

**Workout #1563 - Tuesday, 01 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
GENERAL PREP PHASE - LACTATE TOLERANCE					
MEET DRYLAND WARMUP					
200	5:00 AM	1 x 200 on 5:00 FR/BK BY 50'S	EN1	S	FR
FOCUS ON CHANGE OF POSITION OF SHOULDERS					
300	5:06 AM	6 x 50 on 1:00 FLY K FINISH WITH :05 REST	EN2	K	FLY
400	5:13 AM	2 x 200 on 5:00 BK/BR BY 25'S	EN1	S	BK
FAST BK->BR TURNS					
200	5:24 AM	4 x 50 on :55 FLY K MAKE THE PACE	EN2	K	FLY
200	5:29 AM	1 x 200 on 5:00 IM STS + SC	EN1	D	IM
300	5:35 AM	12 x 25 on :45 FLY SPRINT	SP3	S	FLY
START WITH 6 FLY K ON REPEAT 1 ADD ONE MORE KICK/REPEAT					
200	5:45 AM	1 x 200 on 5:00 BR FOCUS SL & DRIVING FWD	EN1	D	BR
200	5:51 AM	8 x 25 on :45 BR SP SA SCULL HU w PB	SP1	D	BR
200	5:58 AM	1 x 200 on 5:00 BK TECH FOCUS	EN1	D	BK
STRETCH BACK ON HARD SPLASH ENTRY, SL ONLY PAST FLAGS					
1,200	6:04 AM	3x{ 1 x 200 on 5:00 FR OR BK K w FINS	EN1	K	FIN
		{ 4 x 50 on 1:00 K w FINS SP MAX EFFORT	SP1	K	FIN
ON 50'S COMPLETE AS FR OR BK/FLY BY 25'S					
200	6:32 AM	4 x 50 on :50 FR P w PADS SP ON :45/:50	SP1	P	PAD
GOAL TO GET A MINIMUM OF :05 REST					
	6:35 AM	3,600 Meters - Stress Value = 132			

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,800 50.00%	45.0 52.94%
LACTATE TOLERANCE	1,000 27.77%	21.3 25.09%
ANAEROBIC THRESHOLD	500 13.88%	9.6 11.37%
ALACTIC	300 8.33%	9.0 10.58%

Stroke Categories	Meters	Minutes
=====	=====	=====
FINS	1,200 33.33%	27.0 31.76%
BUTTERFLY	800 22.22%	18.6 21.96%
BACKSTROKE	600 16.66%	15.0 17.64%
BREASTSTROKE	400 11.11%	11.0 12.94%
FREESTYLE	200 5.55%	5.0 5.88%
PADDLES	200 5.55%	3.3 3.92%
IM	200 5.55%	5.0 5.88%

Type of Work	Meters	Minutes
=====	=====	=====
KICK	1,700 47.22%	36.6 43.13%
SWIM	900 25.00%	24.0 28.23%
DRILL	800 22.22%	21.0 24.70%
PULL	200 5.55%	3.3 3.92%

**Workout #1564 - Tuesday, 01 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
400	4:30 PM	1 x 400 on 7:30 FR/BK BY 100	EN2	S	FR	0
400	4:39 PM	1 x 400 on 7:30 150 FR 50 BR	EN2	S	FR	0
400	4:48 PM	1 x 400 on 7:30 150FR 50 FLY	EN2	S	FR	0
1,000	4:57 PM	5x{ 3 x 50 on :55 FR	EN1	S	FR	0
		{ 1 x 50 on 1:00 FLY	EN2	S	FLY	1
1,200	5:17 PM	12 x 100 on 1:50 K w FINS SEE NOTES	EN2	K	FIN	0
1-4 FLY K ON FRONT NO BOARD ALT 1-SL, 2-ARMS AT SIDES						
5-8 FR OR BK K NO BOARD ALT 1-SL, 2-ARMS AT SIDES						
9-12 FLY K ON BK ALT 1-SL, 2-ARMS AT SIDES						
WHEN DOING FLY K ON FRONT MUST COMPLETE A MINIMUM OF 6						
FLY KICKS UNDER WATER BETWEEN BREATHS						
WHEN DOING FR K MUST COMPLETE A MINIMUM OF 10 KICKS						
UNDER WATER BETWEEN BREATHS						
300	5:40 PM	1 x 300 on 8:00 BR K COUNT KICKS EACH LENGTH	EN1	K	BR	1
700	5:49 PM	7x{ 1 x 50 on :55 FROM A RUNNING START SP	SP2	S	MIX	0
		{ 1 x 50 on 1:30 CH RECOVERY	REC	S	CH	1
ATHLETES RUN APPROXIMATELY 7M ON POOL DECK AND DIVE						
OVER END WALL THEN SPRINT THE 50						
1- FLY, 2- BK, 3- BR, 4- FR, 5- CORKSCREW RT,						
6- CORKSCREW LT, 7- 25M UNDERWATER						
	6:05 PM	4,400 Meters - Stress Value = 110				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

SHANNEN JANSZ  
 KAITLYN COOPER  
 CALLUM LEAHY  
 KODILEEE STRAHAN  
 HOLLY SOUTALL

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,650 60.22%	49.5 56.14%
AEROBIC BASE	1,050 23.86%	21.7 24.66%
PEAK LACTATE	350 7.95%	6.4 7.27%
WARM-UP-RECOVERY	350 7.95%	10.5 11.90%

Stroke Categories	Meters	Minutes
FREESTYLE	1,950 44.31%	36.2 41.11%
FINS	1,200 27.27%	22.0 24.95%
MIXED	350 7.95%	6.4 7.27%
CHOICE	350 7.95%	10.5 11.90%
BREASTSTROKE	300 6.81%	8.0 9.07%
BUTTERFLY	250 5.68%	5.0 5.67%

Type of Work	Meters	Minutes
SWIM	2,900 65.90%	58.1 65.97%
KICK	1,500 34.09%	30.0 34.02%

**Workout #1565 - Wednesday, 02 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ ROW GENERAL PREP PHASE - LACTATE TOLERANCE/AEROBIC MEET DRYLAND WARMUP						
1,200	5:00 AM	1 x 1200 on 30:00 CH OYO PREP FOR 400 IM TT	EN2	S	CH	1:15
400	5:31 AM	1 x 400 on 30:00 IM TIME TRIAL	SP1	S	IM	3:45
REMAINDER OF THE PRACTICE IS DEPENDANT ON PERFORMANCE N X 400 IM WHERE N = # OF SECONDS OVER PB IN 400 IM TT PACE TIME FOR 400 IM = PB + 1:20 FOLLOWING 400 IM TT REVIEW TIME CONSTRAINTS AND ADJUST DECIDED BEST TO DO N X 100 IM ON 2:00 FINISHING UNDER 1:45						
2,100	6:02 AM	21 x 100 on 2:00 IM FINISH SUB 1:45	EN1	S	IM	1:00
800	6:45 AM	1 x 800 on 16:00 CH K	EN1	K	CH	1:00
7:01 AM 4,500 Meters - Stress Value = 93						

400 IM TIMES

NAME	PB	TIME	IM'S
BROOKE	5:27.70	5:36.44	9
SARAH	5:59.72	6:05.80	6
NARELLE	5:59.86	6:07.17	8
ADRIANNA	6:02.53	6:23.20	21
ASHLEE	6:14.32	6:10.05	0
MONIQUE	6:17.16	6:31.82	14
KEELY	6:39.55	6:40.46	1

Energy Levels	Meters	Minutes
AEROBIC BASE	2,900 64.44%	58.0 49.15%
ANAEROBIC THRESHOLD	1,200 26.66%	30.0 25.42%
LACTATE TOLERANCE	400 8.88%	30.0 25.42%

Stroke Categories	Meters	Minutes
IM	2,500 55.55%	72.0 61.01%
CHOICE	2,000 44.44%	46.0 38.98%

Type of Work	Meters	Minutes
SWIM	3,700 82.22%	102.0 86.44%
KICK	800 17.77%	16.0 13.55%

**Workout #1566 - Thursday, 03 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
GENERAL PREP PHASE - VO2 MAX						
MEET DRYLAND WARMUP						
ATHLETES CHOOSE STROKE FOR 8 X 100 STROKE						
THEN DEPENDING ON STROKE GOAL TIME TO ACHEIVE						
IS PB + :06 FOR FR/BK AND PB + :08 FOR FLY/BR						
IF ATHLETE SWIMS A TIME OVER SPECIFIED GOAL PACE						
THEY ARE EXCUSED FROM THE REMAINDER OF THE PRACTICE						
500	5:00 AM	2x { 3 x 50 on 1:00 FR TECH FOCUS SWING REC & ENTRY	EN1	S	FR	1:00
		{ 2 x 50 on 1:00 STROKE TECH FOCUS	EN1	S	STK	1:00
1,200	5:11 AM	2x { 3 x 100 on 2:00 STROKE K	EN2	K	STK	1:00
		{ 6 x 50 on 1:05 STROKE P FAST :50/:55/1:05	EN2	P	STK	1:05
150	5:37 AM	6 x 25 on :45 STROKE SPRINT	SP2	S	STK	1:30
25	5:43 AM	1 x 25 on 3:00 CH RECOVERY	REC	S	CH	6:00
800	5:47 AM	8 x 100 on 4:00 STROKE FINISH SUB PB +:06 OR :08	EN3	S	STK	2:00
425	6:20 AM	1 x 425 on 8:00 CH RECOVERY	REC	S	CH	0:56
800	6:29 AM	2 x 400 on 6:30 K w FINS FR/BK SEE NOTE	EN2	K	FIN	0:49
		1 - FR/BK BY 100'S, 2 - FR/BK BY 200'S				
	6:42 AM	3,900 Meters - Stress Value = 119				

NAME - STROKE PB - PB + :06 OR :08 - TIMES PERFORMED

ADRIANNA - FR 1:11.98 - 1:17.98 - 1:18.29

LAUREN - FR 1:08.47 - 1:14.47 - 1:11.94, 1:10.33, 1:13.87, 1:14.51

KEELY - BK 1:26.98 - 1:31.98 - 1:29.49, 1:30.25, 1:31.94, 1:32.75

MONIQUE - FLY 1:14.39 - 1:22.49 - 1:31.60

\*\*SARAH - BK 1:19.34 - 1:25.34 - 1:22.99, 1:18.67, 1:18.93, 1:20.34, 1:20.33, 1:22.47, 1:21.03, 1:21.84

CASEY - FR 1:09.78 - 1:15.78 - 1:15.93

BROOKE - FLY 1:07.98 - 1:15.98 - 1:18.12

NARELLE - BR 1:25.31 - 1:31.31 - 1:29.95, 1:26.96, 1:30.27, 1:31.68

\*\*GLENN - BK 1:11.77 - 1:17.77 - 1:16.29, 1:15.08, 1:17.64, 1:17.53, 1:16.27, 1:14.96, 1:14.47, 1:15.50

LUKE - BK 1:18.35 - 1:24.35 - 1:24.82

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 51.28%	38.0 39.79%
VO2 MAX	800 20.51%	32.0 33.50%
AEROBIC BASE	500 12.82%	10.0 10.47%
WARM-UP-RECOVERY	450 11.53%	11.0 11.51%
PEAK LACTATE	150 3.84%	4.5 4.71%

Stroke Categories	Meters	Minutes
STROKE	2,350 60.25%	65.5 68.58%
FINS	800 20.51%	13.0 13.61%
CHOICE	450 11.53%	11.0 11.51%
FREESTYLE	300 7.69%	6.0 6.28%

Type of Work	Meters	Minutes
=====	=====	=====

SWIM	1,900	48.71%	57.5	60.20%
KICK	1,400	35.89%	25.0	26.17%
PULL	600	15.38%	13.0	13.61%

**Workout #1567 - Thursday, 03 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - AEROBIC/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
300	4:30 PM	1 x 300 on 5:45 IM/FR/BK BY 100'S SEE NOTE	EN1	S	IM	0
PACE TIMES 5:00/5:15/5:30/5:45						
300	4:37 PM	1 x 300 on 6:00 IM/FR/BR BY 100'S SEE NOTE	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
300	4:44 PM	1 x 300 on 6:00 IM/FR/FLY BY 100'S SEE NOTE	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
600	4:51 PM	6 x 100 on 1:50 FLY K w FINS	EN2	K	FIN	0
300	5:03 PM	1 x 300 on 5:45 IM/FR/BK BY 100'S SEE NOTE	EN1	S	IM	0
PACE TIMES 5:00/5:15/5:30/5:45						
300	5:10 PM	1 x 300 on 6:00 IM/FR/BR BY 100'S	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
300	5:17 PM	1 x 300 on 6:00 IM/FR/FLY BY 100'S SEE NOTE	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
400	5:24 PM	8 x 50 on 1:05 FR P ON :50/:55/1:00/1:05	EN2	P	FR	1
HIGH STROKE RATE (> 40)						
300	5:34 PM	3 x 100 on 1:50 FR P w PADS 1:35/1:40/1:45/1:50	SP1	P	PAD	0
MAINTAIN HIGH S/R MAX POWER TO FINISHES OF EACH STROKE						
300	5:41 PM	1 x 300 on 5:45 IM/FR/BK BY 100'S SEE NOTE	EN1	S	IM	0
PACE TIMES 5:00/5:15/5:30/5:45						
300	5:48 PM	1 x 300 on 6:00 IM/FR/BR BY 100'S SEE NOTE	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
300	5:55 PM	1 x 300 on 6:00 IM/FR/FLY BY 100'S	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
300	6:02 PM	6 x 50 on 1:10 BR w FLY K + FINS (SPRINT)	SP1	S	BR	1
PACE TIMES :55/1:00/1:05/1:10						
ONE KICK PER ARM CYCLE VERY FAST STROKE RATE NO GLIDE						
300	6:10 PM	3x{ 1 x 50 on 1:20 BR SA SCULL @ PADS + FINS	SP1	D	BR	1
		{ 1 x 50 on 1:20 BR w FLY K + PADS + FINS SPRINT	SP1	S	BR	1
PACE TIMES 1:05/1:10/1:15/1:20						
300	6:19 PM	1 x 300 on 5:45 IM/FR/BK BY 100'S SEE NOTE	EN1	S	IM	0
PACE TIMES 5:00/5:15/5:30/5:45						
300	6:26 PM	1 x 300 on 6:00 IM/FR/BR BY 100'S SEE NOTE	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
300	6:33 PM	1 x 300 on 6:00 IM/FR/FLY BY 100'S SEE NOTE	EN1	S	IM	1
PACE TIMES 5:15/5:30/5:45/6:00						
	6:39 PM	5,500 Meters - Stress Value = 136				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 KODILEEEE STRAHAN

Energy Levels	Meters	Minutes
AEROBIC BASE	3,600 65.45%	71.0 63.86%
ANAEROBIC THRESHOLD	1,000 18.18%	19.6 17.69%
LACTATE TOLERANCE	900 16.36%	20.5 18.44%

Stroke Categories	Meters	Minutes
IM	3,600 65.45%	71.0 63.86%
FINS	600 10.90%	11.0 9.89%
BREASTSTROKE	600 10.90%	15.0 13.49%
FREESTYLE	400 7.27%	8.6 7.79%
PADDLES	300 5.45%	5.5 4.94%

Type of Work	Meters	Minutes
SWIM	4,050 73.63%	82.0 73.76%
PULL	700 12.72%	14.1 12.74%

KICK	600	10.90%	11.0	9.89%
DRILL	150	2.72%	4.0	3.59%

**Workout #1568 - Friday, 04 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ ROW GENERAL PREP PHASE - MEET WARMUP/RACE PACE WORK MEET DRYLAND WARMUP			
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00 SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING 100M EVENT RACE PREP	EN2	S	STK
200	5:41 AM	2x { 1 x 50 on 1:00 STROKE GOOD TECHNIQUE 1 x 50 on :50 STROKE @ RACE PACE 2ND 50 FINISH TO A HAND TOUCH 200M EVENT RACE PREP	EN1	S	STK
			SP2	S	STK
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50 FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50 400 FR RACE PREP	EN2	S	STK
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100 400 IM RACE PREP	EN2	S	FR
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST EACH 50 COMPLETED AT RACE PACE IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST 800 FR RACE PREP	EN2	S	IM
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100 1500 FR RACE PREP	EN2	S	FR
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100 ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE	EN2	S	FR
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC	EN2	S	CH
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN MEET WARMUP IS NOW COMPLETE	EN1	S	CH
200	6:43 AM	1 x 200 on 4:00 CH K RECOVERY	REC	K	CH
600	6:48 AM	12 x 50 on 1:30 STROKE @ RACE PACE PRACTICE RACE PACE FOR ATHLETE CHOICE EVENT IF 100 PRACTICING RACE PACE OF 2ND 50 IF 200 PRACTICING RACE PACE OF AVERAGE 50 IF 400 IM PRACTING RACE PACE OF 1ST 50 ONCE & 2ND 50 2X IF 400, 800 OR 1500 FR REPLACE 12 X 50 WITH 5 X 100 ON 2:00 HITTING GOAL PACE TO THE FEET	SP2	S	STK
175	7:07 AM	1 x 175 on 5:00 CH LOOSEN BROKEN SWIM :10 REST PER 50 OR 100 FAS	EN1	S	CH
200	7:13 AM	1 x 200 on 4:00 STROKE :10 REST	SP1	S	STK
425	7:18 AM	1 x 425 on 9:00 CH RECOVERY	REC	S	CH
200	7:28 AM	1 x 200 on 4:00 CH K w FINS	EN1	K	FIN
	7:32 AM	6,000 Meters - Stress Value = 176			

NAME - EVENT - LC GOAL TIME - LC PACE - SC PACE (-2%)  
 LC GOAL CONV TO SC - SC PACE - ACTUAL PACE

NATHAN - 100 BK - 1:16.00 - 38.75 - 37.98  
 1:14.50 - 36.52, 37.98 - 38.77, 41.44, 1:20.21

LUKE - 100 BK - 1:18.00 - 39.75 - 38.96  
 1:16.47 - 37.51, 38.96 - 38.14, 39.18, 1:17.32

GLENN - 100 BK - 1:14.00 - 37.75 - 36.99  
 1:12.54 - 35.55, 36.99 - 36.85, 38.00, 1:14.85

BROOKE - 100 FLY - 1:07.00 - 34.75 - 34.05  
 1:05.68 - 31.63, 34.05 - 33.07, 37.09, 1:10.16

KEELY - 200 BK - 2:55.00 - 43.75 - 42.87  
 2:51.56 - 42.87 - 43.99, 46.09, 46.56, 46.59, 3:03.33

NARELLE - 200 FLY - 3:00.00 - 45.00 - 44.10  
 2:56.47 - 49.10 - 37.78, 44.14, 46.25, 45.93, 2:54.10

SARAH - 100 BK - 1:18.00 - 39.75 - 38.96  
 1:16.47 - 37.51, 38.96 - 38.47, 38.87, 1:17.34

MONIQUE - 200 FLY - 2:54.00 - 43.50 - 42.63  
 2:50.58 - 42.63 - 38.91, 45.51, 46.00, 46.81, 2:57.13

ADRIANNA - 100 BK - 1:20.00 - 40.75 - 39.83  
 1:18.43 - 38.60, 39.83 - 41.71, 46.13, 1:27.84

ASHLEE - 100 FR - 1:04.00 - 32.75 - 31.99  
 1:02.74 - 30.75, 31.99 - 33.92, 38.75, 1:12.67

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 50.00%	64.0 48.60%
AEROBIC BASE	1,475 24.58%	31.0 23.54%
PEAK LACTATE	700 11.66%	19.6 14.93%
WARM-UP-RECOVERY	625 10.41%	13.0 9.87%
LACTATE TOLERANCE	200 3.33%	4.0 3.03%

Stroke Categories	Meters	Minutes
STROKE	2,400 40.00%	58.8 44.68%
CHOICE	1,400 23.33%	30.0 22.78%
FREESTYLE	1,200 20.00%	24.0 18.22%
IM	400 6.66%	7.3 5.56%
MIXED	400 6.66%	7.5 5.69%
FINS	200 3.33%	4.0 3.03%

Type of Work	Meters	Minutes
SWIM	4,600 76.66%	99.1 75.31%
KICK	1,000 16.66%	24.0 18.22%
DRILL	400 6.66%	8.5 6.45%

**Workout #1569 - Friday, 04 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
4:30	PM 1	on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY	
4:40	PM 1	on 15:00 LIGHT RUN	EN1	L	DRY	
4:55	PM 1	on 15:00 RUNNING DRILLS	EN1	L	DRY	
		RUNNING DRILLS				
		A'S, B'S, C'S, RUNNING SPRINT/AEROBIC				
		HEEL TOE, RUNNING ON BALLS OF FEET				
5:10	PM 1	on 15:00 RUNNING TECHNIQUE	EN1	L	DRY	
		USING ARMS TO INCREASE STRIDE LENGTH				
5:25	PM 1	on 15:00 STRETCHCORDZ INTRO	EN1	L	DRY	
		INTRODUCTION OF STRETCHCORDZ BASICS				
5:40	PM 1	on 25:00 TRAVEL TO CD POOL	REC	L	DRY	
6:05	PM 1	on 25:00 STRETCHING HEAD TO TOE	EN1	L	DRY	
		GENERAL PREP PHASE - AEROBIC SKILLS/FR TURNS				
		MEET DRYLAND WARMUP				
600	6:30	PM 1 x 600 on 15:00 MIXED SWIM SEE NOTE	EN1	S	MIX	1:15
		25 UNDER H20 25 BK, 50 FLY 25 BR, 25 BK				
600	6:46	PM 3 x 200 on 4:15 K 50 FLY 100 CH 50 FLY K ON BK	EN2	K	FLY	1:04
50	7:00	PM 2 x 25 on 5:00 FR ROUND THE WALL TURN FOR TIME	SP2	S	FR	10:00
		FASTEST TURN TIME GETS FREDDO FROG				
200	7:11	PM 1 x 200 on 5:00 FR WITH PARTNER	EN2	S	FR	1:15
		STAY TOGETHER AND AT DEEP END TURN RACE THROUGH TURN				
150	7:17	PM 1 x 150 on 4:00 CH RECOVERY	REC	S	CH	1:20
	7:21	PM 1,600 Meters - Stress Value = 30				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	800 50.00%	17.7 37.96%
AEROBIC BASE	600 37.50%	15.0 32.08%
WARM-UP-RECOVERY	150 9.37%	4.0 8.55%
PEAK LACTATE	50 3.12%	10.0 21.39%

Stroke Categories	Meters	Minutes
MIXED	600 37.50%	15.0 32.08%
BUTTERFLY	600 37.50%	12.7 27.27%
FREESTYLE	250 15.62%	15.0 32.08%
CHOICE	150 9.37%	4.0 8.55%

Type of Work	Meters	Minutes
SWIM	1,000 62.50%	34.0 72.72%
KICK	600 37.50%	12.7 27.27%

**Workout #1570 - Saturday, 05 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
6:00-8:00AM @ NW					
GENERAL PREP PHASE - MEET WARMUP/RACE PACE WORK					
MEET DRYLAND WARMUP					
300	6:00 AM	3 x 100 on 1:50 DESCEND 1-3 SEE NOTES	EN2	S	IM
1 - FR/BK BY 50'S, 2 - FR/FLY BY 50'S, 3 -FR/BR BY 50'S					
400	6:07 AM	2 x 200 on 4:15 K FLY/BR BY 100'S	EN2	K	FLY
600	6:17 AM	6 x 100 on 1:45 IM ON 1:35/1:45	EN2	S	IM
600	6:29 AM	12 x 50 on :50 FR ON :45/:50	EN2	S	FR
ATHLETES CHOOSE ONE OF THE FOLLOWING 3 OPTIONS					
IF DURING ANY OF THE ATHLETE CHOICE SETS THE PACE					
IS MISSED THE COACH DETERMINES AN ALTERNATE SESSION					
OPTION 1 - 1500 FR PREP					
200	6:40 AM	2x{ 1 x 50 on :45 FR ON :40/:45	EN2	S	FR
		{ 1 x 50 on :50 FR ON :45/:50	EN2	S	FR
400	6:45 AM	4x{ 1 x 50 on 1:05 3D 1U BR/FR BR5 BY 25'S	EN2	S	FR
		{ 1 x 50 on 1:05 3D 2U BR/FR BR7 BY 25'S	EN2	S	FR
100	6:55 AM	4 x 25 on :45 FR SP	SP3	S	FR
100	6:59 AM	1 x 100 on 2:30 CH LOOSEN	REC	S	CH
1,500	7:03 AM	15 x 100 on 1:40 FR ON 1:30/1:40 (GOAL :10 REST)	EN2	S	FR
200	7:29 AM	1 x 200 on 4:00 BK/BR BY 50'S	EN1	S	BK
OPTION 1 - 400 IM PREP					
400	7:34 AM	4 x 100 on 2:00 K IMO NEG SPLIT EACH 100	EN2	K	IMO
600	7:43 AM	4x{ 2 x 25 on :40 IMO SP	SP3	S	IMO
		{ 2 x 50 on 1:05 IMO FAST S/R	EN2	S	IMO
600	7:58 AM	4x{ 1 x 50 on 1:00 IMO SP/SC BY 25'S	EN2	S	IMO
		{ 1 x 50 on 1:00 IMO FAST :55 FR+BK/1:05 BR+FLY	SP2	S	IMO
		{ 1 x 50 on 1:00 IMO V FAST :55 FR+BK/1:05 BR+FLY	SP1	S	IMO
200	8:11 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH
400	8:17 AM	8 x 50 on :55 IM :10 REST FOR TIME	EN3	S	IM
OPTION 3 - AEROBIC					
800	8:26 AM	8 x 100 on 1:40 K w FINS	EN2	K	FIN
600	8:41 AM	12 x 50 on 1:00 FR/BK BY 25'S SC	EN1	S	FR
MAINTAIN LOWER SC FOR BOTH STROKES					
400	8:54 AM	8 x 50 on 1:00 FLY/BR BY 25'S SC	EN1	S	BR
MAINTAIN LOWER SC FOR BOTH STROKES					
800	9:03 AM	4x{ 1 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM
		{ 1 x 100 on 1:40 FR ON 1:30/1:40	EN2	S	FR
400	9:18 AM	1 x 400 on 9:00 CH K	EN1	K	CH
9:27 AM 9,600 Meters - Stress Value = 241					

400 IM BROKEN :10 REST BY 50'S TIME

BROOKE

38.30, 40.43, 41.92, 42.70, 45.97, 47.29, 39.78, 37.67 (5:31.76)

LUKE

41.04, 44.44, 46.38, 47.76, 49.82, 51.53, 44.61, 38.79 (6:04.42)

LAUREN

42.40, 45.64, 41.67, 41.39, 50.67, 50.68, 37.12, 35.64 (5:45.21)

KEELY

45.90, 47.95, 42.03, 49.72, 57.81, 58.45, 46.46, 42.47 (6:28.79)

GLENN

40.3, 46.8, 46.2, 47.1, 55.2, 56.2, 39.7, 40.9 (6:12.4)

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	6,600 68.75%	118.6 64.90%
AEROBIC BASE	1,600 16.66%	33.0 18.04%

V02 MAX	400	4.16%	7.3	4.01%
WARM-UP-RECOVERY	300	3.12%	7.5	4.10%
ALACTIC	300	3.12%	8.3	4.55%
LACTATE TOLERANCE	200	2.08%	4.0	2.18%
PEAK LACTATE	200	2.08%	4.0	2.18%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	3,800 39.58%	68.5 37.46%
IM	1,700 17.70%	30.0 16.40%
IM ORDER	1,600 16.66%	34.0 18.59%
FINS	800 8.33%	13.3 7.29%
CHOICE	700 7.29%	16.5 9.02%
BUTTERFLY	400 4.16%	8.5 4.64%
BREASTSTROKE	400 4.16%	8.0 4.37%
BACKSTROKE	200 2.08%	4.0 2.18%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	7,600 79.16%	144.0 78.76%
KICK	2,000 20.83%	38.8 21.23%

**Workout #1572 - Monday, 07 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ CD						
GENERAL PREP PHASE - PEAK LACTATE/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
1,000	5:00 AM	4x{ 4 x 50 on :50 FR FAST TURNS	EN2	S	FR	0:50
		{ 1 x 50 on :55 IMO FAST TURNS	EN2	S	IMO	0:55
300	5:18 AM	6x{ 1 x 25 on :40 SP FLY K GOAL SUB :20/:22/:24	SP2	K	FLY	1:20
		{ 1 x 25 on :40 SP CH K GOAL SUB :20/:22/:24	SP2	K	CH	1:20
100	5:27 AM	1 x 100 on 3:00 SP FLY K FOR TIME	SP1	K	FLY	1:30
200	5:31 AM	1 x 200 on 5:00 CH S RECOVERY	REC	S	CH	1:15
ATHLETES PAIRED BASED ON 100 FLY K TIME						
800	5:37 AM	8 x 100 on 2:40 SP FLY K	SP1	K	FLY	1:20
1-4 SWIMMER 1 STARTS AND AFTER 50 SWIMMER 2 STARTS						
IT IS A RACE TO THE 100M MARK FOR SWIMMER 1						
5-8 SWIMMER 2 STARTS						
600	6:00 AM	1 x 600 on 12:00 BK/BR BY 150'S TECH FOCUS	EN1	S	BK	1:00
600	6:13 AM	3 x 200 on 3:15 IM/FR BY 100'S ON 3:00/3:15	EN2	S	IM	0:49
300	6:24 AM	6 x 50 on 1:20 SP K UNDER H20/REC BY 25'S w FIN	SP2	K	FIN	1:20
1ST 25 UNDER H20 FLY K NO BREATH						
2ND 25 CH RECOVERY SWIM						
400	6:33 AM	4x{ 1 x 50 on :50 FR w FINS 6 FLY K OFF WALLS	EN2	S	FR	0:50
		{ 1 x 50 on :50 BK w FINS 6 FLY K OFF WALLS	EN2	S	BK	0:50
	6:40 AM	4,300 Meters - Stress Value = 196				

100 FLY K FOR TIME  
 LUKE - 1:49.12  
 GLENN - 1:47.74  
 KEELY - 1:45.88  
 SARAH - 1:47.50  
 ASHLEE - 1:59.03  
 CASEY - 1:40.66

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 46.51%	33.4 36.82%
LACTATE TOLERANCE	900 20.93%	24.3 26.81%
AEROBIC BASE	600 13.95%	12.0 13.22%
PEAK LACTATE	600 13.95%	16.0 17.63%
WARM-UP-RECOVERY	200 4.65%	5.0 5.50%

Stroke Categories	Meters	Minutes
BUTTERFLY	1,050 24.41%	28.3 31.22%
FREESTYLE	1,000 23.25%	16.6 18.36%
BACKSTROKE	800 18.60%	15.3 16.89%
IM	600 13.95%	9.7 10.74%
CHOICE	350 8.13%	9.0 9.91%
FINS	300 6.97%	8.0 8.81%
IM ORDER	200 4.65%	3.6 4.04%

Type of Work	Meters	Minutes
SWIM	2,800 65.11%	50.4 55.55%
KICK	1,500 34.88%	40.3 44.44%

**Workout #1573 - Monday, 07 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - AEROBIC TECHNIQUE/VO2 MAX						
MEET DRYLAND WARMUP						
200	4:30 PM	1 x 200 on 4:00 BK 6 FLYK 8 STROKES SP OFF WALLS	EN1	S	BK	1:0
200	4:35 PM	1 x 200 on 4:30 BK K w FINS 8 FLYK SP OFF WALLS	EN1	K	FIN	1:0
200	4:41 PM	1 x 200 on 5:00 BR K	EN1	K	BR	1:1
COUNT K'S ON 1ST 50 AND DECREASE K COUNT BY 1/50						
200	4:47 PM	1 x 200 on 4:30 BR PULLOUT+6 STROKES SP OFF WALL	EN1	S	BR	1:0
200	4:53 PM	1 x 200 on 5:00 FLY K w FINS 8 FLYK SP OFF WALLS	EN1	K	FIN	1:1
200	4:59 PM	1 x 200 on 5:00 FLY SP10 FLYK+6 STKS SP WALLS	EN1	S	FLY	1:1
200	5:05 PM	1 x 200 on 5:00 FR K 8 FLY K OFF WALLS	EN1	K	FR	1:1
200	5:11 PM	1 x 200 on 4:30 FR 10 FLYK+8 SP STKS OFF WALLS	EN1	S	FR	1:0
200	5:17 PM	1 x 200 on 5:00 4TH BEST STROKE K AS ABOVE	EN1	K	STK	1:1
200	5:23 PM	1 x 200 on 4:30 4TH BEST STROKE AS ABOVE	EN1	S	STK	1:0
100	5:29 PM	1 x 100 on 3:00 FR FOR TIME	SP2	S	FR	1:3
200	5:33 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:1
400	5:39 PM	4 x 100 on 1:50 FR SEE NOTE FOR PACE	EN2	S	FR	0:5
PACE TIME = 100 TIME + :10 ROUND UP TO NEAREST :05						
200	5:48 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:1
300	5:54 PM	3 x 100 on 1:45 FR w FINS SEE NOTE FOR PACE	EN3	S	FR	0:5
PACE TIME = 100 TIME ROUNDE UP TO NEAREST :05						
200	6:01 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:1
200	6:07 PM	2 x 100 on 1:40 FR w FINS + PADS SEE NOTE	EN3	S	FR	0:5
PACE TIME = 100 TIME - :05						
200	6:12 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:1
100	6:18 PM	1 x 100 on 1:35 FR w FINS + PADS SEE NOTE	SP2	S	FR	0:4
ATHLETE CHOICE 1- NO EQUIPMENT FASTER THAN 100 TIME						
ATHLETE CHOICE 2- w FINS+PADS FINISH SUB 100 TIME - :10						
IF FINISH UNDER TIME ATHLETE IS FINISHED PRACTICE						
IF TIME NOT FAST ENOUGH REPEAT						
6:19 PM 3,900 Meters - Stress Value = 84						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 NICOLAS GALILEOS  
 KODILEE STRAHAN

Energy Levels	Meters	Minutes
AEROBIC BASE	2,000 51.28%	47.0 53.71%
WARM-UP-RECOVERY	800 20.51%	20.0 22.85%
VO2 MAX	500 12.82%	8.5 9.80%
ANAEROBIC THRESHOLD	400 10.25%	7.3 8.38%
PEAK LACTATE	200 5.12%	4.5 5.23%

Stroke Categories	Meters	Minutes
FREESTYLE	1,500 38.46%	30.0 34.28%
CHOICE	800 20.51%	20.0 22.85%
BREASTSTROKE	400 10.25%	9.5 10.85%
STROKE	400 10.25%	9.5 10.85%
FINS	400 10.25%	9.5 10.85%
BACKSTROKE	200 5.12%	4.0 4.57%
BUTTERFLY	200 5.12%	5.0 5.71%

Type of Work	Meters	Minutes
SWIM	2,900 74.35%	63.0 72.00%
KICK	1,000 25.64%	24.5 28.00%

**Workout #1574 - Tuesday, 08 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
5:00-7:00AM @ NW						
GENERAL PREP PHASE - ALACTIC IM TURNS/PEAK LACTATE						
MEET DRYLAND WARMUP						
ATHLETES CHOOSE WHAT SET TO USE WHAT EQUIPMENT						
ONLY GET ONE SET FOR EACH CHOICE						
1- NO EQUIPMENT, 2- w FINS, 3- w PADS, 4- w FINS+PADS						
400	5:00 AM	4 x 100 on 1:55 IM ON 1:50/1:55	EN1	S	IM	0:
300	5:09 AM	3 x 100 on 1:50 IM ON 1:45/1:50	EN2	S	IM	0:
200	5:16 AM	2 x 100 on 1:45 IM ON 1:40/1:45	EN2	S	IM	0:
100	5:21 AM	1 x 100 on 1:40 IM ON 1:35/1:40	EN2	S	IM	0:
900	5:24 AM	3x{ 4 x 50 on 1:10 IM SWITCHES BY SET FAST TURN	SP3	S	IM	1:
		{ 1 x 100 on 1:50 IM FAST TURNS	EN2	S	IM	0:
600	5:45 AM	12 x 50 on 2:00 STROKE FAS SP/REC BY 25'S	SP2	S	STK	2:
FINISH TO HAND TOUCH MAX EFFORT 25M SPRINTS						
400	6:10 AM	1 x 400 on 10:00 FR K NO SPLASH	EN1	K	FR	1:
	6:20 AM	2,900 Meters - Stress Value = 120				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	900 31.03%	16.1 22.50%
AEROBIC BASE	800 27.58%	17.6 24.59%
ALACTIC	600 20.68%	14.0 19.48%
PEAK LACTATE	600 20.68%	24.0 33.41%

Stroke Categories	Meters	Minutes
IM	1,900 65.51%	37.8 52.66%
STROKE	600 20.68%	24.0 33.41%
FREESTYLE	400 13.79%	10.0 13.92%

Type of Work	Meters	Minutes
SWIM	2,500 86.20%	61.8 86.07%
KICK	400 13.79%	10.0 13.92%

**Workout #1575 - Tuesday, 08 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - AEROBIC TECHNIQUE/RACE PACE						
MEET DRYLAND WARMUP						
800	4:30 PM	4 x 200 on 3:30 FR ON 3:10/3:20/3:30	EN1	S	FR	0:52
800	4:45 PM	4 x 200 on 4:00 BR ON 3:40/3:50/4:00	EN1	S	BR	1:00
800	5:02 PM	4 x 200 on 3:40 BK ON 3:20/3:30/3:40	EN1	S	BK	0:55
800	5:18 PM	4 x 200 on 4:10 FLY ON 3:50/4:00/4:10	EN1	S	FLY	1:02
800	5:36 PM	4 x 200 on 4:00 IM ON 3:30/3:40/3:50	EN1	S	IM	1:00
800	5:53 PM	4 x 200 on 4:10 STROKE ATHLETE CHOOSES	EN1	S	STK	1:02
ATHLETE CHOOSES STROKE NEEDED FOR MOST WORK						
200	6:11 PM	4 x 50 on 1:20 STROKE @ PACE	SP2	S	STK	1:20
6:17 PM 5,000 Meters - Stress Value = 76						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 KODILEE STRAHAN

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	4,800 96.00%	94.0 94.63%
PEAK LACTATE	200 4.00%	5.3 5.36%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	1,000 20.00%	22.0 22.14%
BUTTERFLY	800 16.00%	16.6 16.77%
BACKSTROKE	800 16.00%	14.6 14.76%
IM	800 16.00%	16.0 16.10%
FREESTYLE	800 16.00%	14.0 14.09%
BREASTSTROKE	800 16.00%	16.0 16.10%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	5,000 100.00%	99.3 100.00%

**Workout #1576 - Wednesday, 09 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
5:00-7:00AM @ ROW					
GENERAL PREP PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE					
MEET DRYLAND WARMUP					
800	5:00 AM	2 x 400 on 6:40 FR/BK BY 100'S ON 6:20/6:40	EN1	S	FR
TECH FOCUS - FAST TURNS <1.00					
400	5:15 AM	4 x 100 on 2:00 IM 1-2 STS, 3-4 SC	EN1	S	IM
400	5:24 AM	2 x 200 on 3:55 BR ON 3:40/3:55	EN2	S	BR
TECH FOCUS - AGGRESIVE TO SL + FINISH K					
400	5:33 AM	2 x 200 on 4:00 IM	EN2	S	IM
1 - TECH FOCUS STS, 2 - TECH FOCUS DESCEND SC BY 25'S					
400	5:42 AM	4 x 100 on 2:30 FLY	EN2	S	FLY
TECH FOCUS -HIGH S/R NO GLIDE 2ND K TIMED w PWR OF PULL					
400	5:53 AM	1 x 400 on 8:00 IM AS 25 SC 50 STS 25 SC	EN2	S	IM
TECH FOCUS - MATCH SC ON 1ST 25 WITH LAST 25					
400	6:02 AM	4x{1 x 50 on :55 FR K ON :50/:55 VERY FAST	SP2	K	FR
{1 x 50 on 1:15 FR K ON 1:10/1:15 RECOVERY					
400	6:12 AM	4x{1 x 50 on 1:00 BR 3D1U/3D2U BY 25'S	EN2	S	BR
{1 x 50 on 1:00 FR P FAST S/R					
100	6:21 AM	1 x 100 on 5:00 FR FAS FOR TIME	SP2	S	FR
GOAL TO BEAT SC PB + 2% (OR LC PB)					
200	6:27 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH
	6:32 AM	3,900 Meters - Stress Value = 90			

100 FR TIMES

NAME - PB - PB + 2% - TIME

KEELY - 1:15.87 - 1:17.42 - 1:22.39  
 ADRIANNA - 1:11.98 - 1:13.45 - 1:17.01  
 MONIQUE - 1:09.60 - 1:10.99 - 1:13.07  
 SARAH - 1:12.18 - 1:13.62 - 1:11.69  
 ASHLEE - 1:04.64 - 1:05.96 - 1:21.30  
 NARELLE - 1:07.70 - 1:09.08 - 1:10.53  
 BROOKE - 1:04.34 - 1:05.65 - 1:08.62

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 51.28%	41.8 51.12%
AEROBIC BASE	1,200 30.76%	21.3 26.06%
WARM-UP-RECOVERY	400 10.25%	10.0 12.21%
PEAK LACTATE	300 7.69%	8.6 10.59%

Stroke Categories	Meters	Minutes
FREESTYLE	1,500 38.46%	31.0 37.88%
IM	1,200 30.76%	24.0 29.32%
BREASTSTROKE	600 15.38%	11.8 14.46%
BUTTERFLY	400 10.25%	10.0 12.21%
CHOICE	200 5.12%	5.0 6.10%

Type of Work	Meters	Minutes
SWIM	3,300 84.61%	69.1 84.52%
KICK	400 10.25%	8.6 10.59%
PULL	200 5.12%	4.0 4.88%

**Workout #1577 - Thursday, 10 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ NW						
GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD TECH						
MEET DRYLAND WARMUP						
2,500	5:00 AM	5 x 500 on 8:15 FR/BK BY 100'S ON 7:45/8:15	EN1	S	IM	0:
INSERT 100 IM IN ROTATION STARTING WITH 1ST 100 AS IM						
	5:43 AM	1 on 15:00 TECHNIQUE DISCUSSION	REC	L	DRY	
600	5:58 AM	3x { 1 x 100 on 1:40 FLY K w FINS + KB	EN2	K	FIN	0:
		{ 1 x 100 on 1:40 FLY K w FINS SL ON BK	EN2	K	FIN	0:
600	6:09 AM	1x { 4 x 50 on :50 FR P w PADS ON :45/:50	EN2	P	FR	0:
		{ 4 x 50 on :55 BK P w PADS ON :50/:55	EN2	P	BK	0:
		{ 4 x 50 on 1:05 BR P w PADS ON 1:00/1:05	EN2	P	BR	1:
200	6:22 AM	8 x 25 on :30 FLY SP	SP2	S	FLY	1:
	6:26 AM	3,900 Meters - Stress Value = 76				

GLENN - BK - K & SL OFF WALLS

LAUREN - FR - RH ELBOW HIGH FINGERS DEEP, ENTRY AGGRESSIVE SPLASH, HEAD POSITION - BK - RECOVER OVER SHOULDER LINE

KEELY - FR - SURFING HANDS X, DEEP CATCH FINGERS DOWN - BK - CONTINUOUS STROKE NO PAUSE/REST

ADRIANNA - FR - HEAD STATIONARY AFTER BREATH 'CENTRAL POSITION'

NARELLE - BK - DROP HANDS IN TO WATER ON ENTRY

MONIQUE - FR - RH (GERMAN SALUTE?) - BK - STRETCH BK PULL UNDER BODY

LUKE - FR - PAUSE ON ENTRY FINGERS DOWN, LOOK DOWN ARM TO THE BOTTOM ON ENTRY, CHOC TOP HEAD FOR BREATHING - BK - 1ST STROKE PULL STARTED UNDER WATER BEFORE SURFACING

SARAH - FR - DEPTH OF PULL/HAND ENTRY 'CARTWHEEL' - BK CATCH ?

BROOKE - BK - FLY K OFF WALLS + TRANSITION THROUGH TO SWIM

NATHAN - BK - CONTINUOUS 'RAINBOW' FINISH, PAUSE AFTER DEEP ENTRY - FR - BREATHING ARM POSITION

Energy Levels	Meters	Minutes
AEROBIC BASE	2,500 64.10%	41.2 61.95%
ANAEROBIC THRESHOLD	1,200 30.76%	21.3 32.04%
PEAK LACTATE	200 5.12%	4.0 6.00%

Stroke Categories	Meters	Minutes
IM	2,500 64.10%	41.2 61.95%
FINS	600 15.38%	10.0 15.01%
BREASTSTROKE	200 5.12%	4.3 6.50%
BACKSTROKE	200 5.12%	3.6 5.50%
BUTTERFLY	200 5.12%	4.0 6.00%
FREESTYLE	200 5.12%	3.3 5.00%

Type of Work	Meters	Minutes
SWIM	2,700 69.23%	45.2 67.95%
KICK	600 15.38%	10.0 15.01%
PULL	600 15.38%	11.3 17.02%

**Workout #1578 - Thursday, 10 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESH/VO2 MAX						
MEET DRYLAND WARMUP						
800	4:30 PM	8 x 100 on 1:40 FR ON 1:35/1:40/1:50	EN1	S	FR	0:50
500	4:45 PM	5 x 100 on 2:15 FR K ON 2:00/2:10/2:15	EN2	K	FR	1:08
600	4:58 PM	12 x 50 on :55 FR P FAST S/R ON :45/:50/:55	EN2	P	FR	0:55
400	5:10 PM	8 x 50 on 1:10 FR w FINS FINISH SUB :35/:40/:45	EN3	S	FR	1:10
500	5:21 PM	1 x 500 on 10:00 CH RECOVERY SWIM	REC	S	CH	1:00
800	5:32 PM	8 x 100 on 2:20 STROKE ATHLETE PACE :05-:10 REST	EN1	S	STK	1:10
500	5:52 PM	5 x 100 on 2:15 STROKE K ON 2:00/2:10/2:15	EN2	K	STK	1:08
600	6:05 PM	12 x 50 on 1:10 STROKE P FAST S/R ATHLETE PACE	EN2	P	STK	1:10
ATHLETE CHOOSES PACE GETTING :03<REST<:08						
400	6:20 PM	8 x 50 on 1:20 STROKE w FINS FINISH SUB GOAL	EN3	S	STK	1:20
6:31 PM 5,100 Meters - Stress Value = 118						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 KODILEEEE STRAHAN  
 SANDRA MCALPINE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 43.13%	47.5 43.37%
AEROBIC BASE	1,600 31.37%	32.0 29.22%
VO2 MAX	800 15.68%	20.0 18.26%
WARM-UP-RECOVERY	500 9.80%	10.0 9.13%

Stroke Categories	Meters	Minutes
FREESTYLE	2,300 45.09%	44.9 41.01%
STROKE	2,300 45.09%	54.5 49.84%
CHOICE	500 9.80%	10.0 9.13%

Type of Work	Meters	Minutes
SWIM	2,900 56.86%	62.0 56.62%
PULL	1,200 23.52%	25.0 22.83%
KICK	1,000 19.60%	22.5 20.54%

**Workout #1579 - Friday, 11 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
5:00-7:00AM @ ROW					
GENERAL PREP PHASE - MEET WARMUP/RACE PACE WORK					
MEET DRYLAND WARMUP					
PREPARING FOR AN EVENT 200M OR MORE					
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00					
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING					
100M EVENT RACE PREP					
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK
FINISH TO A HAND TOUCH					
200M EVENT RACE PREP					
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50					
400 FR RACE PREP					
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100					
400 IM RACE PREP					
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM
EACH 50 COMPLETED AT RACE PACE					
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST					
800 FR RACE PREP					
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100					
1500 FR RACE PREP					
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100					
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE					
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC					
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH
MEET WARMUP IS NOW COMPLETE					
200	6:43 AM	1 x 200 on 4:00 CH K RECOVERY	REC	K	CH
600	6:48 AM	12 x 50 on 1:30 STROKE @ RACE PACE	SP2	S	STK
PRACTICE RACE PACE FOR ATHLETE CHOICE EVENT					
IF 100 PRACTICING RACE PACE OF 2ND 50					
IF 200 PRACTICING RACE PACE OF AVERAGE 50					
IF 400 IM PRACTICING RACE PACE OF 1ST 50 ONCE & 2ND 50 2X					
IF 400, 800 OR 1500 FR REPLACE 12 X 50 WITH 5 X 100					
ON 2:00 HITTING GOAL PACE TO THE FEET					
175	7:07 AM	1 x 175 on 5:00 CH LOOSEN	EN1	S	CH
BROKEN SWIM :10 REST PER 50 OR 100 FAS					
200	7:13 AM	1 x 200 on 4:00 STROKE :10 REST	SP1	S	STK
425	7:18 AM	1 x 425 on 9:00 CH RECOVERY	REC	S	CH
200	7:28 AM	1 x 200 on 4:00 CH K w FINS	EN1	K	FIN
	7:32 AM	6,000 Meters - Stress Value = 176			

NAME - EVENT - LC GOAL TIME - LC PACE - SC PACE (-2%)  
 LC GOAL CONV TO SC - ACTUAL PACE

KEELY - 200 FR - 2:45.00 - 41.25 - 40.42  
 2:41.76 - 37.98, 41.26, 41.20, 41.42 - 2:41.86

ADRIANNA - 400 IM - 6:06.00 - 43.50,43.00,49.00,43.50 - 42.65,42.14,48.02,42.65  
 5:58.82 - 40.20, 48.04, 44.30, 45.00, 53.71, 52.97, 39.62, 39.53 - 6:33.37

LAUREN - 200 BK - 2:50.00 - 42.50 - 41.65

2:46.66 - 40.28, 42.36, 42.84, 43.36 - 2:47.94

LUKE - 200 BR - 3:00.00 - 45.00 - 44.10  
 2:56.47 - 45.03, 48.35, 51.19, 51.99 - 3:16.56

NATHAN - 200 IM - 2:36.00 - 37.00,38.50,43.50,37.00 - 36.26,37.73,42.63,36.26  
 2:32.94 - 37.08, 41.39, 48.74, 38.20 - 2:45.51

GLENN - 200 IM - 2:33.00 - 35.00,39.00,43.00,35.00 - 34.30,38.22,42.14,34.30  
 2:30.00 - 36.93, 39.91, 47.40, 34.65 - 2:38.89

BROOKE - 200 FLY - 2:40.00 - 40.00 - 38.20  
 2:34.90 - 34.23, 37.81, 37.47, 37.89 - 2:27.40

NARELLE - 200 BR - 3:00.00 - 45.00 - 44.10  
 2:56.47 - 40.36, 44.24, 44.89, 44.76 - 2:54.25

ASHLEE - 200 BK - 2:42.00 - 40.50 - 39.69  
 2:38.82 - 42.46, 47.92, 49.95, 50.48 - 3:10.81

SARAH - 200 IM - 2:38.00 - 37.00,40.00,44.00,37.00 - 36.26,39.20,43.15,26.26  
 2:34.90 - 37.08, 39.97, 49.06, 36.56 - 2:42.67

MONIQUE - 200 IM - 2:41.00 - 36.00,42.00,47.00,36.00 - 35.28,41.16,46.06,35.28  
 2:37.84 - 39.28, 44.87, 53.48, 36.26 - 2:53.89

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 50.00%	64.0 48.60%
AEROBIC BASE	1,475 24.58%	31.0 23.54%
PEAK LACTATE	700 11.66%	19.6 14.93%
WARM-UP-RECOVERY	625 10.41%	13.0 9.87%
LACTATE TOLERANCE	200 3.33%	4.0 3.03%

Stroke Categories	Meters	Minutes
STROKE	2,400 40.00%	58.8 44.68%
CHOICE	1,400 23.33%	30.0 22.78%
FREESTYLE	1,200 20.00%	24.0 18.22%
IM	400 6.66%	7.3 5.56%
MIXED	400 6.66%	7.5 5.69%
FINS	200 3.33%	4.0 3.03%

Type of Work	Meters	Minutes
SWIM	4,600 76.66%	99.1 75.31%
KICK	1,000 16.66%	24.0 18.22%
DRILL	400 6.66%	8.5 6.45%

**Workout #1580 - Friday, 11 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY	
	4:40 PM	1 on 20:00 LIGHT RUN	EN1	L	DRY	
	5:00 PM	1 on 15:00 RUNNING DRILLS	EN1	L	DRY	
		RUNNING DRILLS				
		A'S, B'S, C'S, RUNNING SPRINT/AEROBIC				
	5:15 PM	1 on 30:00 STRETCHCORDZ INTRO	EN1	L	DRY	
		INTRODUCTION OF STRETCHCORDZ BASICS				
	5:45 PM	1 on 10:00 STRETCHING MAJOR MUSCLE GROUPS	REC	L	DRY	
	5:55 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC	L	DRY	
		GENERAL PREP PHASE - AEROBIC SKILLS/FR TURNS/ALACTIC				
		MEET DRYLAND WARMUP				
400	6:30 PM	8 x 50 on 4:30 IMO BY 2'S ATHLETE 'COACH'	EN1	D	IMO	4:30
		ATHLETES PAIR UP AND ONE IS SWIMMER OTHER IS COACH				
		SWIMMER SWIMS 50M OF EACH STROKE AND COACH OBSERVES				
		COACH PROVIDES FEEDBACK ON TECHNICAL IMPROVEMENTS				
		FOLLOWING EACH 50M SWIM THEN SWIMMER SWIMS 2ND 50				
		WORKING ON TECHNICAL FEEDBACK FROM 'COACH'				
		ONCE SWIMMER COMPLETES 8 X 50 THEN ROLES SWITCH				
200	7:07 PM	1 x 200 on 4:10 IM K NO BRD FLY SL ON BK	EN1	K	IM	1:02
200	7:13 PM	1 x 200 on 4:00 IM K NO BRD FLY SL ON BK	EN1	K	IM	1:00
200	7:18 PM	1 x 200 on 3:50 IM K NO BRD FLY SL ON BK	EN2	K	IM	0:58
25	7:23 PM	1 x 25 on 3:00 CH SP FAS TECH FOCUS	SP3	D	CH	6:00
		FOCUS ON - GRIP BLOCK, COG FWD, ON GO PULL BODY FWD				
		THEN PUSH HARD WITH LEGS				
	7:26 PM	1,025 Meters - Stress Value = 13				

STRETCHCORDZ

- ABDUCTIONS
- ADDUCTIONS
- REVERSE OVERHEAD ROTATE
- ROWS
- REVERSE FLY'S
- T-Y-I'S
- FLY'S
- TRICEPS (OVERHEAD PRESS)

BUTTERFLY PULLS TECHNICAL INFORMATION AND PRACTICE

4 X { :15 SECS FLY PULLS  
 { :15 SECS RECOVERY

Energy Levels	Meters	Minutes
AEROBIC BASE	800 78.04%	44.1 86.60%
ANAEROBIC THRESHOLD	200 19.51%	3.8 7.51%
ALACTIC	25 2.43%	3.0 5.88%

Stroke Categories	Meters	Minutes
IM	600 58.53%	12.0 23.52%
IM ORDER	400 39.02%	36.0 70.58%
CHOICE	25 2.43%	3.0 5.88%

Type of Work	Meters	Minutes
KICK	600 58.53%	12.0 23.52%
DRILL	425 41.46%	39.0 76.47%

**Workout #1582 - Monday, 14 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ CD						
GENERAL PREP PHASE - PEAK LACTATE/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
1,400	5:00 AM	14 x 100 on 1:55 IM SEE NOTES ON 1:50/1:55	EN1	S	IM	0:58
		2 FR, 2 BR/FR BY 25'S, 2 BR, 2 BK/BR BY 25'S, 2 BK,				
		2 FLY/BK BY 25'S WORK TURNS				
800	5:28 AM	2 x 400 on 8:20 IM K ON 8:00/8:20	EN2	K	IM	1:02
		1 - SP 1ST 25 OF EACH 100, 2 - NEG SPLIT 100'S				
1,200	5:46 AM	6x { 1 x 50 on 1:15 SP FLY K SL ON BK	SP2	K	FLY	1:15
		{ 2 x 25 on :45 SP FLY K w BRD	SP1	K	FLY	1:30
		{ 1 x 100 on 2:15 CH RECOVERY SWIM	REC	S	CH	1:08
400	6:17 AM	1 x 400 on 9:00 CH K w FINS	EN1	K	FIN	1:08
FOR PULL SET FOCUS ON FAST S/R & POWER TO FINISHES						
200	6:27 AM	4 x 50 on :55 FR P w PADS + FINS ON :50/:55	EN2	P	PAD	0:55
200	6:32 AM	4 x 50 on :55 FR P w FINS ON :50/:55	EN2	P	FR	0:55
200	6:37 AM	4 x 50 on 1:00 BK P w PADS + FINS ON :55/1:00	EN2	P	PAD	1:00
200	6:42 AM	4 x 50 on 1:00 BK P w FINS ON :55/1:00	EN2	P	BK	1:00
	6:46 AM	4,600 Meters - Stress Value = 112				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,800 39.13%	35.8 36.62%
ANAEROBIC THRESHOLD	1,600 34.78%	32.0 32.70%
WARM-UP-RECOVERY	600 13.04%	13.5 13.79%
LACTATE TOLERANCE	300 6.52%	9.0 9.19%
PEAK LACTATE	300 6.52%	7.5 7.66%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM	2,200 47.82%	43.5 44.46%
BUTTERFLY	600 13.04%	16.5 16.86%
CHOICE	600 13.04%	13.5 13.79%
FINS	400 8.69%	9.0 9.19%
PADDLES	400 8.69%	7.6 7.83%
FREESTYLE	200 4.34%	3.6 3.74%
BACKSTROKE	200 4.34%	4.0 4.08%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,000 43.47%	40.3 41.22%
KICK	1,800 39.13%	42.1 43.10%
PULL	800 17.39%	15.3 15.67%

**Workout #1583 - Monday, 14 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - AEROBIC TECHNIQUE/VO2 MAX						
MEET DRYLAND WARMUP						
800	4:30 PM	4x{ 2 x 100 on 2:30 MIO SCULL-FINISH/SC BY 50'S :10	EN1	D	MIO	1
600	4:51 PM	2x{ 1 x 150 on 2:50 FLY ON BK/BK/FR K w FINS BY 50'S	EN2	K	FIN	0
600	5:04 PM	{ 1 x 150 on 2:50 FLY/BK/FLY ON BK K wFINS BY 50'S	EN2	K	FIN	0
		12 x 50 on 1:10 12 FLY K UNDER H2O SP w FINS	EN3	S	FIN	1
		12 SP FLY K UNDER H2O THEN RECOVERY SWIM TO 50				
		1-4 BK, 5-8 FLY, 9-12 FR				
400	5:19 PM	4 x 100 on 2:00 FR TECH FOCUS :15 REST	EN1	D	FR	1
		ACCELERATE ENTRY TO FINGERS 30CM DEEP + DPS				
400	5:28 PM	4 x 100 on 2:00 BK TECH FOCUS :15 REST	EN1	D	BK	1
		STRAIGHT ARM RECOVERY FOLLOW THRO ON ENTRY DEEP CATCH				
400	5:37 PM	4 x 100 on 2:15 BR TECH FOCUS :15 REST	EN1	D	BR	1
		DRIVE TO SL TIP OVER				
300	5:47 PM	6 x 50 on 1:15 FLY TECH FOCUS :15 REST	EN1	D	FLY	1
		FAST S/R NO GLIDE TIP OVER				
800	5:56 PM	4 x 200 on 4:10 IM ON 3:50/4:00/4:10	EN2	S	IM	1
		1 - BO + 6 OR 8, 2 - SC, 3 - FAST TURNS + BO + 4 OR 6,				
		4 - FAST				
800	6:14 PM	16 x 50 on 1:20 IM MAX SP 4 OF EACH STROKE	SP2	S	IM	1
	6:36 PM	5,100 Meters - Stress Value = 184				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 NICOLAS GALILEOS  
 KODILEE STRAHAN

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,300 45.09%	52.5 45.32%
ANAEROBIC THRESHOLD	1,400 27.45%	28.0 24.17%
PEAK LACTATE	800 15.68%	21.3 18.41%
VO2 MAX	600 11.76%	14.0 12.08%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM	1,600 31.37%	38.0 32.80%
FINS	1,200 23.52%	25.3 21.87%
REV IM ORDER	800 15.68%	20.0 17.26%
BACKSTROKE	400 7.84%	8.0 6.90%
BREASTSTROKE	400 7.84%	9.0 7.76%
FREESTYLE	400 7.84%	8.0 6.90%
BUTTERFLY	300 5.88%	7.5 6.47%

Type of Work	Meters	Minutes
=====	=====	=====
DRILL	2,300 45.09%	52.5 45.32%
SWIM	2,200 43.13%	52.0 44.89%
KICK	600 11.76%	11.3 9.78%

**Workout #1584 - Tuesday, 15 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
5:00-7:00AM @ NW					
GENERAL PREP PHASE - LACTATE TOLERANCE					
MEET DRYLAND WARMUP					
FR/BK - FOCUS ON FOLLOW THROUGH ON ENTRY IN ONE PLANE					
BR/FLY - FOCUS ON TIPPING OVER AND AGGRESIVE INTO SL					
400	5:00 AM	4 x 100 on 1:50 FR/BK BY 50'S ON 1:40/1:50	EN1	S	FR
400	5:09 AM	4 x 100 on 1:55 FR/BR BY 50'S ON 1:45/1:55	EN1	S	BR
400	5:18 AM	4 x 100 on 1:55 FLY/FR BY 25'S ON 1:45/1:55	EN1	S	FLY
600	5:27 AM	12 x 50 on 1:05 CH K SP/MOD BY 25'S ON 1:00/1:05	EN2	K	CH
3,600	5:41 AM	6x { 4 x 75 on 1:20 STROKE FAST	SP1	S	IM
		{ FR ON 1:00/1:05, BK ON 1:05/1:10, BR + FLY ON 1:15/1:20			
		{ 2 x 100 on 2:05 STROKE P w PADS	SP1	P	PAD
		{ FR ON 1:30/1:35, BK ON 1:40/1:45, BR + FLY ON 2:00/2:05			
		{ 1 x 100 on 2:30 CH S RECOVERY	REC	S	CH
		ROUND 1-4 DONE IN IMO, 5-6 ATHLETE CHOICE			
	6:53 AM	5,400 Meters - Stress Value = 289			

Energy Levels	Meters	Minutes
LACTATE TOLERANCE	3,000 55.55%	57.0 52.94%
AEROBIC BASE	1,200 22.22%	22.6 21.05%
WARM-UP-RECOVERY	600 11.11%	15.0 13.93%
ANAEROBIC THRESHOLD	600 11.11%	13.0 12.07%

Stroke Categories	Meters	Minutes
IM	1,800 33.33%	32.0 29.72%
CHOICE	1,200 22.22%	28.0 26.00%
PADDLES	1,200 22.22%	25.0 23.21%
BUTTERFLY	400 7.40%	7.6 7.12%
FREESTYLE	400 7.40%	7.3 6.81%
BREASTSTROKE	400 7.40%	7.6 7.12%

Type of Work	Meters	Minutes
SWIM	3,600 66.66%	69.6 64.70%
PULL	1,200 22.22%	25.0 23.21%
KICK	600 11.11%	13.0 12.07%

**Workout #1585 - Tuesday, 15 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
4:30-6:30PM @ DOV					
GENERAL PREP PHASE - AEROBIC TECHNIQUE/RACE PACE					
MEET DRYLAND WARMUP					
900	4:30 PM	3x { 1 x 100 on 2:15 STROKE K	EN1	K	STK
		{ 1 x 100 on 2:00 S w FINS TECH FOCUS	EN1	S	FIN
		{ 1 x 100 on 2:00 STROKE P w PADS + FINS	EN2	P	PAD
ROUND 1 - FR, 2 - BK, 3 - BR					
THERE ARE NO PACE TIMES REST INTERVAL = CHANGE OF EQUIP					
200	4:50 PM	4 x 50 on 1:20 FLY SP/DR BY 25'S SEE NOTE	SP2	S	FLY
		10 FLY K UNDER H2O SP + SP TO 25 THEN SA TO 50			
200	4:57 PM	4 x 50 on 1:15 FLY w FINS SP SEE NOTE	SP2	S	FIN
		10 FLY K UNDER H2O SP + SP TO 50			
2,400	5:03 PM	3x { 1 x 100 on 2:00 FLY/BK BY 50'S SEE NOTE	EN2	S	IM
		{ DR/BUILD/SP/MOD BY 25S (FAST TURN)			
		{ 1 x 100 on 2:00 BK TECH/SC BY 50'S	EN1	S	BK
		{ 1 x 100 on 2:00 BK/BR BY 50'S SEE NOTE	EN2	S	IM
		{ SC/BULD/SP/MOD BY 25'S (FAST TURN)			
		{ 1 x 100 on 2:00 BR TECH/SC BY 50'S	EN1	S	BR
		{ 1 x 100 on 2:00 BR/FR BY 50'S SEE NOTE	EN2	S	IM
		{ SC/BULD/SP/MOD BY 25'S (FAST TURN)			
		{ 1 x 100 on 2:00 FR MAX EFFORT SP	SP2	S	FR
		{ 1 x 200 on 5:00 IM K	EN1	K	IM
500	5:55 PM	5 x 100 on 2:15 STROKE DESCEND 1-5	EN2	S	STK
ATHLETE CHOOSES STROKE AND PACE					
300	6:08 PM	3x { 1 x 50 on 1:10 STROKE K SP	SP2	K	STK
		{ 1 x 50 on 1:10 STROKE K MOD	EN2	K	STK
400	6:16 PM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK
	6:28 PM	4,900 Meters - Stress Value = 199			

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 SANDRA MCALPINE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,850 37.75%	38.7 35.12%
AEROBIC BASE	1,800 36.73%	39.7 36.02%
PEAK LACTATE	1,250 25.51%	31.8 28.85%

Stroke Categories	Meters	Minutes
STROKE	1,500 30.61%	37.0 33.53%
IM	1,500 30.61%	33.0 29.90%
FINS	500 10.20%	11.0 9.96%
BREASTSTROKE	300 6.12%	6.0 5.43%
BACKSTROKE	300 6.12%	6.0 5.43%
FREESTYLE	300 6.12%	6.0 5.43%
PADDLES	300 6.12%	6.0 5.43%
BUTTERFLY	200 4.08%	5.3 4.83%

Type of Work	Meters	Minutes
SWIM	3,400 69.38%	75.5 68.50%
KICK	1,200 24.48%	28.7 26.05%
PULL	300 6.12%	6.0 5.43%

**Workout #1586 - Wednesday, 16 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ ROW						
GENERAL PREP PHASE - VO2 MAX/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
300	5:00 AM	6 x 50 on 1:00 FR GREAT SL'S STS + SC	EN1	S	FR	1:00
400	5:07 AM	2 x 200 on 4:00 FR K NO SPLASH	EN2	K	FR	1:00
400	5:16 AM	8 x 50 on 1:00 IM GREAT SL'S STS + SC	EN1	S	IM	1:00
600	5:25 AM	12 x 50 on 1:00 IM K	EN2	K	IM	1:00
2,000	5:38 AM	10 x 200 on 3:40 IM FOR BEST AVERAGE :20 REST	EN3	S	IM	0:55
200	6:16 AM	1 x 200 on 5:00 CH S RECOVERY w FINS	REC	S	FIN	1:15
200	6:22 AM	4 x 50 on :40 FLY w FINS	SP1	S	FIN	0:40
200	6:26 AM	4 x 50 on :35 FR w FINS	SP1	S	FIN	0:35
200	6:30 AM	4 x 50 on :45 BR w FINS	SP1	S	FIN	0:45
200	6:34 AM	4 x 50 on :40 BK w FINS	SP1	S	FIN	0:40
6:37 AM 4,700 Meters - Stress Value = 233						

10 X 100 IM FOR BEST AVERAGE

NAME - 200 IM PB - 1ST 200 TIME - TOTAL TIME - 200 IM AVG - RESULT

BROOKE	- 2:33.21	- 2:47.81	- 32:50.28	- 2:59.02	- +26	3RD
NATHAN	- 2:44.66	- 3:11.04	- 38:12.09	- 3:31.20	- +47	7TH
SARAH	- 2:47.83	- 3:07.83	- 35:35.25	- 3:15.52	- +28	4TH
ADRIANNA	- 2:52.53	- 3:17.86	- 38:18.04	- 3:31.80	- +39	6TH
MONIQUE	- 2:53.73	- 3:14.26	- 37:30.97	- 3:27.09	- +34	5TH
LAUREN	- 3:01.77	- 3:12.16	- 36:11.10	- 3:19.11	- +18	2ND
KEELY	- 3:09.94	- 3:20.61	- 36:38.74	- 3:21.87	- +12	1ST

Energy Levels	Meters	Minutes
VO2 MAX	2,000 42.55%	36.6 42.47%
ANAEROBIC THRESHOLD	1,000 21.27%	20.0 23.16%
LACTATE TOLERANCE	800 17.02%	10.6 12.35%
AEROBIC BASE	700 14.89%	14.0 16.21%
WARM-UP-RECOVERY	200 4.25%	5.0 5.79%

Stroke Categories	Meters	Minutes
IM	3,000 63.82%	56.6 65.63%
FINS	1,000 21.27%	15.6 18.14%
FREESTYLE	700 14.89%	14.0 16.21%

Type of Work	Meters	Minutes
SWIM	3,700 78.72%	66.3 76.83%
KICK	1,000 21.27%	20.0 23.16%

**Workout #1587 - Thursday, 17 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ NW						
GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD TECH						
MEET DRYLAND WARMUP						
800	5:00 AM	1 x 800 on 15:00 MIO/IM BY 100'S TECH FOCUS	EN1	S	IM	0:
800	5:16 AM	8 x 100 on 2:00 FR K ON 1:50/1:55/2:00	EN2	K	FR	1:
1,000	5:33 AM	2x { 4 x 25 on :45 SA SCULL SP w PADS	SP2	D	PAD	1:
		{ 8 x 50 on :50 FR P w PADS ON :45/:50	EN2	P	PAD	0:
400	5:54 AM	1 x 400 on 6:50 FR FAST/MOD BY 100'S 6:30/6:50	EN2	S	FR	0:
1,200	6:02 AM	3 x 400 on 6:10 FR ON 5:50/6:10	EN2	S	FR	0:
IF MADE PACE ON 3 X 400 THEN FINNS FOR NEXT 400						
IF DID NOT MAKE THE PACE COMPLETE NEXT 400 NO FINNS						
400	6:22 AM	1 x 400 on 6:10 FR ON 5:50/6:10	EN2	S	FR	0:
400	6:30 AM	1 x 400 on 6:10 FR ON 5:50/6:10	EN2	S	FR	0:
ALL SWIMMERS MUST MAKE THE PACE ON THIS 400						
200	6:38 AM	1 x 200 on 5:00 CH S RECOVERY	REC	S	CH	1:
	6:43 AM	5,200 Meters - Stress Value = 120				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,000 76.92%	67.0 72.04%
AEROBIC BASE	800 15.38%	15.0 16.12%
PEAK LACTATE	200 3.84%	6.0 6.45%
WARM-UP-RECOVERY	200 3.84%	5.0 5.37%

Stroke Categories	Meters	Minutes
FREESTYLE	3,200 61.53%	53.6 57.70%
PADDLES	1,000 19.23%	19.3 20.78%
IM	800 15.38%	15.0 16.12%
CHOICE	200 3.84%	5.0 5.37%

Type of Work	Meters	Minutes
SWIM	3,400 65.38%	57.6 62.00%
KICK	800 15.38%	16.0 17.20%
PULL	800 15.38%	13.3 14.33%
DRILL	200 3.84%	6.0 6.45%

**Workout #1588 - Thursday, 17 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
4:30-6:30PM @ DOV						
GENERAL PREP PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	4:30 PM	12 x 50 on 1:00 FR DESCEND 1-6	EN2	S	FR	1:
900	4:43 PM	3x{ 6 x 50 on 1:00 IMO BY SET NO FR DESCEND 1-3	EN2	S	IM	1:
ROUND 1 - FLY, 2 - BK, 3 - BR						
800	5:02 PM	2x{ 3 x 100 on 1:50 FLY K w FINS ON 1:30/1:40/1:50	SP1	K	FIN	0:
FLY K IS SL ON BK						
1 x 100 on 2:30 CH S w FINS RECOVERY						
200	5:19 PM	1 x 200 on 5:00 IM SC 20-30-20-30	EN1	S	CH	1:
2,000	5:25 PM	2x{ 1 x 100 on 2:15 FLY BO + 6 OFF WALLS :20 REST	EN2	S	FLY	1:
1 x 200 on 4:15 FLY/BK BY 100'S :20 REST						
SP BO + 6 OR 9 OFF WALLS						
1 x 300 on 6:00 FLY/BK/BR BY 100'S :20 REST						
SP BO + 6 OR 9 OFF WALLS						
1 x 400 on 8:00 IM FAST						
400	6:07 PM	8 x 50 on 1:20 IM SP ADD UP TIMES TO GET TOTAL	EN2	S	IM	1:
	6:18 PM	4,900 Meters - Stress Value = 176	SP2	S	IM	1:

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED  
 SANDRA MCALPINE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,500 71.42%	71.0 69.15%
LACTATE TOLERANCE	600 12.24%	11.0 10.71%
PEAK LACTATE	400 8.16%	10.6 10.38%
AEROBIC BASE	200 4.08%	5.0 4.87%
WARM-UP-RECOVERY	200 4.08%	5.0 4.87%

Stroke Categories	Meters	Minutes
IM	3,300 67.34%	70.1 68.34%
FINS	600 12.24%	11.0 10.71%
FREESTYLE	600 12.24%	12.0 11.68%
CHOICE	200 4.08%	5.0 4.87%
BUTTERFLY	200 4.08%	4.5 4.38%

Type of Work	Meters	Minutes
SWIM	4,300 87.75%	91.6 89.28%
KICK	600 12.24%	11.0 10.71%

**Workout #1589 - Friday, 18 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
5:00-7:00AM @ ROW					
GENERAL PREP PHASE - MEET WARMUP/RACE PACE WORK					
MEET DRYLAND WARMUP					
PREPARING FOR AN EVENT 200M OR ABOVE					
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00					
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING					
100M EVENT RACE PREP					
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK
FINISH TO A HAND TOUCH					
200M EVENT RACE PREP					
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50					
400 FR RACE PREP					
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100					
400 IM RACE PREP					
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM
EACH 50 COMPLETED AT RACE PACE					
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST					
800 FR RACE PREP					
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100					
1500 FR RACE PREP					
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100					
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE					
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC					
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH
MEET WARMUP IS NOW COMPLETE					
200	6:43 AM	1 x 200 on 4:00 CH K RECOVERY	REC	K	CH
600	6:48 AM	12 x 50 on 1:30 STROKE @ RACE PACE	SP2	S	STK
PRACTICE RACE PACE FOR ATHLETE CHOICE EVENT					
IF 100 PRACTICING RACE PACE OF 2ND 50					
IF 200 PRACTICING RACE PACE OF AVERAGE 50					
IF 400 IM PRACTICING RACE PACE OF 1ST 50 ONCE & 2ND 50 2X					
IF 400, 800 OR 1500 FR REPLACE 12 X 50 WITH 5 X 100					
ON 2:00 HITTING GOAL PACE TO THE FEET					
175	7:07 AM	1 x 175 on 5:00 CH LOOSEN	EN1	S	CH
BROKEN SWIM :10 REST PER 50 OR 100 FAS					
200	7:13 AM	1 x 200 on 4:00 STROKE :10 REST	SP1	S	STK
425	7:18 AM	1 x 425 on 9:00 CH RECOVERY	REC	S	CH
200	7:28 AM	1 x 200 on 4:00 CH K w FINS	EN1	K	FIN
	7:32 AM	6,000 Meters - Stress Value = 176			

NAME - EVENT - LC GOAL TIME - LC PACE - SC PACE (-2%)  
 LC GOAL CONV TO SC - ACTUAL PACE - TIME

BROOKE - 200 BK - 2:29.00 - 37.25 - 36.77  
 2:26.07 - 36.25, 40.61, 41.56, 41.96 - 2:40.38

NARELLE - 200 IM - 2:38.10 - 35.78,41.91,46.13,35.78 - 34.96,41.07,45.20,34.96  
 2:35.00 - 37.93, 47.39, 47.28, 43.34 - 2:55.94

NATHAN - 200 FR - 2:32.00 - 38.50 - 37.73

2:29.01 - 33.03, 35.73, 36.03, 33.79 - 2:18.58

LUKE - 200 IM - 2:40.00 - 36.00,40.00,48.00,36.00 - 35.28,39.20,47.04,35.28  
 2:36.86 - 34.79, 44.53, 48.86, 38.51 - 2:46.69

ASHLEE - 200 FR - 2:24.00 - 36.00 - 35.28  
 2:21.17 - 36.77, 39.97, 41.45, 40.17 - 2:38.36

GLENN - 200 IM - 2:37.00 - 36.00,38.50,46.50,36.00 - 35.28,37.73,45.53,35.28  
 2:33.92 - 36.14, 38.50, 47.68, 35.13 - 2:37.48

ADRIANNA - 200 FR - 2:42.00 - 40.50 - 39.69  
 2:38.82 - 34.79, 38.62, 39.30, 41.76 - 2:34.47

KEELY - 200 FR - 2:45.00 - 41.25 - 40.42  
 2:41.76 - 39.75, 41.46, 41.87, 41.38 - 2:44.46

LAUREN - 200 FR - 2:40.00 - 40.00 - 39.20  
 2:36.86 - 34.15, 37.62, 37.19, 35.93 - 2:24.89

SARAH - 200 FR - 2:36.00 - 39.00 - 38.22  
 2:32.92 - 34.91, 37.87, 37.74, 38.23 - 2:28.75

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 50.00%	64.0 48.60%
AEROBIC BASE	1,475 24.58%	31.0 23.54%
PEAK LACTATE	700 11.66%	19.6 14.93%
WARM-UP-RECOVERY	625 10.41%	13.0 9.87%
LACTATE TOLERANCE	200 3.33%	4.0 3.03%

Stroke Categories	Meters	Minutes
STROKE	2,400 40.00%	58.8 44.68%
CHOICE	1,400 23.33%	30.0 22.78%
FREESTYLE	1,200 20.00%	24.0 18.22%
IM	400 6.66%	7.3 5.56%
MIXED	400 6.66%	7.5 5.69%
FINS	200 3.33%	4.0 3.03%

Type of Work	Meters	Minutes
SWIM	4,600 76.66%	99.1 75.31%
KICK	1,000 16.66%	24.0 18.22%
DRILL	400 6.66%	8.5 6.45%

**Workout #1590 - Friday, 18 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY	
	4:40 PM	1 on 10:00 LIGHT RUN	EN1	L	DRY	
	4:50 PM	1 on 15:00 STRETCHCORDZ	EN2	L	STZ	
	5:05 PM	1 on 40:00 ULTIMATE FRISBEE/SOCCER	EN2	L	DRY	
	5:45 PM	1 on 10:00 STRETCHING MAJOR MUSCLE GROUPS	REC	L	DRY	
	5:55 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC	L	DRY	
		GENERAL PREP PHASE - AEROBIC SKILLS/FR TURNS/ALACTIC MEET DRYLAND WARMUP				
400	6:30 PM	8 x 50 on 4:00 IMO BY 2'S ATHLETE 'COACH' ATHLETES PAIR UP AND ONE IS SWIMMER OTHER IS COACH SWIMMER SWIMS 50M OF EACH STROKE AND COACH OBSERVES COACH PROVIDES FEEDBACK ON TECHNICAL IMPROVMENTS FOLLOWING EACH 50M SWIM THEN SWIMMER SWIMS 2ND 50 WORKING ON TECHNICAL FEEDBACK FROM 'COACH' ONCE SWIMMER COMPLETES 8 X 50 THEN ROLES SWITCH	EN1	D	IMO	4:00
200	7:03 PM	1 x 200 on 4:10 IM K NO BRD FLY SL ON BK	EN1	K	IM	1:02
200	7:09 PM	1 x 200 on 4:00 IM K NO BRD FLY SL ON BK	EN1	K	IM	1:00
200	7:14 PM	1 x 200 on 3:50 IM K NO BRD FLY SL ON BK	EN2	K	IM	0:58
100	7:19 PM	4 x 25 on 1:00 CH SP FAS TECH FOCUS FOCUS ON - GRIP BLOCK, COG FWD, ON GO PULL BODY FWD THEN PUSH HARD WITH LEGS	SP3	D	CH	2:00
	7:23 PM	1,100 Meters - Stress Value = 16				

- STRETCHCORDZ
- ABDUCTIONS
  - ADDUCTIONS
  - REVERSE OVERHEAD ROTATE
  - ROWS
  - REVERSE FLY'S
  - T-Y-I'S
  - FLY'S
  - TRICEPS (OVERHEAD PRESS)

BUTTERFLY PULLS TECHNICAL INFORMATION AND PRACTICE  
 4 X { :15 SECS FLY PULLS  
       { :15 SECS RECOVERY

Energy Levels	Meters	Minutes
AEROBIC BASE	800 72.72%	40.1 83.68%
ANAEROBIC THRESHOLD	200 18.18%	3.8 7.98%
ALACTIC	100 9.09%	4.0 8.33%

Stroke Categories	Meters	Minutes
IM	600 54.54%	12.0 25.00%
IM ORDER	400 36.36%	32.0 66.66%
CHOICE	100 9.09%	4.0 8.33%

Type of Work	Meters	Minutes
KICK	600 54.54%	12.0 25.00%
DRILL	500 45.45%	36.0 75.00%

**Workout #1591 - Saturday, 19 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
6:00-8:00AM @ NW					
GENERAL PREP PHASE - PREP/PACE FOR 1500 FR/400 IM					
MEET DRYLAND WARMUP					
300	6:00 AM	3 x 100 on 1:50 DESCEND 1-3 SEE NOTES	EN2	S	IM
1 - FR/BK BY 50'S, 2 - FR/FLY BY 50'S, 3 -FR/BR BY 50'S					
400	6:07 AM	2 x 200 on 4:15 K FLY/BR BY 100'S	EN2	K	FLY
600	6:17 AM	6 x 100 on 1:45 IM ON 1:35/1:45	EN2	S	IM
600	6:29 AM	12 x 50 on :50 FR ON :45/:50	EN2	S	FR
ATHLETES CHOOSE ONE OF THE FOLLOWING 3 OPTIONS					
IF DURING ANY OF THE ATHLETE CHOICE SETS THE PACE					
IS MISSED THE COACH DETERMINES AN ALTERNATE SESSION					
OPTION 1 - 1500 FR PREP					
200	6:40 AM	2x{ 1 x 50 on :45 FR ON :40/:45	EN2	S	FR
{ 1 x 50 on :50 FR ON :45/:50					
400	6:45 AM	4x{ 1 x 50 on 1:05 3D 1U BR/FR BR5 BY 25'S	EN2	S	FR
{ 1 x 50 on 1:05 3D 2U BR/FR BR7 BY 25'S					
100	6:55 AM	4 x 25 on :45 FR SP	SP3	S	FR
100	6:59 AM	1 x 100 on 2:30 CH LOOSEN	REC	S	CH
1,500	7:03 AM	15 x 100 on 1:40 FR ON 1:30/1:40 (GOAL :10 REST)	EN2	S	FR
200	7:29 AM	1 x 200 on 4:00 BK/BR BY 50'S	EN1	S	BK
OPTION 1 - 400 IM PREP					
400	7:34 AM	4 x 100 on 2:00 K IMO NEG SPLIT EACH 100	EN2	K	IMO
600	7:43 AM	4x{ 2 x 25 on :40 IMO SP	SP3	S	IMO
{ 2 x 50 on 1:05 IMO FAST S/R					
600	7:58 AM	4x{ 1 x 50 on 1:00 IMO SP/SC BY 25'S	EN2	S	IMO
{ 1 x 50 on 1:00 IMO FAST :55 FR+BK/1:05 BR+FLY					
{ 1 x 50 on 1:00 IMO V FAST :55 FR+BK/1:05 BR+FLY					
200	8:11 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH
400	8:17 AM	8 x 50 on :55 IM :10 REST FOR TIME	EN3	S	IM
OPTION 3 - AEROBIC					
800	8:26 AM	8 x 100 on 1:40 K w FINS	EN2	K	FIN
600	8:41 AM	12 x 50 on 1:00 FR/BK BY 25'S SC	EN1	S	FR
MAINTAIN LOWER SC FOR BOTH STROKES					
400	8:54 AM	8 x 50 on 1:00 FLY/BR BY 25'S SC	EN1	S	BR
MAINTAIN LOWER SC FOR BOTH STROKES					
800	9:03 AM	4x{ 1 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM
{ 1 x 100 on 1:40 FR ON 1:30/1:40					
400	9:18 AM	1 x 400 on 9:00 CH K	EN1	K	CH
	9:27 AM	9,600 Meters - Stress Value = 241			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	6,600 68.75%	118.6 64.90%
AEROBIC BASE	1,600 16.66%	33.0 18.04%
V02 MAX	400 4.16%	7.3 4.01%
WARM-UP-RECOVERY	300 3.12%	7.5 4.10%
ALACTIC	300 3.12%	8.3 4.55%
LACTATE TOLERANCE	200 2.08%	4.0 2.18%
PEAK LACTATE	200 2.08%	4.0 2.18%

Stroke Categories	Meters	Minutes
FREESTYLE	3,800 39.58%	68.5 37.46%
IM	1,700 17.70%	30.0 16.40%
IM ORDER	1,600 16.66%	34.0 18.59%
FINS	800 8.33%	13.3 7.29%
CHOICE	700 7.29%	16.5 9.02%
BUTTERFLY	400 4.16%	8.5 4.64%
BREASTSTROKE	400 4.16%	8.0 4.37%
BACKSTROKE	200 2.08%	4.0 2.18%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	7,600 79.16%	144.0 78.76%
KICK	2,000 20.83%	38.8 21.23%

**Workout #1592 - Monday, 21 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - PEAK LACTATE/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
800	5:00 AM	4x{1 x 100 on 1:40 FR ON 1:30/1:40	EN1	S	FR	0:50
		{1 x 100 on 1:55 IM ON 1:45/1:55	EN2	S	IM	0:58
400	5:16 AM	8 x 50 on :55 SP FLY/MOD CH K w FINS BY 25'S	EN2	K	FIN	0:55
1,200	5:25 AM	4x{3 x 50 on :55 SP SL FLY K ON BK ON :50/:55	SP1	K	FLY	0:55
		{1 x 150 on 3:30 CH RECOVERY SWIM	REC	S	CH	1:10
500	5:51 AM	20 x 25 on :45 FLY SP	SP2	S	FLY	1:30
400	6:07 AM	2 x 200 on 5:00 BK/BR BY 50'S RECOVERY	REC	S	BK	1:15
300	6:18 AM	12 x 25 on :45 FLY SP	SP2	S	FLY	1:30
200	6:28 AM	1 x 200 on 5:00 IM SC	EN1	S	IM	1:15
900	6:34 AM	6 x 150 on 2:45 BK/BR/FR S w PADS ON 2:30/2:45	EN2	S	PAD	0:55
200	6:52 AM	8 x 25 on :40 IM STS BO + 4 OR 6	SP3	S	IM	1:20
	6:58 AM	4,900 Meters - Stress Value = 194				

JOKE OF THE DAY

WOMEN LOVE CATS. MEN SAY THEY LOVE CATS, BUT WHEN WOMEN AREN'T LOOKING, MEN KICK CATS.

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,700 34.69%	31.5 29.30%
WARM-UP-RECOVERY	1,000 20.40%	24.0 22.32%
PEAK LACTATE	800 16.32%	24.0 22.32%
LACTATE TOLERANCE	600 12.24%	11.0 10.23%
AEROBIC BASE	600 12.24%	11.6 10.85%
ALACTIC	200 4.08%	5.3 4.96%

Stroke Categories	Meters	Minutes
BUTTERFLY	1,400 28.57%	35.0 32.55%
PADDLES	900 18.36%	16.5 15.34%
IM	800 16.32%	18.0 16.74%
CHOICE	600 12.24%	14.0 13.02%
BACKSTROKE	400 8.16%	10.0 9.30%
FREESTYLE	400 8.16%	6.6 6.20%
FINS	400 8.16%	7.3 6.82%

Type of Work	Meters	Minutes
SWIM	3,900 79.59%	89.1 82.94%
KICK	1,000 20.40%	18.3 17.05%

**Workout #1593 - Monday, 21 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
4:30-6:30PM @ DOV					
COMPETITION PHASE - AEROBIC TECHNIQUE/RACE PACE					
MEET DRYLAND WARMUP					
900	4:30 PM	3x { 1 x 100 on 2:15 STROKE K	EN1	K	STK
		{ 1 x 100 on 2:00 S w FINS TECH FOCUS	EN1	S	FIN
		{ 1 x 100 on 2:00 STROKE P w PADS + FINS	EN2	P	PAD
ROUND 1 - FR, 2 - BK, 3 - BR					
THERE ARE NO PACE TIMES REST INTERVAL = CHANGE OF EQUIP					
200	4:50 PM	4 x 50 on 1:20 FLY SP/DR BY 25'S SEE NOTE	SP2	S	FLY
		10 FLY K UNDER H2O SP + SP TO 25 THEN SA TO 50			
200	4:57 PM	4 x 50 on 1:15 FLY w FINS SP SEE NOTE	SP2	S	FIN
		10 FLY K UNDER H2O SP + SP TO 50			
2,400	5:03 PM	3x { 1 x 100 on 2:00 FLY/BK BY 50'S SEE NOTE	EN2	S	IM
		{ DR/BUILD/SP/MOD BY 25S (FAST TURN)			
		{ 1 x 100 on 2:00 BK TECH/SC BY 50'S	EN1	S	BK
		{ 1 x 100 on 2:00 BK/BR BY 50'S SEE NOTE	EN2	S	IM
		{ SC/BULD/SP/MOD BY 25'S (FAST TURN)			
		{ 1 x 100 on 2:00 BR TECH/SC BY 50'S	EN1	S	BR
		{ 1 x 100 on 2:00 BR/FR BY 50'S SEE NOTE	EN2	S	IM
		{ SC/BULD/SP/MOD BY 25'S (FAST TURN)			
		{ 1 x 100 on 2:00 FR MAX EFFORT SP	SP2	S	FR
		{ 1 x 200 on 5:00 IM K	EN1	K	IM
500	5:55 PM	5 x 100 on 2:15 STROKE DESCEND 1-5	EN2	S	STK
ATHLETE CHOOSES STROKE AND PACE					
300	6:08 PM	3x { 1 x 50 on 1:10 STROKE K SP	SP2	K	STK
		{ 1 x 50 on 1:10 STROKE K MOD	EN2	K	STK
400	6:16 PM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK
	6:28 PM	4,900 Meters - Stress Value = 199			

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,850 37.75%	38.7 35.12%
AEROBIC BASE	1,800 36.73%	39.7 36.02%
PEAK LACTATE	1,250 25.51%	31.8 28.85%

Stroke Categories	Meters	Minutes
STROKE	1,500 30.61%	37.0 33.53%
IM	1,500 30.61%	33.0 29.90%
FINS	500 10.20%	11.0 9.96%
BREASTSTROKE	300 6.12%	6.0 5.43%
BACKSTROKE	300 6.12%	6.0 5.43%
FREESTYLE	300 6.12%	6.0 5.43%
PADDLES	300 6.12%	6.0 5.43%
BUTTERFLY	200 4.08%	5.3 4.83%

Type of Work	Meters	Minutes
SWIM	3,400 69.38%	75.5 68.50%
KICK	1,200 24.48%	28.7 26.05%
PULL	300 6.12%	6.0 5.43%

**Workout #1594 - Tuesday, 22 February 2011**  
**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 - LACTATE TOLERANCE					
MEET DRYLAND WARMUP					
400	5:00 AM	1 x 400 on 8:00 FR/BK/FR/BR BY 100'S	EN1	S	IM
2,000	5:09 AM	2x { 3 x 50 on 1:00 STROKE K	EN2	K	STK
		{ 1 on :30 REST BETWEEN SET CHANGE EQUIP	REC	L	DRY
		{ 5 x 50 on 1:05 STROKE P FAST S/R	EN2	P	STK
		{ PACE TIMES - FR :45/:50, BK :50/:55, BR + FLY 1:05			
		{ 1 on :30 REST BETWEEN SET CHANGE EQUIP	REC	L	DRY
		{ 4 x 50 on :55 STROKE MAX EFFORT	SP1	S	STK
		{ PACE TIMES - FR :40/:45, BK :45/:50, BR + FLY :50/:55			
		{ 1 on :30 REST BETWEEN SET CHANGE EQUIP	REC	L	DRY
		{ 3 x 100 on 2:05 STROKE S w PADS	SP1	S	PAD
		{ PACE TIMES - FR 1:30/1:40, BK 1:40/1:50, BR+FLY 1:55/2:05			
400	5:45 AM	1 x 100 on 3:00 OFF STROKE RECOVERY	REC	S	CH
2,000	5:54 AM	2x { 1 x 400 on 8:00 BK/FR/BR/FR BY 100'S	REC	S	IM
		{ 3 x 50 on 1:00 STROKE K	EN2	K	STK
		{ 1 on :30 REST BETWEEN SET CHANGE EQUIP	REC	L	DRY
		{ 5 x 50 on 1:05 STROKE P FAST S/R	EN2	P	STK
		{ PACE TIMES - FR :45/:50, BK :50/:55, BR + FLY 1:05			
		{ 1 on :30 REST BETWEEN SET CHANGE EQUIP	REC	L	DRY
		{ 4 x 50 on :55 STROKE MAX EFFORT	SP1	S	STK
		{ PACE TIMES - FR :40/:45, BK :45/:50, BR + FLY :50/:55			
		{ 1 on :30 REST BETWEEN SET CHANGE EQUIP	REC	L	DRY
		{ 3 x 100 on 2:05 STROKE S w PADS	SP1	S	STK
		{ PACE TIMES - FR 1:30/1:40, BK 1:40/1:50, BR+FLY 1:55/2:05			
600	6:41 AM	12 x 50 on 1:10 IM SWITCHES	REC	S	CH
		1-4 FLY/BY BY 25'S, 5-8 BK/BR BY 25'S, 9-12 BR/FR BY 25	EN2	S	IM
		FAST TURNS FOCUS			
	6:55 AM	4,900 Meters - Stress Value = 218			

JOKE OF THE DAY

A WOMAN KNOWS ALL ABOUT HER CHILDREN; THEIR BIRTHDAYS, MEDICAL APPOINTMENTS, SPORTS EVENTS, ROMANCES, BEST FRIENDS, HOPES, FEARS AND DREAMS ... A MAN IS VAGUELY AWARE OF SOME SHORT PEOPLE LIVING IN THE HOUSE.

Energy Levels	Meters	Minutes
LACTATE TOLERANCE	2,000 40.81%	39.6 37.95%
ANAEROBIC THRESHOLD	1,700 34.69%	36.8 35.24%
WARM-UP-RECOVERY	800 16.32%	20.0 19.13%
AEROBIC BASE	400 8.16%	8.0 7.65%

Stroke Categories	Meters	Minutes
STROKE	2,500 51.02%	50.0 47.84%
IM	1,400 28.57%	30.0 28.70%
PADDLES	600 12.24%	12.5 11.96%
CHOICE	400 8.16%	12.0 11.48%

Type of Work	Meters	Minutes
SWIM	3,800 77.55%	81.6 78.14%
KICK	600 12.24%	12.0 11.48%
PULL	500 10.20%	10.8 10.36%

**Workout #1595 - Tuesday, 22 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
COMPETITION PHASE - AEROBIC TECHNIQUE/RACE PACE						
MEET DRYLAND WARMUP						
500	4:30 PM	10 x 50 on 1:00 FR SC GOAL 30	EN1	S	FR	1:00
600	4:41 PM	12 x 50 on 1:00 FR TECH FOCUS	EN1	S	FR	1:00
1-2 - MOMENTUM OF RECOVERY TO ENTRY FOLLOW SAME PLANE						
3-4 - HANDS PULL THROUGH IN STRAIGHT LINE						
5-6 - ACCELERATION OF EACH STROKE UNDER THE WATER						
7-8 - BREATHING PRIOR TO HAND ENTRY						
9-10 - SWIM w OVER KICK (SLOW ARMS FAST LEGS)						
11-12 - BUBBLES OFF SC						
400	4:54 PM	4 x 100 on 2:15 FR K ON 1:55/2:05/2:15	EN2	K	FR	1:08
200	5:04 PM	4 x 50 on 1:00 FR SP/TECH BY 25'S	EN2	S	FR	1:00
600	5:09 PM	6 x 100 on 2:00 FR @ GOAL PACE FOR 400 FR	SP2	S	FR	1:00
200	5:22 PM	1 x 200 on 5:00 BK/BR BY 50'S RECOVERY	REC	S	BK	1:15
400	5:28 PM	8 x 50 on 1:05 STROKE (NO FR) SC GOAL 20/30	EN1	S	STK	1:05
600	5:38 PM	12 x 50 on 1:10 STROKE TECH FOCUS	EN1	S	STK	1:10
ATHLETES CHOOSE FOCUS POINTS FOR STROKE (SETS OF 2)						
400	5:53 PM	4 x 100 on 2:15 STROKE K ON 1:55/2:05/2:15	EN2	K	STK	1:08
200	6:03 PM	4 x 50 on 1:10 STRKE SP/TECH BY 25'S	EN2	S	STK	1:10
600	6:09 PM	12 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
6:27 PM 4,700 Meters - Stress Value = 182						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
AEROBIC BASE	2,100 44.68%	44.6 42.00%
ANAEROBIC THRESHOLD	1,200 25.53%	26.6 25.07%
PEAK LACTATE	1,200 25.53%	30.0 28.21%
WARM-UP-RECOVERY	200 4.25%	5.0 4.70%

Stroke Categories	Meters	Minutes
FREESTYLE	2,300 48.93%	47.0 44.20%
STROKE	2,200 46.80%	54.3 51.09%
BACKSTROKE	200 4.25%	5.0 4.70%

Type of Work	Meters	Minutes
SWIM	3,900 82.97%	88.3 83.07%
KICK	800 17.02%	18.0 16.92%

**Workout #1597 - Wednesday, 23 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - VO2 MAX/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
200	5:00 AM	1 x 200 on 3:20 FR FAST TURNS ON 3:00/3:20	EN1	S	FR	0:50
200	5:05 AM	1 x 200 on 4:00 IM SC ON 3:50/4:00	EN1	S	IM	1:00
200	5:10 AM	1 x 200 on 4:00 IM SP/SC BY 25'S ON 3:50/4:00	EN2	S	IM	1:00
500	5:15 AM	10x { 1 x 25 on :40 STROKE SP	SP2	S	STK	1:20
		{ 1 x 25 on :40 STROKE SC OR DRILL	EN1	S	STK	1:20
300	5:30 AM	3 x 100 on 2:00 STROKE K ON 1:55/2:00	EN2	S	STK	1:00
900	5:37 AM	9 x 100 on 1:50 STROKE MAX EFFORT	EN3	S	STK	0:55
		FR ON 1:30, BK ON 1:40, BR ON 1:50, FLY ON 1:50				
300	5:55 AM	1 x 300 on 7:00 CH RECOVERY SWIM	REC	S	CH	1:10
900	6:03 AM	9 x 100 on 2:00 STROKE MAX EFFORT	EN3	S	STK	1:00
		FR ON 1:40, BK ON 1:50, BR ON 2:00, FLY ON 2:00				
300	6:22 AM	1 x 300 on 7:00 CH RECOVERY SWIM	REC	S	CH	1:10
900	6:30 AM	9 x 100 on 2:10 STROKE MAX EFFORT	EN3	S	STK	1:05
	6:50 AM	4,700 Meters - Stress Value = 222				

JOKE OF THE DAY

MY FRIEND WHO'S A JUGGLER ONLY LASTED 2 DAYS IN HIS LAST JOB. IT'S NOT THAT HE COULDN'T JUGGLE, HE JUST DIDN'T HAVE THE BALLS TO DO IT.

Energy Levels	Meters	Minutes
=====	=====	=====
VO2 MAX	2,700 57.44%	54.0 54.72%
AEROBIC BASE	650 13.82%	14.0 14.18%
WARM-UP-RECOVERY	600 12.76%	14.0 14.18%
ANAEROBIC THRESHOLD	500 10.63%	10.0 10.13%
PEAK LACTATE	250 5.31%	6.6 6.75%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	3,500 74.46%	73.3 74.32%
CHOICE	600 12.76%	14.0 14.18%
IM	400 8.51%	8.0 8.10%
FREESTYLE	200 4.25%	3.3 3.37%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	4,700 100.00%	98.6 100.00%

**Workout #1598 - Thursday, 24 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set	Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW							
COMPETITION PHASE - AEROBIC/ANAEROBIC THRESHOLD TECH							
MEET DRYLAND WARMUP							
800	5:00 AM	2 x 400	on 6:40 FR BR 3/5 BY 25'S ON 6:20/6:40	EN2	S	FR	0:50
400	5:15 AM	4 x 100	on 1:50 BK 6 FLY K OFF EVERY WALL	EN2	S	BK	0:55
1,200	5:24 AM	3 x 400	on 7:20 IM ON 7:00/7:20	EN2	S	IM	0:55
500	5:47 AM	5 x 100	on 1:40 FR P w PADS ON 1:30/1:40	EN2	P	PAD	0:50
400	5:57 AM	8 x 50	on 1:05 BR SC/BUILD TO FINISH BY 25'S	EN2	S	BR	1:05
300	6:07 AM	6 x 50	on 1:10 BR SCULL/BRwFLY K SP BY 25'S	SP2	D	BR	1:10
600	6:15 AM	3 x 200	on 4:00 BR DESCEND 1-3 ON 3:50/4:00	EN2	S	BR	1:00
800	6:28 AM	8 x 100	on 1:50 IM ON 1:40/1:50	EN2	S	IM	0:55
400	6:44 AM	2 x 200	on 4:00 CH K w FINS	EN1	K	FIN	1:00
6:52 AM 5,400 Meters - Stress Value = 141							

JOKE OF THE DAY

YOU CAN'T MAKE SOMEONE LOVE YOU. ALL YOU CAN DO IS STALK THEM, AND HOPE THEY PANIC AND GIVE IN.

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,700 87.03%	86.3 85.19%
AEROBIC BASE	400 7.40%	8.0 7.89%
PEAK LACTATE	300 5.55%	7.0 6.90%

Stroke Categories	Meters	Minutes
IM	2,000 37.03%	36.6 36.18%
BREASTSTROKE	1,300 24.07%	27.6 27.30%
FREESTYLE	800 14.81%	13.3 13.15%
PADDLES	500 9.25%	8.3 8.22%
BACKSTROKE	400 7.40%	7.3 7.23%
FINS	400 7.40%	8.0 7.89%

Type of Work	Meters	Minutes
SWIM	4,200 77.77%	78.0 76.97%
PULL	500 9.25%	8.3 8.22%
KICK	400 7.40%	8.0 7.89%
DRILL	300 5.55%	7.0 6.90%

**Workout #1599 - Thursday, 24 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
4:30-6:30PM @ DOV						
COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
500	4:30 PM	5 x 100 on 1:50 FR ON 1:40/1:50	EN2	S	FR	0:
OFF 1ST WALL 10 FLY K SP, 2ND WALL 6 FLY K SP						
1,000	4:41 PM	10x { 1 x 50 on :45 FR SPRINT	SP2	S	FR	0:
		{ 1 x 50 on 1:30 FR SC	EN1	S	FR	1:
600	5:05 PM	12 x 50 on 1:10 FR K ON 1:00/1:10	EN2	K	FR	1:
GOAL IS TO GET A MINIMUM OF :10 REST						
600	5:20 PM	3 x 200 on 4:10 STROKE (NO FR) SEE NOTE	EN2	S	STK	1:
BK ON 3:30/3:40, BR ON 3:45/3:55, FLY ON 3:50/4:00						
800	5:34 PM	8x { 1 x 50 on :55 STROKE SP ON :50/:55	SP2	S	STK	0:
		{ 1 x 50 on 1:25 STROKE SC ON 1:20/1:25	EN1	S	STK	1:
500	5:54 PM	10 x 50 on 1:10 STROKE K ON 1:00/1:10	EN2	K	STK	1:
GOAL IS TO GET A MINIMUM OF :10 REST						
100	6:07 PM	1 x 100 on 2:30 CH S RECOVERY/PREP	REC	S	CH	1:
400	6:11 PM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:
	6:23 PM	4,500 Meters - Stress Value = 201				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 48.88%	47.3 45.95%
PEAK LACTATE	1,300 28.88%	26.8 26.05%
AEROBIC BASE	900 20.00%	26.3 25.56%
WARM-UP-RECOVERY	100 2.22%	2.5 2.42%

Stroke Categories	Meters	Minutes
STROKE	2,300 51.11%	54.8 53.23%
FREESTYLE	2,100 46.66%	45.6 44.33%
CHOICE	100 2.22%	2.5 2.42%

Type of Work	Meters	Minutes
SWIM	3,400 75.55%	77.3 75.08%
KICK	1,100 24.44%	25.6 24.91%

**Workout #1600 - Friday, 25 February 2011**  
**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 - MEET WARMUP/RACE PACE WORK MEET DRYLAND WARMUP PREPARING FOR AN EVENT 200M OR ABOVE			
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00 SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING 100M EVENT RACE PREP	EN2	S	STK
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE { 1 x 50 on :50 STROKE @ RACE PACE 2ND 50 FINISH TO A HAND TOUCH 200M EVENT RACE PREP	EN1	S	STK
			SP2	S	STK
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50 FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50 400 FR RACE PREP	EN2	S	STK
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100 400 IM RACE PREP	EN2	S	FR
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST EACH 50 COMPLETED AT RACE PACE IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST 800 FR RACE PREP	EN2	S	IM
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100 1500 FR RACE PREP	EN2	S	FR
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100 ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE	EN2	S	FR
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC	EN2	S	CH
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN MEET WARMUP IS NOW COMPLETE	EN1	S	CH
200	6:43 AM	1 x 200 on 4:00 CH K RECOVERY	REC	K	CH
600	6:48 AM	12 x 50 on 1:30 STROKE @ RACE PACE PRACTICE RACE PACE FOR ATHLETE CHOICE EVENT IF 100 PRACTICING RACE PACE OF 2ND 50 IF 200 PRACTICING RACE PACE OF AVERAGE 50 IF 400 IM PRACTING RACE PACE OF 1ST 50 ONCE & 2ND 50 2X IF 400, 800 OR 1500 FR REPLACE 12 X 50 WITH 5 X 100 ON 2:00 HITTING GOAL PACE TO THE FEET	SP2	S	STK
175	7:07 AM	1 x 175 on 5:00 CH LOOSEN BROKEN SWIM :10 REST PER 50 OR 100 FAS	EN1	S	CH
200	7:13 AM	1 x 200 on 4:00 STROKE :10 REST	SP1	S	STK
425	7:18 AM	1 x 425 on 9:00 CH RECOVERY	REC	S	CH
200	7:28 AM	1 x 200 on 4:00 CH K w FINS	EN1	K	FIN
	7:32 AM	6,000 Meters - Stress Value = 176			

JOKE OF THE DAY

WORLD'S SHORTEST BOOKS, NO. 32 PARTIES, AWARDS AND OTHER EVENTS I WOULD NEVER ATTEND BY PARIS HILTON.

NAME - EVENT - LC GOAL TIME - LC PACE - SC PACE (-2%)  
 LC GOAL CONV TO SC - ACTUAL PACE - TIME

Energy Levels            Meters            Minutes  
 =====

ANAEROBIC THRESHOLD	3,000	50.00%	64.0	48.60%
AEROBIC BASE	1,475	24.58%	31.0	23.54%
PEAK LACTATE	700	11.66%	19.6	14.93%
WARM-UP-RECOVERY	625	10.41%	13.0	9.87%
LACTATE TOLERANCE	200	3.33%	4.0	3.03%

Stroke Categories	Meters		Minutes	
=====	=====		=====	
STROKE	2,400	40.00%	58.8	44.68%
CHOICE	1,400	23.33%	30.0	22.78%
FREESTYLE	1,200	20.00%	24.0	18.22%
IM	400	6.66%	7.3	5.56%
MIXED	400	6.66%	7.5	5.69%
FINS	200	3.33%	4.0	3.03%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	4,600	76.66%	99.1	75.31%
KICK	1,000	16.66%	24.0	18.22%
DRILL	400	6.66%	8.5	6.45%

**Workout #1601 - Friday, 25 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY	
	4:40 PM	1 on 20:00 LIGHT RUN	EN1	L	DRY	
	5:00 PM	1 on 15:00 STRETCHCORDZ	EN2	L	STZ	
	5:15 PM	1 on 10:00 STRETCHING MAJOR MUSCLE GROUPS	REC	L	DRY	
	5:25 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC	L	DRY	
		GENERAL PREP PHASE - AEROBIC SKILLS/FR TURNS/ALACTIC MEET DRYLAND WARMUP				
400	6:00 PM	8 x 50 on 4:00 IMO BY 2'S ATHLETE 'COACH' ATHLETES PAIR UP AND ONE IS SWIMMER OTHER IS COACH SWIMMER SWIMS 50M OF EACH STROKE AND COACH OBSERVES COACH PROVIDES FEEDBACK ON TECHNICAL IMPROVEMENTS FOLLOWING EACH 50M SWIM THEN SWIMMER SWIMS 2ND 50 WORKING ON TECHNICAL FEEDBACK FROM 'COACH' ONCE SWIMMER COMPLETES 8 X 50 THEN ROLES SWITCH	EN1	D	IMO	4:00
200	6:33 PM	1 x 200 on 4:10 IM K NO BRD FLY SL ON BK	EN1	K	IM	1:02
200	6:39 PM	1 x 200 on 4:00 IM K NO BRD FLY SL ON BK	EN1	K	IM	1:00
200	6:44 PM	1 x 200 on 3:50 IM K NO BRD FLY SL ON BK	EN2	K	IM	0:58
100	6:49 PM	4 x 25 on 1:00 CH SP FAS TECH FOCUS FOCUS ON - GRIP BLOCK, COG FWD, ON GO PULL BODY FWD THEN PUSH HARD WITH LEGS	SP3	D	CH	2:00
	6:53 PM	1,100 Meters - Stress Value = 16				

STRETCHCORDZ

- ABDUCTIONS
- ADDUCTIONS
- REVERSE OVERHEAD ROTATE
- ROWS
- REVERSE FLY'S
- T-Y-I'S
- FLY'S
- TRICEPS (OVERHEAD PRESS)

BUTTERFLY PULLS TECHNICAL INFORMATION AND PRACTICE

4 X { :15 SECS FLY PULLS  
 { :15 SECS RECOVERY

Energy Levels	Meters	Minutes
AEROBIC BASE	800 72.72%	40.1 83.68%
ANAEROBIC THRESHOLD	200 18.18%	3.8 7.98%
ALACTIC	100 9.09%	4.0 8.33%

Stroke Categories	Meters	Minutes
IM	600 54.54%	12.0 25.00%
IM ORDER	400 36.36%	32.0 66.66%
CHOICE	100 9.09%	4.0 8.33%

Type of Work	Meters	Minutes
KICK	600 54.54%	12.0 25.00%
DRILL	500 45.45%	36.0 75.00%

**Workout #1602 - Saturday, 26 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW COMPETITION PHASE - PREP/PACE FOR 400 FR/IM MEET DRYLAND WARMUP						
300	6:00 AM	1 x 300 on 5:00 FR/BK BY 50'S w FINS	EN1	S	FR	0:50
300	6:06 AM	6 x 50 on 1:00 IM SWITCHES	EN2	S	IM	1:00
1-2 FLY/BK, 3-4 BK/BR, 5-6 BR/FR BY 25'S FAST TURNS						
200	6:13 AM	4x { 1 x 25 on :40 FLY 10 FLY K + 4 STROKES SP	SP3	S	FLY	1:20
		{ 1 x 25 on :40 FLY SP	SP2	S	FLY	1:20
300	6:20 AM	1 x 300 on 6:00 BR 100 SC 50 SP 100 SC 50 BUILD	EN2	S	BR	1:00
200	6:27 AM	1 x 200 on 3:30 BK DESCEND 50'S	EN2	S	BK	0:52
300	6:32 AM	6 x 50 on :55 FR SC/SP BY 25'S	EN2	S	FR	0:55
600	6:39 AM	12 x 50 on 1:20 IM @ RACE PACE	SP2	S	IM	1:20
3 X 50 OF EACH STROKE						
200	6:56 AM	1 x 200 on 5:00 CH S RECOVERY	REC	S	CH	1:15
400	7:02 AM	8 x 50 on :55 IM :10 REST AFTER EACH 50	SP1	S	IM	0:55
GET TIMES FOR EACH 50 AND GET TOTAL TIME ADD 2% TO CONVERT TO LC						
400	7:11 AM	1 x 400 on 9:00 CH K w FINS	EN1	K	FIN	1:08
400	7:21 AM	4 x 100 on 1:50 FR P w PADS ON 1:40/1:50	EN2	S	FR	0:55
300	7:30 AM	3 x 100 on 2:00 FR K ON 1:50/2:00	EN2	K	FR	1:00
300	7:37 AM	6 x 50 on 1:00 FR FAST S/R	EN2	S	FR	1:00
400	7:44 AM	4 x 100 on 1:30 FR :10 REST AFTER EACH 100	EN3	S	FR	0:45
ADD UP TIME FROM ALL 100'S TO GET TOTAL ADD 2% TO CONVERT TO LC						
	7:50 AM	4,600 Meters - Stress Value = 197				

JOKE OF THE DAY

WORLD'S SHORTEST BOOKS, NO. 14: THINGS I CAN'T AFFORD BY BILL GATES.

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,100 45.65%	40.3 42.90%
PEAK LACTATE	700 15.21%	18.6 19.85%
AEROBIC BASE	700 15.21%	14.0 14.89%
LACTATE TOLERANCE	400 8.69%	7.3 7.80%
V02 MAX	400 8.69%	6.0 6.38%
WARM-UP-RECOVERY	200 4.34%	5.0 5.31%
ALACTIC	100 2.17%	2.6 2.83%

Stroke Categories	Meters	Minutes
FREESTYLE	2,000 43.47%	35.8 38.12%
IM	1,300 28.26%	29.3 31.20%
FINS	400 8.69%	9.0 9.57%
BREASTSTROKE	300 6.52%	6.0 6.38%
BACKSTROKE	200 4.34%	3.5 3.72%
CHOICE	200 4.34%	5.0 5.31%
BUTTERFLY	200 4.34%	5.3 5.67%

Type of Work	Meters	Minutes
SWIM	3,900 84.78%	79.0 84.04%
KICK	700 15.21%	15.0 15.95%

**Workout #1603 - Monday, 28 February 2011**  
**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 - PEAK LACTATE/LACTATE TOLERANCE					
MEET DRYLAND WARMUP					
1,600	5:00 AM	16x { 1 x 25 on :40 STROKE STS + SC	EN1	S	IM
		{ 1 x 25 on :40 STROKE SP	SP2	S	IM
		{ 1 x 25 on :40 STROKE STS + TECH	EN1	S	IM
		{ 1 x 25 on :40 STROKE SP	SP2	S	IM
900	5:44 AM	3x { 2 x 75 on 1:15 BEST STROKE FAST	SP2	S	STK
		{ 1 x 100 on 1:55 BEST STROKE K MAX EFFORT	SP1	K	STK
		{ 1 x 50 on 1:35 CH RECOVERY	REC	S	CH
ONCE THROUGH SET TOTAL OF 6:00					
PACE TIMES:FR 1:00/1:05, BK 1:05/1:10, BR+FLY 1:10/1:15					
NO ADDITIONAL REST FOLLOWING 2 X 75 STRAIGHT INTO K					
AS SOON AS K IS COMPLETE SWIMMERS BEGIN 50 RECOVERY					
400	6:03 AM	8 x 50 on 1:05 STROKE P w PADS	EN2	P	PAD
FR ON :45/:50, BK ON :50/:55, BR+FLY ON 1:00/1:05					
600	6:13 AM	3 x 200 on 4:00 2ND STROKE K ON 3:50/4:00	EN2	K	STK
900	6:26 AM	3x { 2 x 75 on 1:15 2ND BEST STROKE FAST	SP2	S	STK
		{ 1 x 100 on 1:55 2ND BEST STROKE K MAX EFFORT	SP1	K	STK
		{ 1 x 50 on 1:35 CH RECOVERY	REC	S	CH
400	6:45 AM	4 x 100 on 2:05 STROKE P w PADS	EN2	P	PAD
FR ON 1:30/1:40, BK ON 1:40/1:50, BR+FLY ON 2:05					
	6:53 AM	4,800 Meters - Stress Value = 279			

JOKE OF THE DAY

HOW DO YOU USE AN EGYPTIAN DOORBELL? TOOT-AND-COME-IN.

Energy Levels	Meters	Minutes
PEAK LACTATE	1,700 35.41%	36.3 33.74%
ANAEROBIC THRESHOLD	1,400 29.16%	29.0 26.93%
AEROBIC BASE	800 16.66%	21.3 19.81%
LACTATE TOLERANCE	600 12.50%	11.5 10.68%
WARM-UP-RECOVERY	300 6.25%	9.5 8.82%

Stroke Categories	Meters	Minutes
STROKE	2,100 43.75%	38.5 35.75%
IM	1,600 33.33%	42.6 39.62%
PADDLES	800 16.66%	17.0 15.78%
CHOICE	300 6.25%	9.5 8.82%

Type of Work	Meters	Minutes
SWIM	2,800 58.33%	67.1 62.38%
KICK	1,200 25.00%	23.5 21.82%
PULL	800 16.66%	17.0 15.78%

**Workout #1604 - Monday, 28 February 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
4:30-6:30PM @ DOV						
COMPETITION PHASE - AEROBIC TECHNIQUE/RACE PACE						
MEET DRYLAND WARMUP						
300	4:30 PM	1 x 300 on 8:00 K FR/BK BY 100'S	EN1	K	FR	1
600	4:39 PM	3 x 200 on 4:00 IM	EN1	S	IM	1
1 - STS + SC, 2 - FAST TURNS + STS, 3 - STS + SC						
2,400	4:52 PM	4x{1 x 200 on 5:00 IMO K	EN1	K	IMO	1
		{8 x 50 on 1:15 IMO STROKE TECH FOCUS	EN1	S	IMO	1
FLY TECH FOCUS POINTS						
1-2 TIMING POWER OF PULL FINISH WITH 2ND K						
3-4 ENTRY TO RIGID SL POSITION TO MAINTAIN VELOCITY						
5-6 HEAD INTO WATER FIRST THEN HANDS ENTRY						
7-8 LOW BREATH + NO SPLASH ON SNAPPING K						
BK TECH FOCUS POINTS						
1-2 FOLLOW THROUGH ON ENTRY DEEP SAME PLANE AS REC						
3-4 SPLASH ENTRY SHOULDER OUT						
5-6 THUMB OUT LAST SECOND SWITCH						
7-8 POWER TO FINSH OF STROKE + RAINBOW RECOVERY						
BR TECH FOCUS POINTS						
1-2 STRAIGHT ARM RIGID ABDOMINALS SL						
3-4 QUICK BREATH LONG GLIDE NO UP DOWN IN GLIDE						
5-6 JUMP TO SL AND SNAP K HIGH FOOT SPEED						
7-8 SNAP K FOR HIPS UP AND HANDS DOWN						
FR TECH FOCUS POINTS						
1-2 RECOVERY HIGH ACCELERATE ENTRY DOWN IN SAME PLANE						
3-4 ENTRY DEEP BUBBLES OFF DRILL						
5-6 FINGERS DOWN STRAIGHT LINE PULL						
7-8 ACCELERATE HAND ACTION UNDER WATER TO THIGH FINISH						
300	5:53 PM	3 x 100 on 2:00 STROKE K	EN2	K	STK	1
200	6:00 PM	2x{1 x 50 on 1:10 STROKE BUILD TO RACE FINISH	EN2	S	STK	1
		{1 x 50 on 1:10 STROKE BO + 6 OR 8	SP3	S	STK	1
200	6:06 PM	4 x 50 on 1:20 STROKE @ GOAL RACE PACE	SP2	S	STK	1
200	6:13 PM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1
	6:17 PM	4,200 Meters - Stress Value = 72				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	3,300 78.57%	80.0 80.00%
ANAEROBIC THRESHOLD	400 9.52%	8.3 8.33%
PEAK LACTATE	200 4.76%	5.3 5.33%
WARM-UP-RECOVERY	200 4.76%	4.0 4.00%
ALACTIC	100 2.38%	2.3 2.33%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM ORDER	2,400 57.14%	60.0 60.00%
STROKE	700 16.66%	16.0 16.00%
IM	600 14.28%	12.0 12.00%
FREESTYLE	300 7.14%	8.0 8.00%
CHOICE	200 4.76%	4.0 4.00%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,800 66.66%	66.0 66.00%

KICK 1,400 33.33% 34.0 34.00%