEVED A PB ON 2ND ATTEMPT OF DOING BIATHALON MUST DO BIATHALON				
		THOSE THAT HAVE ACHIEVED A PB ARE RESPONSIBLE FOR RECORDING AND SUPPORTING THOSE DOING BIATHALON				
800	4:50 PM	1 x 800 on 40:00 BIATHALON 3KM RUN + 800 FR	EN3		S FR	2:30
		MEET DRYLAND WARMUP				
		FOR THOSE THAT WERE SUPPORTING/RECORDING				
800	5:31 PM	1 x 800 on 16:00 CH K w FINS + CHAT	EN1		K FIN	1:00
200	5:48 PM	1 x 200 on 6:00 CH K w FINS	EN1		K FIN	1:30
	5:54 PM	1,800 Meters - Stress Value = 64				

BIATHALON RESULTS

NAME - RUN - TOTAL - SWIM

SARAH - 16:29.82 - 29:42.79 - 13:12.97  
 NATHAN - 15:13.44 - 27:49.65 - 12:36.21  
 SANDRA - 18:15.82 - 32:40.35 - 14:24.53  
 HOLLY - 15:42.85 - 30:46.55 - 15:03.70  
 BROOKE - 13:37.77 - 25:48.99 - 12:11.22  
 KODILEE - 21:19.13 - 36:27.02 - 15:07.89

Energy Levels	Meters	Minutes
AEROBIC BASE	1,000 55.55%	22.0 35.48%
V02 MAX	800 44.44%	40.0 64.51%

Stroke Categories	Meters	Minutes
FINS	1,000 55.55%	22.0 35.48%
FREESTYLE	800 44.44%	40.0 64.51%

Type of Work	Meters	Minutes
KICK	1,000 55.55%	22.0 35.48%
SWIM	800 44.44%	40.0 64.51%

**Workout #1672 - Saturday, 16 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW						
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
ATHLETES MAKE THEIR OWN PRACTICE SESSION						
	6:00 AM	1 on 10:00 ATHLETES MAKE PRACTICE SESSION	EN1	L	DRY	
400	6:10 AM	1 x 400 on 10:00 PARTNER DRILL	EN1	D	CH	1:15
200	6:21 AM	8 x 25 on :45 IMO TECH FOCUS ON :40/:45	EN1	S	IMO	1:30
400	6:28 AM	4 x 100 on 2:10 IMO K ON 2:00/2:10	EN2	K	IMO	1:05
175	6:38 AM	1 x 175 on 3:00 LAST CHANCE PREP	EN2	S	CH	0:51
TECH FOCUS/STREAMLINE FOCUS/TURNS						
400	6:42 AM	8 x 50 on :55 CH ON :50/:55 #1 FAS	EN2	S	CH	0:55
400	6:51 AM	2 x 200 on 4:00 CH K/S BY 50'S REC	REC	S	CH	1:00
200	7:00 AM	2x{1 x 50 on 1:10 TECH FOCUS	EN1	S	IM	1:10
		{1 x 50 on 1:10 STROKE @ PACE	EN2	S	IM	1:10
200	7:06 AM	1 x 200 on 5:00 CH S RECOVERY	REC	S	CH	1:15
100	7:12 AM	1 x 100 on 8:00 IM FOR TIME	SP2	S	IM	4:00
	7:20 AM	2,475 Meters - Stress Value = 42				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,075 43.43%	21.3 35.16%
AEROBIC BASE	700 28.28%	18.3 30.21%
WARM-UP-RECOVERY	600 24.24%	13.0 21.42%
PEAK LACTATE	100 4.04%	8.0 13.18%

Stroke Categories	Meters	Minutes
CHOICE	1,575 63.63%	33.3 54.94%
IM ORDER	600 24.24%	14.6 24.17%
IM	300 12.12%	12.6 20.87%

Type of Work	Meters	Minutes
SWIM	1,675 67.67%	42.0 69.23%
KICK	400 16.16%	8.6 14.28%
DRILL	400 16.16%	10.0 16.48%

**Workout #1673 - Wednesday, 27 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
5:00-7:00AM @ ROW GENERAL PREP PHASE - AEROBIC TECHNIQUE/THRESHOLD MEET DRYLAND WARMUP					
2,400	5:00 AM	4x { 1 x 200 on 5:00 MIO K SEE NOTES	EN1	K	MIO
		{ FR - NO SPLASH			
		{ BR - KNEES TOGETHER FOR REC THEN SNAP CLOSED			
		{ BK - SL TIGHT FINISH K WITH FLICK			
		{ FLY - FAST RHYTHM NO SPLASH			
		{ 1 x 200 on 5:00 MIO P SEE NOTES	EN1	P	MIO
		{ FR - FINGERS DOWN PULL IN STRAIGHT LINE			
		{ BR - CONTINUOUS NO DIVING			
		{ BK - CONTINUOUS RAINBOW			
		{ FLY - 25 NO DIVE NO GLIDE, 25 FULL INCLUDE DIVE NO GLIDE			
		{ 1 x 200 on 5:00 MIO S SEE NOTES	EN1	S	MIO
		{ FR - ACCELERATE HAND START TO FINISH QUICK BREATH			
		{ BR - SL TIGHT ON EACH STROKE FINISH K			
		{ BK - SPLASH AND DIG			
		{ FLY - FAST RHYTHM HAND ENTRY + PULL NO GLIDE			
600	6:01 AM	6 x 100 on 1:40 FR/BK BY 50'S ON 1:30/1:40	EN2	S	FR
600	6:12 AM	3 x 200 on 4:00 FLY/CH BY 100'S w FINS 3:40/4:00	EN2	K	FIN
400	6:25 AM	2x { 1 x 100 on 2:00 IM STS + SC	EN1	S	IM
		{ 1 x 100 on 2:00 IM SC PWR FINISHES	EN2	S	IM
300	6:34 AM	12 x 25 on :45 FLY SP	EN2	S	FLY
	6:43 AM	4,300 Meters - Stress Value = 66			

Energy Levels	Meters	Minutes
AEROBIC BASE	2,600 60.46%	64.0 64.64%
ANAEROBIC THRESHOLD	1,700 39.53%	35.0 35.35%

Stroke Categories	Meters	Minutes
REV IM ORDER	2,400 55.81%	60.0 60.60%
FREESTYLE	600 13.95%	10.0 10.10%
FINS	600 13.95%	12.0 12.12%
IM	400 9.30%	8.0 8.08%
BUTTERFLY	300 6.97%	9.0 9.09%

Type of Work	Meters	Minutes
SWIM	2,100 48.83%	47.0 47.47%
KICK	1,400 32.55%	32.0 32.32%
PULL	800 18.60%	20.0 20.20%

**Workout #1674 - Thursday, 28 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
GENERAL PREP PHASE - ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
3,200	5:00 AM	1x { 1 x 400 on 6:40 FR/BK BY 100'S 6:20/6:40	EN2	S	FR	0:50
		{ 1 x 400 on 7:20 IM ON 7:00/7:20	EN2	S	IM	0:55
		{ 1 x 400 on 7:40 BK/BR BY 100'S ON 7:20/7:40	EN2	S	BK	0:58
		{ 1 x 400 on 7:20 IM ON 7:00/7:20	EN2	S	IM	0:55
		{ 1 x 400 on 7:40 BR/FR BY 100'S ON 7:20/7:40	EN2	S	BR	0:58
		{ 1 x 400 on 7:20 IM ON 7:00/7:20	EN2	S	IM	0:55
		{ 1 x 400 on 7:20 FLY/BK BY Y50'S ON 7:00/7:20	EN2	S	FLY	0:55
		{ 1 x 400 on 7:20 IM ON 7:00/7:20	EN2	S	IM	0:55
800	6:00 AM	8 x 100 on 2:05 FR K ON 1:55/2:05	EN2	K	FR	1:02
50	6:18 AM	1 x 50 on 15:00 FR FAS BEAT YOUR LC TIME	SP2	S	FR	15:00
IF SC TIME + 2% IS FASTER THAN LC PB USE SC + 2%						
IF FASTER THAN TIME COMPLETE, IF NOT REPEAT						
50	6:34 AM	1 x 50 on 2:00 CH RECOVERY	REC	S	CH	2:00
	6:36 AM	4,100 Meters - Stress Value = 96				

NAME - 50 FR PB LC - TIME

- GLENN - 28.64 - 29.25, 29.32, 29.32
- LUKE - 30.13 - 33.44, 32.48, 31.33
- BROOKE - 29.16 - 29.54, 37.68, 31.50
- NATHAN - 29.95 - 30.43, 29.71
- LAUREN - 31.37 - 31.09
- LACHLAN - 31.97 - 30.14
- ASHLEE - 30.19 - 35.31, 38.02, 35.74
- SARAH - 33.08 - 32.18
- ADRIANNA - 32.56 - 33.16, 33.31, 32.79
- KEELY - 35.52 - 36.91, 36.30, 36.80
- SANDRA - 36.09 - 33.44
- MONIQUE - 32.51 - 33.08, 33.91, 32.68
- LILY - 33.79 - 35.55, 35.79, 35.43

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,000 97.56%	75.3 81.58%
PEAK LACTATE	50 1.21%	15.0 16.24%
WARM-UP-RECOVERY	50 1.21%	2.0 2.16%

Stroke Categories	Meters	Minutes
IM	1,600 39.02%	29.3 31.76%
FREESTYLE	1,250 30.48%	38.3 41.51%
BREASTSTROKE	400 9.75%	7.6 8.30%
BUTTERFLY	400 9.75%	7.3 7.94%
BACKSTROKE	400 9.75%	7.6 8.30%
CHOICE	50 1.21%	2.0 2.16%

Type of Work	Meters	Minutes
SWIM	3,300 80.48%	75.6 81.94%
KICK	800 19.51%	16.6 18.05%

**Workout #1675 - Thursday, 28 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
4:30-6:30PM @ FWY						
GENERAL PREP PHASE - ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
300	4:30 PM	1 x 300 on 6:00 FR/BK/BR BY 50'S	EN1	S	IM	1:00
SL PAST FLAGS EVERY WALL						
400	4:37 PM	1 x 400 on 9:00 K w FINS BY 100'S	EN2	K	FIN	1:08
FLY K ON BK/BK K/FLY K ON FR/FR K						
400	4:47 PM	8 x 50 on :50 FR 1ST WALL STS	EN2	S	FR	0:50
300	4:55 PM	3 x 100 on 1:30 FR 1ST 50 BR3	EN2	S	FR	0:45
200	5:01 PM	1 x 200 on 5:00 FR K NO SPLASH	EN1	K	FR	1:15
200	5:07 PM	2 x 100 on 1:25 FR 1ST 50 BR3	EN2	S	FR	0:42
200	5:11 PM	1 x 200 on 5:00 FR K NO SPLASH	EN1	K	FR	1:15
100	5:17 PM	1 x 100 on 1:20 FR 1ST 50 BR3	EN2	S	FR	0:40
400	5:20 PM	1 x 400 on 8:00 FR/BK w PADS BY 100'S	EN1	S	PAD	1:00
ON FR BR 3/5 BY 50'S						
300	5:29 PM	1 x 300 on 6:00 BR/BK BY 25'S FAST BK->BR TURNS	EN1	S	BK	1:00
600	5:36 PM	3 x 200 on 3:55 BK K LAST WALL 6 FLY K	EN2	K	BK	0:59
300	5:49 PM	6 x 50 on :55 BK DESCEND 1-3 STS 1ST WALL	EN2	S	BK	0:55
400	5:56 PM	4 x 100 on 1:30 BK 6 FLY K ON 1ST & 4TH WALL	EN2	S	BK	0:45
400	6:03 PM	4 x 100 on 1:25 BK w FINS AS PREVIOUS SET	EN2	S	FIN	0:42
300	6:10 PM	1 x 300 on 8:00 25 FLY 75 BR	EN1	S	BR	1:20
6:18 PM 4,800 Meters - Stress Value = 86						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 64.58%	53.2 58.35%
AEROBIC BASE	1,700 35.41%	38.0 41.64%

Stroke Categories	Meters	Minutes
BACKSTROKE	1,600 33.33%	29.2 32.05%
FREESTYLE	1,400 29.16%	25.3 27.76%
FINS	800 16.66%	14.6 16.07%
PADDLES	400 8.33%	8.0 8.76%
BREASTSTROKE	300 6.25%	8.0 8.76%
IM	300 6.25%	6.0 6.57%

Type of Work	Meters	Minutes
SWIM	3,400 70.83%	60.5 66.30%
KICK	1,400 29.16%	30.7 33.69%

**Workout #1676 - Friday, 29 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
5:00-7:00AM @ ROW						
GENERAL PREP PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR 100 OR 200 EVENT						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
800	6:43 AM	16 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1
200	7:08 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1
100	7:13 AM	1 x 100 on 3:00 CH RECOVERY K	REC	K	CH	1
200	7:17 AM	1 x 200 on 5:00 STROKE BROKEN SWIM :15 REST/50	SP2	S	STK	1
200	7:23 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN2	S	STK	1
100	7:28 AM	1 x 100 on 2:00 FR/STROKE K BY 50'S	EN1	K	FR	1
200	7:31 AM	4 x 50 on 1:00 STROKE STRONG/CH REC BY 25'S	EN2	S	STK	1
100	7:36 AM	1 x 100 on 2:00 CH K	EN1	K	CH	1
200	7:39 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN1	S	FR	1
IF HR < 18 BEATS FOR 10 SECONDS YOU ARE FINISHED						
	7:43 AM	6,300 Meters - Stress Value = 210				

CALCULATION FOR 100 FR/BK (2ND 50 PACE)  
 TIME/2 + 0.75

CALCULATION FOR 100 BR/FLY (2ND 50 PACE)  
 TIME/2 + 1.25

CALCULATION FOR 200 STROKE (AVERAGE 50 PACE)  
 TIME/4

CALCULATION FOR 200 IM (ACTUAL SPLITS FOR EACH 50)  
 FLY + :02 (AS NOT FROM A START)

NAME - EVENT - GOAL TIME - GOAL PACE

GOAL PACE SPLITS - ACTUAL SPLITS - TIME

GLENN - 100 BK - 1:09.50 - 35.50  
 34.00, 35.50 - 35.19, 36.29 - 1:11.48

LILY - 100 BR - 1:26.39 - 44.64  
 41.75, 44.64 - 42.54, 46.80 - 1:29.34

KEELY - 200 BK - 2:55.00 - 43.75  
 43.75 - 43.95, 45.92, 45.44, 44.33 - 2:59.64

SARAH - 100 FR - 1:11.00 - 36.25  
 34.75, 36.25 - 35.12, 37.92 - 1:13.04

LAUREN - 100 FR - 1:08.50 - 35.00  
 33.50, 35.00 - 33.79, 35.59 - 1:09.38

NATHAN - 100 IM - 1:14.67 - 15.22, 19.29, 23.50, 16.26 (34.51, 39.76)  
 34.51, 39.21 - 36.06, 39.26 - 1:15.32

UPCOMING MEETS ENTRY

MAY 29 - MVC - 2 X 50, 2 X 100  
 JUNE 18 - MW - 1 X 200, 1 X 400, 1 X 50  
 JUNE 19 - BAL - 1 X 800/1500, 2 X 200  
 JULY 23.24 - ACT - MAX 10 EVENTS  
 AUG 7 - WEST - 3 X 50, 2 X 100  
 AUG 13 - NWA - 1 X 400, 1 X 100, 1 X 200  
 AUG 14 - NUNA - 1 X 200, ATHLETE CHOICE

MONDAY MAY 16 PM - MONDAY MAY 23 AM OFF

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,400 53.96%	72.0 51.55%
AEROBIC BASE	1,500 23.80%	30.0 21.47%
PEAK LACTATE	1,100 17.46%	30.6 21.95%
WARM-UP-RECOVERY	300 4.76%	7.0 5.01%

Stroke Categories	Meters	Minutes
STROKE	3,000 47.61%	73.8 52.86%
FREESTYLE	1,500 23.80%	30.0 21.47%
CHOICE	1,000 15.87%	21.0 15.03%
IM	400 6.34%	7.3 5.25%
MIXED	400 6.34%	7.5 5.36%

Type of Work	Meters	Minutes
SWIM	5,000 79.36%	108.1 77.44%
KICK	900 14.28%	23.0 16.46%
DRILL	400 6.34%	8.5 6.08%

**Workout #1677 - Friday, 29 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND				
	4:30 PM	1 on 10:00 MEET AT OVAL AND OUTLINE SESSION	EN1	L	DRY	
	4:40 PM	1 on 25:00 RUN 2 X PERIMETER	EN1	L	DRY	
	5:05 PM	1 on 25:00 STRETCHING HEAD TO TOE	REC	L	DRY	
	5:30 PM	1 on 20:00 ULTIMATE FRISBEE	EN2	L	DRY	
	5:50 PM	1 on 10:00 STRETCHORDZ OVERVIEW	EN1	L	STZ	
	6:00 PM	1 on 30:00 WALK TO CD	EN1	L	DRY	
		GENERAL PREP PHASE - AEROBIC TECHNIQUE				
		MEET DRYLAND WARMUP				
1,000	6:30 PM	1 x 1000 on 25:00 MIXED S SL PAST FLAGS (FEET)	EN1	S	CH	1:15
500	6:56 PM	5 x 100 on 2:10 K IMO + IM	EN2	K	IM	1:05
	7:08 PM	2 on 8:00 PARTNER STROKE WORK	EN1	D	STK	
		ROUND 1 - 4TH BEST STROKE, ROUND 2 - 3RD BEST STROKE				
25	7:24 PM	1 x 25 on 2:00 BR UNDER H2O NO BREATH	EN1	S	BR	4:00
	7:26 PM	1,525 Meters - Stress Value = 22				

STRETCHCORDZ (10 OF EACH)

- ABDUCTIONS
- ADDUCTIONS
- REVERSE ROTATION
- ROWS ELBOWS IN
- ROWS ELBOWS OUT
- T - Y - I
- FLY'S
- REVERSE FLY'S
- FR, BK, BR, FLY STROKE MECHANICS
- FLY FINISHES

Energy Levels	Meters	Minutes
AEROBIC BASE	1,025 67.21%	27.0 71.36%
ANAEROBIC THRESHOLD	500 32.78%	10.8 28.63%

Stroke Categories	Meters	Minutes
CHOICE	1,000 65.57%	25.0 66.07%
IM	500 32.78%	10.8 28.63%
BREASTSTROKE	25 1.63%	2.0 5.28%

Type of Work	Meters	Minutes
SWIM	1,025 67.21%	27.0 71.36%
KICK	500 32.78%	10.8 28.63%

**Workout #1678 - Saturday, 30 April 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
6:00-8:00AM @ NW						
GENERAL PREP PHASE - ANAEROBIC THRESHOLD/LACTATE TOL						
MEET DRYLAND WARMUP						
500	6:00 AM	1 x 500 on 10:00 BK/FR BY 100'S :30 REST	EN1	S	BK	1:0
500	6:11 AM	1 x 500 on 10:00 IM :30 REST	EN1	S	IM	1:0
500	6:22 AM	1 x 500 on 10:00 BEST STROKE	EN1	S	STK	1:0
IF STROKE IS FLY 25 SP FLY THEN 50 CH MOD						
400	6:33 AM	1 x 400 on 9:00 K w FINS SP FLY/CH REC BY 25'S	EN2	K	FIN	1:0
300	6:43 AM	3 x 100 on 2:10 FR K DESCEND 1-3	EN2	K	FR	1:0
1,500	6:51 AM	1x { 1 x 50 on :50 FR K	SP2	K	FR	0:5
		{ 2 x 50 on 1:10 FR K REC	EN1	K	FR	1:1
		{ 2 x 50 on :50 FR K	SP2	K	FR	0:5
		{ 4 x 50 on 1:10 FR K REC	EN1	K	FR	1:1
		{ 3 x 50 on :50 FR K	SP1	K	FR	0:5
		{ 6 x 50 on 1:10 FR K REC	EN1	K	FR	1:1
		{ 4 x 50 on :50 FR K	SP1	K	FR	0:5
		{ 1 x 400 on 10:00 CH K RECOVERY	REC	K	CH	1:1
200	7:25 AM	4 x 50 on 1:00 FLY P (NO DIVING/GLIDING)	EN2	P	FLY	1:0
200	7:30 AM	4 x 50 on :50 BK P w PADS	EN2	P	PAD	0:5
200	7:35 AM	4 x 50 on :55 BR P w PADS	EN2	P	BR	0:5
200	7:40 AM	4 x 50 on :45 FR P w PADS	EN2	P	PAD	0:4
	7:43 AM	4,500 Meters - Stress Value = 104				

TIMED DRYLAND 4:46.43

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,100 46.66%	44.0 47.91%
ANAEROBIC THRESHOLD	1,500 33.33%	29.5 32.12%
WARM-UP-RECOVERY	400 8.88%	10.0 10.88%
LACTATE TOLERANCE	350 7.77%	5.8 6.35%
PEAK LACTATE	150 3.33%	2.5 2.72%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	1,400 31.11%	28.8 31.39%
IM	500 11.11%	10.0 10.88%
STROKE	500 11.11%	10.0 10.88%
BACKSTROKE	500 11.11%	10.0 10.88%
PADDLES	400 8.88%	6.3 6.89%
CHOICE	400 8.88%	10.0 10.88%
FINS	400 8.88%	9.0 9.80%
BREASTSTROKE	200 4.44%	3.6 3.99%
BUTTERFLY	200 4.44%	4.0 4.35%

Type of Work	Meters	Minutes
=====	=====	=====
KICK	2,200 48.88%	47.8 52.08%
SWIM	1,500 33.33%	30.0 32.66%
PULL	800 17.77%	14.0 15.24%