

Workout #1330 - Monday, 02 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ CD						
COMPETITION PHASE - ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
400	5:00 AM	4 x 100 on 1:45 FR ALT BR3/BR5 BY 100'S	EN1	S	FR	0:
200	5:08 AM	1 x 200 on 4:30 IM STS + SC	EN1	D	IM	1:
600	5:14 AM	4 x 150 on 2:40 FR/BK/BR BY 50'S	EN2	S	MIX	0:
300	5:26 AM	1 x 300 on 6:45 IM STS + SC	EN1	D	IM	1:
800	5:34 AM	4 x 200 on 3:25 FR/BK/FR/BR BY 50'S	EN2	S	MIX	0:
400	5:49 AM	1 x 400 on 9:00 IM STS + SC	EN1	D	IM	1:
500	5:59 AM	20 x 25 on :50 FLY K w FINS SEE NOTES	SP2	K	FIN	1:
FIRST 25 OF EACH SUBSET OF 5 IS UNDER WATER ENTIRE 25						
1-5 WITH BOARD ON FRONT						
6-10 SL ON BK						
11-15 SL ON FRONT						
16-20 WITH BOARD ON FRONT						
600	6:17 AM	1 x 600 on 11:00 S w PADS BK/BR/FR BY 200'S	EN1	P	PAD	0:
600	6:29 AM	4x{4 x 25 on :45 SP IMO BY SET	SP2	S	IMO	1:
		{1 x 50 on 1:00 CH RECOVERY	REC	S	CH	1:
	6:45 AM	4,400 Meters - Stress Value = 150				

IF FINISH 400 FLY K SUB 6:00 THEN ONLY DO 300 BK K ARMS DOWN
 IF FINISH 400 BR K SUB 8:00 THEN CHALLENGE TO COMPLETE 450 FR SUB 7:30

- 400 FR K FOR TIME
 DAVID - 6:40.31
 MONIQUE - 7:01.22
 LEAH - 7:01.00
 SARAH - 7:44.16
 KEELY - 7:45.74
 EMILY - 7:38.16
 LUKE - 8:48.02
 GLENN - 8:48.21
 ADRIANNA - 9:36.11

Energy Levels	Meters	Minutes
AEROBIC BASE	1,900 43.18%	38.2 40.15%
ANAEROBIC THRESHOLD	1,400 31.81%	24.3 25.54%
PEAK LACTATE	900 20.45%	28.6 30.09%
WARM-UP-RECOVERY	200 4.54%	4.0 4.19%

Stroke Categories	Meters	Minutes
MIXED	1,400 31.81%	24.3 25.54%
IM	900 20.45%	20.2 21.25%
PADDLES	600 13.63%	11.0 11.54%
FINS	500 11.36%	16.6 17.49%
FREESTYLE	400 9.09%	7.0 7.34%
IM ORDER	400 9.09%	12.0 12.59%
CHOICE	200 4.54%	4.0 4.19%

Type of Work	Meters	Minutes
SWIM	2,400 54.54%	47.3 49.69%
DRILL	900 20.45%	20.2 21.25%
PULL	600 13.63%	11.0 11.54%
KICK	500 11.36%	16.6 17.49%

Workout #1331 - Monday, 02 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
400	4:30 PM	4 x 100 on 1:45 FR ALT BR3/BR5 BY 100'S	EN1	S	FR	0:
200	4:38 PM	1 x 200 on 4:30 IM STS + SC	EN1	D	IM	1:
600	4:44 PM	4 x 150 on 2:40 FR/BK/BR BY 50'S	EN2	S	MIX	0:
300	4:56 PM	1 x 300 on 6:45 IM STS + SC	EN1	D	IM	1:
800	5:04 PM	4 x 200 on 3:25 FR/BK/FR/BR BY 50'S	EN2	S	MIX	0:
400	5:19 PM	1 x 400 on 9:00 IM STS + SC	EN1	D	IM	1:
500	5:29 PM	20 x 25 on :50 FLY K w FINS SEE NOTES	SP2	K	FIN	1:
FIRST 25 OF EACH SUBSET OF 5 IS UNDER WATER ENTIRE 25						
1-5 WITH BOARD ON FRONT						
6-10 SL ON BK						
11-15 SL ON FRONT						
16-20 WITH BOARD ON FRONT						
600	5:47 PM	1 x 600 on 11:00 S w PADS BK/BR/FR BY 200'S	EN1	P	PAD	0:
600	5:59 PM	4x{ 4 x 25 on :45 SP IMO BY SET	SP2	S	IMO	1:
		{ 1 x 50 on 1:00 CH RECOVERY	REC	S	CH	1:
	6:15 PM	4,400 Meters - Stress Value = 150				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,900 43.18%	38.2 40.15%
ANAEROBIC THRESHOLD	1,400 31.81%	24.3 25.54%
PEAK LACTATE	900 20.45%	28.6 30.09%
WARM-UP-RECOVERY	200 4.54%	4.0 4.19%

Stroke Categories	Meters	Minutes
MIXED	1,400 31.81%	24.3 25.54%
IM	900 20.45%	20.2 21.25%
PADDLES	600 13.63%	11.0 11.54%
FINS	500 11.36%	16.6 17.49%
FREESTYLE	400 9.09%	7.0 7.34%
IM ORDER	400 9.09%	12.0 12.59%
CHOICE	200 4.54%	4.0 4.19%

Type of Work	Meters	Minutes
SWIM	2,400 54.54%	47.3 49.69%
DRILL	900 20.45%	20.2 21.25%
PULL	600 13.63%	11.0 11.54%
KICK	500 11.36%	16.6 17.49%

Workout #1332 - Tuesday, 03 August 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						
COMPETITION PHASE - AEROBIC/ALACTIC SKILLS						
MEET DRYLAND WARM UP						
800	5:00 AM	2x { 2 x 100 on 1:40 FR	EN1	S	FR	0:5
		{ 1 x 100 on 2:00 IM	EN1	S	IM	1:0
		{ 1 x 100 on 2:00 STROKE	EN1	S	STK	1:0
400	5:16 AM	1 x 400 on 8:00 FR K SP/REC BY 100'S	SP2	K	FR	1:0
900	5:25 AM	6x { 1 x 50 on 1:20 SCULL w FINS + PADS + PB	SP1	D	PAD	1:2
		{ 1 x 50 on :40 SP w FINS + PADS	SP1	S	FIN	0:4
		{ 1 x 50 on 1:00 CH REC	REC	S	CH	1:0
IF DOING 2 STROKES CHANGE AFTER 3 ROUNDS						
300	5:44 AM	3 x 100 on 2:30 IM STS + SC DESCEND 1-3	EN1	D	IM	1:1
400	5:53 AM	4 x 100 on 2:00 K FLY/FR BY 40'S ON 1:50/2:00	EN2	K	FLY	1:0
400	6:02 AM	8 x 50 on 1:20 STROKE K FINISH SUB :45/:50	SP2	K	STK	1:2
300	6:14 AM	1 x 300 on 7:00 MIXED RECOVERY	REC	S	MIX	1:1
PICK AN EVENT TO SWIM AS A TT						
AFTER CHOICE OF EVENT ATHLETES GOAL IS TO BEAT LC PB						
	6:21 AM	3,500 Meters - Stress Value = 160				

ATHLETE CHOICE FOR TT

NAME - EVENT - LC PB - TIME
 LEAH - 50 FR - 31.61 - 31.44
 ASHLEE - 50 FR - 30.19 - 34.08 AND 35.24
 CASEY - DNS
 BROOKE - 100 BR - 1:26.48 - 1:26.02 (SPLITS 40.36/45.66)
 NARELLE - 200 BK - 3:02.72 - 2:52.15 (SPLITS 38.84/43.31/45.95/44.95)
 DAVID - 400 FR - 5:09.06 - 5:10.53
 (SPLITS 35.38/40.17/39.68/37.96/40.07/40.27/40.00/37.00)
 ALSO COMPLETED 100 FR 1:10.55 (SPLIT 33.45)
 NATHAN - DNS
 GLENN - 50 FR - 30.82 - 31.00 AND 31.61
 LUKE - 50 FLY - 34.54 - 34.91 AND 35.18
 DYLAN - 50 FLY - 32.41? - 33.40 AND 34.66

Energy Levels	Meters	Minutes
AEROBIC BASE	1,100 31.42%	22.1 30.02%
PEAK LACTATE	800 22.85%	18.6 25.28%
LACTATE TOLERANCE	600 17.14%	12.0 16.25%
WARM-UP-RECOVERY	600 17.14%	13.0 17.60%
ANAEROBIC THRESHOLD	400 11.42%	8.0 10.83%

Stroke Categories	Meters	Minutes
FREESTYLE	800 22.85%	14.6 19.86%
STROKE	600 17.14%	14.6 19.86%
IM	500 14.28%	11.5 15.57%
BUTTERFLY	400 11.42%	8.0 10.83%
CHOICE	300 8.57%	6.0 8.12%
MIXED	300 8.57%	7.0 9.48%
PADDLES	300 8.57%	8.0 10.83%
FINS	300 8.57%	4.0 5.41%

Type of Work	Meters	Minutes
SWIM	1,700 48.57%	31.6 42.88%
KICK	1,200 34.28%	26.6 36.11%
DRILL	600 17.14%	15.5 20.99%

Workout #1333 - Tuesday, 03 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
800	4:30 PM	1 x 800 on 15:00 FR/IM BY 100'S	EN1	S	FRM	0:56
1,200	4:46 PM	3x{ 1 x 200 on 4:00 BK K	EN2	K	BK	1:00
		{ 1 x 200 on 4:00 IM K	EN2	K	IM	1:00
400	5:11 PM	4 x 100 on 2:00 BR w FLY K (FAST S/R)	SP2	D	BR	1:00
600	5:20 PM	6 x 100 on 1:55 K w FINS FINISH SUB 1:40	SP1	K	FIN	0:58
800	5:33 PM	1 x 800 on 15:00 BK/IM BY 100'S	EN1	S	IM	0:56
400	5:49 PM	1 x 400 on 7:00 FR FAST/REC BY 25'S	SP2	S	FR	0:52
200	5:57 PM	1 x 200 on 4:30 CH SC	EN1	D	CH	1:08
200	6:03 PM	1 x 200 on 4:30 4TH BEST STROKE SC + STS	EN1	D	STK	1:08
	6:07 PM	1 on 10:00 FR TURN WORK	EN1	D	FR	
	6:17 PM	4,600 Meters - Stress Value = 189				

WORKOUT DONE ATHLETE DRIVEN
 SMALL AMOUNT OF FEEDBACK TO ATHLETES AS COACHING NOT ALLOWED

Energy Levels	Meters	Minutes
AEROBIC BASE	2,000 43.47%	39.0 43.57%
ANAEROBIC THRESHOLD	1,200 26.08%	24.0 26.81%
PEAK LACTATE	800 17.39%	15.0 16.75%
LACTATE TOLERANCE	600 13.04%	11.5 12.84%

Stroke Categories	Meters	Minutes
IM	1,400 30.43%	27.0 30.16%
FR-IM	800 17.39%	15.0 16.75%
FINS	600 13.04%	11.5 12.84%
BACKSTROKE	600 13.04%	12.0 13.40%
FREESTYLE	400 8.69%	7.0 7.82%
BREASTSTROKE	400 8.69%	8.0 8.93%
CHOICE	200 4.34%	4.5 5.02%
STROKE	200 4.34%	4.5 5.02%

Type of Work	Meters	Minutes
SWIM	2,000 43.47%	37.0 41.34%
KICK	1,800 39.13%	35.5 39.66%
DRILL	800 17.39%	17.0 18.99%

Workout #1334 - Wednesday, 04 August 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						
COMPETITION PHASE - VO2 MAX/AEROBIC POWER						
MEET DRYLAND WARMUP						
400	5:00 AM	4 x 100 on 2:30 IM STS + SC DESCEND TIME 1-4	EN1	S	IM	1:15
400	5:11 AM	1 x 400 on 7:00 IM K w FINS GOAL FINISH SUB 6:00	SP1	K	FIN	0:52
FLY AND BK K DONE IN SL ON BACK						
BR IS REPLACED WITH FLY K						
500	5:19 AM	5 x 100 on 1:50 IM ON 1:40/1:50	EN2	S	IM	0:55
500	5:30 AM	5 x 100 on 2:05 STROKE SEE NOTES FOR PACE	EN2	S	STK	1:02
IF BK ON 1:35/1:45, BR OR FLY ON 1:55/2:05						
400	5:42 AM	4 x 100 on 1:45 IM ON 1:35/1:45	EN2	S	IM	0:52
400	5:50 AM	4 x 100 on 2:00 STROKE SEE NOTES FOR PACE	EN2	S	STK	1:00
IF BK ON 1:30/1:40, BR OR FLY ON 1:50/2:00						
300	5:59 AM	3 x 100 on 1:40 IM ON 1:30/1:40	EN3	S	IM	0:50
300	6:05 AM	3 x 100 on 1:55 STROKE SEE NOTES FOR PACE	EN3	S	STK	0:58
IF BK ON 1:25/1:35, BR OR FLY ON 1:45/1:55						
200	6:12 AM	2 x 100 on 1:35 IM ON 1:25/1:35	EN3	S	IM	0:48
200	6:17 AM	2 x 100 on 1:50 STROKE SEE NOTES FOR PACE	EN3	S	STK	0:55
IF BK ON 1:20/1:30, BR OR FLY ON 1:40/1:50						
400	6:22 AM	1 x 400 on 9:00 RECOVERY K w FINS	REC	K	FIN	1:08
500	6:32 AM	5 x 100 on 1:35 FR P w PADS ON 1:25/1:35	EN2	P	PAD	0:48
400	6:41 AM	2 x 200 on 2:40 FR w PADS + FINS ON 2:30/2:40	EN2	S	PAD	0:40
200	6:48 AM	4 x 50 on 1:30 FR w FINS FINISH SUB :25/:30	SP2	S	FIN	1:30
6:54 AM 5,100 Meters - Stress Value = 187						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,700 52.94%	47.8 49.10%
VO2 MAX	1,000 19.60%	17.5 18.04%
WARM-UP-RECOVERY	400 7.84%	9.0 9.23%
AEROBIC BASE	400 7.84%	10.0 10.26%
LACTATE TOLERANCE	400 7.84%	7.0 7.18%
PEAK LACTATE	200 3.92%	6.0 6.15%

Stroke Categories	Meters	Minutes
IM	1,800 35.29%	34.3 35.24%
STROKE	1,400 27.45%	27.8 28.57%
FINS	1,000 19.60%	22.0 22.58%
PADDLES	900 17.64%	13.2 13.60%

Type of Work	Meters	Minutes
SWIM	3,800 74.50%	73.5 75.44%
KICK	800 15.68%	16.0 16.42%
PULL	500 9.80%	7.9 8.12%

Workout #1335 - Thursday, 05 August 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						
COMPETITION PHASE - AEROBIC RECOVERY						
MEET DRYLAND WARMUP						
4,800	5:00 AM	2x{1 x 800 on 14:00 FR/BK BY 200'S	EN1	S	FR	0:52
		{1 x 800 on 14:00 FR/BR BY 200'S	EN2	S	IM	0:52
		{1 x 800 on 15:00 FR/FLY BY 100'S	EN2	S	IM	0:56
	6:26 AM	4,800 Meters - Stress Value = 88				

FOLLOWING FIRST ROUND OF SET BRIEF MEETING WITH ATHLETES

- MON - 5-7AM, 4:30-6:30PM
- TUES - 5-7AM, 4:30-6:30PM
- WED - 5-7AM, OFF
- THURS - 5-7AM, 5:30-8PM (DRYLAND 5:30-7 SWIM 7-8)
- FRI - 5-7AM, 4:30-7:30PM (DRYLAND 4:30-6 6-6:30 TRAVEL 6:30-7:30 SWIM)
- SAT - 6-8AM

TOTAL 8 SWIMS - 16 HOURS
 DRY/SWIM COMBO 2 - 3 HOURS DRYLAND 2 HOURS SWIM
 GRAND TOTAL OFFERED 18 HOURS SWIM 3 HOURS DRYLAND (21)

MUST DO 6 SWIM MINIMUM
 RECOVERY/REST BUILT INTO SESSIONS
 WEEK PREPARED AS A WHOLE IF REMOVE ONE PIECE LESS PREPARED
 FOLLOWING 2 DAY MEETS MONDAY ONE SESSION OFF
 PREFERRED MONDAY AM BUT ATHLETES REQUIRED TO COMPLETE FULL WARM DOWN FOLLOWING FINAL RACE
 IF DO NOT COMPLETE FULL WARM DOWN FOLLOWING MEET THEN MUST SWIM MONDAY AM AND HAVE MONDAY PM OFF

NEVER TAKE THE LAST SESSION PRIOR TO A MEET OFF

DURING TRAINING
 DO ALL TURNS
 NEVER TOUCH THE BOTTOM
 NEVER STOP FOR OTHERS
 DO NOT CHANGE STROKE FOR OTHERS PASSING
 KNOW WHAT SPEED YOU ARE GOING
 KNOW WHAT SPEED IS REQUIRED
 SIMPLE TECHNIQUE CONSIDERATION AT ALL TIMES

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 66.66%	58.0 67.44%
AEROBIC BASE	1,600 33.33%	28.0 32.55%

Stroke Categories	Meters	Minutes
IM	3,200 66.66%	58.0 67.44%
FREESTYLE	1,600 33.33%	28.0 32.55%

Type of Work	Meters	Minutes
SWIM	4,800 100.00%	86.0 100.00%

Workout #1336 - Thursday, 05 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:30-8:00PM @ NW						
DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM						
COMPETITION PHASE - DRYLAND POWER/SWIM RECOVERY						
5:30	PM 1	on 12:00 WARMUP RUN	EN1	L	DRY	
5:42	PM 1	on 45:00 SOCCER GAME EXPLOSIVE	EN2	L	DRY	
6:27	PM 1	on 10:00 RECOVERY WALK TO POOL	REC	L	DRY	
6:37	PM 1	on 23:00 STRETCHING (PRIMARILY LEGS)	REC	L	DRY	
MEET DRYLAND WARMUP						
400	7:00	PM 1 x 400 on 7:00 FR w FINS	EN1	S	FR	0:52
6 FLY K EVERY WALL SC LONG AND EZ						
600	7:08	PM 1 x 600 on 14:00 K FLY/BK/BR BY 200'S	EN1	S	IM	1:10
300	7:23	PM 12 x 25 on :50 IM SC GAME	EN1	D	IM	1:40
SC GAME - SWIM 25 AND HIT GOAL SC OF 8-12-8-12						
MUST HIT EXACT SC WITHOUT GLIDING OR CHANGING STROKE						
WHEN COMPLETE ONE STROKE WITH CORRECT SC THEN						
MOVE ON TO NEXT STROKE						
REPEAT 25 SC FOR EACH STROKE UNTIL GOAL SC ACHIEVED						
MAXIMUM 6 FLY K OFF WALLS						
120	7:34	PM 8 x 15 on 2:00 DIVE AND GLIDE GAME	SP1	D	MIX	6:40
ATHLETES START FROM BLOCKS						
DIVING INTO WATER AND MAINTAINING SL GLIDING AS FAR AS						
POSSIBLE WITH THE AIM AT REACHING 15M						
WHAT ADJUSTMENTS DO YOU NEED TO MAKE TO GET THE MOST						
OUT OF YOUR STARTS						
25	7:51	PM 1 x 25 on 1:00 FAS SL FLY K NO BREATH	SP2	K	FLY	2:00
ATHLETES COUNT NUMBER OF KICKS TO COMPLETE 25						
500	7:53	PM 20 x 25 on :25 CH	EN1	S	CH	0:50
THE NUMBER OF REPEATS = THE NUMBER OF KICKS FROM 25						
8:01 PM 1,945 Meters - Stress Value = 33						

Energy Levels	Meters	Minutes
AEROBIC BASE	1,800 92.54%	39.3 69.82%
LACTATE TOLERANCE	120 6.16%	16.0 28.40%
PEAK LACTATE	25 1.28%	1.0 1.77%

Stroke Categories	Meters	Minutes
IM	900 46.27%	24.0 42.60%
CHOICE	500 25.70%	8.3 14.79%
FREESTYLE	400 20.56%	7.0 12.42%
MIXED	120 6.16%	16.0 28.40%
BUTTERFLY	25 1.28%	1.0 1.77%

Type of Work	Meters	Minutes
SWIM	1,500 77.12%	29.3 52.07%
DRILL	420 21.59%	26.0 46.15%
KICK	25 1.28%	1.0 1.77%

Workout #1338 - Friday, 06 August 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						
COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200						
400	5:00 AM	1 x 400 on 7:00 CH S	EN1	S	CH	0:52
400	5:08 AM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	5:17 AM	1 x 400 on 7:30 CH DR/S BY 25'S	EN1	D	CH	0:56
400	5:26 AM	8 x 50 on :55 STROKE INCREASE HR/PACE	EN2	S	STK	0:55
FR ON :45, BK ON :50, BR ON :55, FLY ON :50						
OPTIONAL FOR FLY TO DO FLY/CH BY 25'S						
DEPENDANT ON DISTANCE COMPLETE ONE OF THE FOLLOWING						
OPTION 1 - 100 STROKE PACE WORK						
200	5:35 AM	2x{ 1 x 50 on 1:00 STROKE TECH	EN1	S	STK	1:00
		{ 1 x 50 on :45 STROKE @ GOAL PACE OF 2ND 50	SP2	S	STK	0:45
TO A RACE FINISH						
OPTION 2 - 200 STROKE PACE WORK						
200	5:40 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST	SP2	S	STK	1:00
TO THE FEET (TURN)						
OPTION 3 - 1500 FR PACE WORK						
500	5:45 AM	5 x 100 on 1:45 FR @ 1500 FR GOAL PACE	EN2	S	FR	0:52
TO THE FEET (:10 REST AFTER EACH 100)						
200	5:55 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	6:00 AM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	6:05 AM	1 x 200 on 3:45 CH S REC	REC	S	CH	0:56
FOLLOWING MEET WARMUP ATHELTES WILL DESIGNATE						
THE STROKE, DISTANCE, GOAL TIME, AND GOAL PACE						
THAT THEY WILL BE ACHIEVING AT THE SC STATE CHAMPS						
IF 100/200 STROKE THEN COMPELTE THE FOLLOWING						
600	6:10 AM	12 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
IF 100 HIT GOAL PACE FOR 2ND 50 OF 100 GOAL						
IF 200 HIT AVERAGE PACE FOR 50'S						
IF 1500 FR PACE WORK THEN COMPLETE THE FOLLOWING						
500	6:29 AM	5 x 100 on 1:40 FR @ GOAL PACE :10 REST	EN2	S	FR	0:50
200	6:39 AM	1 x 200 on 4:30 CH K RECOVERY	REC	K	CH	1:08
600	6:45 AM	3 x 200 on 3:00 FR @ GOAL PACE	EN2	S	FR	0:45
200	6:55 AM	1 x 200 on 4:30 CH K REC	REC	K	CH	1:08
500	7:01 AM	5 x 100 on 1:40 FR @ PACE :10 REST	EN2	S	FR	0:50
ALL ATHLETES COMPLETE THE FOLLOWING						
100	7:11 AM	1 x 100 on 2:30 CH K REC	REC	S	CH	1:15
SWIMMERS COMPLETE THE SESSION WITH 100/200 BROKEN						
FROM A START :10 REST AFTER EACH 50						
	7:13 AM	1 on 10:00 RELAY TAKEOVERS	SP3	D	MIX	
	7:23 AM	5,800 Meters - Stress Value = 178				

21 DAYS REMAINING UNTIL VIC SC CHAMPS

NAME - DISTANCE/STROKE - GOAL TIME - PACE
 BROKEN 100/200 SPLITS - TOTAL

NARELLE - 100 FLY - 1:16.00 - 39.00
 1:17.28 - 34.92, 42.36

EMILY - 200 FR - 2:30.00 - 37.50
 2:45.20 - 36.48, 43.15, 43.67, 44.00

LEAH - 100 BR - 1:25.00 - 43.50
 1:30.24 - 43.84, 46.40
 FLY - 1:22.25 - 37.21, 45.04

DAVID - 100 BR - 1:36.00 - 49.00
 1:39.30 - 48.41, 50.99

SARAH - 100 BR - 1:28.00 - 45.00

1:29.34 - 43.43, 45.91

NATHAN - 100 BR - 1:35.00 - 48.50
 1:34.58 - 45.67, 48.91

ASHLEE - 200 BK - 2:40.00 - 40.00
 2:53.18 - 42.31, 44.84, 43.44, 42.59

KEELY - 200 BK - 2:55.00 - 42.50
 3:08.97 - 44.99, 47.82, 49.10, 47.03

BROOKE - 200 IM - 2:33.00 - 34.00, 36.00, 46.00, 37.00
 2:43.87 - 35.38, 42.65, 47.05, 38.69

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 53.44%	53.7 47.56%
AEROBIC BASE	1,100 18.96%	20.5 18.14%
PEAK LACTATE	900 15.51%	23.5 20.79%
WARM-UP-RECOVERY	700 12.06%	15.2 13.49%

Stroke Categories	Meters	Minutes
CHOICE	2,300 39.65%	45.7 40.48%
FREESTYLE	2,100 36.20%	34.4 30.45%
STROKE	1,400 24.13%	32.8 29.05%

Type of Work	Meters	Minutes
SWIM	4,400 75.86%	84.5 74.77%
KICK	1,000 17.24%	21.0 18.58%
DRILL	400 6.89%	7.5 6.63%

Workout #1341 - Friday, 06 August 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 35:00 WALK TO POOL	EN1	L	DRY	
600	6:35 PM	1 x 600 on 13:00 MIXED SWIM	EN1	S	MIX	1:05
ATHLETES MUST COMPLETE AT LEAST 100M OF EACH STROKE						
300	6:49 PM	12 x 25 on 1:30 STROKE S/R WORK	EN2	S	STK	3:00
100	7:08 PM	2 x 50 on 2:00 STROKE S/R WORK	EN2	S	STK	2:00
	7:12 PM	1,000 Meters - Stress Value = 16				

ATHLETES WORKING ON S/R TO ACHIEVE GOAL TIME

- BROOKE - BK ~ 46
- NATHAN - FLY ~ 42
- ASHLEE - BK ~ 41
- CASEY - FR - 48

Energy Levels	Meters	Minutes
=====		
AEROBIC BASE	600 60.00%	13.0 37.14%
ANAEROBIC THRESHOLD	400 40.00%	22.0 62.85%

Stroke Categories	Meters	Minutes
=====		
MIXED	600 60.00%	13.0 37.14%
STROKE	400 40.00%	22.0 62.85%

Type of Work	Meters	Minutes
=====		
SWIM	1,000 100.00%	35.0 100.00%

Workout #1342 - Saturday, 07 August 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				
		COMPETITION PHASE - ANEROBIC THRESHOLD/VO2 MAX				
		MEET DRYLAND WARMUP				
600	6:00 AM	3x{3 x 50 on :55 FR	EN2	S	FR	0:5
		{1 x 50 on :55 IMO	EN2	S	IM	0:5
		EEFAS - EVENT FROM A START				
		THIS IS A TIMED EVENT				
		THIS IS A RACE				
		STARTING WITH 1500 FR AND FINISHING WITH 400 FR				
		SWIMMERS ARE TO COMPLETE EACH 'EVENT' FROM A CORRECT				
		START WITH NO REST BETWEEN				
1,500	6:12 AM	1 x 1500 on 23:00 FR FAS SP	EN3	S	FR	0:4
200	6:36 AM	4 x 50 on :50 IMO FAS SP	EN3	S	IMO	0:5
100	6:41 AM	1 x 100 on 1:40 IM FAS SP	EN3	S	IM	0:5
800	6:44 AM	1 x 800 on 13:00 FR FAS SP	EN2	S	FR	0:4
400	6:58 AM	4 x 100 on 1:45 IMO FAS SP	EN3	S	IMO	0:5
200	7:06 AM	1 x 200 on 3:30 IM FAS SP	EN2	S	IM	0:5
800	7:11 AM	4 x 200 on 3:30 IMO FAS SP	EN3	S	IMO	0:5
400	7:26 AM	1 x 400 on 7:00 IM FAS SP	EN2	S	IM	0:5
400	7:34 AM	1 x 400 on 6:00 FR FAS SP	EN3	S	FR	0:4
	7:40 AM	5,400 Meters - Stress Value = 268				

TIMES FOR EEFAS

CASEY 1:22:56.12
 ASHLEE 1:29:47.47
 BROOKE 1:14:12.73
 ADRIANNA DNF
 NATHAN 1:25:14.72
 MONIQUE 1:27:36.84
 GLENN DNF
 LUKE 1:24:27.28
 SARAH 1:32:16.62
 EMILY 1:18:32.49

Energy Levels	Meters	Minutes
=====	=====	=====
VO2 MAX	3,400 62.96%	55.0 61.45%
ANAEROBIC THRESHOLD	2,000 37.03%	34.5 38.54%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	3,150 58.33%	50.2 56.14%
IM ORDER	1,400 25.92%	24.3 27.18%
IM	850 15.74%	14.9 16.66%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	5,400 100.00%	89.5 100.00%

Workout #1343 - Monday, 09 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
		5:00-7:00AM @ CD			
		COMPETITION PHASE- ANEROBIC THRESHOLD/LACTATE TOLERANCE			
		MEET DRYLAND WARMUP			
1,800	5:00 AM	2x{ 1 x 150 on 2:30 100 FR 50 FLY	EN2	S	FRM
		{ 1 x 150 on 2:30 100 FR 25 FLY 25 BK	EN2	S	FRM
		{ 1 x 150 on 2:30 100 FR 50 BK	EN2	S	FRM
		{ 1 x 150 on 2:30 100 FR 25 BK 25 BR	EN2	S	FRM
		{ 1 x 150 on 2:30 100 FR 50 BR	EN2	S	FRM
		{ 1 x 150 on 2:30 100 FR 25 BR 25 FR	EN2	S	FRM
		ROUND 2 FOR THOSE THAT MADE THE PACE NEW PACE IS 2:20			
400	5:31 AM	4 x 100 on 1:40 K w FINS	SP2	K	FIN
		1 - FLY K ON BOARD, 2 - BK K SL,			
		3 - FLY K ON BK SL, 4 - FR K ON BOARD			
1,200	5:39 AM	2x{ 6 x 50 on :45 SP S w FINS	SP1	S	FIN
		{ 6 x 50 on :40 SP S w FINS	SP1	S	FIN
		COMPLETE 6 X 50 FOR EACH STROKE IN IM ORDER			
600	5:57 AM	6 x 100 on 2:00 STROKE K ON 1:50/2:30	EN1	K	STK
800	6:10 AM	4 x 200 on 4:15 STROKE SEE NOTE FOR PACE TIME	EN2	S	STK
		FR/BK PACE = PB + :30, BR/FLY PACE = PB +:40			
300	6:28 AM	6 x 50 on :50 FR	EN1	S	FR
200	6:34 AM	4 x 50 on :45 FR w PADS	EN2	S	FR
	6:37 AM	5,300 Meters - Stress Value = 224			

MADE THE PACE 1ST TIME ROUND OF WARMUP SET
 BROOKE, LEAH, ASHLEE, NARELLE, EMMA, GLENN, CASEY, LUKE

MISSED THE PACE 1ST TIME ROUND OF WARMUP SET
 DAVID, KEELY, ADRIANNA, MONIQUE, SARAH, EMILY

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 52.83%	50.0 55.14%
LACTATE TOLERANCE	1,200 22.64%	17.0 18.75%
AEROBIC BASE	900 16.98%	17.0 18.75%
PEAK LACTATE	400 7.54%	6.6 7.35%

Stroke Categories	Meters	Minutes
FR-IM	1,800 33.96%	30.0 33.08%
FINS	1,600 30.18%	23.6 26.10%
STROKE	1,400 26.41%	29.0 31.98%
FREESTYLE	500 9.43%	8.0 8.82%

Type of Work	Meters	Minutes
SWIM	4,300 81.13%	72.0 79.41%
KICK	1,000 18.86%	18.6 20.58%

Workout #1344 - Monday, 09 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
800	4:30 PM	1 x 800 on 14:00 FR/IM BY 200'S	EN1	S	FRM	0:52
600	4:45 PM	12 x 50 on :55 IMO (3'S) SC/FAST BY 25'S	EN2	S	IMO	0:55
800	4:57 PM	16 x 50 on 1:00 IMO K (4'S) SP/MOD BY 25'S	EN2	K	IMO	1:00
800	5:14 PM	1 x 800 on 14:00 FR/STROKE BY 200'S	EN1	S	STK	0:52
1,000	5:29 PM	20 x 50 on :55 IMO (5'S) SP/REC BY 25'S	EN2	S	IMO	0:55
400	5:49 PM	4 x 100 on 1:50 STROKE P FAST :10 REST	EN2	P	STK	0:55
300	5:58 PM	3 x 100 on 2:00 STROKE K FAST :15 REST	SP1	K	STK	1:00
200	6:05 PM	2 x 100 on 1:40 STROKE S FAST :20 REST	SP2	S	STK	0:50
6:09 PM 4,900 Meters - Stress Value = 128						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 57.14%	52.6 58.51%
AEROBIC BASE	1,600 32.65%	28.0 31.11%
LACTATE TOLERANCE	300 6.12%	6.0 6.66%
PEAK LACTATE	200 4.08%	3.3 3.70%

Stroke Categories	Meters	Minutes
IM ORDER	2,400 48.97%	45.3 50.37%
STROKE	1,700 34.69%	30.6 34.07%
FR-IM	800 16.32%	14.0 15.55%

Type of Work	Meters	Minutes
SWIM	3,400 69.38%	60.6 67.40%
KICK	1,100 22.44%	22.0 24.44%
PULL	400 8.16%	7.3 8.14%

Workout #1345 - Tuesday, 10 August 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						
COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARM UP						
400	5:00 AM	1 x 400 on 7:00 FR/BK BY 50'S :20 REST	EN1	S	FRM	0:
400	5:08 AM	1 x 400 on 7:30 FR/BR BY 50'S :20 REST	EN1	S	FRM	0:
400	5:17 AM	1 x 400 on 8:00 STROKE TECH :20 REST	EN1	D	STK	1:
1,000	5:26 AM	2x{ 5 x 50 on :50 K w FINS	EN2	K	FIN	0:
		{ 5 x 50 on :45 S w FINS	EN2	S	FIN	0:
600	5:43 AM	12x{ 1 x 25 on :25 FAS SP TO THE FEET FOR TIME	SP2	S	STK	0:
		{ 1 x 25 on 1:35 CH RECOVERY	REC	S	CH	3:
MINIMUM 6 REPEATS CONSECUTIVELY OF SAME STROKE						
600	6:08 AM	3 x 200 on 4:00 CH K	EN2	K	CH	1:
600	6:21 AM	3 x 200 on 4:00 CH S NEGATIVE SPLIT	EN2	S	CH	1:
	6:33 AM	4,000 Meters - Stress Value = 93				

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	2,200 55.00%	39.8 46.13%
AEROBIC BASE	1,200 30.00%	22.5 26.06%
PEAK LACTATE	300 7.50%	5.0 5.79%
WARM-UP-RECOVERY	300 7.50%	19.0 22.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
CHOICE	1,500 37.50%	43.0 49.80%
FINS	1,000 25.00%	15.8 18.33%
FR-IM	800 20.00%	14.5 16.79%
STROKE	700 17.50%	13.0 15.05%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,500 62.50%	58.0 67.18%
KICK	1,100 27.50%	20.3 23.55%
DRILL	400 10.00%	8.0 9.26%

Workout #1346 - Tuesday, 10 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
800	4:30 PM	1 x 800 on 14:00 FR/IM/BK/IM BY 100'S	EN1	S	IM	0:52
1,200	4:45 PM	3 x 400 on 6:30 FR	EN2	S	FR	0:49
400	5:06 PM	4 x 100 on 2:00 K 25 FLY 75 FR	EN2	K	FR	1:00
900	5:15 PM	3 x 300 on 4:45 FR	EN2	S	FR	0:48
400	5:31 PM	4 x 100 on 1:40 P 25 FLY 75 FR	EN2	P	FR	0:50
600	5:39 PM	3 x 200 on 3:00 FR	EN2	S	FR	0:45
400	5:49 PM	4 x 100 on 1:45 P w PADS FR/BK BY 50'S	EN2	P	PAD	0:52
300	5:57 PM	3 x 100 on 1:25 FR	EN2	S	FR	0:42
6:02 PM 5,000 Meters - Stress Value = 102						

WORKOUT DONE ATHLETE DRIVEN
 SMALL AMOUNT OF FEEDBACK TO ATHLETES AS COACHING NOT ALLOWED

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,200 84.00%	68.6 83.06%
AEROBIC BASE	800 16.00%	14.0 16.93%

Stroke Categories	Meters	Minutes
FREESTYLE	3,800 76.00%	61.6 74.59%
IM	800 16.00%	14.0 16.93%
PADDLES	400 8.00%	7.0 8.46%

Type of Work	Meters	Minutes
SWIM	3,800 76.00%	61.0 73.79%
PULL	800 16.00%	13.6 16.53%
KICK	400 8.00%	8.0 9.67%

Workout #1347 - Wednesday, 11 August 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 COMPETITION PHASE - SCULL/LACTATE TOLERANCE 400 K MEET DRYLAND WARMUP SAT AM PRACTICE FOR 14&O AND THOSE NOT AT MEET MEET WARMUP NUNA SAT 7:15AM FOR 13&U MEET WARMUP NUNA SAT 12:00PM FOR 14&O MEET WARMUP ELTHAM SUN 7:15AM						
1,600	5:00 AM	4x{1 x 100 on 2:30 SCULL w PB :10 REST	EN1	D	IM	1:15
		{1 x 100 on 2:00 P :10 REST	EN1	P	IM	1:00
		{1 x 200 on 4:10 K :10 REST	EN1	K	IM	1:02
		SET 1 - FLY - XMAS SCULL				
		SET 2 - BK - FINISHES				
		SET 3 - FR - FINISHES				
		SET 4 - BR - SA SCULL w PADS				
2,400	5:36 AM	2x{6 x 50 on 1:20 SP K GOAL FINISH SUB :45/:50	SP2	K	STK	1:20
		{1 x 100 on 3:00 CH REC	REC	S	CH	1:30
		{1 x 400 on 8:00 STROKE K FOR TIME	SP1	K	STK	1:00
		{1 x 400 on 9:00 CH REC	REC	S	CH	1:08
	6:32 AM	4,000 Meters - Stress Value = 153				

400 K FOR TIME

NAME	STROKE	PB	TIME	STROKE2	PB	TIME
NATHAN	FLY	NT	7:18.56	FR	7:21.20	7:17.06
DAVID	FLY	NT	8:05.02	FR	6:40.31	6:44.74
ASHLEE	BK		8:18.95	FR	7:48.50	7:14.19
NARELLE	FR	NT	7:18.03	BR	NT	7:07.84
CASEY	BK		6:56.20	FR	7:54.90	6:58.12
BROOKE	BK		6:52.92	FR	6:34.31	6:24.30
EMILY	BK		7:02.12	FLY	6:59.19	7:37.79
LEAH	BK		7:30.86	FR	7:01.00	7:02.93
KEELY	FLY		7:57.32	FR	7:45.74	7:48.88
LUKE	FLY	NT	8:07.55	FR	8:48.02	7:37.97
GLENN	BK	NT	8:09.00	FR	8:48.21	8:34.76

Energy Levels	Meters	Minutes
AEROBIC BASE	1,600 40.00%	34.6 38.23%
WARM-UP-RECOVERY	1,000 25.00%	24.0 26.47%
LACTATE TOLERANCE	800 20.00%	16.0 17.64%
PEAK LACTATE	600 15.00%	16.0 17.64%

Stroke Categories	Meters	Minutes
IM	1,600 40.00%	34.6 38.23%
STROKE	1,400 35.00%	32.0 35.29%
CHOICE	1,000 25.00%	24.0 26.47%

Type of Work	Meters	Minutes
KICK	2,200 55.00%	48.6 53.67%
SWIM	1,000 25.00%	24.0 26.47%
PULL	400 10.00%	8.0 8.82%
DRILL	400 10.00%	10.0 11.02%

Workout #1348 - Thursday, 12 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
COMPETITION PHASE - AEROBIC/PEAK LACTATE+TOLERANCE					
MEET DRYLAND WARMUP					
600	5:00 AM	6 x 100 on 1:40 FR/BK BY 50'S ON 1:30/1:40	EN1	S	FR
600	5:11 AM	3 x 200 on 3:45 IM SEE NOTES ON 3:30/3:45	EN2	S	IM
1 - SC MAINTAIN SC FROM 1ST 25 ON 2ND 25 OF SAME STROKE					
2 - NEGATIVE SPLIT EACH 50					
3 - SP/REC BY 25'S					
1,600	5:24 AM	4x{ 2 x 25 on :35 STROKE SPRINT :15 REST	SP2	S	IMO
		{ 1 x 100 on 2:00 STROKE K	EN1	K	IMO
		{ 1 x 100 on 2:00 STROKE P	EN1	P	IMO
		{ 2 x 25 on :35 STROKE SP :15 REST	SP2	S	IMO
		{ 1 x 100 on 2:00 CH RECOVERY	REC	S	CH
300	5:59 AM	3 x 100 on 1:55 STROKE K	EN2	K	STK
300	6:06 AM	6 x 50 on 1:00 STROKE PREP AND TECH	EN2	S	STK
THE NEXT SET IS A BROKEN 200					
2,000	6:13 AM	2x{ 50 FAS :15 REST 50 FAS :20 REST 75 FAP :10 REST 25 FAP	SP2	S	STK
		{ 1 x 50 on :55 STROKE FAS SP :15 REST	SP1	S	STK
		{ 1 x 50 on 1:00 STROKE FAS SP :20 REST	SP1	S	STK
		{ 1 x 75 on 1:15 STROKE FAP SP	SP1	S	STK
		{ 1 x 25 on :30 STROKE FAP SP	SP1	S	STK
		{ 16 x 50 on :55 CH RECOVERY	EN1	S	CH
	6:50 AM	5,400 Meters - Stress Value = 141			

BROKEN 200

NAME	STROKE	PB	50 FAS	50 FAS	75 FAP	25 FAP	TOTAL
EMMA	FR	2:33.86	34.46	37.02	59.10	17.89	2:28.47
EMMA	FR	2:33.86	34.84	36.74	58.58	17.41	2:27.57
DAVID	FR	2:31.07	34.13	36.37	54.53	15.97	2:20.90
DAVID	FR	2:31.07	32.73	34.59	57.36	16.28	2:16.06
LEAH	FR	2:22.86	33.80	36.97	55.47	16.57	2:22.81
LEAH	FR	2:22.86	32.36	34.95	53.76	16.95	2:18.03
LUKE	FR	2:32.82	33.33	38.75	56.81	17.27	2:26.16
LUKE	FR	2:32.82	33.53	37.55	1:01.25	15.95	2:28.28
CASEY	FR	2:28.88	34.74	38.51	58.76	17.99	2:30.00
BROOKE	BK	2:28.88	36.90	40.65	1:01.56	19.25	2:38.36
NARELLE	BR	3:02.30	40.54	43.68	1:06.43	20.89	2:51.54
NARELLE	BR	3:02.30	44.95	46.55	1:15.15	22.94	2:59.59

Energy Levels	Meters	Minutes
AEROBIC BASE	3,000 55.55%	55.3 53.72%
ANAEROBIC THRESHOLD	1,200 22.22%	23.0 22.33%
PEAK LACTATE	500 9.25%	11.1 10.84%
WARM-UP-RECOVERY	400 7.40%	8.0 7.76%
LACTATE TOLERANCE	300 5.55%	5.5 5.33%

Stroke Categories	Meters	Minutes
CHOICE	2,000 37.03%	37.3 36.24%
IM ORDER	1,200 22.22%	25.3 24.59%
STROKE	1,000 18.51%	19.0 18.52%
FREESTYLE	600 11.11%	10.0 9.70%
IM	600 11.11%	11.2 10.92%

Type of Work	Meters	Minutes
SWIM	4,300 79.62%	81.2 78.88%
KICK	700 12.96%	13.7 13.34%
PULL	400 7.40%	8.0 7.76%

Workout #1349 - Thursday, 12 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:30-8:00PM @ NW						
DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM						
COMPETITION PHASE - DRYLAND POWER/SWIM RECOVERY						
	5:30 PM	1 on 20:00 WARMUP FRISBEE	EN1	L	DRY	
	5:50 PM	1 on 30:00 STRETCH CORDZ INSTRUCTION	EN1	L	STZ	
	6:20 PM	1 on 10:00 WALK TO POOL AND SETUP	REC	L	DRY	
	6:30 PM	2x { 1 on :30 FLY PULL STRETCH CORDZ	EN2	L	STZ	
		{ 1 on :15 REST	REC	L	DRY	
		{ 1 on 1:00 FLY PULL STRETCH CORDZ	EN2	L	STZ	
		{ 1 on :15 REST	REC	L	DRY	
		{ 1 on 1:00 50 FLY FINISHES STRETCH CORDZ	SP1	L	STZ	
	6:37 PM	1 on 15:00 STRETCHING	REC	L	DRY	
	6:52 PM	1 on 10:00 MEET DRYLAND WARMUP	EN1	L	DRY	
600	7:02 PM	1 x 600 on 13:00 MUST INCLUDE 3 X 100 IM	EN1	S	IM	1:
400	7:16 PM	8 x 50 on 1:05 K w FINS FLY/FR BY 25'S	EN1	K	FIN	1:
ARMS DOWN AND 'WIGGLE' - SAMANTHA UNDER WATER KICKING						
150	7:26 PM	6 x 25 on :55 STROKE TECH	EN1	D	STK	1:
200	7:33 PM	1 x 200 on 5:00 STROKE K	EN1	K	STK	1:
150	7:39 PM	6 x 25 on :50 STROKE TECH	EN1	D	STK	1:
200	7:45 PM	1 x 200 on 5:00 4TH BEST STROKE SC	EN1	S	STK	1:
600	7:51 PM	12 x 50 on :55 RECOVERY FR/BK/BR BY 50'S	REC	S	IM	0:
	8:02 PM	2,300 Meters - Stress Value = 19				

STRETCH CORDS INTRODUCTION

ABDUCTORS

ADDUCTORS

REVERSE ROTATIONS

ROWS

REVERSE FLYS

T Y I

BACK DRYER

YOYO

REVERSE YOYO

STROKE PULLING - FLY, BK, BR, FR

(KEY TO PULLING HAND TO LEVEL OF STATIONARY ELBOW THEN PRESS)

(BK FEEL THE STRETCH)

(RECOVERY MUST BE CONTROLLED AT ALL TIMES)

FINISHES

CIRCUIT FOR STRETCH CORDZ

:30/1:00/1:30/2:00/1:30/1:00/:30 WITH :15 REST BETWEEN (10 MINS)

STROKE TECH FOCUS POINTS

BROOKE - FLY - RHYTHM AND HOLDING WATER FINISHING STROKE

LUKE - FLY - NO HESITATION/GLIDE AFTER ENTRY 'HOLD AND PULL'

HANDS PULL FIRST THEN HEAD MOVES

MONIQUE - FR - MAINTAIN RIGHT HAND POSITION FINGERS DOWN

WHEN BREATHING TO LEFT ARM MUST PULL NOT PAUSE

Energy Levels	Meters	Minutes
AEROBIC BASE	1,700 73.91%	42.1 79.31%
WARM-UP-RECOVERY	600 26.08%	11.0 20.68%

Stroke Categories	Meters	Minutes
IM	1,200 52.17%	24.0 45.14%
STROKE	700 30.43%	20.5 38.55%
FINS	400 17.39%	8.6 16.30%

Type of Work Meters Minutes

```
=====
SWIM      1,400 60.86% 29.0 54.54%
KICK      600 26.08% 13.6 25.70%
DRILL     300 13.04% 10.5 19.74%
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Workout #1350 - Friday, 13 August 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						
COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200						
400	5:00 AM	1 x 400 on 7:00 CH S	EN1	S	CH	0:52
400	5:08 AM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	5:17 AM	1 x 400 on 7:30 CH DR/S BY 25'S	EN1	D	CH	0:56
400	5:26 AM	8 x 50 on :55 STROKE INCREASE HR/PACE	EN2	S	STK	0:55
FR ON :45, BK ON :50, BR ON :55, FLY ON :50						
OPTIONAL FOR FLY TO DO FLY/CH BY 25'S						
DEPENDANT ON DISTANCE COMPLETE ONE OF THE FOLLOWING						
OPTION 1 - 100 STROKE PACE WORK						
200	5:35 AM	2x{ 1 x 50 on 1:00 STROKE TECH	EN1	S	STK	1:00
		{ 1 x 50 on :45 STROKE @ GOAL PACE OF 2ND 50	SP2	S	STK	0:45
TO A RACE FINISH						
OPTION 2 - 200 STROKE PACE WORK						
200	5:40 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST	SP2	S	STK	1:00
TO THE FEET (TURN)						
OPTION 3 - 1500 FR PACE WORK						
500	5:45 AM	5 x 100 on 1:45 FR @ 1500 FR GOAL PACE	EN2	S	FR	0:52
TO THE FEET (:10 REST AFTER EACH 100)						
200	5:55 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	6:00 AM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	6:05 AM	1 x 200 on 3:45 CH S REC	REC	S	CH	0:56
FOLLOWING MEET WARMUP ATHELTES WILL DESIGNATE						
THE STROKE, DISTANCE, GOAL TIME, AND GOAL PACE						
THAT THEY WILL BE ACHIEVING AT THE SC STATE CHAMPS						
IF 100/200 STROKE THEN COMPELTE THE FOLLOWING						
600	6:10 AM	12 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
IF 100 HIT GOAL PACE FOR 2ND 50 OF 100 GOAL						
IF 200 HIT AVERAGE PACE FOR 50'S						
IF 1500 FR PACE WORK THEN COMPLETE THE FOLLOWING						
500	6:29 AM	5 x 100 on 1:40 FR @ GOAL PACE :10 REST	EN2	S	FR	0:50
200	6:39 AM	1 x 200 on 4:30 CH K RECOVERY	REC	K	CH	1:08
600	6:45 AM	3 x 200 on 3:00 FR @ GOAL PACE	EN2	S	FR	0:45
200	6:55 AM	1 x 200 on 4:30 CH K REC	REC	K	CH	1:08
500	7:01 AM	5 x 100 on 1:40 FR @ PACE :10 REST	EN2	S	FR	0:50
ALL ATHLETES COMPLETE THE FOLLOWING						
100	7:11 AM	1 x 100 on 2:30 CH K REC	REC	S	CH	1:15
SWIMMERS COMPLETE THE SESSION WITH 100/200 BROKEN						
FROM A START :10 REST AFTER EACH 50						
200	7:15 AM	1 x 200 on 5:00 CH K RECOVERY	REC	K	CH	1:15
	7:20 AM	6,000 Meters - Stress Value = 178				

14 DAYS REMAINING UNTIL VIC SC CHAMPS

NAME - DISTANCE/STROKE - GOAL TIME - PACE
 BROKEN 100/200 SPLITS - TOTAL

DAVID - 100 BR - 1:36.00 - 49.00
 48.13, 50.53 - 1:38.65

NATHAN - 100 BR - 1:34.50 - 48.25
 44.29, 46.51 - 1:30.80

BROOKE - 200 FR - 2:20.00 - 35.00
 33.04, 37.13, 38.01, 37.26 - 2:25.44

SARAH - 100 BR - 1:28.00 - 45.00
 44.09, 47.64 - 1:31.73

NARELLE - 200 BR - 2:50.00 - 42.50
 42.36, 44.98, 45.62, 45.27 - 2:58.43

ASHLEE - 100 FR - 1:04.00 - 32.75
 36.20, 40.48 - 1:16.68

LEAH - 200 FLY - 2:55.00 - 43.75
 38.66, 44.59, 46.22, 43.56 - 2:52.99

LUKE - 100 IM - 1:12.00 - 33.03/40.36
 37.03, 42.04 - 1:19.07

EMILY - 200 IM - 2:41.03 - 34.18/41.85/49.26/35.74
 38.16, 46.37, 51.27, 43.03 - 2:58.63

EMMA - 100 FR - 1:08.00 - 34.75
 32.85, 35.93 - 1:08.78

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 51.66%	53.7 45.55%
AEROBIC BASE	1,100 18.33%	20.5 17.37%
PEAK LACTATE	900 15.00%	23.5 19.91%
WARM-UP-RECOVERY	900 15.00%	20.2 17.16%

Stroke Categories	Meters	Minutes
CHOICE	2,500 41.66%	50.7 43.00%
FREESTYLE	2,100 35.00%	34.4 29.16%
STROKE	1,400 23.33%	32.8 27.82%

Type of Work	Meters	Minutes
SWIM	4,400 73.33%	84.5 71.61%
KICK	1,200 20.00%	26.0 22.03%
DRILL	400 6.66%	7.5 6.35%

Workout #1352 - Friday, 13 August 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 35:00 WALK TO POOL	EN1	L	DRY	
600	6:35 PM	1 x 600 on 13:00 MIXED SWIM	EN1	S	MIX	1:05
ATHLETES MUST COMPLETE AT LEAST 100M OF EACH STROKE						
300	6:49 PM	12 x 25 on 1:30 STROKE S/R WORK	EN2	S	STK	3:00
100	7:08 PM	2 x 50 on 2:00 STROKE S/R WORK	EN2	S	STK	2:00
200	7:13 PM	8 x 25 on 2:00 STROKE TURN TIMING 10 IN 15 OUT	SP3	D	STK	4:00
TIME FROM FLAGS TO HEAD MOVEMENT (FR/BK)						
THEN TIME FROM HEAD MOVEMENT TO FEET PUSHOFF						
THEN TIME FEET PUSHOFF TO HEAD PASSING FLAGS						
TIME FROM FLAGS TO HAND TOUCH (BR/FLY)						
THEN TIME HANDS TO FEET PUSHOFF						
THEN TIME FEET PUSHOFF TO HEAD PASSING FLAGS						
100	7:30 PM	4 x 25 on 2:00 FAS SP FOR TIME	SP2	S	CH	4:00
	7:38 PM	1,300 Meters - Stress Value = 36				

ATHLETES WORKING ON S/R TO ACHIEVE GOAL TIME
 BROOKE - BK ~ 46
 NATHAN - FLY ~ 42
 ASHLEE - BK ~ 41

Energy Levels	Meters	Minutes
AEROBIC BASE	600 46.15%	13.0 22.03%
ANAEROBIC THRESHOLD	400 30.76%	22.0 37.28%
ALACTIC	200 15.38%	16.0 27.11%
PEAK LACTATE	100 7.69%	8.0 13.55%

Stroke Categories	Meters	Minutes
MIXED	600 46.15%	13.0 22.03%
STROKE	600 46.15%	38.0 64.40%
CHOICE	100 7.69%	8.0 13.55%

Type of Work	Meters	Minutes
SWIM	1,100 84.61%	43.0 72.88%
DRILL	200 15.38%	16.0 27.11%

Workout #1353 - Saturday, 14 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
6:00-8:00AM @ NW						
COMPETITION PHASE - AEROBIC SKILLS AND DRILLS						
MEET DRYLAND WARMUP						
600	6:00 AM	4 x 150 on 2:30 MIO DR/K/S BY 50'S	EN1	D	MIO	0:
DR - 1 ARM DRILL						
HIGH ELBOW IN 1 ARM, EFFICIENT K, LONG STROKE IN SWIM						
200	6:11 AM	4x{2 x 25 on 1:00 IMO STS + SC	EN1	S	IMO	2:
WRITE SC ON BOARD						
100	6:20 AM	1 x 100 on 3:00 IM STS + SC	EN1	S	IM	1:
MATCH BEST SC FROM PREVIOUS SET						
100	6:24 AM	4 x 25 on :40 FR K BREATHING POSITION FOCUS	EN1	K	FR	1:
HEAD SIDE ON 1 GOGGLE IN WATER 1 OUT						
HEAD POSITION FLAT, MINIMUM HIP ROTATION,						
SHOULDERS AND HEAD TURNED TO SIDE						
50	6:28 AM	2 x 25 on :40 FR DR 6 K SWITCH	EN1	D	FR	1:
WHEN BREATHING FOCUS POINTS AS ABOVE						
PLUS SL						
50	6:31 AM	2 x 25 on :40 FR DR SINGLE ARM	EN1	D	FR	1:
AS ABOVE FOR FOCUS POINTS						
PLUS NO BREATHING ON FIRST STROKE						
200	6:34 AM	1 x 200 on 4:00 FR DPS SC	EN1	S	FR	1:
400	6:39 AM	1 x 400 on 7:30 IM STS + SC + FAST TURNS	EN1	S	IM	0:
175	6:48 AM	7 x 25 on :50 CH 2 BREATHS OR LESS	EN1	D	CH	1:
MONITOR NUMBER OF BREATHS						
25	6:55 AM	1 x 25 on 1:00 CH @ RACE PACE	SP2	S	CH	2:
GET S/R AND NUMBER OF BREATHS						
300	6:57 AM	1 x 300 on 5:30 IM DPS + DPK + SC	EN1	S	IM	0:
175	7:04 AM	7 x 25 on :50 CH 2 BREATHS OR LESS	EN1	S	CH	1:
25	7:11 AM	1 x 25 on 1:00 CH @ RACE PACE	SP2	S	CH	2:
200	7:13 AM	1 x 200 on 3:30 IM STS + SC	EN1	S	IM	0:
175	7:18 AM	7 x 25 on :50 CH w FINS	EN1	D	CH	1:
MINIMUM 10 FLY K, 2 BREATHS OR LESS						
25	7:25 AM	1 x 25 on 1:00 CH @ RACE PACE	SP2	S	CH	2:
200	7:27 AM	2 x 100 on 2:30 IM w FINS	EN1	S	IM	1:
MINIMUM 10 FLY K OFF WALLS						
175	7:33 AM	7 x 25 on :50 CH 2 BREATHS OR LESS	EN1	S	CH	1:
25	7:40 AM	1 x 25 on 1:00 CH @ RACE PACE	SP2	S	CH	2:
400	7:42 AM	1 x 400 on 9:00 FR K EZ	REC	K	FR	1:
	7:51 AM	3,600 Meters - Stress Value = 40				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	3,100 86.11%	75.1 85.25%
WARM-UP-RECOVERY	400 11.11%	9.0 10.20%
PEAK LACTATE	100 2.77%	4.0 4.53%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM	1,200 33.33%	24.5 27.78%
FREESTYLE	800 22.22%	18.3 20.79%
CHOICE	800 22.22%	27.3 31.00%
REV IM ORDER	600 16.66%	10.0 11.34%
IM ORDER	200 5.55%	8.0 9.07%

Type of Work	Meters	Minutes
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SWIM      2,050 56.94% 52.1 59.16%
DRILL     1,050 29.16% 24.3 27.59%
KICK       500 13.88% 11.6 13.23%
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Workout #1354 - Monday, 16 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - AEROBIC THRESHOLD/AEROBIC						
MEET DRYLAND WARMUP						
1,000	4:30 PM	20 x 50 on :55 3FR 2BK 3FR 2BR 3FR 2FLY 3FR 2CH	EN1	S	IM	0:55
1,200	4:50 PM	6 x 200 on 4:00 K CHOOSE EITHER IM OR STROKE	EN2	K	STK	1:00
1-2 4:00, 3-4 3:50, 5-6 3:40						
800	5:15 PM	1 x 800 on 16:00 SCULL/P BY 50'S	EN1	D	IM	1:00
IM BY 200'S, PADS ON BR ONLY						
800	5:32 PM	4 x 200 on 3:30 FR DESCENDING PACE SEE NOTE	EN2	S	FR	0:52
1 - 3:30, 2 - 3:15, 3 - 3:00, 4 - 2:45						
300	5:47 PM	3 x 100 on 2:00 FR FAST	SP2	S	FR	1:00
400	5:54 PM	1 x 400 on 8:00 CH DRILL + SC	EN1	D	CH	1:00
300	6:03 PM	12 x 25 on :50 CH SP STS	SP2	S	CH	1:40
200	6:14 PM	1 x 200 on 4:00 CH REC	REC	S	CH	1:00
6:18 PM 5,000 Meters - Stress Value = 134						

Energy Levels	Meters	Minutes
AEROBIC BASE	2,200 44.00%	42.3 42.19%
ANAEROBIC THRESHOLD	2,000 40.00%	38.0 37.87%
PEAK LACTATE	600 12.00%	16.0 15.94%
WARM-UP-RECOVERY	200 4.00%	4.0 3.98%

Stroke Categories	Meters	Minutes
IM	1,800 36.00%	34.3 34.21%
STROKE	1,200 24.00%	24.0 23.92%
FREESTYLE	1,100 22.00%	20.0 19.93%
CHOICE	900 18.00%	22.0 21.92%

Type of Work	Meters	Minutes
SWIM	2,600 52.00%	52.3 52.15%
KICK	1,200 24.00%	24.0 23.92%
DRILL	1,200 24.00%	24.0 23.92%

Workout #1355 - Tuesday, 17 August 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						
COMPETITION PHASE - LACTATE TOLERANCE/PEAK LACTATE						
MEET DRYLAND WARM UP						
400	5:00 AM	1 x 400 on 7:00 IM STS	EN1	S	IM	0:52
400	5:08 AM	1 x 400 on 6:45 FR STS	EN1	S	FR	0:51
400	5:16 AM	1 x 400 on 7:30 STROKE STS (NO FR) FAST TURNS	EN1	S	STK	0:56
450	5:25 AM	6 x 75 on 1:10 FR ON 1:05/1:10	SP1	S	FR	0:47
200	5:33 AM	1 x 200 on 5:00 FR K REC	REC	K	FR	1:15
100	5:39 AM	4 x 25 on :40 FR SP + STS	SP2	S	FR	1:20
200	5:43 AM	1 x 200 on 5:00 STROKE SC	EN1	S	STK	1:15
450	5:49 AM	6 x 75 on 1:20 STROKE SEE NOTES FOR PACE	SP1	S	STK	0:53
BK ON 1:10/1:15, BR AND FLY ON 1:15/1:20						
200	5:58 AM	1 x 200 on 5:00 STROKE K REC	REC	K	STK	1:15
100	6:04 AM	4 x 25 on :45 STROKE SP + STS	SP2	S	STK	1:30
200	6:08 AM	1 x 200 on 5:00 IM SC	EN1	S	IM	1:15
450	6:14 AM	6 x 75 on 1:15 IM (-STROKE) ON 1:10/1:15	SP1	S	IM	0:50
200	6:23 AM	1 x 200 on 5:00 IM K REC	REC	K	IM	1:15
100	6:29 AM	4 x 25 on :45 IMO SP STS	SP2	S	IMO	1:30
200	6:33 AM	1 x 200 on 4:00 FR SC	EN1	S	FR	1:00
300	6:38 AM	1 x 300 on 6:00 K w FINS BK/FLY/FR BY 100'S	EN1	K	FIN	1:00
200	6:45 AM	4 x 50 on :45 FLY w FINS	EN2	S	FLY	0:45
200	6:49 AM	4 x 50 on :40 BK w FINS	EN2	S	BK	0:40
200	6:53 AM	4 x 50 on :45 BR w FINS	EN2	S	BR	0:45
200	6:57 AM	4 x 50 on :40 FR w FINS	EN2	S	FR	0:40
50	7:01 AM	1 x 50 on 1:00 CH REC	REC	S	CH	1:00
7:02 AM 5,200 Meters - Stress Value = 190						

Energy Levels	Meters	Minutes
AEROBIC BASE	2,100 40.38%	41.2 41.35%
LACTATE TOLERANCE	1,350 25.96%	22.5 22.55%
ANAEROBIC THRESHOLD	800 15.38%	11.3 11.36%
WARM-UP-RECOVERY	650 12.50%	16.0 16.04%
PEAK LACTATE	300 5.76%	8.6 8.68%

Stroke Categories	Meters	Minutes
FREESTYLE	1,550 29.80%	28.0 28.15%
STROKE	1,350 25.96%	28.5 28.57%
IM	1,250 24.03%	24.5 24.56%
FINS	300 5.76%	6.0 6.01%
BUTTERFLY	200 3.84%	3.0 3.00%
BREASTSTROKE	200 3.84%	3.0 3.00%
BACKSTROKE	200 3.84%	2.6 2.67%
IM ORDER	100 1.92%	3.0 3.00%
CHOICE	50 0.96%	1.0 1.00%

Type of Work	Meters	Minutes
SWIM	4,300 82.69%	78.7 78.94%
KICK	900 17.30%	21.0 21.05%

Workout #1356 - Tuesday, 17 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - AEROBIC THRESHOLD/AEROBIC						
MEET DRYLAND WARMUP						
1,000	4:30 PM	20 x 50 on :55 3FR 2BK 3FR 2BR 3FR 2FLY 3FR 2CH	EN1	S	IM	0:55
1,200	4:50 PM	6 x 200 on 4:00 K CHOOSE EITHER IM OR STROKE	EN2	K	STK	1:00
1-2 4:00, 3-4 3:50, 5-6 3:40						
800	5:15 PM	1 x 800 on 16:00 SCULL/P BY 50'S	EN1	D	IM	1:00
IM BY 200'S, PADS ON BR ONLY						
800	5:32 PM	4 x 200 on 3:30 FR DESCENDING PACE SEE NOTE	EN2	S	FR	0:52
1 - 3:30, 2 - 3:15, 3 - 3:00, 4 - 2:45						
300	5:47 PM	3 x 100 on 2:00 FR FAST	SP2	S	FR	1:00
400	5:54 PM	1 x 400 on 8:00 CH DRILL + SC	EN1	D	CH	1:00
300	6:03 PM	12 x 25 on :50 CH SP STS	SP2	S	CH	1:40
200	6:14 PM	1 x 200 on 4:00 CH REC	REC	S	CH	1:00
6:18 PM 5,000 Meters - Stress Value = 134						

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,200 44.00%	42.3 42.19%
ANAEROBIC THRESHOLD	2,000 40.00%	38.0 37.87%
PEAK LACTATE	600 12.00%	16.0 15.94%
WARM-UP-RECOVERY	200 4.00%	4.0 3.98%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM	1,800 36.00%	34.3 34.21%
STROKE	1,200 24.00%	24.0 23.92%
FREESTYLE	1,100 22.00%	20.0 19.93%
CHOICE	900 18.00%	22.0 21.92%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,600 52.00%	52.3 52.15%
KICK	1,200 24.00%	24.0 23.92%
DRILL	1,200 24.00%	24.0 23.92%

Workout #1357 - Wednesday, 18 August 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				
		COMPETITION PHASE - SCULL/LACTATE TOLERANCE 400 K				
		MEET DRYLAND WARMUP				
400	5:00 AM	2x{ 3 x 50 on :50 FR	EN1	S	FR	0:50
		{ 1 x 50 on :55 STROKE	EN1	S	STK	0:55
1,200	5:08 AM	3 x 400 on 6:20 FR ON DESCENDING PACE	EN2	S	FR	0:48
		CHOICE 1 - 6:00, 5:40, 5:20				
		CHOICE 2 - 6:20, 6:00, 5:40				
200	5:28 AM	4 x 50 on 1:20 FLY K w FINS ON BK	SP2	K	FLY	1:20
		FINISH SUB :40				
300	5:35 AM	3 x 100 on 2:10 STROKE SC/DR/SC/BUILD BY 25'S	EN1	D	STK	1:05
100	5:43 AM	4 x 25 on :40 FR SP	SP2	S	FR	1:20
900	5:47 AM	3 x 300 on 5:45 FR ON DESCENDING PACE	EN2	S	FR	0:58
		CHOICE 1 - 5:30, 5:15, 5:00				
		CHOICE 2 - 5:45, 5:30, 5:15				
200	6:06 AM	4 x 50 on 1:10 BK K w FINS	SP2	K	BK	1:10
		FINISH SUB :40				
300	6:12 AM	3 x 100 on 2:00 STROKE P (BR w PADS)	EN2	P	STK	1:00
100	6:19 AM	4 x 25 on :45 FR SP	SP2	S	FR	1:30
600	6:23 AM	3 x 200 on 3:10 FR ON DESCENDING PACE	EN2	S	FR	0:48
		CHOICE 1 - 3:00, 2:50, 2:40				
		CHOICE 2 - 3:10, 3:00, 2:50				
200	6:34 AM	4 x 50 on 1:30 BR K	SP2	K	BR	1:30
		FINISH SUB :50/:55				
300	6:41 AM	3 x 100 on 2:30 STROKE w FINS FAST	SP2	S	STK	1:15
100	6:50 AM	4 x 25 on :50 FR SP	SP2	S	FR	1:40
300	6:55 AM	3 x 100 on 1:35 FR ON DESCENDING PACE	EN2	S	FR	0:48
		CHOICE 1 - 1:30, 1:25, 1:20				
		CHOICE 2 - 1:35, 1:30, 1:25				
	6:59 AM	5,200 Meters - Stress Value = 212				

400 K FOR TIME

NAME	STROKE	PB	TIME	STROKE2	PB	TIME
NATHAN	FLY	NT	7:18.56	FR	7:21.20	7:17.06
DAVID	FLY	NT	8:05.02	FR	6:40.31	6:44.74
ASHLEE	BK		8:18.95	FR	7:14.19	7:54.78
NARELLE	FR	NT	7:18.03	BR	NT	7:07.84
CASEY	BK		6:56.20	FR	7:54.90	6:58.12
BROOKE	BK		6:52.92	FR	6:34.31	6:24.30
EMILY	BK		7:02.12	FLY	6:59.19	7:37.79
LEAH	BK		7:30.86	FR	7:01.00	7:02.93
KEELY	FLY		7:57.32	FR	7:45.74	7:48.88
LUKE	FLY	NT	8:07.55	FR	8:48.02	7:37.97
GLENN	BK	NT	8:09.00	FR	8:48.21	8:34.76

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,300 63.46%	56.5 55.21%
PEAK LACTATE	1,200 23.07%	32.5 31.75%
AEROBIC BASE	700 13.46%	13.3 13.02%

Stroke Categories	Meters	Minutes
FREESTYLE	3,600 69.23%	64.5 63.02%
STROKE	1,000 19.23%	21.8 21.33%
BACKSTROKE	200 3.84%	4.6 4.56%
BREASTSTROKE	200 3.84%	6.0 5.86%
BUTTERFLY	200 3.84%	5.3 5.21%

Type of Work	Meters	Minutes

SWIM	4,000	76.92%	73.8	72.14%
KICK	600	11.53%	16.0	15.63%
DRILL	300	5.76%	6.5	6.35%
PULL	300	5.76%	6.0	5.86%

Workout #1358 - Thursday, 19 August 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						
COMPETITION PHASE - AEROBIC/PEAK LACTATE+TOLERANCE						
MEET DRYLAND WARMUP						
1,200	5:00 AM	6 x 200 on 3:30 SEE NOTES	EN1	S	IM	0:
ROUND 1 NO PACE TIMES :20 REST						
1 - FR/BK BY 100'S LONG TURNS (ROUND 2 ON 3:10)						
2 - STROKE (NO FR) SC (ROUND 2 ON 3:50)						
3 - IM SC (ROUND 2 ON 3:30)						
400	5:22 AM	4 x 100 on 1:55 FR K ON 1:50/1:55	EN2	K	FR	0:
200	5:31 AM	1 x 200 on 3:00 FR STS + FINISH SUB 3:30	EN2	S	FR	0:
100	5:35 AM	1 x 100 on 2:00 FR STS + FINISH SUB 1:20	EN2	S	FR	1:
1,800	5:38 AM	3x{ 6 x 50 on 1:10 K w FINS	SP2	K	IM	1:
{ 1 x 200 on 4:30 STROKE w FINS STS (FLY K)						
{ 3 x 25 on :50 STROKE FAP STS FAST						
{ 1 x 25 on 1:00 STROKE FAS STS FAST						
COMPLETE ROUND 1 AS FLY, ROUND 2 AS BK, ROUND 3 AS FR						
	6:23 AM	3,700 Meters - Stress Value = 173				

BROKEN 200

NAME	STROKE	PB	50 FAS	50 FAS	75 FAP	25 FAP	TOTAL
EMMA	FR	2:33.86	34.46	37.02	59.10	17.89	2:28.47
EMMA	FR	2:33.86	34.84	36.74	58.58	17.41	2:27.57
DAVID	FR	2:31.07	34.13	36.37	54.53	15.97	2:20.90
DAVID	FR	2:31.07	32.73	34.59	57.36	16.28	2:16.06
LEAH	FR	2:22.86	33.80	36.97	55.47	16.57	2:22.81
LEAH	FR	2:22.86	32.36	34.95	53.76	16.95	2:18.03
LUKE	FR	2:32.82	33.33	38.75	56.81	17.27	2:26.16
LUKE	FR	2:32.82	33.53	37.55	1:01.25	15.95	2:28.28
CASEY	FR	2:28.88	34.74	38.51	58.76	17.99	2:30.00
BROOKE	BK	2:28.88	36.90	40.65	1:01.56	19.25	2:38.36
NARELLE	BR	3:02.30	40.54	43.68	1:06.43	20.89	2:51.54
NARELLE	BR	3:02.30	44.95	46.55	1:15.15	22.94	2:59.59

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,300 35.13%	26.1 33.26%
PEAK LACTATE	1,200 32.43%	31.5 40.04%
AEROBIC BASE	1,200 32.43%	21.0 26.69%

Stroke Categories	Meters	Minutes
IM	2,100 56.75%	42.0 53.38%
FREESTYLE	700 18.91%	12.6 16.10%
FINS	600 16.21%	13.5 17.16%
STROKE	300 8.10%	10.5 13.34%

Type of Work	Meters	Minutes
SWIM	2,400 64.86%	50.0 63.55%
KICK	1,300 35.13%	28.6 36.44%

Workout #1359 - Thursday, 19 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
		5:30-8:00PM @ NW				
		DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM				
		COMPETITION PHASE - DRYLAND POWER/SWIM RECOVERY				
	5:30 PM	1 on 25:00 AEROBIC RUN 2.5KM	EN1	L	DRY	
	5:55 PM	1 on 15:00 STRETCHING	REC	L	DRY	
	6:10 PM	1 on 15:00 ABDOMINALS	EN2	L	DRY	
	6:25 PM	1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC	EN1	L	DRY	
	6:45 PM	1 on 10:00 STRETCHCORDZ PULLING	EN2	L	DRY	
	6:55 PM	1 on 5:00 MEET DRYLAND WARMUP	EN1	L	DRY	
400	7:00 PM	1 x 400 on 8:00 MI w FINS	EN1	S	FIN	1:00
		SHALLOW END WALL FAST STS THEN RECOVERY				
200	7:09 PM	1 x 200 on 5:00 BK K ARMS DOWN	EN1	K	BK	1:15
200	7:15 PM	1 x 200 on 5:00 FLY K EVERY 6 K'S GET BREATH	EN1	K	FLY	1:15
		K'S ARE COMPLETED UNDER WATER WITH ARMS DOWN				
200	7:21 PM	8 x 25 on 1:00 IM SC GAME	EN1	S	IM	2:00
		SWIMMERS COMPLETE 25 OF STROKE AND MUST GET EXACT SC				
		NO GLIDING ALLOWED MUST FINISH ON FULL STROKE				
		NO CHANGES OF STROKE PERMITTED MAX 6 FLY K OFF WALLS				
		STROKE COUNTS TO BE ACHIEVED ARE 8-12-8-12				
200	7:30 PM	1 x 200 on 6:00 BK K w FINS BOARD OVER FLAGS	EN1	K	FIN	1:30
400	7:37 PM	16 x 25 on :40 CH	REC	S	CH	1:20
		NUMBER OF MISSES = NUMBER OF REPEATS FOR NEXT SET				
	7:47 PM	1,600 Meters - Stress Value = 12				

STRETCHES
 STARTING FROM TOES WORKING UP
 HOLDING EACH STRETCH FOR 8 SECONDS
 REPEAT EACH STRETCH TWICE FOR EACH MUSCLE/GROUP

ABDOMINALS
 REGULAR
 KNEES UP
 TOES UP
 HIPS UP
 LEG RAISES
 ROWS
 BK K'S
 V SITS
 ELBOW TO KNEE
 SWIM SITS
 BODY ROCKS - BK
 BODY ROCKS - FR
 BACK UPS
 ALTERNATE ARM/LEG
 SUPERMAN
 LOWER DOWNS

STRETCH CORDS INTRODUCTION
 ABDUCTORS
 ADDUCTORS
 REVERSE ROTATIONS
 ROWS
 REVERSE FLYS
 FLYS
 T Y I
 BACK DRYER
 YOYO
 REVERSE YOYO
 STROKE PULLING - FLY, BK, BR, FR
 (KEY TO PULLING HAND TO LEVEL OF STATIONARY ELBOW THEN PRESS)
 (BK FEEL THE STRETCH)

(RECOVERY MUST BE CONTROLLED AT ALL TIMES)
FINISHES

CIRCUIT FOR STRETCH CORDZ

:15 ON :15 OFF :15 ON :15 OFF :30 ON :15 OFF :15 ON :15 OFF :30 ON

Energy Levels	Meters	Minutes
AEROBIC BASE	1,200 75.00%	32.0 75.00%
WARM-UP-RECOVERY	400 25.00%	10.6 25.00%

Stroke Categories	Meters	Minutes
FINS	600 37.50%	14.0 32.81%
CHOICE	400 25.00%	10.6 25.00%
BUTTERFLY	200 12.50%	5.0 11.71%
IM	200 12.50%	8.0 18.75%
BACKSTROKE	200 12.50%	5.0 11.71%

Type of Work	Meters	Minutes
SWIM	1,000 62.50%	26.6 62.50%
KICK	600 37.50%	16.0 37.50%

Workout #1360 - Friday, 20 August 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						
COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200						
400	5:00 AM	1 x 400 on 7:00 CH S	EN1	S	CH	0:52
400	5:08 AM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	5:17 AM	1 x 400 on 7:30 CH DR/S BY 25'S	EN1	D	CH	0:56
400	5:26 AM	8 x 50 on :55 STROKE INCREASE HR/PACE	EN2	S	STK	0:55
FR ON :45, BK ON :50, BR ON :55, FLY ON :50						
OPTIONAL FOR FLY TO DO FLY/CH BY 25'S						
DEPENDANT ON DISTANCE COMPLETE ONE OF THE FOLLOWING						
OPTION 1 - 100 STROKE PACE WORK						
200	5:35 AM	2x{ 1 x 50 on 1:00 STROKE TECH	EN1	S	STK	1:00
		{ 1 x 50 on :45 STROKE @ GOAL PACE OF 2ND 50	SP2	S	STK	0:45
TO A RACE FINISH						
OPTION 2 - 200 STROKE PACE WORK						
200	5:40 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST	SP2	S	STK	1:00
TO THE FEET (TURN)						
OPTION 3 - 1500 FR PACE WORK						
500	5:45 AM	5 x 100 on 1:45 FR @ 1500 FR GOAL PACE	EN2	S	FR	0:52
TO THE FEET (:10 REST AFTER EACH 100)						
200	5:55 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	6:00 AM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	6:05 AM	1 x 200 on 3:45 CH S REC	REC	S	CH	0:56
FOLLOWING MEET WARMUP ATHELTES WILL DESIGNATE						
THE STROKE, DISTANCE, GOAL TIME, AND GOAL PACE						
THAT THEY WILL BE ACHIEVING AT THE SC STATE CHAMPS						
IF 100/200 STROKE THEN COMPELTE THE FOLLOWING						
600	6:10 AM	12 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
IF 100 HIT GOAL PACE FOR 2ND 50 OF 100 GOAL						
IF 200 HIT AVERAGE PACE FOR 50'S						
IF 1500 FR PACE WORK THEN COMPLETE THE FOLLOWING						
500	6:29 AM	5 x 100 on 1:40 FR @ GOAL PACE :10 REST	EN2	S	FR	0:50
200	6:39 AM	1 x 200 on 4:30 CH K RECOVERY	REC	K	CH	1:08
600	6:45 AM	3 x 200 on 3:00 FR @ GOAL PACE	EN2	S	FR	0:45
200	6:55 AM	1 x 200 on 4:30 CH K REC	REC	K	CH	1:08
500	7:01 AM	5 x 100 on 1:40 FR @ PACE :10 REST	EN2	S	FR	0:50
ALL ATHLETES COMPLETE THE FOLLOWING						
100	7:11 AM	1 x 100 on 2:30 CH K REC	REC	S	CH	1:15
SWIMMERS COMPLETE THE SESSION WITH 100/200 BROKEN						
FROM A START :10 REST AFTER EACH 50						
200	7:15 AM	1 x 200 on 5:00 CH K RECOVERY	REC	K	CH	1:15
	7:20 AM	6,000 Meters - Stress Value = 178				

7 DAYS REMAINING UNTIL VIC SC CHAMPS

NAME - DISTANCE/STROKE - GOAL TIME - PACE
 BROKEN 100/200 SPLITS - TOTAL

EMMA - 100 BK - 1:12.50 - 36.50
 38.02, 38.00 - 1:16.02

ASHLEE - 100 BK - 1:15.00 - 38.25
 41.26, 44.85 - 1:26.11

DAVID - 200 FLY - 2:50.00 - 43.00
 40.91, 45.15, 44.13, 44.01 - 2:54.30

CASEY - 100 BK - 1:20.00 - 40.75
 40.96, 42.75 - 1:23.81

NATHAN - 100 FLY - 1:18.00 - 40.00
 39.43, 40.50 - 1:20.50

SARAH - 100 BK - 1:18.00 - 39.75
 39.43, 40.50 - 1:19.93

GLENN - 100 BK - 1:12.50 - 37.00
 37.32, 38.58 - 1:15.90

LUKE - 100 FLY - 1:13.00 - 38.50
 39.70, 45.79 - 1:25.49

KEELY - 200 BK - 2:55.00 - 43.75
 44.12, 47.92, 47.17, 45.94 - 3:05.15

MONIQUE - 200 FLY - 3:00.00 - 45.00
 (100) 38.69, 43.26 - 1:21.95

LEAH - 200 IM - 2:32.26 - 33.66, 39.36, 45.46, 33.78
 39.19, 43.53, 48.84, 35.17 - 2:46.63

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 51.66%	53.7 45.55%
AEROBIC BASE	1,100 18.33%	20.5 17.37%
PEAK LACTATE	900 15.00%	23.5 19.91%
WARM-UP-RECOVERY	900 15.00%	20.2 17.16%

Stroke Categories	Meters	Minutes
CHOICE	2,500 41.66%	50.7 43.00%
FREESTYLE	2,100 35.00%	34.4 29.16%
STROKE	1,400 23.33%	32.8 27.82%

Type of Work	Meters	Minutes
SWIM	4,400 73.33%	84.5 71.61%
KICK	1,200 20.00%	26.0 22.03%
DRILL	400 6.66%	7.5 6.35%

Workout #1362 - Friday, 20 August 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 35:00 WALK TO POOL	EN1	L	DRY	
1,200	6:35 PM	12 x 100 on 1:50 FR/IM BY 50'S	EN1	S	IM	0:55
150	6:58 PM	6 x 25 on 1:30 STROKE S/R WORK	EN2	S	STK	3:00
200	7:08 PM	8 x 25 on 2:00 STROKE TURN TIMING 10 IN 15 OUT	SP3	D	STK	4:00
TIME FROM FLAGS TO HEAD MOVEMENT (FR/BK)						
THEN TIME FROM HEAD MOVEMENT TO FEET PUSHOFF						
THEN TIME FEET PUSHOFF TO HEAD PASSING FLAGS						
TIME FROM FLAGS TO HAND TOUCH (BR/FLY)						
THEN TIME HANDS TO FEET PUSHOFF						
THEN TIME FEET PUSHOFF TO HEAD PASSING FLAGS						
	7:24 PM	1,550 Meters - Stress Value = 25				

ATHLETES WORKING ON S/R TO ACHIEVE GOAL TIME
 BROOKE - BK ~ 46
 NATHAN - FLY ~ 42
 ASHLEE - BK ~ 41

Energy Levels	Meters	Minutes
=====		
AEROBIC BASE	1,200 77.41%	22.0 46.80%
ALACTIC	200 12.90%	16.0 34.04%
ANAEROBIC THRESHOLD	150 9.67%	9.0 19.14%

Stroke Categories	Meters	Minutes
=====		
IM	1,200 77.41%	22.0 46.80%
STROKE	350 22.58%	25.0 53.19%

Type of Work	Meters	Minutes
=====		
SWIM	1,350 87.09%	31.0 65.95%
DRILL	200 12.90%	16.0 34.04%

Workout #1363 - Saturday, 21 August 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						
COMPETITION PHASE - AEROBIC SKILLS AND DRILLS						
MEET DRYLAND WARMUP						
1,200	6:00 AM	1 x 1200 on 25:00 ATHLETE CHOICE WARM UP	EN1	S	CH	1:02
3,200	6:26 AM	4x{ 3 x 200 on 3:00 FR	EN1	S	FR	0:45
		{ 1 x 200 on 4:00 BK/BR/FLY/IM BY 200'S	EN1	S	IM	1:00
400	7:19 AM	1 x 400 on 8:00 FR K w FINS + CHAT	EN1	K	FIN	1:00
400	7:28 AM	4 x 100 on 1:40 K w FINS FLY/FR BY 50'S	SP2	K	FIN	0:50
	7:35 AM	5,200 Meters - Stress Value = 96				

Energy Levels	Meters	Minutes
AEROBIC BASE	4,800 92.30%	85.0 92.72%
PEAK LACTATE	400 7.69%	6.6 7.27%

Stroke Categories	Meters	Minutes
FREESTYLE	2,400 46.15%	36.0 39.27%
CHOICE	1,200 23.07%	25.0 27.27%
IM	800 15.38%	16.0 17.45%
FINS	800 15.38%	14.6 16.00%

Type of Work	Meters	Minutes
SWIM	4,400 84.61%	77.0 84.00%
KICK	800 15.38%	14.6 16.00%

Workout #1364 - Monday, 23 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
=====	=====	=====	===	====	===	==
		5:00-7:00AM @ CD COMPETITION PHASE- ANEROBIC THRESHOLD/PEAK LACTATE MEET DRYLAND WARMUP				
800	5:00 AM	1 x 800 on 14:00 FR/BK BY 100'S FR - BR3, BK - 6 FLY K OFF EVERY WALL	EN1	S	FR	0
2,100	5:15 AM	3x { 4 x 25 on :45 STROKE SP 6 x 100 on 2:05 STROKE K	SP3	S	STK	1
1,600	6:03 AM	2x { 2 x 50 on 1:10 SCULL :05 REST 4 x 50 on :55 STROKE PULL SP PADS OPT :10 REST 1 x 200 on 4:15 STROKE BROKEN SEE NOTE 75 SWIM :20 REST, 50 SWIM :15 REST, 50 SWIM :10 REST, 25 EACH DISTANCE TO THE FEET SUBTRACT :45 FROM TOTAL TIME TO GET 200 TIME	EN1	D	STK	1
		{ 1 x 300 on 7:00 CH RECOVERY	EN2	P	STK	0
			SP2	S	STK	1
	6:38 AM	4,500 Meters - Stress Value = 117	REC	S	CH	1

BROKEN 200 TIMES
 LEAH FR - 2:45, BK 2:48
 MONIQUE FLY - 3:10
 DAVID BK - 2:55, 2:55
 EMMA FR - 2:45
 NARELLE FLY - 3:05, 2:55
 ASHLEE FR - 2:47, 2:47
 ADRIANNA FR - 3:05
 BROOKE K

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 48.88%	44.8 47.19%
AEROBIC BASE	1,000 22.22%	18.6 19.64%
WARM-UP-RECOVERY	600 13.33%	14.0 14.73%
PEAK LACTATE	400 8.88%	8.5 8.94%
ALACTIC	300 6.66%	9.0 9.47%

Stroke Categories	Meters	Minutes
STROKE	3,100 68.88%	67.0 70.52%
FREESTYLE	800 17.77%	14.0 14.73%
CHOICE	600 13.33%	14.0 14.73%

Type of Work	Meters	Minutes
SWIM	2,100 46.66%	45.5 47.89%
KICK	1,800 40.00%	37.5 39.47%
PULL	400 8.88%	7.3 7.71%
DRILL	200 4.44%	4.6 4.91%

Workout #1365 - Monday, 23 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - AEROBIC THRESHOLD/AEROBIC						
MEET DRYLAND WARMUP						
800	4:30 PM	16 x 50 on :55 MI STS/STS + SC BY 25'S	EN1	S	MI	0:55
800	4:46 PM	4 x 200 on 4:10 IM K	EN2	K	IM	1:02
600	5:04 PM	6 x 100 on 1:50 IM DESCEND 1-6	EN2	S	IM	0:55
400	5:16 PM	1 x 400 on 7:00 FR SC BR3	EN1	S	FR	0:52
600	5:24 PM	6 x 100 on 1:40 FR DESCEND 1-6	EN2	S	FR	0:50
600	5:35 PM	12 x 50 on 1:00 IM SP/SC BY 25'S	SP2	S	IM	1:00
600	5:48 PM	3 x 200 on 3:30 BK (FOCUS ON FLY K OFF WALLS)	EN2	S	BK	0:52
800	6:00 PM	4 x 200 on 3:20 CH K w FINS	EN2	K	CH	0:50
200	6:15 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
6:20 PM 5,400 Meters - Stress Value = 154						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,400 62.96%	61.5 61.39%
AEROBIC BASE	1,200 22.22%	21.6 21.63%
PEAK LACTATE	600 11.11%	12.0 11.98%
WARM-UP-RECOVERY	200 3.70%	5.0 4.99%

Stroke Categories	Meters	Minutes
IM	2,000 37.03%	39.6 39.60%
FREESTYLE	1,000 18.51%	17.0 16.97%
CHOICE	1,000 18.51%	18.3 18.30%
REV IM	800 14.81%	14.6 14.64%
BACKSTROKE	600 11.11%	10.5 10.48%

Type of Work	Meters	Minutes
SWIM	3,800 70.37%	70.1 70.04%
KICK	1,600 29.62%	30.0 29.95%

Workout #1366 - Tuesday, 24 August 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						
COMPETITION PHASE - PEAK LACTATE/ALACTIC						
MEET DRYLAND WARM UP						
600	5:00 AM	6 x 100 on 1:40 FR/BK BY 50'S	EN1	S	FR	0:50
500	5:11 AM	5 x 100 on 1:50 IM ROTATE STS FOCUS	EN1	S	IM	0:55
400	5:22 AM	4 x 100 on 1:50 IMO BY 100'S	EN1	S	IMO	0:55
3,000	5:31 AM	3x { 1 x 200 on 4:15 STROKE K	EN1	K	STK	1:04
		{ 4 x 50 on 1:00 STROKE K VARIABLE PACE	EN2	K	STK	1:00
		{ 1 x 200 on 4:15 STROKE P	EN1	P	STK	1:04
		{ 4 x 50 on 1:00 STROKE P VARIABLE PACE	EN2	P	STK	1:00
		{ 1 x 75 on 2:30 STROKE 25SP 50 REC	SP3	S	STK	1:40
		{ 1 x 25 on :45 STROKE FAS SP TO FEET	SP3	S	STK	1:30
		{ 1 x 25 on 2:00 CH RECOVERY	REC	S	CH	4:00
		{ 1 x 50 on 1:00 STROKE FAS SP TO FINISH	SP2	S	STK	1:00
		{ 1 x 25 on 1:30 CH RECOVERY	REC	S	CH	3:00
	6:44 AM	4,500 Meters - Stress Value = 87				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,700 60.00%	52.0 52.39%
ANAEROBIC THRESHOLD	1,200 26.66%	24.0 24.18%
ALACTIC	300 6.66%	9.7 9.82%
WARM-UP-RECOVERY	150 3.33%	10.5 10.57%
PEAK LACTATE	150 3.33%	3.0 3.02%

Stroke Categories	Meters	Minutes
STROKE	2,850 63.33%	62.2 62.72%
FREESTYLE	600 13.33%	10.0 10.07%
IM	500 11.11%	9.1 9.23%
IM ORDER	400 8.88%	7.3 7.38%
CHOICE	150 3.33%	10.5 10.57%

Type of Work	Meters	Minutes
SWIM	2,100 46.66%	49.7 50.12%
KICK	1,200 26.66%	24.7 24.93%
PULL	1,200 26.66%	24.7 24.93%

Workout #1367 - Tuesday, 24 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - AEROBIC THRESHOLD/AEROBIC						
MEET DRYLAND WARMUP						
1,600	4:30 PM	4 x 400 on 7:00 FR/BK BY 100'S DESCENDING PACE	EN2	S	FR	0:52
1 - ON 7:00, 2 - ON 6:40, 3 - ON 6:20, 4 - ON 6:00						
1,200	4:59 PM	4 x 300 on 7:00 100 SCULL 200 BR DESCENDING PACE	EN1	S	BR	1:10
100 SCULL - 50 WINDSHIELD, 50 SA SCULL						
1 - ON 7:00, 2 - ON 6:40, 3 - ON 6:20, 4 - ON 6:00						
800	5:28 PM	4 x 200 on 3:50 IM DESCENDING PACE	EN2	S	IM	0:58
1 - ON 3:50, 2 - ON 3:40, 3 - ON 3:30, 4 - ON 3:20						
400	5:45 PM	4 x 100 on 2:00 FLY DESCENDING PACE	EN2	S	FLY	1:00
1 - ON 2:00, 2 - ON 1:50, 3 - ON 1:40, 4 - ON 1:30						
600	5:54 PM	1 x 600 on 12:00 MIXED K w FINS	EN1	K	FIN	1:00
800	6:07 PM	4x { 2 x 50 on 1:00 IMO K SP/REC BY 25'S	EN2	K	IMO	1:00
{ 2 x 50 on 1:00 IMO SP/SC BY 25'S						
EG. 2 X 50 FLY K, 2 X 50 FLY						
6:23 PM	5,400 Meters - Stress Value = 100					

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	3,600 66.66%	67.3 62.73%
AEROBIC BASE	1,800 33.33%	40.0 37.26%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	1,600 29.62%	28.0 26.08%
BREASTSTROKE	1,200 22.22%	28.0 26.08%
IM	800 14.81%	15.3 14.28%
IM ORDER	800 14.81%	16.0 14.90%
FINS	600 11.11%	12.0 11.18%
BUTTERFLY	400 7.40%	8.0 7.45%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	4,400 81.48%	87.3 81.36%
KICK	1,000 18.51%	20.0 18.63%

Workout #1368 - Wednesday, 25 August 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						
COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200						
400	5:00 AM	1 x 400 on 7:00 CH S	EN1	S	CH	0:52
400	5:08 AM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	5:17 AM	1 x 400 on 7:30 CH DR/S BY 25'S	EN1	D	CH	0:56
400	5:26 AM	8 x 50 on :55 STROKE INCREASE HR/PACE	EN2	S	STK	0:55
FR ON :45, BK ON :50, BR ON :55, FLY ON :50						
OPTIONAL FOR FLY TO DO FLY/CH BY 25'S						
DEPENDANT ON DISTANCE COMPLETE ONE OF THE FOLLOWING						
OPTION 1 - 100 STROKE PACE WORK						
200	5:35 AM	2x{ 1 x 50 on 1:00 STROKE TECH	EN1	S	STK	1:00
		{ 1 x 50 on :45 STROKE @ GOAL PACE OF 2ND 50	SP2	S	STK	0:45
TO A RACE FINISH						
OPTION 2 - 200 STROKE PACE WORK						
200	5:40 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST	SP2	S	STK	1:00
TO THE FEET (TURN)						
OPTION 3 - 1500 FR PACE WORK						
500	5:45 AM	5 x 100 on 1:45 FR @ 1500 FR GOAL PACE	EN2	S	FR	0:52
TO THE FEET (:10 REST AFTER EACH 100)						
200	5:55 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	6:00 AM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	6:05 AM	1 x 200 on 3:45 CH S REC	REC	S	CH	0:56
FOLLOWING MEET WARMUP ATHELTES WILL DESIGNATE						
THE STROKE, DISTANCE, GOAL TIME, AND GOAL PACE						
THAT THEY WILL BE ACHIEVING AT THE SC STATE CHAMPS						
IF 100/200 STROKE THEN COMPELTE THE FOLLOWING						
400	6:10 AM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
IF 100 HIT GOAL PACE FOR 2ND 50 OF 100 GOAL						
IF 200 HIT AVERAGE PACE FOR 50'S						
IF 1500 FR PACE WORK THEN COMPLETE THE FOLLOWING						
500	6:23 AM	5 x 100 on 1:40 FR @ GOAL PACE :10 REST	EN2	S	FR	0:50
200	6:33 AM	1 x 200 on 4:30 CH K RECOVERY	REC	K	CH	1:08
600	6:39 AM	3 x 200 on 3:00 FR @ GOAL PACE	EN2	S	FR	0:45
200	6:49 AM	1 x 200 on 4:30 CH K REC	REC	K	CH	1:08
500	6:55 AM	5 x 100 on 1:40 FR @ PACE :10 REST	EN2	S	FR	0:50
ALL ATHLETES COMPLETE THE FOLLOWING						
100	7:05 AM	1 x 100 on 2:30 CH K REC	REC	S	CH	1:15
SWIMMERS COMPLETE THE SESSION WITH 100/200 BROKEN						
FROM A START :10 REST AFTER EACH 50						
200	7:09 AM	1 x 200 on 5:00 CH K RECOVERY	REC	K	CH	1:15
	7:14 AM	5,800 Meters - Stress Value = 156				

2 DAYS REMAINING UNTIL VIC SC CHAMPS

NAME - DISTANCE/STROKE - GOAL TIME - PACE
 BROKEN 100/200 SPLITS - TOTAL

KEELY - 100 BK - 1:20.00 - 40.75
 43.27, 44.74 - 1:28.01

NATHAN - 100 BK - 1:18.00 - 39.75

CASEY - 200 IM - 2:46.00 - 36.00, 43.00, 51.00, 36.00
 35.70, 41.19, 50.44, 36.09 - 2:43.42

SARAH - 200 IM - 2:43.00 - 36.00, 43.00, 48.00, 36.00
 36.32, 39.77, 48.24, 36.93 - 2:42.26

NARELLE - 100 FR - 1:05.43 - 33.46
 31.38, 36.12 - 1:07.50

BROOKE - 100 FR K - 1:30.00 - 46.00
 43.23, 45.93 - 1:29.18

EMILY - 100 IM - 1:15.00 - 33.76, 41.24
 37.94, 42.21 - 1:20.15

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 53.44%	53.7 47.99%
AEROBIC BASE	1,100 18.96%	20.5 18.30%
WARM-UP-RECOVERY	900 15.51%	20.2 18.08%
PEAK LACTATE	700 12.06%	17.5 15.62%

Stroke Categories	Meters	Minutes
CHOICE	2,500 43.10%	50.7 45.31%
FREESTYLE	2,100 36.20%	34.4 30.72%
STROKE	1,200 20.68%	26.8 23.95%

Type of Work	Meters	Minutes
SWIM	4,200 72.41%	78.5 70.08%
KICK	1,200 20.68%	26.0 23.21%
DRILL	400 6.89%	7.5 6.69%

Workout #1369 - Thursday, 26 August 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 COMPETITION PHASE - AEROBIC/ANAEROBIC SKILLS MEET DRYLAND WARMUP				
600	5:00 AM	1 x 600 on 12:00 S w FINS POWER STS FR/BK/BR BY 200'S	EN1	S	FIN	1:
200	5:13 AM	1 x 200 on 4:00 BR POWER PULLOUTS	EN1	S	BR	1:
400	5:18 AM	8 x 50 on 1:10 IM w PADS POWER STROKE FINISHES NO PADS ON FLY	EN1	S	IM	1:
2,400	5:29 AM	8x { 1 x 50 on 1:20 STROKE SCULL/DRILL BY 25'S SCULL OR FINISHES 1 x 50 on 1:20 STROKE TECH FOCUS ATHLETES TO HAVE ONE TECH FOCUS FOR 50 WHILE SWIMMING 1 x 50 on 1:20 STROKE STS/FAS + STS SP BY 25'S 25 FAS + ATHLETES PERFORM STS AT TOP SPEED 25 OFF WALL ATHLETE PERFORMS STS AT TOP SPEED 1 x 50 on 1:20 STROKE FAST TURN 5 IN 10 OUT SWIMMERS BUILD TO 20M AND THEN SPRINT THROUGH TURN AND SPRINT OUT OF TURN 10M 1 x 50 on 1:20 STROKE TECH/BUILD TO FINISH 25M ATHLETES HAVE ONE TECH FOCUS 25M ATHLETES BUILD TO A RACE FINISH 1 x 50 on 1:20 CH K RECOVERY DURING THIS SET ATHLETES MUST COMPLETE AT LEAST 2 ROUNDS OF ONE STROKE PRIOR TO CHANGING STROKES	EN1	D	STK	1:
	6:33 AM	3,600 Meters - Stress Value = 75				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,000 55.55%	46.6 52.23%
ALACTIC	1,200 33.33%	32.0 35.82%
WARM-UP-RECOVERY	400 11.11%	10.6 11.94%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	2,000 55.55%	53.3 59.70%
FINS	600 16.66%	12.0 13.43%
IM	400 11.11%	9.3 10.44%
CHOICE	400 11.11%	10.6 11.94%
BREASTSTROKE	200 5.55%	4.0 4.47%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,000 55.55%	46.6 52.23%
DRILL	1,200 33.33%	32.0 35.82%
KICK	400 11.11%	10.6 11.94%

Workout #1371 - Thursday, 26 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
		5:30-8:00PM @ NW				
		DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM				
		COMPETITION PHASE - DRYLAND POWER/SWIM RECOVERY				
	5:30 PM	1 on 25:00 AEROBIC RUN 2.5KM	EN1	L	DRY	
	5:55 PM	1 on 15:00 STRETCHING	REC	L	DRY	
	6:10 PM	1 on 15:00 ABDOMINALS	EN2	L	DRY	
	6:25 PM	1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC	EN1	L	DRY	
	6:45 PM	1 on 10:00 STRETCHCORDZ PULLING	EN2	L	DRY	
	6:55 PM	1 on 5:00 MEET DRYLAND WARMUP	EN1	L	DRY	
600	7:00 PM	1 x 600 on 14:00 MIXED STROKE	EN1	S	MIX	1:10
100	7:15 PM	1 x 100 on 10:00 IM STS TESTING PROTOCOL	EN1	S	IM	5:00
500	7:26 PM	1 x 500 on 12:00 MIXED STROKE S/K	EN1	K	MIX	1:12
100	7:39 PM	1 x 100 on 10:00 IM STS TESTING PROTOCOL	EN1	S	IM	5:00
	7:49 PM	1,300 Meters - Stress Value = 15				

STRETCHES
 STARTING FROM TOES WORKING UP
 HOLDING EACH STRETCH FOR 8 SECONDS
 REPEAT EACH STRETCH TWICE FOR EACH MUSCLE/GROUP

ABDOMINALS
 REGULAR
 KNEES UP
 TOES UP
 HIPS UP
 LEG RAISES
 ROWS
 BK K'S
 V SITS
 ELBOW TO KNEE
 SWIM SITS
 BODY ROCKS - BK
 BODY ROCKS - FR
 BACK UPS
 ALTERNATE ARM/LEG
 SUPERMAN
 LOWER DOWNS

STRETCH CORDS INTRODUCTION
 ABDUCTORS
 ADDUCTORS
 REVERSE ROTATIONS
 ROWS
 REVERSE FLYS
 FLYS
 T Y I
 BACK DRYER
 YOYO
 REVERSE YOYO
 STROKE PULLING - FLY, BK, BR, FR
 (KEY TO PULLING HAND TO LEVEL OF STATIONARY ELBOW THEN PRESS)
 (BK FEEL THE STRETCH)
 (RECOVERY MUST BE CONTROLLED AT ALL TIMES)
 FINISHES

CIRCUIT FOR STRETCH CORDZ
 :15 ON :15 OFF :15 ON :15 OFF :30 ON :15 OFF :15 ON :15 OFF :30 ON

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,300 100.00%	46.0 100.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
MIXED	1,100 84.61%	26.0 56.52%
IM	200 15.38%	20.0 43.47%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	800 61.53%	34.0 73.91%
KICK	500 38.46%	12.0 26.08%

Workout #1372 - Friday, 27 August 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				
		COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200				
		MEET DRYLAND WARMUP				
		PRE RACE WARM UP				
		WHEN DO YOU START IT?				
		TO BE COMPLETED SO THAT THERE IS APPROXIMATELY				
		10 MINUTES PRIOR TO THE START OF YOUR RACE				
		600M MINIMUM TAKES APPROXIMATELY 12 MINUTES TO COMPLETE				
		APPROXIMATELY 30 MINUTES PRIOR TO RACE TIME BEGIN				
100	5:00 AM	1 x 100 on 2:00 STROKE DR/S BY 25'S	EN1	D	STK	1:0
100	5:03 AM	1 x 100 on 2:00 STROKE K	EN2	K	STK	1:0
100	5:06 AM	1 x 100 on 2:00 STROKE TECH FOCUS	EN2	S	STK	1:0
200	5:09 AM	2 x 100 on 2:00 RACE PREP SEE NOTES	SP3	S	STK	1:0
		SC EACH 50 DONE AS FOLLOWS				
		8 STROKES BURST OFF WALL				
		EZ TO FLAGS				
		FAST IN AND OUT OF FLAGS (TURN)				
		EZ TO FLAGS				
		BUILD TO RACE FINISH				
100	5:14 AM	1 x 100 on 2:00 CRUISE	EN1	S	CH	1:0
		MORE IF NEEDED				
		IMPORTANT THAT LEGS ARE WARMED UP				
		FOCUS IS ON RHYTHM FOR EVENTS 200M+				
		FOCUS IS ON SPPED FOR EVENTS 100M OR -				
50	5:17 AM	1 x 50 on :40 STROKE (50 OR 25)	SP2	S	STK	0:4
		ATHLETES CHOOSE TO COMPLETE EITHER A 25 OR 50M EVENT				
		AS FAST AS POSSIBLE FINISHING TO THE HAND OR FEET				

		AFTER RACING RECOVERY				
		TO BE DONE IMMEDIATELY FOLLOWING RACE				
		BEFORE TALKING TO COACH				
200	5:19 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN1	S	STK	1:0
		STRONG ON STROKE				
100	5:24 AM	1 x 100 on 2:00 FR/STROKE K BY 50'S	EN1	K	STK	1:0
		STROKE ON STROKE				
200	5:27 AM	4 x 50 on 1:00 STROKE STRONG/EZ BY 25'S	EN2	S	STK	1:0
		EZ CAN BE ATHLETE CHOICE				
100	5:32 AM	1 x 100 on 2:00 CH K	EN1	K	CH	1:0
200	5:35 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN1	S	STK	1:0
		GET OUT IF HR FOR 10 SECONDS IS < 18				
		IF HR > 18 BEATS FOR 10 SECONDS THEN CONTINUE				
		NOW GO AND SEE YOUR COACH FOR POST RACE DISCUSSION				
		HOW MANY LOLLIES DID YOU EARN?				
		COMPLETE YOUR GOAL SETTING RESULTS				
	5:39 AM	1,450 Meters - Stress Value = 31				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	800 55.17%	16.0 55.81%
ANAEROBIC THRESHOLD	400 27.58%	8.0 27.90%
ALACTIC	200 13.79%	4.0 13.95%
PEAK LACTATE	50 3.44%	0.6 2.32%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	1,250 86.20%	24.6 86.04%
CHOICE	200 13.79%	4.0 13.95%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,050 72.41%	20.6 72.09%

KICK	300	20.68%	6.0	20.93%
DRILL	100	6.89%	2.0	6.97%

Workout #1373 - Friday, 27 August 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	0	Meters				

Workout #1374 - Saturday, 28 August 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				
		COMPETITION PHASE - AEROBIC SKILLS AND DRILLS				
		MEET DRYLAND WARMUP				
6:00 AM	0 Meters					

Workout #1375 - Monday, 30 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
TRANSITION PHASE - AEROBIC FITNESS						
MEET DRYLAND WARMUP						
600	4:30 PM	6 x 100 on 1:50 FR/BK BY 50'S	EN1	S	FR	0:55
400	4:42 PM	2 x 200 on 4:30 IM K	EN1	K	IM	1:08
450	4:52 PM	3 x 150 on 2:30 IM K w FINS BY 50'S (NO BR)	EN2	K	FIN	0:50
350	5:01 PM	1x { 1 x 50 on 1:15 FLY FAST TURN	SP3	S	FLY	1:15
		{ 1 x 50 on 1:15 FLY/BK BY 25'S FAST TURN	SP3	S	IM	1:15
		{ 1 x 50 on 1:15 BK FAST TURN	SP3	S	BK	1:15
		{ 1 x 50 on 1:15 BK/BR BY 25'S FAST TURN	SP3	S	IM	1:15
		{ 1 x 50 on 1:15 BR FAST TURN	SP3	S	BR	1:15
		{ 1 x 50 on 1:15 BR/FR BY 25'S FAST TURN	SP3	S	IM	1:15
		{ 1 x 50 on 1:15 FR FAST TURN	SP3	S	FR	1:15
1,600	5:11 PM	2x { 1 x 100 on 1:55 FR FAST TURNS	EN2	S	FR	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
		{ 1 x 100 on 1:55 BK FAST TURNS	EN2	S	BK	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
		{ 1 x 100 on 1:55 BR FAST TURNS	EN2	S	BR	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
		{ 1 x 100 on 1:55 FLY FAST TURNS	EN2	S	FLY	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
800	5:43 PM	1 x 800 on 17:00 CH K w FINS	EN1	K	FIN	1:04
		DEEP END UNDER H2O PUSHOFF + 6 FLY K FAST				
	6:00 PM	1 on 15:00 STROKE TURNS WITH PARTNER	EN1	S	STK	
	6:15 PM	4,200 Meters - Stress Value = 76				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,050 48.80%	38.1 45.48%
AEROBIC BASE	1,800 42.85%	37.0 44.09%
ALACTIC	350 8.33%	8.7 10.42%

Stroke Categories	Meters	Minutes
IM	1,350 32.14%	28.0 33.46%
FINS	1,250 29.76%	24.5 29.19%
FREESTYLE	850 20.23%	16.0 19.16%
BACKSTROKE	250 5.95%	5.0 6.05%
BREASTSTROKE	250 5.95%	5.0 6.05%
BUTTERFLY	250 5.95%	5.0 6.05%

Type of Work	Meters	Minutes
SWIM	2,550 60.71%	50.4 60.07%
KICK	1,650 39.28%	33.5 39.92%

Workout #1376 - Tuesday, 31 August 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						
TRANSITION PHASE - PEAK LACTATE/ALACTIC						
MEET DRYLAND WARM UP						
2,400	5:00 AM	4x { 8 x 25 on :40 STROKE SP STS THEN REC	SP3	S	MIO	1:20
		{ 1 x 200 on 4:20 STROKE K	EN1	K	MIO	1:05
		{ 4 x 25 on :40 STROKE SP STS + SC	SP3	S	MIO	1:20
		{ 1 x 100 on 2:20 STROKE STS + SC	EN1	S	MIO	1:10
800	6:00 AM	8 x 100 on 1:50 FR FINISH TO THE FEET@GOAL PACE	EN2	S	FR	0:55
GOAL PACE FINISH SUB 1:25 CONSISTENTLY						
200	6:16 AM	1 x 200 on 5:00 CH K w FINS	EN1	K	FIN	1:15
200	6:22 AM	4 x 50 on :45 MEDLEY RELAY	SP2	S	IM	0:45
1ST 25 MUST BE COMPLETED UNDER H20 FLY K						
EACH BREATH TAKE = +:02 SECONDS						
6:25 AM	3,600 Meters - Stress Value = 108					

IF YOU CHALLENGE YOURSELF TO COMPLETE 6 FLY K AND FULL STS AT SPEED OFF EACH WALL WILL YOU HAVE GREATER SUCCESS IN PERFORMANCE AND REACHING YOUR GOALS?

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,400 38.88%	31.6 38.93%
ALACTIC	1,200 33.33%	32.0 39.34%
ANAEROBIC THRESHOLD	800 22.22%	14.6 18.03%
PEAK LACTATE	200 5.55%	3.0 3.68%

Stroke Categories	Meters	Minutes
=====	=====	=====
REV IM ORDER	2,400 66.66%	58.6 72.13%
FREESTYLE	800 22.22%	14.6 18.03%
FINS	200 5.55%	5.0 6.14%
IM	200 5.55%	3.0 3.68%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,600 72.22%	59.0 72.54%
KICK	1,000 27.77%	22.3 27.45%

Workout #1377 - Tuesday, 31 August 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
TRANSITION PHASE - AEROBIC FITNESS						
MEET DRYLAND WARMUP						
600	4:30 PM	6 x 100 on 1:50 FR/BK BY 50'S	EN1	S	FR	0:55
400	4:42 PM	2 x 200 on 4:30 IM K	EN1	K	IM	1:08
450	4:52 PM	3 x 150 on 2:30 IM K w FINS BY 50'S (NO BR)	EN2	K	FIN	0:50
350	5:01 PM	1x { 1 x 50 on 1:15 FLY FAST TURN	SP3	S	FLY	1:15
		{ 1 x 50 on 1:15 FLY/BK BY 25'S FAST TURN	SP3	S	IM	1:15
		{ 1 x 50 on 1:15 BK FAST TURN	SP3	S	BK	1:15
		{ 1 x 50 on 1:15 BK/BR BY 25'S FAST TURN	SP3	S	IM	1:15
		{ 1 x 50 on 1:15 BR FAST TURN	SP3	S	BR	1:15
		{ 1 x 50 on 1:15 BR/FR BY 25'S FAST TURN	SP3	S	IM	1:15
		{ 1 x 50 on 1:15 FR FAST TURN	SP3	S	FR	1:15
1,600	5:11 PM	2x { 1 x 100 on 1:55 FR FAST TURNS	EN2	S	FR	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
		{ 1 x 100 on 1:55 BK FAST TURNS	EN2	S	BK	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
		{ 1 x 100 on 1:55 BR FAST TURNS	EN2	S	BR	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
		{ 1 x 100 on 1:55 FLY FAST TURNS	EN2	S	FLY	0:58
		{ 1 x 100 on 1:55 IM FAST TURNS	EN2	S	IM	0:58
800	5:43 PM	1 x 800 on 17:00 CH K w FINS	EN1	K	FIN	1:04
DEEP END UNDER H2O PUSHOFF + 6 FLY K FAST						
400	6:01 PM	1 x 400 on 8:00 IM SC	EN1	S	IM	1:00
200	6:10 PM	1 x 200 on 5:00 4TH BEST STROKE K	EN1	K	STK	1:15
	6:15 PM	1 on 15:00 STROKE TURNS WITH PARTNER	EN1	S	STK	
	6:30 PM	4,800 Meters - Stress Value = 82				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,400 50.00%	50.0 51.59%
ANAEROBIC THRESHOLD	2,050 42.70%	38.1 39.38%
ALACTIC	350 7.29%	8.7 9.02%

Stroke Categories	Meters	Minutes
IM	1,750 36.45%	36.0 37.23%
FINS	1,250 26.04%	24.5 25.27%
FREESTYLE	850 17.70%	16.0 16.59%
BACKSTROKE	250 5.20%	5.0 5.24%
BREASTSTROKE	250 5.20%	5.0 5.24%
BUTTERFLY	250 5.20%	5.0 5.24%
STROKE	200 4.16%	5.0 5.15%

Type of Work	Meters	Minutes
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=====	=====	=====
SWIM	2,950 61.45%	58.4 60.27%
KICK	1,850 38.54%	38.5 39.72%