

Workout #1378 - Wednesday, 01 September 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						
TRANSITION PHASE - AEROBIC POWER						
MEET DRYLAND WARM UP						
800	5:00 AM	4 x 200 on 4:20 IM K	EN1	K	IM	1:05
FOCUS UNDER H2O PUSHOFFS						
FLY, BK, FR 6 FLY K, BR 1 FLY K 1 BR K						
GOAL TO PASS FLAGS EASILY EACH PUSHOFF						
100	5:19 AM	4 x 25 on 1:00 BR SP SCULL (SA)	EN2	D	BR	2:00
200	5:24 AM	1 x 200 on 5:00 BR FOCUS ON POWER TO SL (SC)	EN1	S	BR	1:15
100	5:30 AM	4 x 25 on 1:00 BR SP SCULL w PADS (SA)	EN2	D	BR	2:00
200	5:35 AM	1 x 200 on 5:00 BR w PADS FOCUS ON POWER TO SL	EN1	S	BR	1:15
200	5:41 AM	1 x 200 on 4:00 BK 6 FLY K EACH WALL (FAST)	EN1	S	BK	1:00
400	5:46 AM	8 x 50 on 1:00 FR FINISH SUB :40 EACH REPEAT	EN2	S	FR	1:00
200	5:55 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
600	6:01 AM	6 x 100 on 1:50 FR FINISH TO THE FEET@GOAL PACE	EN2	S	FR	0:55
200	6:13 AM	1 x 200 on 5:00 CH LOOSEN	REC	S	CH	1:15
500	6:19 AM	1 x 500 on 7:30 FR TT @ GOAL PACE FOR 1500	EN2	S	FR	0:45
200	6:28 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
6:33 AM 3,700 Meters - Stress Value = 52						

NAME - 1500 FR TIME - AVE 100 PACE - GOAL TIME FOR 500 - ACTUAL TIME 500
 BROOKE - 20:45.53 - 1:23 - 6:50 - DNS
 LEAH - 20:51.55 - 1:23 - 6:50 - 6:48.15*
 NATHAN - 21:09.00 - 1:24 - 6:55 - DNS
 ASHLEE - 21:23.00 - 1:25 - 7:00.00 - 6:59.67*
 SARAH - 22:01.45 - 1:28 - 7:15 - 7:08.53*
 EMILY - 22:09.30 - 1:28 - 7:15 - 8:05.44
 KEELY - 23:19.44 - 1:33 - 7:40 - 7:58.84
 ADRIANNA - 23:23.67 - 1:33 - 7:50.26
 MONIQUE - 24:32.15 - 1:38 - 8:05 - 7:43.91*

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,700 45.94%	34.5 42.68%
AEROBIC BASE	1,400 37.83%	31.3 38.76%
WARM-UP-RECOVERY	600 16.21%	15.0 18.55%

Stroke Categories	Meters	Minutes
FREESTYLE	1,500 40.54%	26.5 32.78%
IM	800 21.62%	17.3 21.44%
CHOICE	600 16.21%	15.0 18.55%
BREASTSTROKE	600 16.21%	18.0 22.26%
BACKSTROKE	200 5.40%	4.0 4.94%

Type of Work	Meters	Minutes
SWIM	2,700 72.97%	55.5 68.65%
KICK	800 21.62%	17.3 21.44%
DRILL	200 5.40%	8.0 9.89%

Workout #1379 - Thursday, 02 September 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 - ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
800	5:00 AM	4 x 200 on 3:20 FR/BK BY 100'S	EN1	S	FR	0:50
IF PACE IS MET ON ALL REPEATS CONTINUE						
IF PACE IS NOT MET COMPLETE THE FOLLOWING						
100	5:15 AM	4 x 25 on :25 FR STS + SC M14 F15	EN1	D	FR	0:50
600	5:18 AM	6 x 100 on 1:55 K FLY/BK BY 50'S (ON BACK)	EN1	K	FLY	0:58
IF PACE IS MET ON ALL REPEATS CONTINUE						
IF PACE IS NOT MET COMPLETE THE FOLLOWING						
100	5:31 AM	4 x 25 on :30 FLY STS + SC M10 F11	EN1	S	FLY	1:00
200	5:34 AM	8 x 25 on 1:00 FLY K w FINS UNDER H2O NO BREATH	EN2	K	FIN	2:00
800	5:43 AM	4 x 200 on 5:00 IM DESCEND 1-4	EN2	S	IM	1:15
DESCEND EACH REPEAT BY NO MORE THAN :05 SECONDS						
400	6:04 AM	4 x 100 on 1:40 FR ON 1:30/1:40	EN2	S	FR	0:50
IF ON 1:30 AND MAKE THE PACE TAKE BONUS OF :30 REST						
IF ON 1:40 AND MAKE THE PACE TAKE BONUS OF :20 REST						
400	6:12 AM	4 x 100 on 1:35 FR ON 1:25/1:35	EN2	S	FR	0:48
IF ON 1:25 AND MAKE THE PACE TAKE BONUS OF :50 REST						
IF ON 1:35 AND MAKE THE PACE TAKE BONUS OF :40 REST						
400	6:20 AM	4 x 100 on 1:30 FR ON 1:20/1:30	EN2	S	FR	0:45
300	6:27 AM	4 x 75 on 1:10 FLY K w FINS ON BRD	EN2	K	FLY	0:47
400	6:33 AM	1 x 400 on 8:00 IM STS + SC	EN1	S	IM	1:00
6:41 AM 4,500 Meters - Stress Value = 78						

4 X 4 X 100 FR SET FINISH TIMES
 NARELLE - 3:32.68, 3:28, 3:26.99, 3:22.86
 EMMA - 3:34.91, 3:30, 3:30, 3:28
 BROOKE (K) - 4:04, 3:56, 3:54, 3:47.94
 LEAH - 3:33.12, 3:27.71, 2:27.93, 3:21.83
 LUKE - 3:20.16, 2:13.91, 3:08.76, 3:06.77
 GLENN - 3:29.62, 3:21.56, 3:19.55, 3:19.99
 SARAH - 3:29, 3:26, 3:24.20, 3:23.79
 NATHAN - 3:39.52, 3:43.19, 3:44.51, 3:41.11
 ADRIANNA - 3:42, 3:43.19, 3:50.79, 3:54.57
 KEELY - 3:55, 3:45, 3:49.64, 3:52.65

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,500 55.55%	51.6 58.60%
AEROBIC BASE	2,000 44.44%	36.5 41.39%

Stroke Categories	Meters	Minutes
FREESTYLE	2,100 46.66%	34.0 38.56%
IM	1,200 26.66%	28.0 31.75%
BUTTERFLY	1,000 22.22%	18.1 20.60%
FINS	200 4.44%	8.0 9.07%

Type of Work	Meters	Minutes
SWIM	3,300 73.33%	62.3 70.69%
KICK	1,100 24.44%	24.1 27.41%
DRILL	100 2.22%	1.6 1.89%

Workout #1381 - Thursday, 02 September 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						
TRANSITION 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 FRISBEE TOSS	EN1	D	DRY	
	6:10 PM	1 on 20:00 STRETCHING	REC	L	DRY	
	6:30 PM	1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC	EN1	L	DRY	
	6:50 PM	1 on 5:00 MEET DRYLAND WARMUP	EN1	L	DRY	
800	6:55 PM	4x{1 x 100 on 1:55 IM	EN1	S	IM	0:58
		{1 x 100 on 1:55 IMO	EN1	S	IMO	0:58
100	7:12 PM	1 x 100 on 5:00 IM STS TESTING PROTOCOL	EN1	S	IM	2:30
200	7:18 PM	8 x 25 on :40 FR K FINISH SUB :25 ON EACH	EN2	K	FR	1:20
200	7:25 PM	8 x 25 on :45 FR K FINISH SUB :25 ON EACH	EN2	K	FR	1:30
100	7:32 PM	1 x 100 on 3:00 BR RECOVERY	REC	S	BR	1:30
200	7:36 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
100	7:42 PM	1 x 100 on 5:00 IM STS TESTING PROTOCOL	EN1	S	IM	2:30
100	7:48 PM	4 x 25 on 1:00 FR PARTNER STROKE MIMIC	EN1	S	FR	2:00
	7:52 PM	1,800 Meters - Stress Value = 19				

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	1,100 61.11%	29.3 60.27%
ANAEROBIC THRESHOLD	400 22.22%	11.3 23.28%
WARM-UP-RECOVERY	300 16.66%	8.0 16.43%

Stroke Categories	Meters	Minutes
IM	600 33.33%	17.6 36.30%
FREESTYLE	500 27.77%	15.3 31.50%
IM ORDER	400 22.22%	7.6 15.75%
CHOICE	200 11.11%	5.0 10.27%
BREASTSTROKE	100 5.55%	3.0 6.16%

Type of Work	Meters	Minutes
SWIM	1,400 77.77%	37.3 76.71%
KICK	400 22.22%	11.3 23.28%

Workout #1382 - Friday, 03 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
5:00-7:00AM @ ROW						
TRANSITION PHASE - ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
1,200	5:00 AM	1x { 6 x 50 on :55 FR SP STS ONLY	EN2	S	FR	0
		{ 6 x 50 on 1:05 BR SP STS ONLY	EN2	S	BR	1
		{ 6 x 50 on :55 BK SP STS ONLY	EN2	S	BK	0
		{ 6 x 50 on 1:05 FLY SP STS ONLY	EN2	S	FLY	1
500	5:25 AM	1x { 3 x 100 on 2:00 STROKE K	EN2	K	STK	1
		{ 1 x 200 on 4:00 STROKE K	EN2	K	STK	1
500	5:36 AM	1x { 3 x 100 on 2:00 STROKE PULL	EN2	P	STK	1
		{ 1 x 200 on 3:50 STROKE PULL	EN2	P	STK	0
IF FR/BK THEN PACE IS BASED ON :55/50						
IF BR/FLY THEN PACE IS :55/50 THEN + :10/100						
500	5:47 AM	1x { 3 x 100 on 1:50 STROKE	EN2	S	STK	0
		{ 1 x 200 on 3:30 STROKE	EN2	S	STK	0
IF FR/BK THEN PACE IS BASED ON :50/50						
IF BR/FLY THEN PACE IS :50/50 THEN + :10/100						
500	5:57 AM	20 x 25 on :35 WINDSPRINTS (12.5'S)	EN2	K	FLY	1
SWIMMING THE WIDTH OF THE POOL						
WALK QUICKLY TO EDGE AND DIVE IN						
IN SL POSITION COMPLETE ENTIRE WIDTH OF POOL FLY K						
NO BREATH DURING WIDTH						
TO GET OUT PUSH UP WITH BOTH HANDS AND PLACE FOOT/FEET						
ON EDGE AND STAND UP						
6:08 AM		3,200 Meters - Stress Value = 72				

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	3,200 100.00%	64.5 100.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	1,500 46.87%	28.8 44.70%
BUTTERFLY	800 25.00%	18.1 28.16%
BACKSTROKE	300 9.37%	5.5 8.52%
FREESTYLE	300 9.37%	5.5 8.52%
BREASTSTROKE	300 9.37%	6.5 10.07%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,700 53.12%	33.0 51.16%
KICK	1,000 31.25%	21.6 33.59%
PULL	500 15.62%	9.8 15.24%

Workout #1383 - Friday, 03 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:30PM @ CARRUM DOWNS - PETER						
DRYLAND - STEWART (4:30-6:00PM)						
	4:30 PM	1 on 59:59 DRYLAND	EN1	L	DRY	
	6:00 PM	1 on 30:00 WALK TO POOL	EN1	D	DRY	
100	6:30 PM	1 x 100 on 1:55 IM	EN1	S	IM	0:58
100	6:33 PM	1 x 100 on 1:55 FLY	EN1	S	FLY	0:58
100	6:36 PM	1 x 100 on 1:55 IM	EN1	S	IM	0:58
100	6:39 PM	1 x 100 on 1:55 BK	EN1	S	BK	0:58
100	6:42 PM	1 x 100 on 1:55 IM	EN1	S	IM	0:58
100	6:45 PM	1 x 100 on 1:55 BR	EN1	S	BR	0:58
100	6:48 PM	1 x 100 on 1:55 IM	EN1	S	IM	0:58
100	6:51 PM	1 x 100 on 1:55 FR	EN1	S	FR	0:58
	6:54 PM	1 on 20:00 1-2-3 POOPSIE GAME	EN2	D	MIX	
200	7:14 PM	1 x 200 on 5:00 CH RECOVERY	EN1	S	CH	1:15
100	7:20 PM	4 x 25 on 1:00 SL FLY K UNDER H20	EN2	K	FLY	2:00
ATHLETES MUST COMPLETE ONE 25 COMPLETELY UNDER H20						
	7:24 PM	1,100 Meters - Stress Value = 12				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,000 90.90%	20.3 83.56%
ANAEROBIC THRESHOLD	100 9.09%	4.0 16.43%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM	400 36.36%	7.6 31.50%
BUTTERFLY	200 18.18%	5.9 24.31%
CHOICE	200 18.18%	5.0 20.54%
BREASTSTROKE	100 9.09%	1.9 7.87%
FREESTYLE	100 9.09%	1.9 7.87%
BACKSTROKE	100 9.09%	1.9 7.87%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,000 90.90%	20.3 83.56%
KICK	100 9.09%	4.0 16.43%

Workout #1384 - Saturday, 04 September 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						
TRANSITION PHASE - AEROBIC						
MEET DRYLAND WARMUP						
400	6:00 AM	1 x 400 on 8:00 IM	EN1	S	IM	1:00
400	6:09 AM	1 x 400 on 7:50 IM	EN1	S	IM	0:59
400	6:18 AM	1 x 400 on 7:40 IM	EN1	S	IM	0:58
400	6:27 AM	1 x 400 on 7:30 IM	EN1	S	IM	0:56
400	6:36 AM	1 x 400 on 7:20 IM	EN1	S	IM	0:55
400	6:45 AM	1 x 400 on 7:10 IM	EN1	S	IM	0:54
400	6:54 AM	1 x 400 on 7:00 IM	EN1	S	IM	0:52
400	7:02 AM	1 x 400 on 6:50 IM	EN1	S	IM	0:51
400	7:10 AM	1 x 400 on 6:40 IM	EN2	S	IM	0:50
FOR THOSE THAT MISSED THE PACE AT 6:50						
400 IM ON 6:40 IS FAS						
300	7:18 AM	12 x 25 on :40 FLY K	EN2	K	FLY	1:20
100	7:27 AM	2 x 50 on 5:00 FR	SP1	S	FR	5:00
DONE AS A RELAY WHERE 25 UNDER H20 FLY K THEN 25 FR						
7:37 AM 4,000 Meters - Stress Value = 57						

Energy Levels	Meters	Minutes
AEROBIC BASE	3,200 80.00%	59.3 70.63%
ANAEROBIC THRESHOLD	700 17.50%	14.6 17.46%
LACTATE TOLERANCE	100 2.50%	10.0 11.90%

Stroke Categories	Meters	Minutes
IM	3,600 90.00%	66.0 78.57%
BUTTERFLY	300 7.50%	8.0 9.52%
FREESTYLE	100 2.50%	10.0 11.90%

Type of Work	Meters	Minutes
SWIM	3,700 92.50%	76.0 90.47%
KICK	300 7.50%	8.0 9.52%

Workout #1385 - Monday, 06 September 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						
TRANSITION PHASE- ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
200	5:00 AM	1 x 200 on 3:45 FR/BK BY 50'S	EN1	S	FR	0
200	5:05 AM	1 x 200 on 3:45 IM	EN1	S	IM	0
200	5:10 AM	1 x 200 on 3:45 STROKE	EN1	S	STK	0
300	5:15 AM	12 x 25 on :40 FR K FINISH SUB :25	EN2	S	FR	1
400	5:24 AM	2 x 200 on 5:00 FR K FINISH SUB 3:40	SP1	K	FR	1
IF GOAL TIME 3:40 IS MET CONTINUE WITH SET						
IF GOAL TIME IS NOT MET REPEAT 2 X 200 K AND MAKE PACE						
400	5:35 AM	2 x 200 on 5:00 FR K w FINS	REC	K	FIN	1
500	5:46 AM	1x { 3 x 100 on 1:55 IM	EN2	S	IM	0
		{ 2 x 100 on 2:10 STROKE	EN1	S	STK	1
500	5:58 AM	1x { 3 x 100 on 1:50 IM	EN2	S	IM	0
		{ 2 x 100 on 2:10 STROKE	EN1	S	STK	1
500	6:09 AM	1x { 3 x 100 on 1:45 IM	EN2	S	IM	0
		{ 2 x 100 on 2:10 STROKE	EN1	S	STK	1
400	6:20 AM	1x { 3 x 100 on 1:40 IM	EN2	S	IM	0
		{ 1 x 100 on 2:10 STROKE	EN1	S	STK	1
200	6:29 AM	8 x 25 on :30 FLY K ON BK SL w FINS SP	SP2	K	FIN	1
200	6:34 AM	8 x 25 on :40 BK w 10 FLY K'S OFF EACH WALL SP	SP3	S	BK	1
600	6:41 AM	12 x 50 on :50 FR	EN1	S	FR	0
100	6:52 AM	1 x 100 on 2:30 CH TECH FOCUS	EN1	D	CH	1
	6:55 AM	4,700 Meters - Stress Value = 122				

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
AEROBIC BASE	2,000 42.55%	38.9 39.81%
ANAEROBIC THRESHOLD	1,500 31.91%	29.5 30.17%
LACTATE TOLERANCE	400 8.51%	10.0 10.23%
WARM-UP-RECOVERY	400 8.51%	10.0 10.23%
PEAK LACTATE	200 4.25%	4.0 4.09%
ALACTIC	200 4.25%	5.3 5.45%

Stroke Categories	Meters	Minutes
FREESTYLE	1,500 31.91%	31.7 32.48%
IM	1,400 29.78%	25.2 25.83%
STROKE	900 19.14%	18.9 19.35%
FINS	600 12.76%	14.0 14.32%
BACKSTROKE	200 4.25%	5.3 5.45%
CHOICE	100 2.12%	2.5 2.55%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	3,600	76.59%	71.2	72.89%
KICK	1,000	21.27%	24.0	24.55%
DRILL	100	2.12%	2.5	2.55%

Workout #1386 - Monday, 06 September 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/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	4:30 PM	3x{1 x 100 on 1:40 FR	EN1	S	FR	0:50
		{1 x 100 on 2:00 STROKE	EN1	S	STK	1:00
400	4:42 PM	4 x 100 on 1:50 IM	EN1	S	IM	0:55
600	4:51 PM	4x{1 x 50 on :55 FR	EN2	S	FR	0:55
		{1 x 50 on :45 FR	EN2	S	FR	0:45
		{1 x 50 on :40 FR	SP1	S	FR	0:40
200	5:02 PM	1 x 200 on 5:00 BR SC F10 M9	EN1	D	BR	1:15
800	5:08 PM	8 x 100 on 2:30 FR SEE NOTES	SP2	S	FR	1:15
		1 - FINISH AT PB + :16				
		2 - FINISH AT PB + :14				
		3 - FINISH AT PB + :12				
		4 - FINISH AT PB + :10				
400	5:29 PM	1 x 400 on 10:00 K w FINS BY 100'S SEE NOTE	EN1	K	FIN	1:15
		FLY w BRD, BK, FLY K SL ON BK, FR w BRD				
600	5:40 PM	12 x 50 on 1:05 STROKE K DESCEND 1-4	EN2	K	STK	1:05
800	5:54 PM	8 x 100 on 2:30 STROKE SEE NOTES	SP2	S	STK	1:15
		1 - FINISH AT PB + :20				
		2 - FINISH AT PB + :18				
		3 - FINISH AT PB + :16				
		4 - FINISH AT PB + :14				
200	6:15 PM	1 x 200 on 5:00 BK SC F15 M14	EN1	D	BK	1:15
400	6:21 PM	8 x 50 on :50 FR	EN1	S	FR	0:50
	6:28 PM	5,000 Meters - Stress Value = 237				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,200 44.00%	45.0 41.92%
PEAK LACTATE	1,600 32.00%	40.0 37.26%
ANAEROBIC THRESHOLD	1,000 20.00%	19.6 18.32%
LACTATE TOLERANCE	200 4.00%	2.6 2.48%

Stroke Categories	Meters	Minutes
FREESTYLE	2,100 42.00%	41.0 38.19%
STROKE	1,700 34.00%	39.0 36.33%
IM	400 8.00%	7.3 6.83%
FINS	400 8.00%	10.0 9.31%
BACKSTROKE	200 4.00%	5.0 4.65%
BREASTSTROKE	200 4.00%	5.0 4.65%

Type of Work Meters Minutes

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=====
SWIM      3,600 72.00% 74.3 69.25%
KICK      1,000 20.00% 23.0 21.42%
DRILL      400  8.00% 10.0  9.31%
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Workout #1387 - Tuesday, 07 September 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 - ANAEROBIC THRESHOLD/VO2 MAX						
MEET DRYLAND WARM UP						
400	5:00 AM	1 x 400 on 8:00 CH LOOSEN	EN1	S	CH	1:00
1,000	5:09 AM	2x { 2 x 100 on 1:45 FR AT PACE	EN2	S	FR	0:52
		{ 4 x 50 on 1:10 FR K FINISH SUB :55	EN2	K	FR	1:10
		{ 1 x 100 on 1:30 FR	EN2	S	FR	0:45
1,500	5:30 AM	1 x 1500 on 25:00 FR TIME TRIAL	EN3	S	FR	0:50
ATHLETES CHOOSE FROM EITHER 1500/800 FR						
THOSE THAT REQUIRE DO 2 X 400 K						
600	5:56 AM	1 x 600 on 15:00 CH RECOVERY	REC	S	CH	1:15
600	6:12 AM	3 x 200 on 4:00 STROKE K RELAYS	SP2	K	STK	1:00
	6:24 AM	4,100 Meters - Stress Value = 191				

TIME TRIAL 800/1500 FR OR 2 X 400 K (PB/ACTUAL)

800 FR
 DYLAN - 10:37.55 - 11:01.98
 NATHAN - 11:07.71 - 11:02.25
 CASEY - 11:28.20 - 12:38.22
 ADRIANNA - 11:37.31 - 13:15.96

1500 FR
 DAVID - 20:37.41 - 23:04.14
 ASHLEE - 21:23.00 - 23:21.50
 GLENN 23:48.20 - 20:48.01
 NARELLE - 21:56.99 - 22:14.31
 LUKE - 25:33.78 - 22:01.11
 KEELY - 23:19.44 - 24:41.17
 MONIQUE - 24:32.15 - 22:50.98

2 X 400 K ROUND 1 FLY ROUND 2 CH
 BROOKE - 7:13.60 - 8:04.96 FR
 LEAH - 7:11.53 - 8:05.94 FLY
 EMILY - 7:51.96 - 8:51.50 FLY

Energy Levels	Meters	Minutes
VO2 MAX	1,500 36.58%	25.0 31.51%
ANAEROBIC THRESHOLD	1,000 24.39%	19.3 24.36%
PEAK LACTATE	600 14.63%	12.0 15.12%
WARM-UP-RECOVERY	600 14.63%	15.0 18.90%
AEROBIC BASE	400 9.75%	8.0 10.08%

Stroke Categories	Meters	Minutes
FREESTYLE	2,500 60.97%	44.3 55.88%
CHOICE	1,000 24.39%	23.0 28.99%
STROKE	600 14.63%	12.0 15.12%

Type of Work	Meters	Minutes
SWIM	3,100 75.60%	58.0 73.10%
KICK	1,000 24.39%	21.3 26.89%

Workout #1388 - Tuesday, 07 September 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/PEAK LACTATE						
MEET DRYLAND WARMUP						
200	4:30 PM	1 x 200 on 5:00 FR SC < 112	EN1	D	FR	1:15
200	4:36 PM	1 x 200 on 5:00 BR SC < 80	EN1	D	BR	1:15
200	4:42 PM	1 x 200 on 5:00 BK SC < 112	EN1	D	BK	1:15
100	4:48 PM	1 x 100 on 5:00 FLY SC < 80	EN1	D	FLY	2:30
200	4:54 PM	1 x 200 on 5:00 IM SC 10-14-10-14	EN1	D	IM	1:15
600	5:00 PM	12 x 50 on :50 FR FINISH SUB :45	EN2	S	FR	0:50
800	5:11 PM	8 x 100 on 2:30 FR SEE NOTES	SP2	S	FR	1:15
FINISH AT < PB + :12						
200	5:32 PM	1 x 200 on 5:00 FR SC < 120	EN1	D	FR	1:15
200	5:38 PM	1 x 200 on 5:00 FR K FINISH SUB 4:15	EN1	K	FR	1:15
300	5:44 PM	6 x 50 on 1:05 STROKE K	EN2	K	STK	1:05
200	5:52 PM	4 x 50 on 1:00 STROKE SP/EZ BY 25'S	SP2	S	STK	1:00
800	5:57 PM	8 x 100 on 2:30 STROKE SEE NOTES	SP2	S	STK	1:15
FINISH AT < PB + :16						
200	6:18 PM	1 x 200 on 5:00 STROKE SC < 120 OR 88	EN1	D	STK	1:15
400	6:24 PM	8 x 50 on :55 FR/BK BY 25'S	EN1	S	FR	0:55
6:32 PM 4,600 Meters - Stress Value = 237						

Energy Levels	Meters	Minutes
AEROBIC BASE	1,900 41.30%	47.3 43.89%
PEAK LACTATE	1,800 39.13%	44.0 40.80%
ANAEROBIC THRESHOLD	900 19.56%	16.5 15.30%

Stroke Categories	Meters	Minutes
FREESTYLE	2,400 52.17%	52.3 48.53%
STROKE	1,500 32.60%	35.5 32.92%
BACKSTROKE	200 4.34%	5.0 4.63%
IM	200 4.34%	5.0 4.63%
BREASTSTROKE	200 4.34%	5.0 4.63%
BUTTERFLY	100 2.17%	5.0 4.63%

Type of Work	Meters	Minutes
SWIM	2,800 60.86%	61.3 56.87%
DRILL	1,300 28.26%	35.0 32.45%
KICK	500 10.86%	11.5 10.66%

Workout #1389 - Wednesday, 08 September 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						
TRANSITION PHASE - AEROBIC POWER						
MEET DRYLAND WARM UP						
300	5:00 AM	1 x 300 on 6:00 FR/BK/FR/BR/FR/FLY BY 50'S	EN1	S	IM	1:00
200	5:07 AM	1 x 200 on 4:05 FR K FINISH SUB 4:05	EN1	K	FR	1:01
COMPLETE EACH ITEM AS 25M YOU ARE NOT ABLE TO MOVE ON TO THE NEXT ITEM UNTIL CURRENT IS COMPLETED CORRECTLY						
500	5:13 AM	20 x 25 on 1:00 MIXED SKILLS SEE NOTES	EN1	D	MIX	2:00
1 - UNDER H20 FLY K NO BREATH SL ON FR						
2 - FR SC 11 NO GLIDE IN STROKE						
3 - UNDER H20 PULLOUTS (BR) NO BREATH						
4 - BR SC 7						
5 - FLY K UNDER H20 ON BK NO BREATH SL						
6 - BK SC 11 NO PAUSING IN STROKE						
7 - UNDER H20 PULLOUTS FINISH IN 4 OR LESS NO BREATH						
8 - FLY SC 6						
9 - UNDER H20 FLY K ON BK SL NO BREATH						
10 - FR FINISHES (SCULL) NO BREATH						
50	5:34 AM	1 x 50 on 1:00 STROKE FOR TIME	SP2	S	STK	1:00
TAKE ATHLETE TIMES AND MAKE TEAMS OF 2						
TEAMS ARE TO BE MADE AS EVENLY AS POSSIBLE						
1,050	5:36 AM	21 x 50 on 1:20 STROKE RELAY WITH PARTNER	SP1	S	STK	1:20
CONTINUOUS RELAY UNTIL YOUR TEAM LAPS ANOTHER						
WHEN YOUR TEAM LAPS ANOTHER THEN MOVE TO RECOVERY						
800	6:05 AM	1 x 800 on 20:00 CH RECOVERY	REC	S	CH	1:15
6:25 AM 2,900 Meters - Stress Value = 109						

- 1. LEAH FLY K - 43.10
- 2. SARAH FR - 33.55
- 3. BROOKE BK K - 42.71
- 4. ASHLEE BK - 39.02
- 1. MONIQUE FLY - 35.25
- 2. DAVID FLY - 43.31
- NATHAN - NT
- 3. ADRIANNA FR - 36.33
- 4. KEELY BK - 42.43

Energy Levels	Meters	Minutes
LACTATE TOLERANCE	1,050 36.20%	28.0 35.40%
AEROBIC BASE	1,000 34.48%	30.0 38.04%
WARM-UP-RECOVERY	800 27.58%	20.0 25.28%
PEAK LACTATE	50 1.72%	1.0 1.26%

Stroke Categories	Meters	Minutes
STROKE	1,100 37.93%	29.0 36.67%
CHOICE	800 27.58%	20.0 25.28%
MIXED	500 17.24%	20.0 25.28%
IM	300 10.34%	6.0 7.58%
FREESTYLE	200 6.89%	4.0 5.16%

Type of Work	Meters	Minutes
SWIM	2,200 75.86%	55.0 69.54%
DRILL	500 17.24%	20.0 25.28%
KICK	200 6.89%	4.0 5.16%

Workout #1390 - Thursday, 09 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
TRANSITION PHASE - ANAEROBIC THRESHOLD					
MEET DRYLAND WARMUP					
600	5:00 AM	3x{1 x 100 on 2:00 MI	EN1	S	MI
		{1 x 100 on 2:00 IM	EN1	S	IM
400	5:13 AM	4x{1 x 50 on 1:00 K FLY/FR BY 25'S	EN1	K	FLY
		{1 x 50 on 1:00 FLY/BK BY 25'S	EN1	K	FLY
600	5:22 AM	8 x 75 on 1:30 FR 50 SP 25 EZ	SP1	S	FR
IN PARTNERS 2 PER LANE					
SWIMMER 1 - 50 SP 25 EZ					
SWIMMER 2 - 25 EZ 50 SP					
SWIMMER 1+2 LEAVE AT THE SAME TIME ON FIRST REPEAT					
SWIMMER 2 WAITS AFTER 25 EZ UNTIL SWIMMER 1 FINISHES 50					
SWIMMER 2 THEN COMPLETES 50 SP					
EACH SWIMMER WAITS FOLLOWING 25 EZ UNTIL OTHER					
SWIMMER COMPLETES THEIR 50 SP TO START THEIR 50 SP					
=====					
SPECIFIC PREP FOR ATHLETE TIME TRIAL					
800 FR					
400	5:35 AM	4 x 100 on 1:35 FR TO THE FEET :10 REST	EN2	S	FR
1500 FR					
500	5:43 AM	5 x 100 on 1:35 FR TO THE FEET :10 REST	EN2	S	FR
400 IM					
400	5:52 AM	8 x 50 on :55 IM :10 REST NEGATIVE SPLIT 100'S	EN2	S	IM
200 FLY					
200	6:01 AM	4 x 50 on 1:05 FLY :15 REST	EN2	S	FLY
400 K					
300	6:07 AM	6 x 50 on 1:05 BR K :10 REST	EN2	K	BR
=====					
ATHLETE TIME TRIAL					
800/1500 FR OR 400 IM, 200 FLY, 400 BR K					
800	6:15 AM	1 x 800 on 20:00 ATHLETE TIME TRIAL	EN3	S	STK
500	6:36 AM	5x{1 x 50 on :55 FR TECH	EN1	S	FR
		{1 x 50 on :55 BK TECH	EN1	S	BK
200	6:47 AM	1 x 200 on 5:00 CH REC	EN1	S	CH
	6:52 AM	4,900 Meters - Stress Value = 162			

4 X 4 X 100 FR SET FINISH TIMES
 NARELLE - 3:32.68, 3:28, 3:26.99, 3:22.86
 EMMA - 3:34.91, 3:30, 3:30, 3:28
 BROOKE (K) - 4:04, 3:56, 3:54, 3:47.94
 LEAH - 3:33.12, 3:27.71, 2:27.93, 3:21.83
 LUKE - 3:20.16, 2:13.91, 3:08.76, 3:06.77
 GLENN - 3:29.62, 3:21.56, 3:19.55, 3:19.99
 SARAH - 3:29, 3:26, 3:24.20, 3:23.79
 NATHAN - 3:39.52, 3:43.19, 3:44.51, 3:41.11
 ADRIANNA - 3:42, 3:43.19, 3:50.79, 3:54.57
 KEELY - 3:55, 3:45, 3:49.64, 3:52.65

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,800 36.73%	32.4 32.88%
AEROBIC BASE	1,700 34.69%	34.1 34.65%
V02 MAX	800 16.32%	20.0 20.28%
LACTATE TOLERANCE	600 12.24%	12.0 12.17%

Stroke Categories	Meters	Minutes
FREESTYLE	1,750 35.71%	30.8 31.27%
STROKE	800 16.32%	20.0 20.28%
IM	700 14.28%	13.3 13.52%

BUTTERFLY	600	12.24%	12.3	12.51%
BREASTSTROKE	300	6.12%	6.5	6.59%
REV IM	300	6.12%	6.0	6.08%
BACKSTROKE	250	5.10%	4.5	4.64%
CHOICE	200	4.08%	5.0	5.07%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	4,200 85.71%	84.0 85.29%
KICK	700 14.28%	14.5 14.70%

Workout #1391 - Thursday, 09 September 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						
TRANSITION PHASE - DRYLAND POWER/SWIM RECOVERY-PACE						
	5:30 PM	1 on 25:00 AEROBIC SOCCER	EN1	L	DRY	
	5:55 PM	1 on 15:00 FRISBEE TOSS	EN1	D	DRY	
	6:10 PM	1 on 20:00 STRETCHING	REC	L	DRY	
	6:30 PM	1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC	EN1	L	DRY	
	6:50 PM	1 on 5:00 MEET DRYLAND WARMUP	EN1	L	DRY	
800	6:55 PM	4x{1 x 100 on 1:55 IM	EN1	S	IM	0:58
		{1 x 100 on 1:55 IMO	EN1	S	IMO	0:58
	7:12 PM	1 on 30:00 GOAL SETTING	REC	L	DRY	
ATHLETES SET GOAL TIME THAT WILL BE ACHIEVED						
AT THE SV LC STATE CHAMPS						
ATHLETES MUST CONVERT TO SC TIME AND CALCULATE PACE						
300	7:42 PM	6 x 50 on 1:30 STROKE PACE WORK	SP2	S	STK	1:30
	7:51 PM	1,100 Meters - Stress Value = 41				

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	800	72.72%	15.3	63.01%
PEAK LACTATE	300	27.27%	9.0	36.98%

Stroke Categories	Meters		Minutes	
=====	=====		=====	
IM	400	36.36%	7.6	31.50%
IM ORDER	400	36.36%	7.6	31.50%
STROKE	300	27.27%	9.0	36.98%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	1,100	100.00%	24.3	100.00%

Workout #1392 - Friday, 10 September 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				
		TRANSITION PHASE - ANAEROBIC THRESHOLD				
		MEET DRYLAND WARMUP				
400	5:00 AM	4 x 100 on 2:00 IM	EN1	S	IM	1:0
400	5:09 AM	4 x 100 on 2:00 BR	EN1	S	BR	1:0
400	5:18 AM	4 x 100 on 1:55 IM	EN1	S	IM	0:5
400	5:27 AM	4 x 100 on 1:50 BK	EN2	S	BK	0:5
400	5:36 AM	4 x 100 on 1:50 IM	EN2	S	IM	0:5
400	5:45 AM	4 x 100 on 1:55 FLY	EN2	S	FLY	0:5
400	5:54 AM	4 x 100 on 1:45 IM	EN2	S	IM	0:5
400	6:02 AM	4 x 100 on 1:40 FR	EN2	S	FR	0:5
900	6:10 AM	36 x 25 on :50 FLY K SP	SP1	K	FLY	1:4
		THIS IS AN ELIMINATION EVENT				
		IF YOU FINISH LAST 2 X IN A ROW YOU MOVE ON TO NEXT SET				
		WHEN ALL SWIMMERS HAVE BEEN ELIMINATED				
		REGROUP FOR NEXT SET				
		THOSE ELIMINATED COMPLETE FLY CONTINUOUSLY				
600	6:41 AM	24 x 25 on :50 FLY K SL ON BK w FINS	SP1	K	FIN	1:4
		COMPLETED THE SAME AS ABOVE				
		IF ELIMINATED ATHLETES SWIM BK w 6 FLY K OFF EACH WALL				
	7:01 AM	4,700 Meters - Stress Value = 189				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 42.55%	36.0 32.82%
LACTATE TOLERANCE	1,500 31.91%	50.0 45.59%
AEROBIC BASE	1,200 25.53%	23.6 21.58%

Stroke Categories	Meters	Minutes
IM	1,600 34.04%	30.0 27.35%
BUTTERFLY	1,300 27.65%	37.6 34.34%
FINS	600 12.76%	20.0 18.23%
FREESTYLE	400 8.51%	6.6 6.07%
BREASTSTROKE	400 8.51%	8.0 7.29%
BACKSTROKE	400 8.51%	7.3 6.68%

Type of Work	Meters	Minutes
SWIM	3,200 68.08%	59.6 54.40%
KICK	1,500 31.91%	50.0 45.59%

Workout #1393 - Friday, 10 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:30PM @ CARRUM DOWNS - PETER						
DRYLAND - STEWART (4:30-6:00PM)						
	4:30 PM	1 on 59:59 DRYLAND	EN1		L DRY	
	6:00 PM	1 on 30:00 WALK TO POOL	EN1		D DRY	
MEET DRYLAND WARM UP						
500	6:30 PM	1 x 500 on 12:00 IM	EN1		S IM	1:12
ATHLETES COMPLETE 125M OF EACH STROKE						
IN ANY ORDER AND OVER ANY DISTANCE						
	6:43 PM	1 on 20:00 GOAL SETTING	REC		L DRY	
ATHLETES SET GOAL TO ACHEIVE AT SV LC STATE CHAMPS						
CALCLUATING -2% CONVERSION AND THEN 50 SPLITS						
600	7:03 PM	4x{1 x 50 on :50 STROKE SP/EZ BY 25'S	EN2		S STK	0:50
		{1 x 50 on 1:00 STROKE K SP/EZ BY 25'S	EN2		K STK	1:00
		{1 x 50 on :55 STROKE SP/EZ BY 25'S	EN2		P STK	0:55
200	7:15 PM	4 x 50 on 1:30 STROKE AT PACE	SP2		S STK	1:30
	7:21 PM	1,300 Meters - Stress Value = 40				

200M EVENT GOAL TIME
 NATHAN 200 BR 3:22 - 49.50
 LUKE 200 FLY 2:59 - 43.87
 GLENN 200 BK 2:35 - 37.99
 KEELY 200 BK 3:02 - 44.60
 ASHLEE 200 BK 2:40 - 39.21

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	600 46.15%	11.0 37.93%
AEROBIC BASE	500 38.46%	12.0 41.37%
PEAK LACTATE	200 15.38%	6.0 20.68%

Stroke Categories	Meters	Minutes
STROKE	800 61.53%	17.0 58.62%
IM	500 38.46%	12.0 41.37%

Type of Work	Meters	Minutes
SWIM	900 69.23%	21.3 73.56%
KICK	200 15.38%	4.0 13.79%
PULL	200 15.38%	3.6 12.64%

Workout #1394 - Saturday, 11 September 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						
TRANSITION PHASE - ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
600	6:00 AM	3 x 200 on 3:10 FR ON 3:00/3:10	EN1	S	FR	0:48
500	6:11 AM	20 x 25 on :40 BR K	EN2	K	BR	1:20
1-6 BUILD 7-10 SP 11-14 BUILD 15-20 SP						
600	6:26 AM	3 x 200 on 3:40 BR ON 3:30/3:40	EN2	S	BR	0:55
250	6:38 AM	5 x 50 on 1:05 BK K MUST HAVE 6 FLY K UNDER H20	EN2	K	BK	1:05
250	6:45 AM	5 x 50 on :55 BK P	EN2	P	BK	0:55
600	6:51 AM	3 x 200 on 3:25 BK ON 3:15/3:25	EN2	S	BK	0:51
400	7:03 AM	8 x 50 on 1:10 FLY SEE NOTE	EN2	S	FLY	1:10
NUMBER OF REPEAT = NUMBER OF STROKES SP OFF EACH WALL						
AFTER SP STROKES ATHLETE CHOICE RECOVERY						
200	7:14 AM	4 x 50 on 1:05 FLY K FINISH AT :55	EN2	K	FLY	1:05
600	7:20 AM	3 x 200 on 3:40 FLY ON 3:30/3:40	EN2	S	FLY	0:55
500	7:32 AM	20 x 25 on :40 IM DESCEND 1-5	EN2	S	IM	1:20
600	7:47 AM	3 x 200 on 3:40 IM ON 3:30/3:40	EN2	S	IM	0:55
7:58 AM 5,100 Meters - Stress Value = 106						

REVIEW OF MEETS AND HOW EVENTS ARE SELECTED

- OCT 9 - MVC - 100, 100, 200
- OCT 10 - MLC - 100, 100, 200
- OCT 16-17 - OWC - 5KM OR 10KM
- OCT 23-24 - WYN - ONE OF 400/800/1500 + 2 X 200 + 2 X 50 + 1-2 X 100
- NOV 6-7 - SV LC DIST - 400 IM/FR 800/1500 FR (CHOOSE 2) + 2 X 200
- NOV 20 - NUN
- NOV 21 - CAA
- NOV 27-28 - SV DEC
- DEC 5 - BAL
- DEC 17-22 - SV LC STATE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,500 88.23%	93.5 90.78%
AEROBIC BASE	600 11.76%	9.5 9.21%

Stroke Categories	Meters	Minutes
BUTTERFLY	1,200 23.52%	24.6 23.92%
BACKSTROKE	1,100 21.56%	20.2 19.64%
IM	1,100 21.56%	24.3 23.60%
BREASTSTROKE	1,100 21.56%	24.3 23.60%
FREESTYLE	600 11.76%	9.5 9.21%

Type of Work	Meters	Minutes
SWIM	3,900 76.47%	75.4 73.16%
KICK	950 18.62%	23.0 22.39%

PULL	250	4.90%	4.5	4.44%
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Workout #1396 - Monday, 13 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ CD						
TRANSITION PHASE- ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
400	5:00 AM	4 x 100 on 1:45 FR TECH FOCUS	EN1	S	FR	0:52
300	5:08 AM	4 x 75 on 1:30 BK TECH FOCUS	EN1	S	BK	1:00
200	5:15 AM	4 x 50 on 1:00 BR TECH FOCUS	EN1	S	BR	1:00
100	5:20 AM	4 x 25 on :30 FLY TECH FOCUS	EN1	S	FLY	1:00
1,200	5:23 AM	3x { 3 x 100 on 2:00 FR K DESCENDING PACE BY SET	EN2	K	FR	1:00
ROUND 1 - 2:00, ROUND 2 - 1:55, ROUND 3 - 1:50						
1 x 100 on 2:30 CH RECOVERY						
1,200	5:50 AM	3x { 3 x 100 on 1:30 FR P DESCENDING PACE BY SET	EN2	P	FR	0:45
ROUND 1 - 1:30, ROUND 2 - 1:25, ROUND 3 - 1:20						
1 x 100 on 2:30 CH RECOVERY						
PADDLES OPTIONAL						
THOSE NOT ABLE TO PULL						
8 X 25 :45 10 FLY K SP THEN CH K REC INSTEAD OF P						
1,200	6:12 AM	3 x 400 on 6:20 FR ON 6:00/6:20	EN2	S	FR	0:48
300	6:32 AM	3 x 100 on 1:55 IM DESCENDING PACE	EN2	S	IM	0:58
REPEAT 1 - 1:55, REPEAT 2 - 1:50, REPEAT 3 - 1:45						
1,200	6:39 AM	3 x 400 on 7:00 IM ON 6:40/7:00	EN2	S	IM	0:52
	7:00 AM	6,100 Meters - Stress Value = 109				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,500 73.77%	77.2 69.43%
AEROBIC BASE	1,000 16.39%	19.0 17.07%
WARM-UP-RECOVERY	600 9.83%	15.0 13.48%

Stroke Categories	Meters	Minutes
FREESTYLE	3,400 55.73%	57.5 51.68%
IM	1,500 24.59%	26.7 24.04%
CHOICE	600 9.83%	15.0 13.48%
BACKSTROKE	300 4.91%	6.0 5.39%
BREASTSTROKE	200 3.27%	4.0 3.59%
BUTTERFLY	100 1.63%	2.0 1.79%

Type of Work	Meters	Minutes
SWIM	4,300 70.49%	79.7 71.68%
KICK	900 14.75%	18.0 16.17%
PULL	900 14.75%	13.5 12.13%

Workout #1398 - Tuesday, 14 September 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 - ANAEROBIC THRESHOLD/VO2 MAX						
MEET DRYLAND WARM UP						
MEET WARMUP PREP FOR 400 IM 800 FR OR 1500 FR						
400	5:00 AM	1 x 400 on 7:30 MIXED S	EN1	S	MIX	0:56
400	5:09 AM	4 x 100 on 2:00 K FR OR IM	EN2	K	STK	1:00
400	5:18 AM	1 x 400 on 8:00 STROKE DR/S BY 25'S	EN1	D	STK	1:00
400	5:27 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1:00
FR :45/50 BK :50/:55 BR :55/1:00 FLY :55/1:00						
SPECIFIC RACE PREP						
IM SPECIFIC RACE PREP						
400	5:36 AM	8 x 50 on :55 IM :10 REST NEGATIVE SPLIT	EN2	S	IM	0:55
FR SPECIFIC RACE PREP						
800 FR						
400	5:45 AM	4 x 100 on 1:35 FR TO THE FEET @ PACE :10 REST	EN2	S	FR	0:48
1500 FR						
500	5:53 AM	5 x 100 on 1:35 FR TO THE FEET AT PACE :10 REST	EN2	S	FR	0:48
200	6:02 AM	1 x 200 on 4:00 STROKE LAST CHANCE PREP	SP3	D	STK	1:00
200	6:07 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1:00
200	6:12 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1:00
TIME TRIAL OF 400 IM OR 800 FR OR 1500 FR						
FOR THOSE ONLY ABLE TO KICK 400 FLY K ON BK						
1,500	6:17 AM	1 x 1500 on 30:00 FR FOR TIME	EN3	S	FR	1:00
200	6:48 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
6:53 AM 5,200 Meters - Stress Value = 169						

TIME TRIAL

DAVID - 1500 FR - 20:37.41 - 20:31.54
 LEAH - 400 FLY K ON BK - 7:11.53 - 7:39.49
 ADRIANNA - 1500 FR - 23:23.67 - 25:40.97
 MONIQUE - 400 IM - 6:34.21 - 6:17.16
 ASHLEE - 1500 FR - 21:23.00 - 22:02.72
 BROOKE - 400 FLY K ON BK - 7:13.60 - 7:36.26
 NATHAN - 1500 FR - 21:09.00 - 20:40.76
 DYLAN - 1500 FR - 20:30.27 - 21:03.29
 SARAH - 1500 FR - 22:01.46 - 21:52.23
 GLENN - 400 IM - 5:53.64 - 6:21.29
 LUKE - 400 IM - 5:55.41 - 6:33.48
 KEELY - 1500 FR - 22:19.44 - 24:23.26

NOTES:

GOAL SETTING 2 COPIES
 FRI GYM?
 OWC 13+ 5000, 12&U 3000 (BASED ON MARCH AGE UP DATE)
 3 AEROBIC SESSIONS NEXT WEEK (SWIMS @ CD FREE)

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,300 44.23%	41.5 41.54%
VO2 MAX	1,500 28.84%	30.0 29.97%

AEROBIC BASE	1,000	19.23%	19.5	19.48%
WARM-UP-RECOVERY	200	3.84%	5.0	4.99%
ALACTIC	200	3.84%	4.0	3.99%

Stroke Categories	Meters		Minutes	
=====	=====		=====	
FREESTYLE	2,400	46.15%	44.2	44.21%
STROKE	1,400	26.92%	28.0	27.97%
CHOICE	600	11.53%	13.0	12.98%
IM	400	7.69%	7.3	7.32%
MIXED	400	7.69%	7.5	7.49%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	4,000	76.92%	76.0	76.01%
KICK	600	11.53%	12.0	11.99%
DRILL	600	11.53%	12.0	11.99%

Workout #1399 - Tuesday, 14 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
=====	=====	=====	===	=====	===	==
		4:30-6:30PM @ FWY				
		TRANSITION PHASE - AEROBIC/PEAK LACTATE				
		MEET DRYLAND WARMUP				
800	4:30 PM	2x{ 4 x 50 on 1:20 FR FINISHES/K ARMS DOWN BY 25'S	EN1	D	FR	1
		{ 4 x 50 on 1:20 BK FINISHES/K ARMS DOWN BY 25'S	EN1	D	BK	1
300	4:53 PM	12 x 25 on :50 10 FLY K UNDER WATER SP THEN REC	SP3	K	FLY	1
2,000	5:04 PM	4x{ 4 x 50 on 1:10 K ARMS DOWN FINISH SUB 1:00	EN2	K	STK	1
		{ 3 x 100 on 2:00 STROKE K ARMS DONW SEE NOTES	EN2	K	STK	1
		1 - FLY K ON BK				
		2 - BR K				
		3 - FLY K ON FR				
		4 - BK K				
		BONUS 1:20 REST AFTER 3 X 100 TO START NEXT SET ON 0				
400	5:48 PM	4 x 100 on 2:30 K w FINS SEE NOTES	SP2	K	FLY	1
		1 - 25 SP 75 EZ GOAL SUB :15				
		2 - 50 SP 50 EZ GOAL SUB :35				
		3 - 75 SP 25 EZ GOAL SUB :55				
		4 - 100 SP GOAL SUB 1:15				
		GOGGLE TOSS IF LAND AND STAY ON FLAGS DONE FOR SESSION				
		GOGGLE TOSS IF DO NOT LAND AND STAY ON FLAGS COMPLETE				
		THE FOLLOWING				
400	5:59 PM	4 x 100 on 1:45 FR	EN1	S	FR	0
300	6:07 PM	4 x 75 on 1:30 BK	EN1	S	BK	1
200	6:14 PM	4 x 50 on 1:00 BR	EN1	S	BR	1
100	6:19 PM	4 x 25 on :30 FLY	EN1	S	FLY	1
	6:21 PM	4,500 Meters - Stress Value = 119				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 44.44%	42.6 41.42%
AEROBIC BASE	1,800 40.00%	40.3 39.15%
PEAK LACTATE	400 8.88%	10.0 9.70%
ALACTIC	300 6.66%	10.0 9.70%

Stroke Categories	Meters	Minutes
STROKE	2,000 44.44%	42.6 41.42%
BUTTERFLY	800 17.77%	22.0 21.35%
FREESTYLE	800 17.77%	17.6 17.15%
BACKSTROKE	700 15.55%	16.6 16.18%
BREASTSTROKE	200 4.44%	4.0 3.88%

Type of Work	Meters		Minutes	
=====	=====		=====	
KICK	2,700	60.00%	62.6	60.84%
SWIM	1,000	22.22%	19.0	18.44%
DRILL	800	17.77%	21.3	20.71%

Workout #1400 - Wednesday, 15 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ ROW			
		TRANSITION PHASE - AEROBIC POWER			
		MEET DRYLAND WARM UP			
400	5:00 AM	4 x 100 on 3:00 BODY AWARENESS/DRILLS	EN1	D	MIX
		1 - ON BK FEET FIRST ARMS ONLY			
		2 - ON FR HEAD FIRST LEGS ONLY			
		3 - ON FR FEET FIRST REVERSE ARMS			
		4 - ON BK HEAD FIRST ARMS ONLY			
600	5:13 AM	6x{1 x 50 on 1:05 CH K 25 SP 25 REC	SP2	K	CH
		{1 x 50 on 1:05 CH K 25 REC 25 SP	SP2	K	CH
200	5:27 AM	2 x 100 on 1:35 FR BR 3 STRONG LONG TURNS	EN1	S	FR
200	5:32 AM	2 x 100 on 1:30 FR BR 3 STRONG LONG TURNS	EN2	S	FR
200	5:36 AM	2 x 100 on 1:25 FR BR 3 STRONG LONG TURNS	EN2	S	FR
		NO FAIRY PRINCESS TURNS ALLOWED :)			
		CHOOSE YOUR POISON/FAVOUR			
		1 - 1500 FR			
		2 - 400 IM			
		3 - 800 FR			
		CONSIDER PB IN THIS TERM? IF YES THEN NEXT OPPORTUNITY			
		IF CHOICE IS FR			
300	5:40 AM	6 x 50 on 1:00 FR K ON :55/1:00	EN2	K	FR
300	5:47 AM	3 x 100 on 1:35 FR @ PACE TO THE FEET :10 REST	EN2	S	FR
200	5:53 AM	4 x 50 on :55 FR SP/REC BY 25'S	SP3	S	FR
		IF CHOICE IS IM			
600	5:58 AM	4x{3 x 50 on 1:00 IMO DESCEND 1-3	EN2	S	IM
		TIME TRIAL EVENT			
800	6:11 AM	1 x 800 on 20:00 FR OR IM TT	EN3	S	STK
600	6:32 AM	1 x 600 on 7:00 CH RECOVERY	REC	S	CH
600	6:40 AM	12 x 50 on :50 FR BR 3 SC	EN1	S	FR
	6:50 AM	5,000 Meters - Stress Value = 176			

TIME TRIAL

LEAH - 400 IM K - NT - 6:55.52
 ADRIANNA - 400 IM - 6:08.69 - 6:40.57
 MONIQUE - 400 IM - 6:17.16 - 6:18.19
 ASHLEE - 800 FR - 11:07.00 - 11:25.04
 BROOKE - 400 IM K - NT - 6:54.89
 SARAH - 400 IM - 5:59.72 - 6:04.25
 KEELY - 800 FR - 11:58.37 - 12:36.84
 DAVID - 400 IM - 5:57.16 - 6:10.62
 NATHAN - 400 IM - 5:54.83 - 5:50.93

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,600 32.00%	28.5 29.34%
AEROBIC BASE	1,200 24.00%	25.1 25.83%
V02 MAX	800 16.00%	20.0 20.53%
WARM-UP-RECOVERY	600 12.00%	7.0 7.18%
PEAK LACTATE	600 12.00%	13.0 13.34%
ALACTIC	200 4.00%	3.6 3.76%

Stroke Categories	Meters	Minutes
FREESTYLE	2,000 40.00%	33.4 34.30%
CHOICE	1,200 24.00%	20.0 20.53%
STROKE	800 16.00%	20.0 20.53%

IM	600	12.00%	12.0	12.31%
MIXED	400	8.00%	12.0	12.31%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	3,700	74.00%	66.4	68.17%
KICK	900	18.00%	19.0	19.50%
DRILL	400	8.00%	12.0	12.31%

Workout #1402 - Thursday, 16 September 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 - AEROBIC ENDURANCE						
MEET DRYLAND WARMUP						
1,200	5:00 AM	3 x 400 on 7:20 FR/BK BY 100'S	EN1	S	FR	0:55
500	5:23 AM	10 x 50 on 1:00 FR K	EN2	K	FR	1:00
500	5:34 AM	5 x 100 on 1:55 FR K	EN2	K	FR	0:58
600	5:45 AM	6 x 100 on 1:55 IM ON 1:50/1:55	EN2	S	IM	0:58
500	5:58 AM	10 x 50 on 1:00 STROKE K	EN2	K	STK	1:00
500	6:09 AM	5 x 100 on 1:55 STROKE K	EN2	K	STK	0:58
600	6:20 AM	3 x 200 on 3:50 STROKE SEE NOTES	EN2	S	STK	0:58
PACE TIMES - BK 3:30/3:40, BR 3:40/3:50, FLY 3:40/3:50						
200	6:33 AM	1 x 200 on 4:00 FR BR 3 STS + SC	EN1	S	FR	1:00
300	6:38 AM	3 x 100 on 2:00 STROKE STS + SC	EN1	S	STK	1:00
6:44 AM 4,900 Meters - Stress Value = 88						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 65.30%	62.1 66.01%
AEROBIC BASE	1,700 34.69%	32.0 33.98%

Stroke Categories	Meters	Minutes
FREESTYLE	2,400 48.97%	45.5 48.40%
STROKE	1,900 38.77%	37.0 39.38%
IM	600 12.24%	11.5 12.21%

Type of Work	Meters	Minutes
SWIM	2,900 59.18%	55.0 58.40%
KICK	2,000 40.81%	39.1 41.59%

Workout #1403 - Monday, 27 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
4:30-6:30PM @ NW						
GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
200	4:30 PM	1 x 200 on 3:45 FR/BK BY 50'S ON 3:40/3:45	EN1	S	IM	0:5
200	4:35 PM	1 x 200 on 3:45 FR/BR BY 50'S ON 3:40/3:45	EN1	S	IM	0:5
200	4:40 PM	1 x 200 on 3:45 BK/BR BY 50'S ON 3:40/3:45	EN1	S	IM	0:5
200	4:45 PM	1 x 200 on 3:45 IM ON 3:40/3:45	EN1	S	IM	0:5
400	4:50 PM	8 x 50 on 1:05 IMO BY 2'S K SP/MOD BY 25'S	EN2	K	IM	1:0
300	5:00 PM	6 x 50 on :55 K w FINS SP/MOD BY 25'S IMO	EN2	K	FIN	0:5
COMPLETED IN THE ORDER 2 FLY, 2 BK, 2 FR						
200	5:07 PM	1 x 200 on 4:00 BR K BUILD 200	EN2	K	BR	1:0
FOR THE FOLLOWING 4 SETS THE ATHLETE CHOOSES THE STROKE						
AND MUST COMPLETE ONE STROKE FOR EACH SET						
FR PACE IS BASED ON :50/50						
BK PACE IS BASED ON :55/50						
BR AND FLY PACE ARE BASED ON 1:00/50						
800	5:12 PM	2 x 400 on 8:00 CHOICE OF STROKE	EN2	S	CH	1:0
800	5:29 PM	4 x 200 on 4:00 CHOICE OF STROKE	EN2	S	CH	1:0
800	5:46 PM	8 x 100 on 2:00 CHOICE OF STROKE	EN2	S	CH	1:0
800	6:03 PM	16 x 50 on 1:00 CHOICE OF STROKE	EN2	S	CH	1:0
300	6:20 PM	3 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:0
6:26 PM 5,200 Meters - Stress Value = 103						

THE ATHLETE IS SHOWN/GIVEN/DESCRIBED THE TECHNICAL AJUSTMENTS, THE ATHLETE THEN HAS THE CHOICE TO IMPLEMENT (WORK) THE ADJUSTMENT/CHANGE OR NOT. THE PERFORMANCE IS INFLUENCED BY THE COACH BUT ONLY PERFORMED BY THE ATHLETE.

BODY AWARENESS

10000 HOURS OR 10 YEARS AN ATHELTE BECOMES A MASTER OF SKILL
 5000 PRACTICES IF YOU DO 10 PRACTICES PER WEEK THIS EQUATES TO APPROXIMATELY 500 PRACTICES PER YEAR THEN WOULD TAKE 10 YEARS TO COMPLETE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,100 78.84%	82.1 79.64%
AEROBIC BASE	1,100 21.15%	21.0 20.35%

Stroke Categories	Meters	Minutes
CHOICE	3,200 61.53%	64.0 62.03%
IM	1,500 28.84%	29.6 28.75%
FINS	300 5.76%	5.5 5.33%
BREASTSTROKE	200 3.84%	4.0 3.87%

Type of Work	Meters	Minutes
SWIM	4,300 82.69%	85.0 82.39%
KICK	900 17.30%	18.1 17.60%

Workout #1404 - Tuesday, 28 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
5:00-7:00AM @ NW						
GENERAL PREP PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARM UP						
400	5:00 AM	4 x 100 on 1:45 FR/BK BY 50'S	EN1	S	FR	0
400	5:08 AM	4 x 100 on 2:00 SCULL/P BY 50'S w PADS	EN1	P	BR	1
1 - BR/FR, 2 - BR/BK						
400	5:17 AM	4 x 100 on 2:00 IMO K SP/MOD BY 50'S	EN2	K	IMO	1
1,600	5:26 AM	4x{ 4 x 50 on 1:30 IMO SP BY SET	SP2	S	IMO	1
{ 1 x 200 on 4:30 CH REC						
200	6:09 AM	2 x 100 on 2:05 FR K	EN2	K	FR	1
200	6:15 AM	2 x 100 on 2:00 FR K	EN2	K	FR	1
200	6:20 AM	2 x 100 on 1:55 FR K	EN2	K	FR	0
200	6:25 AM	2 x 100 on 1:50 FR K	EN2	K	FR	0
THOSE THAT MADE THE PACE COMPLETE THE FOLLOWING						
300	6:30 AM	12 x 25 on 1:00 CH SP 1 - FAP, 2 - FAS	SP2	S	CH	2
THOSE THAT JUST MISSED THE PACE COMPLETE THE FOLLOWING						
400	6:43 AM	16 x 25 on :55 CH SP 1 - FAP, 2 - FAS	SP2	S	CH	1
	6:58 AM	4,300 Meters - Stress Value = 198				

Energy Levels	Meters	Minutes
PEAK LACTATE	1,500 34.88%	50.6 47.20%
ANAEROBIC THRESHOLD	1,200 27.90%	23.6 22.04%
WARM-UP-RECOVERY	800 18.60%	18.0 16.77%
AEROBIC BASE	800 18.60%	15.0 13.97%

Stroke Categories	Meters	Minutes
CHOICE	1,500 34.88%	44.6 41.61%
IM ORDER	1,200 27.90%	32.0 29.81%
FREESTYLE	1,200 27.90%	22.6 21.11%
BREASTSTROKE	400 9.30%	8.0 7.45%

Type of Work	Meters	Minutes
SWIM	2,700 62.79%	75.6 70.49%
KICK	1,200 27.90%	23.6 22.04%
PULL	400 9.30%	8.0 7.45%

Workout #1405 - Tuesday, 28 September 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-6:30PM @ NW GENERAL PREP PHASE - AEROBIC/VO2 MAX MEET DRYLAND WARMUP				
600	4:30 PM	6 x 100 on 1:55 IM STS STRAIGHT LINE SWIMMING (BODY LINE) FR/BK FINISH STROKES, FLY/BR FOLLOW THROUGH&HOLD ENTRY RIGID BODY SWIMMING	EN1	S	IM	0:58
300	4:43 PM	12 x 25 on :30 FR K	EN1	K	FR	1:00
800	4:50 PM	4 x 200 on 3:30 FR P ON 3:15/3:30	EN2	P	FR	0:52
600	5:05 PM	3 x 200 on 4:15 STROKE K ON 4:00/4:15 (NO FR)	EN2	K	STK	1:04
500	5:19 PM	10 x 50 on 1:00 STROKE SP/REC BY 25'S	SP3	S	STK	1:00
300	5:30 PM	1 x 300 on 7:00 MIXED SC	EN1	S	MIX	1:10
400	5:38 PM	4 x 100 on 1:35 FLY K w FINS ON 1:25/1:35	EN3	K	FIN	0:48
200	5:46 PM	4 x 50 on 3:00 FR SP CHALLENGE	SP2	S	FR	3:00
		ATHLETES RANKED BASED ON 50 FR TIME AND PAIRED ROUND 1 - WINNERS PROGRESS AND HAVE 50 OFF ROUND 1 - LOSERS THEN SWIM OFF FOR FASTER LOSERS ROUND 2 - WINNERS VS FASTER LOSERS ROUND 2 - LOSERS VS LOSERS ROUND 3 - 2 WINS VS 2 WINS ROUND 3 - 1 WIN VS 1 WIN ROUND 3 - 2 LOSSES VS 2 LOSSES IF YOU WIN 3 TIMES YOU ARE FINISHED TRAINING SESSION				
	5:58 PM	3,700 Meters - Stress Value = 114				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,400 37.83%	26.7 33.61%
AEROBIC BASE	1,200 32.43%	24.5 30.78%
ALACTIC	500 13.51%	10.0 12.56%
VO2 MAX	400 10.81%	6.3 7.95%
PEAK LACTATE	200 5.40%	12.0 15.07%

Stroke Categories	Meters	Minutes
FREESTYLE	1,300 35.13%	32.0 40.20%
STROKE	1,100 29.72%	22.7 28.58%
IM	600 16.21%	11.5 14.45%
FINS	400 10.81%	6.3 7.95%
MIXED	300 8.10%	7.0 8.79%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	1,600	43.24%	40.5	50.89%
KICK	1,300	35.13%	25.0	31.51%
PULL	800	21.62%	14.0	17.59%

Workout #1406 - Wednesday, 29 September 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						
GENERAL PREP PHASE - TECHNIQUE						
MEET DRYLAND WARM UP						
200	5:00 AM	8 x 25 on :50 FR TECH FOCUS	EN1	D	FR	1:4
1-2 FINISHES, 3-4 ROBOT, 5-6 SWING REC, 7-8 PAUSE PRESS						
800	5:08 AM	8 x 100 on 1:35 FR	EN1	S	FR	0:4
250	5:22 AM	10 x 25 on 1:00 BR TECH FOCUS	EN1	D	BR	2:0
1-2 SCULL SA, 3-4 SCULL WINDSHIELD, 5-6 1P2K						
7-8 BRwFLY K 9-10 EXT SL SNAP TO SL						
750	5:33 AM	10 x 75 on 1:40 BR	EN1	S	BR	1:0
200	5:51 AM	8 x 25 on :50 BK TECH FOCUS	EN1	D	BK	1:4
1-2 FINISHES, 3-4 SPLASH & ROLL,						
5-6 CONTINUOUS ROLLING, 7-8 PAUSE PRESS						
800	5:59 AM	8 x 100 on 1:45 BK	EN1	S	BK	0:5
500	6:14 AM	20 x 25 on :30 FLY w FINS FAST	SP1	S	FLY	1:0
100	6:25 AM	1 x 100 on 4:00 FLY K w FINS ON BK	SP2	K	FIN	2:0
IF FINISH SUB 1:15 THEN FINISHED FOR THE SESSION						
IF NOT SUB 1:15 THEN REPEAT						
6:29 AM 3,600 Meters - Stress Value = 88						

TIME TRIAL

LEAH - 400 IM K - NT - 6:55.52
 ADRIANNA - 400 IM - 6:08.69 - 6:40.57
 MONIQUE - 400 IM - 6:17.16 - 6:18.19
 ASHLEE - 800 FR - 11:07.00 - 11:25.04
 BROOKE - 400 IM K - NT - 6:54.89
 SARAH - 400 IM - 5:59.72 - 6:04.25
 KEELY - 800 FR - 11:58.37 - 12:36.84
 DAVID - 400 IM - 5:57.16 - 6:10.62
 NATHAN - 400 IM - 5:54.83 - 5:50.93

Energy Levels	Meters	Minutes
AEROBIC BASE	3,000 83.33%	66.6 82.64%
LACTATE TOLERANCE	500 13.88%	10.0 12.39%
PEAK LACTATE	100 2.77%	4.0 4.95%

Stroke Categories	Meters	Minutes
BREASTSTROKE	1,000 27.77%	26.6 33.05%
BACKSTROKE	1,000 27.77%	20.6 25.61%
FREESTYLE	1,000 27.77%	19.3 23.96%
BUTTERFLY	500 13.88%	10.0 12.39%
FINS	100 2.77%	4.0 4.95%

Type of Work	Meters	Minutes
SWIM	2,850 79.16%	53.3 66.11%
DRILL	650 18.05%	23.3 28.92%
KICK	100 2.77%	4.0 4.95%

Workout #1407 - Thursday, 30 September 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						
GENERAL PREP PHASE - PEAK LACTATE/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
800	5:00 AM	4x{1 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:0
		{1 x 100 on 1:50 IM DESCENDING PACE (:05/REPEAT)	EN2	S	IM	0:5
		ROUND 1 ON 1:50, ROUND 2 ON 1:45,				
		ROUND 3 ON 1:40, ROUND 4 ON 1:35				
100	5:17 AM	1 x 100 on 3:00 FR K FOR TIME	SP2	K	FR	1:3
400	5:21 AM	4 x 100 on 1:55 FR K PACE IS DEPENDANT ON TIME	SP1	K	FR	0:5
		IF 100 TIME IS SUB 1:40 THEN PACE IS 1:55				
		IF 100 TIME IS OVER 1:40 THEN PACE IS 1:50				
200	5:30 AM	1 x 200 on 5:00 CH S REC + SC	REC	S	CH	1:1
100	5:36 AM	1 x 100 on 3:00 FLY K w FINS ON BK SL	SP2	K	FLY	1:3
400	5:40 AM	4 x 100 on 1:45 FLY K w FINS ON BK SEE NOTE	SP1	K	FIN	0:5
		IF 100 TIME IS SUB 1:25 THEN PACE IS 1:45				
		IF TIME IS OVER 1:25 THEN PACE IS 1:40				
300	5:48 AM	1 x 300 on 7:00 CH S REC + SC	REC	S	CH	1:1
50	5:56 AM	1 x 50 on 1:00 FLY K FOR TIME ON BRD	SP2	K	FLY	1:0
450	5:58 AM	9 x 50 on 1:30 FLY K ON BRD FINISH SUB TIME+2%	SP1	K	FLY	1:3
		ATHLETES MUST COMPLETE 9 REPEATS FINISHING SUB				
		THEIR TIME PLUS 2% IF THEIR TIME IS OVER TIME+2%				
		IT DOES NOT COUNT				
1,000	6:13 AM	10x{1 x 50 on :50 FR	EN1	S	FR	0:5
		{1 x 50 on :55 BK	EN1	S	BK	0:5
400	6:32 AM	1 x 400 on 8:00 IM w FINS (BRwFLY K)	EN1	S	FIN	1:0
	6:40 AM	4,200 Meters - Stress Value = 167				

50 FLY K TIME - TIME + 2%

* ATHLETES THAT COMPLETED 9 REPEATS UNDER TIME + 2%

ADRIANNA 49.28 - 50.26

SARAH 47.69 - 48.63

GLENN 49.60 - 50.59

*NARELLE 52.75 - 53.80

LEAH 44.88 - 45.77

*DAVID 49.60 - 50.59

MONIQUE 48.23 - 49.19

*BROOKE 46.36 - 47.28

*LUKE 48.56 - 49.52

KEELY 47.48 - 48.42

CALCULATION OF TIME + 2%

47.61 --> 1% = 0.4761 (DOUBLE THIS) --> 2% 0.9522

ADD THIS AMOUNT TO YOUR TIME

47.61

+ 0.9522

48.56 (TIME + 2%)

Energy Levels	Meters	Minutes
AEROBIC BASE	1,800 42.85%	33.5 38.06%
LACTATE TOLERANCE	1,250 29.76%	28.1 32.00%
WARM-UP-RECOVERY	500 11.90%	12.0 13.63%
ANAEROBIC THRESHOLD	400 9.52%	7.3 8.33%
PEAK LACTATE	250 5.95%	7.0 7.95%

Stroke Categories	Meters	Minutes
FREESTYLE	1,000 23.80%	19.0 21.59%
FINS	800 19.04%	15.0 17.04%

IM	800	19.04%	15.3	17.42%
BUTTERFLY	600	14.28%	17.5	19.88%
BACKSTROKE	500	11.90%	9.1	10.41%
CHOICE	500	11.90%	12.0	13.63%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	2,700	64.28%	52.8	60.03%
KICK	1,500	35.71%	35.1	39.96%

Workout #1408 - Thursday, 30 September 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 4:30-6:45PM - SWIM 6:45-7:00PM				
		GENERAL PREP PHASE - DRYLAND AEROBIC/POWER SWIM REC				
	4:30 PM	1 on 10:00 WARM UP RUN	EN1	L	DRY	
	4:40 PM	1 on 59:59 ULTIMATE FRISBEE	EN2	L	DRY	
	6:00 PM	3x { 1 on :15 STRETCHCORDZ	EN2	L	STZ	
		{ 1 on :15 RECOVERY	REC	L	DRY	
		{ 1 on :30 STRETCHCORDZ	EN2	L	STZ	
		{ 1 on :30 RECOVERY	REC	L	DRY	
		{ 1 on :15 STRETCHCORDZ	EN2	L	STZ	
		{ 1 on :15 RECOVERY	REC	L	DRY	
		{ 1 on :30 STRETCHCORDZ	EN2	L	STZ	
		{ 1 on :30 RECOVERY	REC	L	DRY	
		{ 1 on 10:00 ABDOMINALS/BACK	EN2	L	DRY	
	6:40 PM	1 on 2:00 LEG THROWDOWNS (ABS)	SP2	L	DRY	
200	6:42 PM	1 x 200 on 4:00 CH S REC	REC	S	CH	1:00
	6:46 PM	200 Meters				

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
=====	=====	=====
WARM-UP-RECOVERY	200 100.00%	4.0 100.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
CHOICE	200 100.00%	4.0 100.00%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	200 100.00%	4.0 100.00%