

Workout #1194 - Monday, 03 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
		5:00-7:00AM @ CD				
		TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (FR)				
		MEET DRYLAND WARMUP				
300	5:00 AM	12 x 25 on :40 FR STS + SC	EN1	S	FR	1:2
		WHAT ARE THE KEYS TO SC = 12?				
		ATHLETE PROVIDED				
		HESITATE IN INITIAL SL POSITION PRIOR TO STARTING FLY K				
		PUSHOFF STRONG IN TIGHT SL				
		1ST 3 STROKES NO SLIPPING (Q-STROKE)				
		BODY LINE MAINTAINED INCL HEAD POSITION IN BREATHING				
		HANDS OVERLAP IN SL SQUEEZE HEAD EYE OF ELBOW UP				
		HANDS APART SL PROVIDES 17% MORE DRAG				
200	5:09 AM	1 x 200 on 4:00 FR K w FINS + SNORKEL	EN1	K	FIN	1:0
		HANDS AT SIDES - HEAD NEUTRAL POSITION				
		IF NO SNORKEL BREATHE EVERY 9 KICKS				
		BREATHING TO THE SIDE MAINTAINING HEAD IN LINE w BODY				
300	5:14 AM	6 x 50 on 1:00 FR K	EN2	K	FR	1:0
400	5:21 AM	1 x 400 on 9:00 FR K FOR TIME	SP1	K	FR	1:0
		GOAL 1 - UNDER 9:00, GOAL 2 - UNDER 8:00,				
		GOAL 3 - UNDER 7:00, GOAL 4 - UNDER 6:00				
100	5:31 AM	1 x 100 on 3:00 CH REC	REC	S	CH	1:3
200	5:35 AM	2 x 100 on 1:55 IM	EN1	S	IM	0:5
200	5:40 AM	2 x 100 on 1:50 IM	EN2	S	IM	0:5
200	5:45 AM	2 x 100 on 1:45 IM	EN2	S	IM	0:5
200	5:50 AM	2 x 100 on 1:40 IM	EN2	S	IM	0:5
400	5:55 AM	2 x 200 on 4:00 FR 1 PAD + 1 FIN	EN1	S	FR	1:0
		PADDLE AND FIN ON ALTERNATE HAND/LEG				
		FEELING FOR CONNECTION FROM FINGER TO OPPOSITE TOE				
200	6:04 AM	8 x 25 on 1:00 FR PARTNER STROKE MATCH	EN1	S	FR	2:0
		EACH SWIMMER SWIMS/OBSERVES 4 X 25 OF PARTNER				
		SWIMMER THAT IS COPYING THEN SHOWS MODEL HOW THEY LOOK				
	6:12 AM	2,700 Meters - Stress Value = 67				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,300 48.14%	31.8 52.76%
ANAEROBIC THRESHOLD	900 33.33%	16.5 27.34%
LACTATE TOLERANCE	400 14.81%	9.0 14.91%
WARM-UP-RECOVERY	100 3.70%	3.0 4.97%

Stroke Categories	Meters	Minutes
FREESTYLE	1,600 59.25%	39.0 64.64%
IM	800 29.62%	14.3 23.75%
FINS	200 7.40%	4.0 6.62%
CHOICE	100 3.70%	3.0 4.97%

Type of Work	Meters	Minutes
SWIM	1,800 66.66%	41.3 68.50%
KICK	900 33.33%	19.0 31.49%

Workout #1195 - Tuesday, 04 May 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 STROKE DEVELOPMENT (FR)						
MEET DRYLAND WARMUP						
600	5:00 AM	1 x 600 on 12:00 AS 50 FR 25 BK	EN1	S	FR	1:00
50 FR - FOCUS CATCH AND CONNECTION OPPOSITE HAND/FOOT						
ENSURING ABDOMINALS CONTRACTION						
25 BK - FOCUS SHOULDERS OUT (SPLASH ENTRY)						
	5:13 AM	2 on 1:00 KB FLOAT SL :30	EN1	D	FR	
SWIMMERS PLACE KB UNDER CHEST						
SWIMMER MUST MAINTAIN HEELS AT THE SURFACE						
HOLDING SL POSITION AND PRESSING KB DOWN IN THE WATER						
200	5:15 AM	1 x 200 on 5:00 FR K NO SPLASH/NOISE	EN1	K	FR	1:15
300	5:21 AM	1 x 300 on 6:00 FR SA/SA UNCO/FULL BY 25'S	EN1	D	FR	1:00
25 SA BREATHE TO STROKING ARM SIDE						
25 SA BREATHE TO NON STROKING ARM SIDE (UNCO)						
25 FULL STROKE SC						
FOCUS AT ALL TIMES IS TO HAVE HEAD IN NEUTRAL POSITION						
MAINTAINING BODY LINE FROM HEAD TO FEET						
200	5:28 AM	8 x 25 on :50 FR HU w FLY K SP	SP2	D	FR	1:40
TIMING OF EACH HAND ENTRY TO DOWNWARD FLY K						
HEAD STILL WITH CHIN ON WATER						
DEEP ENTRY POSITION - LEAN OVER HAND WITH BODY						
200	5:36 AM	1 x 200 on 4:00 CH TECH FOCUS	EN1	D	CH	1:00
400	5:41 AM	4 x 100 on 2:00 FLY K SL ON BK	EN2	K	FLY	1:00
400	5:50 AM	4 x 100 on 1:55 BK K SL	EN2	K	BK	0:58
400	5:59 AM	4 x 100 on 2:00 BR K ON :1:50/2:00	EN2	K	BR	1:00
200	6:08 AM	1 x 200 on 4:00 BR TECH FOCUS	EN1	D	BR	1:00
CATCH WITH HANDS AND DRAG HIPS FORWARD						
ACCELERATE HIP ACTION FORWARD USING ABCOMINALS						
400	6:13 AM	4 x 100 on 1:40 FR K w FINS	EN2	K	FIN	0:50
200	6:21 AM	1 x 200 on 4:00 CH TECH	EN1	D	CH	1:00
6:25 AM 3,500 Meters - Stress Value = 76						

Energy Levels	Meters	Minutes
AEROBIC BASE	1,700 48.57%	35.0 48.61%
ANAEROBIC THRESHOLD	1,600 45.71%	30.3 42.12%
PEAK LACTATE	200 5.71%	6.6 9.25%

Stroke Categories	Meters	Minutes
FREESTYLE	1,300 37.14%	29.6 41.20%
BREASTSTROKE	600 17.14%	12.0 16.66%
BACKSTROKE	400 11.42%	7.6 10.64%
FINS	400 11.42%	6.6 9.25%
CHOICE	400 11.42%	8.0 11.11%
BUTTERFLY	400 11.42%	8.0 11.11%

Type of Work	Meters	Minutes
KICK	1,800 51.42%	35.3 49.07%
DRILL	1,100 31.42%	24.6 34.25%
SWIM	600 17.14%	12.0 16.66%

Workout #1196 - Wednesday, 05 May 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 STROKE DEVELOPMENT (FR) MEET DRYLAND WARMUP BEGINNING MON MAY 10 MON, TUES, THURS 4:30-5:00PM DRYLAND, 5:00-7:00PM SWIM @ GENESIS FITNESS CENTRE 63 SCOTT ST. DANDENONG WOULD YOU LIKE DRYLAND SESSION FOR 30 MINS OR JUST SWIM THIS IS WK4 OF TERM 6 WEEKS TO GO ARE YOU WORKING TOWARDS NE STANDARDS 1500 FR SUB 21:15 & 400 IM 6:00 WHAT % OF WORK MUST YOU DO TO DO THE BEST IN TRAINING? WHAT % OF EFFORT DO YOU HAVE TO MAKE TO BE BETTER THAN AVERAGE PERSON?			
900	5:00 AM	6x { 1 x 50 on 1:10 FR K ACCELERATE FEET/SP BY 25'S { 1 x 50 on 1:00 FR P SWING ARM REC PULL STRAIGHT { 1 x 50 on 1:00 FR DEEP CATCH-CONNECTION PAUSE (Q) + RIDE ENTRY DOWN	EN1	K	FR
			EN1	P	FR
			EN1	S	FR
300	5:20 AM	12 x 25 on :40 FR SP 6 FLY K + 3 STROKES NO BR AFTER STS TECH FOCUS EVERY HAND ENTRY FIRE ABDOMINALS	SP3	D	FR
400	5:29 AM	1 x 400 on 9:00 FLY K ON BK IN SL CHECK SL AND TIGHTEN - KICK UP AND DOWN FOLLOW THROUGH	EN2	K	FLY
200	5:39 AM	1 x 200 on 4:00 FR BR 3 TECH FOCUS BODYLINE SWIMMING TALL HEAD IN NEUTRAL POSITION INCL BREATHING	EN1	D	FR
800	5:44 AM	8 x 100 on 1:45 FR TO THE FEET @ PACE GOAL PACE IS SUB 1:25 TO GIVE SUB 21:15 FOR 1500 EACH SECOND CHANGE FROM 100 EQUATES TO 15 SECONDS OVER 1500 EG. 1:23 IS 2 SECONDS UNDER 1:25 THEREFORE WOULD BE 2 X 15 SECS UNDER 21:15 GIVING TIME OF 20:45	EN2	S	FR
500	5:59 AM	1 x 500 on 7:05 FR GOAL SUB 7:05	EN2	S	FR
	6:07 AM	3,100 Meters - Stress Value = 62			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,700 54.83%	30.0 49.24%
AEROBIC BASE	1,100 35.48%	23.0 37.65%
ALACTIC	300 9.67%	8.0 13.09%

Stroke Categories	Meters	Minutes
FREESTYLE	2,700 87.09%	52.0 85.26%
BUTTERFLY	400 12.90%	9.0 14.73%

Type of Work	Meters	Minutes
SWIM	1,600 51.61%	27.0 44.33%
KICK	700 22.58%	16.0 26.19%
DRILL	500 16.12%	12.0 19.64%
PULL	300 9.67%	6.0 9.82%

Workout #1197 - Thursday, 06 May 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 - AEROBIC STROKE DEVELOPMENT (FR) MEET DRYLAND WARMUP DENIS COTTERELL - BRLF - BALANCE, RHYTHM, LENGTH, FLOW MALES 2.3-2.6M PER STROKE (9-10 STROKES PER LENGTH) FEMALES 1.9-2.4M PER STROKE (10-13 STROKES PER LENGTH) OPPORTUNITY FOR ANYONE TO SWIM TT FOR 1500 FR OR 400 IM THE ATHLETE MAKES THE CHOICE AS TO WHAT IS ACHIEVED THE COACH CAN ONLY EDUCATE + SUPPORT THE ATHLETE DO YOU WANT WED PM OFF? IF WED OFF MON, TUES, THURS 4:30-5:00PM DRYLAND INCLUDING PILATES					
400	5:00 AM	1 x 400 on 9:00 FR TECH FOCUS BY 100'S 1 - ROBOT CATCH (OVER EXAGGERATE) 2 - HAND PULLS IN STRAIGHT LINE 3 - 6 BT K AND BR 3 4 - 25 HU FR w FLY K, 25 STATUE	EN1	S	FR
200	5:10 AM	8 x 25 on :40 FR SP 6 FLY K + 4 STROKES ONLY SPRINT 6 FLY K AND 4 STROKES THEN DPS	SP3	S	FR
600	5:17 AM	4x { 1 x 75 on 1:10 K w FINS 25 FLY 50 CH { 1 x 75 on 1:10 K w FINS 50 FLY 25 CH	EN2	K	FIN
200	5:28 AM	1 x 200 on 5:00 CH TECH FOCUS ATHLETE CHOOSE FOCUS AND INFORM COACH	EN1	S	CH
400	5:34 AM	1 x 400 on 8:00 FR LONG TURNS FOCUS	EN1	S	FR
400	5:43 AM	4 x 100 on 1:45 FR @ 1500 GOAL PACE	EN2	S	FR
400	5:51 AM	4x { 1 x 25 on 1:10 FR FAP SP BREAKOUT + 9 { 1 x 25 on :50 BR SP FAS { 1 x 25 on 1:10 BK FAP SP BREAKOUT + 9 { 1 x 25 on :50 FLY SP FAS	SP2	S	FR
		FOR THOSE THAT REQUEST 400IM TT DURING THE PREVIOUS SET			
200	6:08 AM	1 x 200 on 5:00 FR w 1 PAD + 1 FIN ALT HAND/FOOT EVERY HAND ENTRY ABDOMINALS MUST BE ACTIVATED FOCUS ON CONNECTION FROM FINGERS TO TOES ACROSS BODY ATHLETES DESIGN FINAL SET 10 MIN AEROBIC HR 23-25 (FOR 10 SECS) INCLUDING MULTIPLE STROKES	EN1	D	FR
600	6:14 AM	3 x 200 on 3:20 IM ON 3:00/3:20	EN2	S	IM
	6:24 AM	3,400 Meters - Stress Value = 101			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,600 47.05%	26.3 35.26%
AEROBIC BASE	1,200 35.29%	27.0 36.16%
PEAK LACTATE	400 11.76%	16.0 21.42%
ALACTIC	200 5.88%	5.3 7.14%

Stroke Categories	Meters	Minutes
FREESTYLE	1,700 50.00%	39.0 52.23%
FINS	600 17.64%	9.3 12.50%
IM	600 17.64%	10.0 13.39%
CHOICE	200 5.88%	5.0 6.69%
BACKSTROKE	100 2.94%	4.6 6.25%
BUTTERFLY	100 2.94%	3.3 4.46%
BREASTSTROKE	100 2.94%	3.3 4.46%

Type of Work	Meters	Minutes
SWIM	2,600 76.47%	60.3 80.80%
KICK	600 17.64%	9.3 12.50%
DRILL	200 5.88%	5.0 6.69%

Workout #1199 - Friday, 07 May 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 - AEROBIC STROKE DEVELOPMENT (FR)						
MEET DRYLAND WARMUP						
REMINDER DRYLAND @ STEWARTS 4:30-6PM						
6:30-7:30PM @ CD TECH SESSION						
NEXT WEEK - MON, TUES, THURS 4:30-7PM @ GENESIS FITNESS						
WEDNESDAY PM NOW OFF						
600	5:00 AM	6 x 100 on 2:30 FR TECH FOCUS	EN1	S	FR	1:1
		1 - 1 FIN + 1 PAD CONNECTION SWITCH AFTER 50M				
		2 - 25 HU FR w FLY K, 25 ROBOT CATCH				
		3 - 25 RA BR R, 25 RA BR L, 25 LA BR L, 25 LA BR R				
		4 - SC FIRE ABDOMINALS ON EVERY ENTRY				
		5 - DEEP CATCH + PULL IN STRAIGHT LINE				
		6 - HU FR w FLY K + FINS SP VERY FAST TIMING K				
200	5:16 AM	8 x 25 on :40 FR 6 FLY K + 5 STROKES SP NO BR	SP3	S	FR	1:2
		REMAINDER OF EACH 25 RIDE THE ENTRY				
200	5:23 AM	4 x 50 on 1:10 IMO K	EN2	K	IMO	1:1
		CAN YOU FINISH UNDER :50?				
		FLY K SL ON BK + BK SL NO BRD				
200	5:29 AM	1 x 200 on 4:00 IMO K	SP1	K	IMO	1:0
		CAN YOU FINISH UNDER 3:30?				
200	5:34 AM	4 x 50 on 1:10 FLY K	EN2	K	FLY	1:1
		CAN YOU FINISH UNDER :50?				
		CHOICE OF SL ON BK, OR SL ON FRONT w SNORKEL				
200	5:40 AM	1 x 200 on 4:00 FLY K	SP1	K	FLY	1:0
		CAN YOU FINISH UNDER 3:30?				
200	5:45 AM	4 x 50 on 1:10 BK K	EN2	K	BK	1:1
		CAN YOU FINISH UNDER :50?				
200	5:51 AM	1 x 200 on 4:00 BK K	SP1	K	BK	1:0
		CAN YOU FINISH UNDER 3:30?				
200	5:56 AM	4 x 50 on 1:10 BR K	EN2	K	BR	1:1
		CAN YOU FINISH UNDER :50?				
200	6:02 AM	1 x 200 on 4:00 BR K	SP1	K	BR	1:0
		CAN YOU FINISH UNDER 3:30?				
200	6:07 AM	4 x 50 on 1:10 FR K CHOICE SEE NOTE	EN2	K	FR	1:1
		CAN YOU FINISH UNDER :50?				
		ATHLETE CHOICE OF COMPLETING SET WITH FINS				
		IF w FINS 4 X 50 IS ON 1:00 CAN YOU FINISH UNDER :35?				
200	6:13 AM	1 x 200 on 4:00 FR K	SP1	K	FR	1:0
		CAN YOU FINISH UNDER 3:30?				
		ATHLETE CHOICE OF COMPLETING WITH FINS				
		IF w FINS 200 CAN YOU FINISH UNDER 2:45?				
200	6:18 AM	1 x 200 on 5:00 CH TECH FOCUS	EN1	D	CH	1:1
		ATHLETE CHOICE OF STROKE AND INFORM COACH OF TECH FOCUS				
		ATHLETES NOW DESIGN 10MIN SET AEROBIC HR 22-25 (10 SEC)				
		INCLUDING MULTIPLE STROKES				
500	6:24 AM	5 x 100 on 2:00 IM	EN2	S	IM	1:0
		1 - SP FLY, 2 - SP FLY/BK, 3 - SP FLY/BK/BR, 4 - SP				
		5 - CH STROKE SP				
	6:34 AM	3,500 Meters - Stress Value = 139				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,500 42.85%	33.3 42.37%
LACTATE TOLERANCE	1,000 28.57%	20.0 25.42%
AEROBIC BASE	800 22.85%	20.0 25.42%
ALACTIC	200 5.71%	5.3 6.77%

Stroke Categories	Meters	Minutes
FREESTYLE	1,200 34.28%	29.0 36.86%

IM	500	14.28%	10.0	12.71%
BACKSTROKE	400	11.42%	8.6	11.01%
BREASTSTROKE	400	11.42%	8.6	11.01%
IM ORDER	400	11.42%	8.6	11.01%
BUTTERFLY	400	11.42%	8.6	11.01%
CHOICE	200	5.71%	5.0	6.35%

Type of Work	Meters		Minutes	
=====	=====		=====	
KICK	2,000	57.14%	43.3	55.08%
SWIM	1,300	37.14%	30.3	38.55%
DRILL	200	5.71%	5.0	6.35%

Workout #1200 - Friday, 07 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
		4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)				
	4:30 PM 1 on	59:59 DRYLAND	EN1		L DRY	
	6:00 PM 1 on	30:00 WALK TO CD	EN1		L DRY	
	6:30 PM 1 on	59:59 INDIVIDUAL STROKE FEEDBACK	EN1		D FR	
		WHAT DO YOU THINK WILL ASSIST PERFORMANCE IMPROVEMENT				
		SEE WORKOUT NOTES FOR ATHLETE FOCUS POINTS				
	7:30 PM 0	Meters				

SAM RUSSO

BREATHING PATTERN

- BREATHE 3 + BR 2 + 4 WITH NO AFFECT TO STROKE
- DIP TOP OF HEAD IN WATER WHEN BREATHE TO RIGHT
- STABILITY OF BODY/HEAD

RIGHT HAND NO SLIDE OUT

- CATCH MAINTAIN ELBOW HIGH FINGERS POINTING DOWN
- HIDE THE EYE OF THE ELBOW

BROOKE GRIFFIN

PULL IN STRIAIGHT LINE (BOTH ARMS) UNDER BODY

- EYES LOOK & BODY SHOULDER ROLL FURTHER
- FINGERS POINT DOWN
- LEFT HAND SLIDES OUT MORE THAN RIGHT
- RIGHT ARM TOO STRAIGHT ON ENTRY

HEAD/BODY POSITION

- LOOKING SLIGHTLY FORWARD 'STATUE'
- THIS ALLOWS FOR BODY POSITION TO RISE WITH VELOCITY

REECE JONES

REMOVE EXTENSION FORWARD AND UP ON CATCH

- HAND LEADS STROKING ACTION
- SHOULDER PRESSES HAND DEEPER
- ROBOT (DRILL) TO REINFORCE ACTION OF ARM

HEAD POSITION

- MAINTAIN HEAD IN POSITION 'GARDEN GNOME'

DAVID ALLEN

HEAD POSITION (LOWER)

- CURRENTLY LOOKING FORWARD TOO MUCH
- HEAD POSITION TO BE LIKE A SOLDIER AT ATTENTION (ATTENTION! AND PROUD)

HAND ENTRY POSITION AND LENGTH

- LOOK AT HAND IS IT 30CM DEEP?
- FEEL AS THOUGH SLIGHT PAUSE AFTER ENTRY IN DEEP POSITION
- USE ARM RECOVERY OVER WATER HIGHER TO AID IN DEEP CATCH

MONIQUE GRECH

DEEP CATCH/ENTRY

- RIGHT ARM HAND MUST STAY IN LINE WITH FOREARM
- MAINTAIN RIGIDITY FROM FINGERS TO ELBOW 'PADDLE'
- LEFT ARM/HAND ENTRY IS GOOD BUT MUST EXAGGERATE DEPTH
- FIRE ABS ON RIGHT ARM ENTRY TO ALLOW FOR DEEPER POSITION

ELBOW HIGH ON ENTRY

- HIDE THE DOTS ELBOW POINTS UP TO HIDE DOTS ON INSIDE OF ELBOW
- FINGERS POINT DOWN AT ALL TIMES AND PULL CENTRELINE
- DURING WARM UP ETC. PRACTICE 'ROBOT' DRILL (THIS EXAGGERATES THE CORRECT ACTION OF THE ARM)

ADRIANNA GRECH

DEEP AND STRONG CATCH

- BUBBLES OFF DRILL

- SAME CATCH POSITION WHEN BREATHING
- DEPTH MEASUREMENT (LOOKING) 25-30CM DEEP
- MUST HAVE A 'PADDLE' HAND STRAIGHT IN LINE WITH FOREARM
- WRIST MUST MAINTAIN 'LOCKED' POSITION

LUKE EDWARDS

BREATHING PATTERN (3)

- WORK ON CHOC TOP BREATHING (SLOW TO TURN FOR BREATH)
- CHIN DOWN TOWARDS CHEST WHEN BREATHING
- SHOULDERS AND HEAD ROLL TOGETHER
- WHEN BREATHING LOOK FORWARD
- HEAD TO BE IN LINE WITH BODY AT ALL TIMES

LEAH ALLEN

RECOVERY ARMS ARE TOO STRAIGHT

- EXIT ELBOW FIRST? THEN SWING
 - DRYLAND SINGLE ARM RECOVERY WITH STRECHCORDZ
 - CHECK ELBOW BEND DOES NOT HAVE ANY CHANGE
 - NO CHANGE THROUGH RECOVERY AND TO CATCH POSITION
- FOLLOWING ENTRY OF ARM/HAND CORRECT CATCH POSITION
- SHOULDER PRESSES HAND DOWN NOT FORWARD EXTENSION
 - HIPS ROLL AFTER HAND ENTRY

Workout #1201 - Saturday, 08 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		6:00-8:00AM @ NW TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (FR) MEET DRYLAND WARMUP OVERVIEW OF ENERGY SYSTEMS AND HOW MUSCLES ARE AFFECTED			
600	6:00 AM	4x{1 x 50 on :55 CH TECH 1 x 100 on 2:00 CH K ATHLETE COMPLETES ONE ROUND OF SET IN EACH STROKE ATHLETE HAS ONE STROKE TECH FOCUS FOR 50 S DURING 100 K ATHLETES MUST FINISH IN UNDER 2:00	EN1	D	CH
			EN1	K	CH
800	6:13 AM	2 x 400 on 7:30 IM ON 7:00/7:30 IF 400 IM TIME IS SUB 6:00 THEN PACE IS 7:00 IF 400 IM IS OVER 6:00 THEN PACE IS 7:30	EN2	S	IM
600	6:29 AM	3 x 200 on 3:45 STROKE ATHLETE CHOICE OF STROKE IF FR OR BK PACE IS 3:15/3:30 IF BR OR FLY PACE IS 3:30/3:45	EN2	S	STK
200	6:42 AM	1 x 200 on 4:15 STROKE K	EN2	K	STK
800	6:48 AM	2 x 400 on 7:10 IM ON 6:40/7:10 IF 400 IM TIME IS SUB 6:00 THEN PACE IS 6:45 IF 400 IM IS OVER 6:00 THEN PACE IS 7:10	EN2	S	IM
600	7:04 AM	3 x 200 on 3:35 STROKE IF FR OR BK PACE IS 3:05/3:20 IF BR OR FLY THEN PACE IS 3:20/3:35	EN2	S	STK
400	7:16 AM	4x{1 x 25 on :40 RUNNING DIVE AND SP FINISH RUN ON POOL EDGE UNTIL 15M LEFT AND DIVE IN SPRINT TO WALL PRACTICING RACING FINISH GET OUT OF POOL AT HIGH EDGE PUSHING UP WITH ARMS ONLY PLACING ONE FOOT ON EDGE AND STANDING UP NO TUMMY, KNEE ETC. USED TO AID EXIT 1 x 25 on :40 8 SQUATS ON BLOCK THEN 25 FAS SP COMPLETE 8 FULL SQUATS ON BLOCK CORRECT TAKE YOUR MARK AND START SPRINT 9 STROKES FR OR BK AND/OR 6 STROKES BR OR FLY 1 x 25 on :40 BK K ARMS DOWN 1 x 25 on :40 FR TECH FOCUS GET OUT OF POOL AT HIGH EDGE PUSHING UP WITH ARMS ONLY PLACING ONE FOOT ON EDGE AND STANDING UP NO TUMMY, KNEE, ETC. USED TO AID EXIT	SP3	D	CH
			SP3	D	CH
			REC	K	BK
			EN1	D	FR
	7:26 AM	4,000 Meters - Stress Value = 81			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 75.00%	55.5 71.33%
AEROBIC BASE	700 17.50%	14.3 18.39%
ALACTIC	200 5.00%	5.3 6.84%
WARM-UP-RECOVERY	100 2.50%	2.6 3.42%

Stroke Categories	Meters	Minutes
IM	1,600 40.00%	29.3 37.64%
STROKE	1,400 35.00%	26.2 33.68%
CHOICE	800 20.00%	17.0 21.81%
BACKSTROKE	100 2.50%	2.6 3.42%
FREESTYLE	100 2.50%	2.6 3.42%

Type of Work	Meters	Minutes
SWIM	2,800 70.00%	51.3 65.88%
KICK	700 17.50%	14.9 19.14%
DRILL	500 12.50%	11.6 14.97%

Workout #1203 - Monday, 10 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ CD TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BR) MEET DRYLAND WARMUP			
200	5:00 AM	1 x 200 on 4:00 FR TECH FOCUS BY 50'S 1 - CONNECTION OPPOSITE HAND/FOOT 2 - FINGERS DOWN PULL IN STRAIGHT LINE 3 - BREATHING POSITION HEAD NEUTRAL ROTATE w SHOULDERS 4 - DEEP CATCH + HAND LEADS PRESS IT DOWN w SHOULDER	EN1	D	FR
300	5:05 AM	12 x 25 on :45 BR FOCUS PULLOUT + 3 STROKES SP MAINTAIN BODY POSITION THROUGH TO COMPLETION OF OUTSWEEP OF FIRST STROKE (NO HEAD MOVEMENT) WORKING ON DISTINGUISHING POINTS OF DECELERATION KEEPING BODY NARROW AND COMPLETING 'THROUGH TUBE' HEAD MOVES WITH BODY	EN1	D	BR
	5:15 AM	1 on 2:00 FLOAT ON KB PRESS SHOULDERS DOWN HOLD TIGHT SL POSITION AND PRESS SHOULDERS UNDER WATER UNDERSTANDING OF HOW IT SHOULD FEEL ON SL IN BR	EN1	D	BR
200	5:17 AM	1 x 200 on 4:30 BR K FOCUS ON KNEES TOGETHER FOR RECOVERY FAST AND POWERFUL KICK ACTION TO SL PRESSING DOWN FEEL ROLL OF BODY (CHANGE OF COG) TO SHOULDERS/HANDS	EN1	K	BR
200	5:23 AM	1 x 200 on 5:00 BR K ON BK ARMS DOWN EACH KICK MUST TOUCH ANKLES PRIOR TO POWER PHASE KEEPING BODY LINE FROM HEAD TO KNEES STRAIGHT DURING 'RECOVERY' OF LEGS KNEES MUST REMAIN UNDER WATER OPEN NECK TO ALLOW FOR LONGEST LINE POSSIBLE KNEES MUST STAY TOGETHER DURING 'RECOVERY'	EN1	K	BR
200	5:29 AM	1 x 200 on 5:00 BR K COMPLETE AS FIRST 200 BR K FOCUS ON LENGTHENING BODY AND LIFTING AS A UNIT THIS ALLOWS DROP OF KNEES TO DEEPER POSITION TO ALLOW FEET WHEN DRAWN UP TO BE BELOW SURFACE SWIMMER SHOULD FEEL TENSION IN CALVES AND HAMSTRINGS DURING RECOVERY PHASE KEEPING KNEES IN LINE (HIDDEN) WITH BODY	EN1	K	BR
25	5:35 AM	1 x 25 on 1:00 BR SCULL SA w PB ARMS MUST BE PARALLEL TO SURFACE (JUST UNDER) HANDS ARE TO BE ANGLED DOWN BY WRIST FLEXION FINGERS POINTING DOWNWARDS	EN1	D	BR
25	5:37 AM	1 x 25 on 1:00 BR SCULL SA w PB SIMILAR TO FIRST 25 BUT WITH ARM ANGLE 40-45 DEGREES ANGLED DOWN FROM SURFACE OF WATER	EN1	D	BR
25	5:39 AM	1 x 25 on 1:00 BR SCULL SCARECROW w PB ELBOWS EXTENDED STRAIGHT OUT FROM SHOULDER LINE FOREARMS/HANDS FORM 90 DEGREE ANGLE TO SURFACE FOCUS ON AGGRESSIVE AND POWERFUL INWARD SWEEP	EN1	D	BR
25	5:41 AM	1 x 25 on 1:00 BR SCULL SCARECROW w PB HEAD POSITION STILL KEEP BODY IN LINE (SL LEGS) COMPLETE AS PREVIOUS 25 SCULL	EN1	D	BR
50	5:43 AM	1 x 50 on 1:00 BR RA + LL RIGHT ARM + LEFT LEG BEING USED 25 LEAVING ARM IN FRONT THEN 25 ARM AT SIDE (LEFT ARM)	EN1	D	BR
50	5:45 AM	1 x 50 on 1:00 BR LA + RL LEFT ARM + RIGHT LEG BEING USED 25 LEAVING ARM IN FRONT THEN 25 ARM AT SIDE (RIGHT ARM)	EN1	D	BR
50	5:47 AM	1 x 50 on 1:00 BR 2 RALL 2 LARL 2 FULL 2 STROKES RIGHT ARM LEFT LEG 2 STROKES LEFT ARM RIGHT LEG 2 STROKES FULL BR	EN1	D	BR

50	5:49 AM	1 x 50 on :40 BR w FLY K + FINS SP FOR TIME ALLOWED 6 FLY K OFF WALLS ONE DOWNWARD KICK FOR EVERY RECOVERY OF ARMS GOAL OF FINISHING UNDER :30	SP2	S	BR
100	5:51 AM	1 x 100 on 2:30 CH REC	REC	S	CH
50	5:55 AM	1 x 50 on :40 BR w FLY K + FINS SP FOR TIME GOAL OF IMPROVEMENT FROM PREVIOUS 50	SP2	S	BR
100	5:57 AM	1 x 100 on 2:30 CH REC	REC	S	CH
1,000	6:01 AM	2x{ 3 x 100 on 1:35 FR ON 1:30 OR 1:35 { 2 x 100 on 1:45 IM ON 1:40 OR 1:45	EN2	S	FR
50	6:19 AM	1 x 50 on 1:00 CH REC	REC	S	CH
	6:20 AM	2,700 Meters - Stress Value = 45			

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,350 50.00%	34.5 59.14%
ANAEROBIC THRESHOLD	1,000 37.03%	16.5 28.28%
WARM-UP-RECOVERY	250 9.25%	6.0 10.28%
PEAK LACTATE	100 3.70%	1.3 2.28%

Stroke Categories	Meters	Minutes
=====	=====	=====
BREASTSTROKE	1,250 46.29%	31.8 54.57%
FREESTYLE	800 29.62%	13.5 23.14%
IM	400 14.81%	7.0 12.00%
CHOICE	250 9.25%	6.0 10.28%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,350 50.00%	23.8 40.85%
DRILL	750 27.77%	20.0 34.28%
KICK	600 22.22%	14.5 24.85%

Workout #1207 - Monday, 10 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT						
GYMNASTICS DRYLAND WARMUP - SEE WORKOUT NOTES						
400	4:30 PM	1 x 400 on 7:00 MI FOCUS STREAMLINES	EN1	S	MI	0:52
200	4:38 PM	8 x 25 on :40 BK SC	EN1	S	BK	1:20
200	4:45 PM	1 x 200 on 3:00 BK SC FOR TURNS	EN1	S	BK	0:45
200	4:49 PM	4 x 50 on 1:00 FR K	EN2	K	FR	1:00
200	4:54 PM	1 x 200 on 3:00 FR STROKE FOCUS	EN1	S	FR	0:45
1,000	4:58 PM	20 x 50 on :55 FR K	EN2	K	FR	0:55
	5:18 PM	1 on 18:00 DRYLAND STRETCHCORDZ INTRO	EN1	D	DRY	
SEE WORKOUT NOTES FOR STRETCHCORDZ ROUTINE						
1,000	5:36 PM	10 x 100 on 1:30 IM	EN2	S	IM	0:45
	5:52 PM	1 on 15:00 DRYLAND ABDOMINALS ROUTINE	EN2	D	DRY	
200	6:07 PM	4 x 50 on 1:30 FLY K ON SIDES ARMS DOWN	SP2	K	FLY	1:30
BREATHING ALLOWED AFTER EVERY 6 KICKS						
150	6:14 PM	3 x 50 on 2:00 FLY K w FINS UNDER H2O	SP2	K	FIN	2:00
50	6:21 PM	1 x 50 on 2:00 FLY K UNDER WATER	SP2	K	FLY	2:00
50	6:24 PM	1 x 50 on 1:00 FR SP	SP2	S	FR	1:00
50	6:26 PM	1 x 50 on 1:00 FR SP	SP2	S	FR	1:00
	6:27 PM	3,700 Yards - Stress Value = 104				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

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

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

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

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

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

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

- ON FRONT

- ON BACK AGAIN

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

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN

- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN

- FEET TOGETHER

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

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

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

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	2,200 59.45%	37.3 52.09%
AEROBIC BASE	1,000 27.02%	18.3 25.58%
PEAK LACTATE	500 13.51%	16.0 22.32%

Stroke Categories	Yards	Minutes
FREESTYLE	1,500 40.54%	27.3 38.13%
IM	1,000 27.02%	15.0 20.93%
BACKSTROKE	400 10.81%	8.3 11.62%
REV IM	400 10.81%	7.0 9.76%
BUTTERFLY	250 6.75%	8.0 11.16%
FINS	150 4.05%	6.0 8.37%

Type of Work	Yards	Minutes
SWIM	2,100 56.75%	35.3 49.30%
KICK	1,600 43.24%	36.3 50.69%

Workout #1209 - Tuesday, 11 May 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						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BR)						
MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 8:00 FR/BR BY 100'S TECH FOCUS	EN1	S	FR	1:0
FR-1 ABS CONNECTION EACH ENTRY, FR-2 ROBOT CATCH						
BR-1 UNDER H2O PULLOUTS MAINTAIN HEAD POSITION						
BR-2 RIGID SL'S HOLDING FROM FINGERS TO KNEES						
100	5:09 AM	2 x 50 on 2:00 BR w FLY K + FINS	SP2	D	BR	2:0
MAX 6 FLY K UNDER H2O, CAN YOU FINISH UNDER 36 SECONDS?						
150	5:14 AM	1 x 150 on 3:30 BR P w PB + FINS	SP1	P	BR	1:1
DRAG LEGS, HEAD UP SP						
200	5:19 AM	8 x 25 on 1:30 BR TECH AWARENESS DRILLS	EN1	D	BR	3:0
1- EVERY STREAMLINE HEAD MUST ALWAYS BE ABOVE ARMS						
2- EVERY STREAMLINE MUST FORM THE LETTER 'Y'						
3- EVERY STROKE MUST HAVE COMPLETE SL HEAD HIDDEN						
4- HOLD SL POSITION WITH ARMS & RECOVER LEGS KNEES OUT						
5- COMPLETE FULL ARMSTROKE FIRST AND THEN KICK						
6- STREAMLINE EACH STROKE WITH HEAD BELOW ARMS						
7- AS HANDS SCULL OUT HIPS ARE DRAWN FORWARD						
8- AFTER EACH SL POS FORMED SLIDE HANDS UP TO SURFACE						
400	5:32 AM	4 x 100 on 2:10 BR K	EN2	K	BR	1:0
150	5:42 AM	6 x 25 on :45 BR HIT THE GOAL SC	EN1	S	BR	1:3
GOAL STROKE COUNTS BY 25'S 6, 8, 5, 7, 9, 6						
300	5:48 AM	2 x 150 on 2:45 FR 100 S 50 K ON 2:30/2:45	EN2	S	FR	0:5
300	5:55 AM	2 x 150 on 2:55 BK 100 S 50 K ON 2:40/2:55	EN2	S	BK	0:5
300	6:02 AM	2 x 150 on 3:05 BR 100 S 50 K ON 2:50/3:05	EN2	K	BR	1:0
500	6:10 AM	20 x 25 on :40 FLY STS	EN2	S	FLY	1:2
200	6:25 AM	1 x 200 on 4:00 CH REC TECH FOCUS	EN1	S	CH	1:0
6:29 AM 3,000 Meters - Stress Value = 75						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,800 60.00%	39.5 52.31%
AEROBIC BASE	950 31.66%	28.5 37.74%
LACTATE TOLERANCE	150 5.00%	3.5 4.63%
PEAK LACTATE	100 3.33%	4.0 5.29%

Stroke Categories	Meters	Minutes
BREASTSTROKE	1,300 43.33%	38.8 51.43%
FREESTYLE	700 23.33%	13.5 17.88%
BUTTERFLY	500 16.66%	13.3 17.66%
BACKSTROKE	300 10.00%	5.8 7.72%
CHOICE	200 6.66%	4.0 5.29%

Type of Work	Meters	Minutes
SWIM	1,850 61.66%	41.1 54.52%
KICK	700 23.33%	14.8 19.64%
DRILL	300 10.00%	16.0 21.19%
PULL	150 5.00%	3.5 4.63%

Workout #1210 - Tuesday, 11 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PA
		4:30-7:00PM @ GEN				
		TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BR)				
		PILATES SESSION 40 MINUTES w SHONA				
800	4:30 PM	1 x 800 on 12:00 TECH FOCUS SEE NOTES BY 100'S	EN1	S	MI	0:
		FR - ABS FIRE ON ENTRY				
		IM - SC				
		BR - RIGID SL				
		MI - STS				
		BK - STRETCH BACK AFTER ENTRY				
		IM - SC				
		FLY - RIGID SL + FEET OUT				
		MI - STS				
800	4:43 PM	2x{ 7 x 50 on :55 FLY SP K	SP1	K	FLY	0:
		{ 1 x 50 on :55 CH S	REC	S	CH	0:
200	4:59 PM	8 x 25 on :40 FR	EN1	S	FR	1:
		1 - SC, 2-4 ISS MAINT SC, 5 - SP SC, 6-8 ISS MAINT SC				
200	5:06 PM	8 x 25 on :40 FR	EN1	D	FR	1:
		1-4 PAUSE AT 'Q' AND ABS CONTRACTION				
		5-8 PULL IN STRAIGHT LINE ACCELERATING HAND				
200	5:13 PM	1 x 200 on 4:00 FR SC	EN1	S	FR	1:
200	5:18 PM	8 x 25 on :40 BR	EN1	D	BR	1:
		1 - SC, 2-4 ISS MAINT SC, 5 - SP SC, 6-8 ISS MAINT S				
200	5:25 PM	8 x 25 on :40 BR	EN1	D	BR	1:
		1-4 HANDS FIRST THEN HEAD, 5-8 RIGID SL + ABS				
200	5:32 PM	1 x 200 on 4:00 BR SC	EN1	S	BR	1:
200	5:37 PM	1 x 200 on 4:00 CH TECH FOCUS	EN1	D	CH	1:
400	5:42 PM	4 x 100 on 1:15 FREESTYLE	EN2	S	FR	0:
	5:47 PM	3,400 Yards - Stress Value = 86				

Energy Levels	Yards	Minutes
AEROBIC BASE	2,200 64.70%	45.3 69.74%
LACTATE TOLERANCE	700 20.58%	12.8 19.74%
ANAEROBIC THRESHOLD	400 11.76%	5.0 7.69%
WARM-UP-RECOVERY	100 2.94%	1.8 2.82%

Stroke Categories	Yards	Minutes
FREESTYLE	1,000 29.41%	19.6 30.25%
REV IM	800 23.52%	12.0 18.46%
BUTTERFLY	700 20.58%	12.8 19.74%
BREASTSTROKE	600 17.64%	14.6 22.56%
CHOICE	300 8.82%	5.8 8.97%

Type of Work	Yards	Minutes
SWIM	1,900 55.88%	32.1 49.48%
DRILL	800 23.52%	20.0 30.76%
KICK	700 20.58%	12.8 19.74%

Workout #1211 - Wednesday, 12 May 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 STROKE DEVELOPMENT (BR)						
MEET DRYLAND WARMUP						
400	5:00 AM	4 x 100 on 1:50 FR LONG TURNS + SL	EN1	S	FR	0:55
1,200	5:09 AM	3 x 400 on 7:00 FR	EN2	S	FR	0:52
1 - STS, 2 - SC, 3 - STRONG						
SURPRISE PICK FROM THE HAT SESSION						
50	5:31 AM	1 x 50 on :40 FR SP FAS FOR TIME	SP2	S	FR	0:40
200	5:33 AM	1 x 200 on 4:00 IM SC/SP+STS BY 25'S	EN2	S	IM	1:00
100	5:38 AM	1 x 100 on 2:00 FR	EN1	D	FR	1:00
25 4R 4L BREATHING TO STROKING ARM						
25 4R 4L BREATHING UNCO						
50 HAND ENTRY ABS TENSION						
50	5:41 AM	1 x 50 on :45 BR SP FAS FOR TIME	SP2	S	BR	0:45
50	5:43 AM	1 x 50 on :40 FLY SP FAS FOR TIME	SP2	S	FLY	0:40
200	5:45 AM	1 x 200 on 4:00 FR NEG SPLIT LAST TURN 8 FLY K	EN1	S	FR	1:00
800	5:50 AM	1 x 800 on 15:00 FR BY 200'S AS NOTE	EN2	S	FR	0:56
SC, FAST TURNS, SP BREAKOUTS, FAST						
100	6:06 AM	1 x 100 on 2:00 BK	EN1	D	BK	1:00
25 SPLASH IN + STRETCH, 25 RAINBOW, 50 ROLLING						
100	6:09 AM	1 x 100 on 2:00 FLY	EN1	S	FLY	1:00
25 3 FULL 3 RA 3 LA, 25 4K1P, 50 RIGID SL FEET OUT						
200	6:12 AM	1 x 200 on 4:00 FLY FAST RHYTHM BREATHE 2	EN2	S	FLY	1:00
50	6:17 AM	1 x 50 on 1:00 CH REC	REC	S	CH	1:00
6:18 AM 3,500 Meters - Stress Value = 79						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,400 68.57%	44.0 68.30%
AEROBIC BASE	900 25.71%	17.3 26.90%
PEAK LACTATE	150 4.28%	2.0 3.23%
WARM-UP-RECOVERY	50 1.42%	1.0 1.55%

Stroke Categories	Meters	Minutes
FREESTYLE	2,750 78.57%	50.0 77.61%
BUTTERFLY	350 10.00%	6.6 10.34%
IM	200 5.71%	4.0 6.20%
BACKSTROKE	100 2.85%	2.0 3.10%
CHOICE	50 1.42%	1.0 1.55%
BREASTSTROKE	50 1.42%	0.7 1.16%

Type of Work	Meters	Minutes
SWIM	3,300 94.28%	60.4 93.79%
DRILL	200 5.71%	4.0 6.20%

Workout #1215 - Thursday, 13 May 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 STROKE DEVELOPMENT (BR)						
MEET DRYLAND WARMUP						
MEET WARMUP - PREPARE FOR 200 IM						
400	5:00 AM	1 x 400 on 7:30 CH S	EN1	S	CH	0:56
400	5:09 AM	4 x 100 on 2:00 CH K	EN1	K	CH	1:00
400	5:18 AM	1 x 400 on 8:00 CH DR/S BY 25'S	EN1	D	CH	1:00
400	5:27 AM	8 x 50 on :55 IM	EN2	S	IM	0:55
200	5:36 AM	4 x 50 on :50 IM @ GOAL PACE	SP2	S	IM	0:50
200	5:41 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	5:46 AM	1 x 200 on 4:00 CH K	EN1	S	CH	1:00
200	5:51 AM	1 x 200 on 4:00 CH S LOOSEN	REC	S	CH	1:00
2,000	5:56 AM	10 x 200 on 3:20 IM FOR BEST AVERAGE	EN3	S	IM	0:50
SWIMMER CLOSEST TO PB GETS TO WRITE WORKOUT						
FOR 20/05/10						
6:29 AM 4,400 Meters - Stress Value = 181						

NAME - PB - AVG
 BROOKE - 2:33.67 - 3:02.78
 SAM - 2:41.20 - 3:07.99
 LEAH - 2:41.81 - 3:26.57
 REECE - 2:45.48 - 3:23.82
 DAVID A - 3:04.85 - 3:37.33
 ADRIANNA - 3:20.48 - 4:05.75

SWIMMER WITH THE AVG TIME CLOSEST TO PB GETS TO WRITE THE PRACTICE SESSION FOR 20/05/10

Energy Levels	Meters	Minutes
V02 MAX	2,000 45.45%	33.3 41.92%
AEROBIC BASE	1,400 31.81%	27.5 34.59%
ANAEROBIC THRESHOLD	600 13.63%	11.3 14.25%
WARM-UP-RECOVERY	200 4.54%	4.0 5.03%
PEAK LACTATE	200 4.54%	3.3 4.19%

Stroke Categories	Meters	Minutes
IM	2,600 59.09%	44.0 55.34%
CHOICE	1,800 40.90%	35.5 44.65%

Type of Work	Meters	Minutes
SWIM	3,600 81.81%	63.5 79.87%
KICK	400 9.09%	8.0 10.06%
DRILL	400 9.09%	8.0 10.06%

Workout #1216 - Thursday, 13 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PAC
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (FLY)						
4:30	PM 1	on 40:00 RUN 1KM - ULTIMATE - RUN 1KM	EN2		L	DRY
MEET DRYLAND WARMUP						
FOR THOSE NOT AT AM PRACTICE COMPLETE THE FOLLOWING						
MEET WARMUP - PREPARE FOR 200 IM						
400	5:10	PM 1 x 400 on 7:30 CH S	EN1	S	CH	0:5
400	5:19	PM 4 x 100 on 2:00 CH K	EN1	K	CH	1:0
400	5:28	PM 1 x 400 on 8:00 CH DR/S BY 25'S	EN1	D	CH	1:0
400	5:37	PM 8 x 50 on :55 IM	EN2	S	IM	0:5
200	5:46	PM 4 x 50 on :50 IM @ GOAL PACE	SP2	S	IM	0:5
200	5:51	PM 1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:0
200	5:56	PM 1 x 200 on 4:00 CH K	EN1	S	CH	1:0
200	6:01	PM 1 x 200 on 4:00 CH S LOOSEN	REC	S	CH	1:0
2,000	6:06	PM 10 x 200 on 3:20 IM FOR BEST AVERAGE	EN3	S	IM	0:5
SWIMMER CLOSEST TO PB GETS TO WRITE WORKOUT						
FOR 20/05/10						
FOR THOSE ATHLETES AT AM SESSION COMPLETE THE FOLLOWING						
600	6:41	PM 1 x 600 on 11:00 FR/BR BY 100'S	EN1	D	FR	0:5
500	6:53	PM 10 x 50 on :55 BR K	EN2	K	BR	0:5
500	7:04	PM 20 x 25 on 1:30 BR TECH FOCUS	EN1	D	BR	3:0
ATHLETES WORKING ON TIMING, AND TECH						
7:34	PM 1	on 20:00 BR PARTNER TECH REVIEW	EN1	D	BR	
WORKING WITH PARTNER REVIEW STROKE AND GIVE FEEDBACK						
7:54	PM	6,000 Yards - Stress Value = 187				

NAME - PB - AVG
 BROOKE - 2:33.67 - 3:02.78
 SAM - 2:41.20 - 3:07.99
 LEAH - 2:41.81 - 3:26.57
 REECE - 2:45.48 - 3:23.82
 DAVID A - 3:04.85 - 3:37.33
 ADRIANNA - 3:20.48 - 4:05.75

SWIMMER WITH THE AVG TIME CLOSEST TO PB GETS TO WRITE THE PRACTICE SESSION FOR 20/05/10

Energy Levels	Yards	Minutes
AEROBIC BASE	2,500 41.66%	68.5 52.82%
V02 MAX	2,000 33.33%	33.3 25.70%
ANAEROBIC THRESHOLD	1,100 18.33%	20.5 15.80%
WARM-UP-RECOVERY	200 3.33%	4.0 3.08%
PEAK LACTATE	200 3.33%	3.3 2.57%

Stroke Categories	Yards	Minutes
IM	2,600 43.33%	44.0 33.93%
CHOICE	1,800 30.00%	35.5 27.37%
BREASTSTROKE	1,000 16.66%	39.1 30.20%
FREESTYLE	600 10.00%	11.0 8.48%

Type of Work	Yards	Minutes
SWIM	3,600 60.00%	63.5 48.97%
DRILL	1,500 25.00%	49.0 37.78%
KICK	900 15.00%	17.1 13.23%

Workout #1217 - Friday, 14 May 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 STROKE DEVELOPMENT (BR)				
		MEET DRYLAND WARMUP				
		ASK YOURSELF THE FOLLOWING QUESTION				
		WHY AM I HERE TODAY?				
		NOW WHAT ARE YOU GOING TO DO?				
	5:00 AM	1 on 15:00 TEAM TALK			L DRY	
600	5:15 AM	1 x 600 on 12:00 CH TECH FOCUS BR + FR	EN1		D BR	1:00
600	5:28 AM	24 x 25 on 1:30 BR TECH	EN1		D BR	3:00
		K HANDS FORWARD				
		COMPLETE P THEN K				
		HEAD POSITION LOOKING DOWN				
		LOOK TO THE ROOF ON BREATH (LICK ICE CREAM)				
		HANDS BREAK SL THEN HEAD MOVES				
		CONTINUOUS PULL NO STOP IN SL				
		SL EVERY STROKE IN 'Y' POSIITON				
		SL EVERY STROKE IN 'I' POSITION - TRY LOOSE AND RIGID				
		SL EVERY STROKE IN 'II' POSITION				
		SL EVERY STROKE IN SLIDING ACTION DOWN THEN UP				
		SL EVERY STROKE WITH HEAD ABOVE ARMS/SL				
		SL EVERY STROKE WITH HEAD BELOW ARMS/SL				
		KNEES TOGETHER REC FEEL TENSION IN HAM/CALF				
		BR P w PB (HEAD OUT)				
		BR P w PB + K (PRESSING KNEES TOGETHER)				
		HU BR w FLY K + FINS (1 DOWN KICK EVERY ARM CYCLE)				
		SCULLING - SA, SCARECROW				
		FOCUS ON HAND OUT SWEEP				
		FOCUS ON HAND IN SWEEP				
		CHICKEN WING BREAST (BRING ELBOWS TO RIBS)				
		ARNOLD BREAST (STROKE COMPLETED IN FRONT OF SHOULDERS)				
400	6:05 AM	4 x 100 on 2:10 BR K	EN2		K BR	1:05
	6:14 AM	1,600 Meters - Stress Value = 23				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,200 75.00%	48.0 84.70%
ANAEROBIC THRESHOLD	400 25.00%	8.6 15.29%

Stroke Categories	Meters	Minutes
BREASTSTROKE	1,600 100.00%	56.6 100.00%

Type of Work	Meters	Minutes
DRILL	1,200 75.00%	48.0 84.70%
KICK	400 25.00%	8.6 15.29%

Workout #1218 - Friday, 14 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)				
	4:30 PM	1 on 59:59 DRYLAND	EN1	L	DRY	
	6:00 PM	1 on 30:00 WALK TO CD	EN1	L	DRY	
	6:30 PM	1 on 59:59 INDIVIDUAL STROKE FEEDBACK WHAT DO YOU THINK WILL ASSIST PERFORMANCE IMPROVEMENT SEE WORKOUT NOTES FOR ATHLETE FOCUS POINTS	EN1	D	BR	
1,500	7:29 PM	3x { 3 x 100 on 2:15 STROKE TECH FOCUS { 2 x 100 on 2:30 STROKE K	EN1	D	STK	1:
	8:05 PM	1,500 Meters - Stress Value = 17	EN1	K	STK	1:

BREASTSTROKE INDIVIDUALTECHNICAL FOCUS POINTS

ASHLEE GRIFFIN

- HEAD UNDER WATER
- RIGID SL
- QUICK TO SL
- NO GLIDE UP
- START PULL FROM SL IN DOWNWARD ANGLED POSITION
- (FR) - AGGRESSIVE ENTRY, DEEP CATCH, ROTATION PUSHES HAND DOWN

LEAH ALLEN

- RECOVERY OF KICK
- NARROW - FEEL IT IN HAMSTRINGS AND CALVES
 - MUST 'KILL' THE POWER PHASE REALLY SNAP LEGS CLOSED
 - GET TO SL FASTER TO REDUCE DRAG/TIME IN UPWARD ANGLE

EMILY MEYERINK

- NO SLIDE UP
- ANGLE ARMS AND FOLLOW ARM LINE WITH BODY
- TIMING OF BREATH ON CORNER OF STROKE
- SHOOT ARMS FORWARD

LUKE EDWARDS

- HEAD POSITION - LOOKING AT WATER ON BREATH
(WATER SHOULD DRIP FROM MOUTH AND CHIN)
- CHIN AT SURFACE FOR BREATH
- KEEP SHOULDERS LOWER - NO SHRUG
- STROKE IS MORE OF A SCULL OUT AND BACK
(ELBOWS IN FRONT OF SHOULDERS AT ALL TIMES)

BROOKE GRIFFIN

- POP HIPS UP
- ANCHOR FEET
- ON SL MAINTAIN BODY LINE
- NO PIVOT IN SHOULDERS AIM ARMS AND BODY TOGETHER

DAVID ALLEN

- SL HANDS II NOT --
- NARROWER SL POSITION FEEL PRESSURE FROM ARMS ON HEAD
- SL HARD AND POKE JOHS'S TUMMY

ADRIANNA GRECH

- BREATHE AT START OF STROKE
- RECOVERY ANGLES DOWN
- QUICK BREATH AND LONG SL

SAM RUSSO

- HEAD POSITION IN BETWEEN ARMS 'HIDE IT'
- SLIGHTLY WIDER KICK DURING POWER PHASE
- FASTER TO SL TO INCREASE S/R AND USE BODY TO DRIVE FORWARD

MONIQUE GRECH

- ARNOLD PULL (NO CHICKEN WING)
- RIGID BODY FOR SL POSITION
- HEAD 'DON'T SAY YES ... BE A STATUE'
- BODYLINE HEAD TO HIPS STRAIGHT ON BREATH

REECE JONES

- HANDS MUST MOVE IN STRAIGHT LINE FORWARD ON RECOVERY
- HEAD MOVEMENT ON BREATH XXXXXX 'BLINDERS'
- KEEP BODY LINE FOR ARM ACTION

Energy Levels	Meters		Minutes	
=====	=====		=====	
AEROBIC BASE	1,500	100.00%	35.2	100.00%

Stroke Categories	Meters		Minutes	
=====	=====		=====	
STROKE	1,500	100.00%	35.2	100.00%

Type of Work	Meters		Minutes	
=====	=====		=====	
DRILL	900	60.00%	20.2	57.44%
KICK	600	40.00%	15.0	42.55%

Workout #1219 - Saturday, 15 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
		6:00-8:00AM @ NW TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BR) MEET DRYLAND WARMUP				
600	6:00 AM	1 x 600 on 12:00 FR/BR BY 100'S TECH FOCUS FR 1 PAD 1 FIN CONNECTION BR SCULL SA w PB FR 1 PAD 1 FIN CONNECTION BR 25 BR w FLY K, 25 BRFLY FR SC ROBOT BR SC ARMS BREAK TO CORNER THEN BREATHE	EN1	D	FR	1
400	6:13 AM	1 x 400 on 8:00 K w FINS CHANGE STROKE EACH 100	EN2	K	FIN	1
400	6:22 AM	2 x 200 on 4:20 BR K :15 REST	EN2	K	BR	1
400	6:32 AM	4x { 1 x 25 on :40 RUNNING DIVE AND SP FINISH RUN ON POOL EDGE UNTIL 15M LEFT AND DIVE IN SPRINT TO WALL PRACTICING RACING FINISH GET OUT OF POOL AT HIGH EDGE PUSHING UP WITH ARMS ONLY PLACING ONE FOOT ON EDGE AND STANDING UP NO TUMMY, KNEE ETC. USED TO AID EXIT	SP3	D	CH	1
		{ 1 x 25 on :40 8 SQUATS ON BLOCK THEN 25 FAS SP COMPLETE 8 FULL SQUATS ON BLOCK CORRECT TAKE YOUR MARK AND START SPRINT 9 STROKES FR OR BK AND/OR 6 STROKES BR OR FLY	SP3	D	CH	1
		{ 1 x 25 on :40 BK K ARMS DOWN	REC	K	BK	1
		{ 1 x 25 on :40 FR TECH FOCUS GET OUT OF POOL AT HIGH EDGE PUSHING UP WITH ARMS ONLY PLACING ONE FOOT ON EDGE AND STANDING UP NO TUMMY, KNEE, ETC. USED TO AID EXIT	EN1	D	FR	1
		----- INDIVIDUAL ATHLETE IM OR FR WORK ATHLETE CHOOSES ONE OF THE FOLLOWING				
400	6:44 AM	1 x 400 on 6:00 IM FOR TIME	SP1	S	IM	0
800	6:51 AM	4 x 200 on 4:30 IM K ON 4:00/4:30	EN2	K	IM	1
800	7:10 AM	8 x 100 on 1:35 FR @ PACE 1:20/1:25	EN2	S	FR	0
400	7:24 AM	8 x 50 on 1:00 IM @ PACE NEG SPLIT :10 REST IF DOING 8 X 50 ALSO ADD THE FOLLOWING	SP2	S	IM	1
200	7:33 AM	1 x 200 on 4:20 IM K	EN2	K	IM	1
	7:38 AM	4,400 Meters - Stress Value = 153				

IM PACE
 EMILY MEYERINK
 NATHAN HUYNH
 STEPHANIE HOLMES
 REECE JONES
 MONIQUE GRECH
 ADRIANNA GRECH

400 IM TT
 ZOE ROBERTSON
 LEAH ALLEN
 LUKE EDWARDS
 DAVID ALLEN

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,600 59.09%	51.6 58.49%
AEROBIC BASE	700 15.90%	14.6 16.60%
LACTATE TOLERANCE	400 9.09%	6.0 6.79%
PEAK LACTATE	400 9.09%	8.0 9.05%
ALACTIC	200 4.54%	5.3 6.03%
WARM-UP-RECOVERY	100 2.27%	2.6 3.01%

Stroke Categories	Meters	Minutes
IM	1,800 40.90%	36.3 41.13%
FREESTYLE	1,500 34.09%	27.3 30.94%
BREASTSTROKE	400 9.09%	8.6 9.81%
FINS	400 9.09%	8.0 9.05%
CHOICE	200 4.54%	5.3 6.03%
BACKSTROKE	100 2.27%	2.6 3.01%

Type of Work	Meters	Minutes
KICK	1,900 43.18%	41.6 47.16%
SWIM	1,600 36.36%	26.6 30.18%
DRILL	900 20.45%	20.0 22.64%

Workout #1220 - Monday, 17 May 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 - AEROBIC STROKE DEVELOPMENT (FLY) MEET DRYLAND WARMUP				
400	5:00 AM	1 x 400 on 7:00 FR DRILLS BY 100'S ROBOT STRAIGHT LINE PULL FIST CLOSED	EN1	D	FR	0:52
400	5:08 AM	1 x 400 on 8:00 BR DRILLS BY 100'S HANDS BREAK THEN HEAD MOVES KICK HANDS FORWARD RIGID SL WITH HEAD NARROW KNEES ON RECOVERY	EN1	D	BR	1:00
200	5:17 AM	8 x 25 on 1:00 FLY K w FINS (VARIOUS) 1 - ON SIDE ARMS DOWN KICKING FORWARD 2 - ON SIDE ARMS DOWN KICKING BACKWARD 3 - ON FRONT UNDER H2O ARMS DOWN KICK FWD 4 - ON FRONT UNDER H2O ARMS DOWN KICK BACK 5 - ON BACK ARMS DOWN KICKING FORWARD 6 - ON BACK ARMS DOWN KICKING BACK 7 - ON SIDE ARMS DOWN KICK FWD + BACK 8 - ON FRONT ARMS DOWN KICK FWD + BACK	EN1	K	FLY	2:00
300	5:26 AM	12 x 25 on :45 FLY K + REC 1 - 6 FLY K IN SL UNDER H2O THEN REC SWIM EACH 25 ADD ONE MORE K UNDER WATER	SP3	K	FLY	1:30
25	5:36 AM	1 x 25 on 1:00 CH REC	REC	S	CH	2:00
25	5:38 AM	1 x 25 on 1:00 15M FLY K FOR TIME FASTEST TIMES DAVID BURGESS 8.37, EMILY SMITH 9.00	SP3	K	FLY	2:00
1,200	5:40 AM	4x{ 2 x 100 on 1:45 IM 1 x 100 on 1:55 STROKE	EN2	S	IM	0:52
400	6:03 AM	1 x 400 on 8:00 CH K	EN2	S	STK	0:58
	6:11 AM	2,950 Meters - Stress Value = 55	EN1	K	CH	1:00

Energy Levels	Meters	Minutes
AEROBIC BASE	1,400 47.45%	31.0 48.69%
ANAEROBIC THRESHOLD	1,200 40.67%	21.6 34.03%
ALACTIC	325 11.01%	10.0 15.70%
WARM-UP-RECOVERY	25 0.84%	1.0 1.57%

Stroke Categories	Meters	Minutes
IM	800 27.11%	14.0 21.98%
BUTTERFLY	525 17.79%	18.0 28.27%
CHOICE	425 14.40%	9.0 14.13%
BREASTSTROKE	400 13.55%	8.0 12.56%
STROKE	400 13.55%	7.6 12.04%
FREESTYLE	400 13.55%	7.0 10.99%

Type of Work	Meters	Minutes
SWIM	1,225 41.52%	22.6 35.60%
KICK	925 31.35%	26.0 40.83%
DRILL	800 27.11%	15.0 23.56%

Workout #1221 - Monday, 17 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT						
	4:30 PM	1 on 40:00 RUN 1KM - FRISBEE - RUN 1KM	EN2		L DRY	
		AEROBIC CONDITIONING DRYLAND - RUN 2KM				
500	5:10 PM	1 x 500 on 9:00 FR BR3 LONG TURND RIDE ENTRY	EN1	S	FR	0:54
		HOLD ABS TIGHT ON ENTRY/CATCH				
400	5:20 PM	1 x 400 on 7:00 BR TECH INDIVIDUAL (FROM FRI)	EN1	S	BR	0:52
100	5:28 PM	4 x 25 on :45 BK SC	EN1	D	BK	1:30
300	5:32 PM	1 x 300 on 5:00 FLY MAINTAIN RHYTHM S/R	EN2	S	FLY	0:50
	5:38 PM	1 on 15:00 INDIVIDUAL FLY WORK	EN1	D	FLY	
		TIMING OF STROKE HEAD UP POSITION/HEAD DOWN POSITION				
200	5:53 PM	1 x 200 on 4:00 FLY FOCUS QUICK BREATH	EN2	S	FLY	1:00
300	5:58 PM	6 x 50 on :50 K 2 FLY, 2 BR, 2 FR	EN2	K	IM	0:50
600	6:04 PM	3 x 200 on 3:00 K FLY/FR AS DESCRIBED	EN2	K	FLY	0:45
		1 - 100 FLY, 100 FR, 2 - 150 FLY, 50 FR, 3 - FLY				
100	6:14 PM	4 x 25 on :45 FLY K SP ON BK (8 BOBS BETWEEN)	SP3	K	FLY	1:30
100	6:18 PM	1 x 100 on 3:00 CH REC	REC	S	CH	1:30
600	6:22 PM	3 x 200 on 3:00 CH K	EN2	K	CH	0:45
	6:31 PM	3,200 Yards - Stress Value = 54				

S/R DURING 300 FLY
 ZOE - 34.1, 26.0, 34.4
 DAVID B - 21.4, 22.5, 22.0
 REECE - 32.9, 33.0, 29.9
 NATHAN - 25.2, 25.0, 26.2

TIMING OF STROKE
 (TIME WITH HEAD UP/TIME WITH HEAD DOWN)
 ZOE - .46/1.77
 DAVID B - 66/1.47
 REECE - 67/71
 NATHAN - 67/73

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	2,000 62.50%	32.0 56.14%
AEROBIC BASE	1,000 31.25%	19.0 33.33%
ALACTIC	100 3.12%	3.0 5.26%
WARM-UP-RECOVERY	100 3.12%	3.0 5.26%

Stroke Categories	Yards	Minutes
BUTTERFLY	1,200 37.50%	21.0 36.84%
CHOICE	700 21.87%	12.0 21.05%
FREESTYLE	500 15.62%	9.0 15.78%
BREASTSTROKE	400 12.50%	7.0 12.28%
IM	300 9.37%	5.0 8.77%
BACKSTROKE	100 3.12%	3.0 5.26%

Type of Work	Yards	Minutes
KICK	1,600 50.00%	26.0 45.61%
SWIM	1,500 46.87%	28.0 49.12%
DRILL	100 3.12%	3.0 5.26%

Workout #1223 - Tuesday, 18 May 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 STROKE DEVELOPMENT (FLY)						
MEET DRYLAND WARMUP						
MINIMUM PRACTICE ATTENDANCE NE SQUAD 6 PER WEEK						
LAST WEEK 9 SWIMMERS ATTENDED 6 OR MORE SESSIONS						
LAST WEEK 10 SWIMMERS ATTENDED LESS THAN 6 SESSIONS						
200	5:00 AM	1 x 200 on 5:00 FR TECH FOCUS	EN1	D	FR	1:15
200	5:06 AM	1 x 200 on 5:00 FR K	EN1	K	FR	1:15
200	5:12 AM	1 x 200 on 5:00 BR TECH FOCUS	EN1	D	BR	1:15
200	5:18 AM	1 x 200 on 5:00 BR K	EN1	K	BR	1:15
200	5:24 AM	1 x 200 on 5:00 FLY TECH FOCUS	EN1	S	FLY	1:15
200	5:30 AM	1 x 200 on 5:00 FLY K	EN1	K	FLY	1:15
ATHLETES KNOW WHAT THEIR INDIVIDUAL TECH FOCUS POINTS						
400	5:36 AM	16 x 25 on 1:30 FLY TECH FOCUS POINTS	EN1	D	FLY	3:00
1-2 BREATHE AT START OF PULL						
3-4 BREATHE AT END OF PULL						
5-6 KICK ONCE PER STROKE ON ENTRY OF HANDS						
7-8 KICK ONCE PER STROKE IN POWER PHASE OF PULL						
9-10 AFTER ENTRY SWEEP OUT SIMILAR TO BR PULL						
11-12 AFTER ENTRY CONTROL HANDS TO PULL STRAIGHT LINE						
13-14 EMPHASIZE UP KICK						
15-16 SLIDE HANDS UP FOLLOWING HAND ENTRY						
800	6:01 AM	8 x 100 on 1:35 FR ON 1:30/1:35	EN2	S	FR	0:48
FINISH AT 1:20/1:25 RESPECTIVELY						
300	6:15 AM	3 x 100 on 1:15 FR w FINS + PADS ON 1:10/1:15	SP1	S	FIN	0:38
100	6:20 AM	1 x 100 on 1:15 FR MAX EFFORT w FINS + PADS	SP2	S	FIN	0:38
ATHLETES TO FINISH UNDER PB						
200	6:23 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
6:28 AM 3,000 Meters - Stress Value = 71						

HAVE YOU CHOSEN YOUR GOALS?
 PETER'S VIEW OF YOUR ABILITY POTENTIAL

- EMILY MEYERINK - AGE NATIONALS
- STEPHANIE HOLMES - STATE FINALIST (AGE NATIONALS?)
- ZOE ROBERTSON - AGE NATIONALS (FINALIST?)
- DAVID BURGESS - AGE NATIONALS FINALIST (OPEN NATIONALS?)
- LUKE EDWARDS - AGE NATIONALS (FINALIST?)
- SAM RUSSO - AGE NATIONALS (FINALIST?)
- MONIQUE GRECH - STATE FINALIST
- ADRIANNA GRECH - STATE FINALIST
- LEAH ALLEN - AGE NATIONALS (FINALIST?)
- EMILY SMITH - STATE FINALIST (AGE NATIONALS?)
- ASHLEE GRIFFIN - STATE (FINALIST?)
- REECE JONES - STATE FINALIST (AGE NATIONALS?)
- NATHAN HUYNH - STATE FINALIST
- DAVID ALLEN - STATE FINALIST
- BROOKE GRIFFIN - AGE NATIONALS FINALIST (OPEN NATIONALS)
- MIKAYLA HOWELL - STATE FINALIST (AGE NATIONALS?)
- CASEY LYON - STATE (FINALIST?)

Energy Levels	Meters	Minutes
AEROBIC BASE	1,600 53.33%	54.0 70.43%
ANAEROBIC THRESHOLD	800 26.66%	12.6 16.52%
LACTATE TOLERANCE	300 10.00%	3.7 4.89%
WARM-UP-RECOVERY	200 6.66%	5.0 6.52%
PEAK LACTATE	100 3.33%	1.2 1.63%

Stroke Categories	Meters	Minutes
=====	=====	=====

FREESTYLE	1,200	40.00%	22.6	29.56%
BUTTERFLY	800	26.66%	34.0	44.34%
FINS	400	13.33%	5.0	6.52%
BREASTSTROKE	400	13.33%	10.0	13.04%
CHOICE	200	6.66%	5.0	6.52%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	1,600	53.33%	27.6	36.08%
DRILL	800	26.66%	34.0	44.34%
KICK	600	20.00%	15.0	19.56%

Workout #1224 - Tuesday, 18 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (FLY)						
PILATES SESSION 40 MINUTES w SHONA						
	4:30 PM	1 on 40:00 PILATES	EN1	L	DRY	
600	5:10 PM	1 x 600 on 12:00 FR/BK/BR BY 200'S TECH	EN1	D	IM	1:00
400	5:23 PM	8 x 50 on :55 K FLY/CH BY 25'S	EN2	K	FLY	0:55
FLY K IS UNDER H2O w KB (ENTIRE 25)						
200	5:32 PM	8 x 25 on :40 BK EXPL STS THEN SC	SP3	S	BK	1:20
200	5:39 PM	8 x 25 on :40 FLY EXPL STS THEN SC	SP3	S	FLY	1:20
300	5:46 PM	12 x 25 on :50 FLY TECH FOCUS	EN1	D	FLY	1:40
1-2 CLAP BEHIND BACK ABOVE WATER AFTER PULL						
3-4 CLAP IN FRONT JUST PRIOR TO HAND ENTRY						
5-8 PARTNER HEAD TAP						
9-10 DRAW A CIRCLE FOR RECOVERY						
11-12 FINGERS CONTROL AND DOWN						
200	5:57 PM	8 x 25 on 1:00 FLY PARTNER STROKE OBSERVATION	EN1	D	FLY	2:00
OBSERVE FRONT/BACK SIDE ABOVE AND BELOW WATER						
500	6:06 PM	5 x 100 on 1:30 FLY	EN2	S	FLY	0:45
400	6:15 PM	1 x 400 on 8:00 CH K w FINS	EN2	K	FIN	1:00
	6:23 PM	2,800 Yards - Stress Value = 53				

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	1,300 46.42%	22.8 35.95%
AEROBIC BASE	1,100 39.28%	30.0 47.24%
ALACTIC	400 14.28%	10.6 16.79%

Stroke Categories	Yards	Minutes
BUTTERFLY	1,600 57.14%	38.1 60.10%
IM	600 21.42%	12.0 18.89%
FINS	400 14.28%	8.0 12.59%
BACKSTROKE	200 7.14%	5.3 8.39%

Type of Work	Yards	Minutes
DRILL	1,100 39.28%	30.0 47.24%
SWIM	900 32.14%	18.1 28.60%
KICK	800 28.57%	15.3 24.14%

Workout #1225 - Wednesday, 19 May 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 STROKE DEVELOPMENT (FLY)						
MEET DRYLAND WARMUP						
100	5:00 AM	1 x 100 on 1:50 FR TECH FOCUS	EN1	S	FR	0:55
100	5:03 AM	1 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:00
100	5:06 AM	1 x 100 on 2:00 BK TECH FOCUS	EN1	S	BK	1:00
100	5:09 AM	1 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:00
100	5:12 AM	1 x 100 on 2:00 BR TECH FOCUS	EN1	S	BR	1:00
200	5:15 AM	2 x 100 on 6:00 IM TESTING PROTOCOL	EN1	S	IM	3:00
GOAL 1 - 16 MARKS						
GOAL 2 - SC 8-12-8-12						
GOAL 3 - IMPROVE TIME						
	5:28 AM	1 on 15:00 FLY PARTNER STROKE REVIEW	EN1	S	FLY	
IN PARTNERS SPEND 7 MINUTES OBSERVING/FEEDBACK						
OBSERVE FROM FRONT/SIDE/BACK ABOVE AND UNDER H2O						
KEY ASPECTS TO OBSERVE/REVIEW						
KICK TIMING (2BT), GLIDING HANDS UP, HAND ENTRY						
Q PAUSE, HIGH S/R, LOW BREATHING						
KICK BOTH DIRECTIONS, NARROW PULL						
200	5:43 AM	1 x 200 on 4:00 FLY K w FINS	EN2	K	FIN	1:00
400	5:48 AM	8 x 50 on 1:30 FLY K FINISH UNDER :50	SP1	K	FLY	1:30
400	6:01 AM	1 x 400 on 8:00 FR/BR BY 200'S SC + TECH FOCUS	EN1	D	FR	1:00
800	6:10 AM	2x { 1 x 50 on :55 FLY	EN2	S	FLY	0:55
		{ 1 x 50 on :50 FLY	EN2	S	FLY	0:50
		{ 1 x 50 on :50 BK	EN2	S	BK	0:50
		{ 1 x 50 on :45 BK	EN2	S	BK	0:45
		{ 1 x 50 on :55 BR	EN2	S	BR	0:55
		{ 1 x 50 on :50 BR	EN2	S	BR	0:50
		{ 1 x 50 on :45 FR	EN2	S	FR	0:45
		{ 1 x 50 on :40 FR	EN2	S	FR	0:40
400	6:24 AM	1 x 400 on 8:00 CH RECOVERY	REC	S	CH	1:00
	6:32 AM	2,900 Meters - Stress Value = 66				

Energy Levels	Meters	Minutes
AEROBIC BASE	1,100 37.93%	29.8 44.63%
ANAEROBIC THRESHOLD	1,000 34.48%	17.0 25.43%
LACTATE TOLERANCE	400 13.79%	12.0 17.95%
WARM-UP-RECOVERY	400 13.79%	8.0 11.97%

Stroke Categories	Meters	Minutes
FREESTYLE	700 24.13%	12.6 18.95%
BUTTERFLY	600 20.68%	15.5 23.19%
IM	400 13.79%	16.0 23.94%
CHOICE	400 13.79%	8.0 11.97%
BREASTSTROKE	300 10.34%	5.5 8.22%
BACKSTROKE	300 10.34%	5.1 7.73%
FINS	200 6.89%	4.0 5.98%

Type of Work	Meters	Minutes
SWIM	1,900 65.51%	42.8 64.08%
KICK	600 20.68%	16.0 23.94%
DRILL	400 13.79%	8.0 11.97%

Workout #1226 - Thursday, 20 May 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 STROKE DEVELOPMENT (FLY)						
MEET DRYLAND WARMUP						
SWIMMERS SESSION PREPARED BY ZOE AND SAM						
ANAEROBIC THRESHOLD						
200	5:00 AM	1 x 200 on 4:00 CH S	EN1	S	CH	1:00
200	5:05 AM	1 x 200 on 5:00 CH K	EN1	K	CH	1:15
200	5:11 AM	1 x 200 on 4:00 CH P	EN1	P	CH	1:00
400	5:16 AM	4 x 100 on 1:45 IM 1-STS, 2-SC	EN1	S	IM	0:52
400	5:24 AM	2 x 200 on 3:45 STROKE	EN2	S	STK	0:56
1 - POSITIVE SPLIT, 2 - NEGATIVE SPLIT (BY :05)						
400	5:33 AM	2 x 200 on 4:00 CH K	EN2	K	CH	1:00
400	5:42 AM	1 x 400 on 5:30 FR SP	SP1	S	FR	0:41
1,000	5:49 AM	5 x 200 on 4:00 IM :30 REST AFTER EACH	EN1	S	IM	1:00
600	6:10 AM	6 x 100 on 2:00 IM @ 80% (PB + :10)	EN2	S	IM	1:00
200	6:23 AM	4 x 50 on :55 STROKE	EN2	S	STK	0:55
FR ON :45, BK + FLY ON :50, BR ON :55						
400	6:28 AM	2 x 200 on 3:45 STROKE K	EN2	K	STK	0:56
1 - BEST STROKE, 2 - 2ND BEST STROKE						
300	6:37 AM	3 x 100 on 1:40 STROKE	EN2	S	STK	0:50
FR OR BK ON 1:30, BR OR FLY ON 1:40						
6:42 AM 4,700 Meters - Stress Value = 107						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,300 48.93%	43.6 48.97%
AEROBIC BASE	2,000 42.55%	40.0 44.85%
LACTATE TOLERANCE	400 8.51%	5.5 6.16%

Stroke Categories	Meters	Minutes
IM	2,000 42.55%	39.0 43.73%
STROKE	1,300 27.65%	23.6 26.54%
CHOICE	1,000 21.27%	21.0 23.55%
FREESTYLE	400 8.51%	5.5 6.16%

Type of Work	Meters	Minutes
SWIM	3,500 74.46%	64.6 72.52%
KICK	1,000 21.27%	20.5 22.99%
PULL	200 4.25%	4.0 4.48%

Workout #1227 - Thursday, 20 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BK)						
	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN2		L DRY	
MEET DRYLAND WARMUP						
FOR THOSE NOT AT AM PRACTICE COMPLETE THE FOLLOWING						
200	5:10 PM	1 x 200 on 3:00 CH S	EN1	S	CH	0:45
200	5:14 PM	1 x 200 on 3:30 CH P	EN1	P	CH	0:52
200	5:19 PM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
400	5:24 PM	4 x 100 on 1:25 IM 1 - STS, 2 - SC	EN1	S	IM	0:42
400	5:31 PM	2 x 200 on 3:25 STROKE K	EN2	K	STK	0:51
1 - POSITIVE SPLIT, 2 - NEGATIVE SPLIT BY :05						
400	5:39 PM	2 x 200 on 3:35 CH K	EN2	K	CH	0:54
500	5:48 PM	1 x 500 on 5:35 FR FOR TIME	SP1	S	FR	0:34
1,200	5:55 PM	6 x 200 on 3:15 IM :30 REST	EN2	S	IM	0:49
200	6:16 PM	4 x 50 on :50 STROKE	EN2	S	STK	0:50
FR ON :40, BK + FLY ON :45, BR ON :50						
400	6:21 PM	2 x 200 on 3:25 K 1- BEST STK, 2- 2ND BEST STK	EN2	K	STK	0:51
300	6:29 PM	3 x 100 on 1:30 STROKE FR+BK ON 1:20 BR+FLY 1:30	EN2	S	STK	0:45
200	6:35 PM	1 x 200 on 2:15 STROKE FINISH AT PB + :15	SP1	S	STK	0:34
FOR THOSE AT AM SESSION COMPLETE THE FOLLOWING						
1,000	6:39 PM	1 x 1000 on 17:00 150 FR 25 IMO	EN1	S	IM	0:51
500	6:57 PM	1 x 500 on 9:00 K w FINS	EN2	K	FIN	0:54
FLY/FR/FLY on BK/BK/FLY on FR or BK						
800	7:07 PM	16 x 50 on :55 FLY K	EN2	K	FLY	0:55
200	7:23 PM	1 x 200 on 3:00 FLY DESCEND 50'S	EN2	S	FLY	0:45
600	7:27 PM	1 x 600 on 11:00 CH TECH	EN1	D	CH	0:55
	7:38 PM	1 on 20:00 FLY PARTNER OBS+FEEDBACK	EN1	D	FLY	
	7:58 PM	7,700 Yards - Stress Value = 170				

GYMNASTICS DRYLAND WARMUP

3 MINUTE RUN

TORSO TWIST (STANDING) ARMS HORIZONTAL

BURPEES WITH TOYOTAS

JUMPING JACKS

- REGULAR, FORWARDS AND BACK, ALTERNATE SIDE AND FRONT

ARM CIRCLES

- BACK AND FRONT

- OPPOSITE DIRECTION ARMS

- SINGLE REVOLUTION SWITCH AT TOP

HEAD ROLL

- IN FRONT ONLY SIDE TO SIDE

- SINGLE STRETCH FRONT, BACK AND SIDES

WRISTS - CLASPED AND ROTATE

HIPS/TORSO REVOLUTIONS

KNEES REVOLUTIONS

DOUBLE HAMSTRING STRETCH (SEATED)

SINGLE HAMSTRING STRETCH (STRADDLE SEATED)

- ARM REACHING OVER HEAD STRETCH TO SIDES AND MIDDLE

GROIN (BUTTERFLY) PRESS ON KNEES

ON ALL FOURS WRIST WARMUP

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

PUSHUP FROM PALM TO FINGERS

SITTING ON KNEES STRETCH SHOULDERS AND PECS

(PUSHING ARMS OUTSTRETCHED TOWARDS FLOOR)

FRONT SUPPORT (LEGS LIFTED BY OTHER)

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

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

BACK SUPPORT (LEGS LIFTED BY OTHER) SHOULDERS ON FLOOR

- SHAKE LEGS AND DROP SINGLES (HIPS PUSHED UP)

ROCKING

- LOWER BACK ON FLOOR OUTSTRETCHED (IF NEEDED LEGS BENT)
- ON FRONT
- ON BACK AGAIN
- ON FRONT LIFT HANDS AND FEET AT SAME TIME (10 REPS)

PRONE FALLS

- START FROM KNEES TO PUSHUP POSITION ELBOWS IN
- STRADDLE POSITION TO PUSHUP POSITION ELBOWS IN
- FEET TOGETHER
- (10 REPETITIONS AT LEVEL OF ATHLETE ALL ELBOWS IN PUSHUP)

FRONT SUPPORT POSITION

- SLIDE FEET AND HANDS OUT TO SUPPORT HIPS OFF FLOOR
- HOLD 5 SECONDS AND RELEASE (LOOK AT TOES)

DROP PUSHUPS OFF STEPS AND LOWER INTO PUSHUP

- JUMP BACK UP OR WALK SINGLE HANDS THEN PUSHUP

TRUNK LIFTS ON DIVING BOARD (POINT TOES) 15-20

FRONT SUPPORT ON WATERPOLO BALL (FINGERS DOWN) PUSHUPS

- HAND SWITCH FROM GROUND TO BALL SINGLE HANDS

DIPS (10)

STRETCHCORDZ

INTERNAL AND EXTERNAL ROTATIONS ELBOW IN FORMING 90 DEGREES

BACKWARDS ROTATION ABOVE SHOULDERS ELBOWS IN LINE WITH SHOULDERS

STRAIGHT ARM BACKWARD PRESS IN 'Y' POSITION

STRAIGHT ARM BACKWARD PRESS IN 't' THEN 'Y' AND 'I'

ELBOWS IN ROWS

ELBOWS IN LINE WITH SHOULDER ROWS

FR, BK, BR, FLY ARM POSITIONING AND RECOVERY

TRICEP PRESSES

ABDOMINALS SET (6 OF EACH)

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

REPEAT SECOND TIME BUT WITH NO REST BETWEEN EXERCISES

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	4,400 57.14%	74.8 59.00%
AEROBIC BASE	2,600 33.76%	44.1 34.82%
LACTATE TOLERANCE	700 9.09%	7.8 6.17%

Stroke Categories	Yards	Minutes
IM	2,600 33.76%	42.1 33.24%
CHOICE	1,600 20.77%	28.6 22.60%
STROKE	1,500 19.48%	23.7 18.72%
BUTTERFLY	1,000 12.98%	17.6 13.92%
FINS	500 6.49%	9.0 7.09%
FREESTYLE	500 6.49%	5.5 4.40%

Type of Work	Yards	Minutes
SWIM	4,200 54.54%	63.8 50.32%
KICK	2,700 35.06%	48.5 38.23%
DRILL	600 7.79%	11.0 8.67%

PULL	200	2.59%	3.5	2.75%
------	-----	-------	-----	-------

Workout #1228 - Friday, 21 May 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 STROKE DEVELOPMENT (FLY)				
		MEET DRYLAND WARMUP				
	5:00 AM	1 on 59:59 JA CL DVD	REC	L	DRY	
500	6:30 AM	1 x 500 on 9:00 BK/FR BY 100'S	EN1	S	BK	0:54
		BK TECH FOCUS - SPLASH IN STRETCH BACK ACCELERATE HAND				
		FR TECH FOCUS - DEEP CATCH PULL STRAIGHT BR3				
400	6:40 AM	4 x 100 on 1:35 FR @ PACE ON 1:30/1:35	EN2	S	FR	0:48
		FINISH AT 1:20/1:25				
600	6:48 AM	3 x 200 on 4:15 BK K	EN2	K	BK	1:04
	7:01 AM	1,500 Meters - Stress Value = 28				

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	1,000 66.66%	19.0 67.95%
AEROBIC BASE	500 33.33%	9.0 32.04%

Stroke Categories	Meters	Minutes
=====	=====	=====
BACKSTROKE	1,100 73.33%	21.7 77.44%
FREESTYLE	400 26.66%	6.3 22.55%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	900 60.00%	15.3 54.59%
KICK	600 40.00%	12.7 45.40%

Workout #1229 - Friday, 21 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)				
	4:30 PM	1 on 59:59 DRYLAND	EN1	L	DRY	
	6:00 PM	1 on 30:00 WALK TO CD	EN1	L	DRY	
	6:30 PM	1 on 59:59 INDIVIDUAL STROKE FEEDBACK WHAT DO YOU THINK WILL ASSIST PERFORMANCE IMPROVEMENT SEE WORKOUT NOTES FOR ATHLETE FOCUS POINTS	EN1	D	FLY	
1,500	7:29 PM	3x{3 x 100 on 2:15 STROKE TECH 2 x 100 on 2:30 STROKE K	EN1	D	STK	1:
	8:05 PM	1,500 Meters - Stress Value = 17	EN1	K	STK	1:

BUTTERFLY INDIVIDUALTECHNICAL FOCUS POINTS

EMILY MEYERINK

- LOW PROFILE FOR BREATHING/CHIN
- QUIET KICK (NO SPLASH) KICK WATER
- WHIP/SNAP KICK FAST
- LENGTH OF PULL FINISH FULL STROKE AND USE MOMENTUM ON ENTRY
- TO IMPROVE STROKE LENGTH - SCULLING, PULLING WITH ARM, PULL IN STRAIGHT LINE

NATHAN HUYNH

- NARROW PULL
- LOOK AT FINGERS (POINTING DOWN)
- HEAD POSITION - STATUE LOOKING DOWN AT WATER
- MINI KICKS
- WHEN TIRED KEEP HEAD POSITION AND LOW CHIN AT SURFACE

BROOKE GRIFFIN

- K - RIGHT LEG KICKS HARDER
- FLY K OFF WALLS IN FLY AT ALL TIMES ****HARD**** (ALSO FR/BK)
- WHEN TIRED MUST FOCUS MORE ON KICKING UP ACTION
- UNDERSTAND PULLING WITH ARMS AS A WHOLE NOT JUST HANDS
- REVIEW STROKE ACTION UNDER WATER OF LIBBY TRICKETT ON UTUBE

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,500 100.00%	35.2 100.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	1,500 100.00%	35.2 100.00%

Type of Work	Meters	Minutes
=====	=====	=====
DRILL	900 60.00%	20.2 57.44%
KICK	600 40.00%	15.0 42.55%

Workout #1230 - Saturday, 22 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
		6:00-8:00AM @ NW TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (FLY) MEET DRYLAND WARMUP				
	6:00 AM	1 on 20:00 ATHLETE REVIEW OF PROGRAM SEE WORKOUT NOTES FOR DETAILS 4 WEEKS UNTIL THE END OF THE TERM ... IS YOUR 400 IM SUB 6:00 AND 1500 FR SUB 21:15?	REC	L	DRY	
800	6:20 AM	1 x 800 on 15:00 MI TECH FOCUS FR - BR3, BR - SC, BK - 6 FLY K, FLY - BR2 SL PAST FLAG	EN1	S	MI	0:5
300	6:36 AM	12 x 25 on :40 FLY TECH FOCUS 1-4 BREATHING PATTERN	EN2	S	FLY	1:2
	6:44 AM	1,100 Meters - Stress Value = 16				

WE HAVE NOW FINISHED 3 WEEKS FO THE SEASON HOW ARE THINGS GOING? WHAT'S BEEN GOOD, WHAT DO WE STILL NEED TO DO, WHAT WASN'T SO GOOD?

- WANT LESS LONG DISTANCE
- LIKE DRYLAND
- LIKE TECHNIQUE WORK
- DISLIKE SOME ATHELTES BEHAVIOUR DURING SESSIONS (FOCUS)
- WANT MORE LONG DISTANCE
- WANT MORE ONE ON ONE WORK
- WANT MORE INCORRECT STROKE DRILLS FOR AWARENESS
- LIKE MAKING OWN TRAINING SESSION
- MORE STARTS AND TURNS
- SWIMMERS SHOULD NOT BE MAKING THEIR OWN SESSIONS
- LIKE SEEING VIDEOS STROKES/SKILLS/COACHING/INSPIRATION
- WANT MORE PARTNER WORK
- WANT MORE TIME TRIALS

Energy Levels	Meters	Minutes
AEROBIC BASE	800 72.72%	15.0 65.21%
ANAEROBIC THRESHOLD	300 27.27%	8.0 34.78%

Stroke Categories	Meters	Minutes
REV IM	800 72.72%	15.0 65.21%
BUTTERFLY	300 27.27%	8.0 34.78%

Type of Work	Meters	Minutes
SWIM	1,100 100.00%	23.0 100.00%

Workout #1232 - Monday, 24 May 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 - AEROBIC STROKE DEVELOPMENT (BK)						
MEET DRYLAND WARMUP						
900	5:00 AM	12 x 75 on 1:20 FLY/BR/FR BY 25'S ON 1:15/1:20	EN1	S	IM	0:53
400	5:17 AM	16 x 25 on 2:00 BK TECH FOCUS	EN1	D	BK	4:00
1- DECELERATION OF HAND PRIOR TO ENTRY						
2- ACCELERATION OF HAND PRIOR TO ENTRY						
3-5 FINGERS AFTER ENTRY - DOWN, ANGLED 45, ANGLED 90						
6-7 FAST ARMS SLOW LEGS, SLOW ARMS FAST LEGS						
8- HEAD MOVEMENT WITH STROKE FOLLOW ARM ON ENTRY						
9- HIPS FLAT PULLING DEEP						
10-11 FINISH OF STROKE PRESSING DOWN, FINISHING UP						
12-13 ACCELERATING & MAINTAINING HAND SPEED						
14-15 STRAIGHT ARM PULL, ANGLED ARM PULL						
16- RECOVERY AND ENTRY						
400	5:50 AM	8 x 50 on 1:00 BK K	EN1	K	BK	1:00
600	5:59 AM	6 x 100 on 2:00 BK STROKE FOCUS	EN1	S	BK	1:00
1-2 ENTRY AND EXIT						
3-4 ARM PULL AND ACCELERATION						
5-6 HEAD POSITION AND KICK						
400	6:12 AM	4 x 100 on 1:30 FR ON 1:25/1:30	EN2	S	FR	0:45
100	6:19 AM	1 x 100 on 2:00 4TH BEST STROKE STS + SC	EN1	S	STK	1:00
6:21 AM 2,800 Meters - Stress Value = 35						

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,400 85.71%	70.0 92.10%
ANAEROBIC THRESHOLD	400 14.28%	6.0 7.89%

Stroke Categories	Meters	Minutes
=====	=====	=====
BACKSTROKE	1,400 50.00%	52.0 68.42%
IM	900 32.14%	16.0 21.05%
FREESTYLE	400 14.28%	6.0 7.89%
STROKE	100 3.57%	2.0 2.63%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,000 71.42%	36.0 47.36%
DRILL	400 14.28%	32.0 42.10%
KICK	400 14.28%	8.0 10.52%

Workout #1233 - Monday, 24 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BK)						
	4:30 PM	1 on 40:00 RUN 1KM - FRISBEE - RUN 1KM	EN2		L DRY	
AEROBIC CONDITIONING DRYLAND - RUN 2KM						
RUNNING DRILLS A'S B'S AND C'S						
RUN TO PARK AND COMPLETE ONE DRYLAND STATION						
100	5:10 PM	1 x 100 on 1:30 BK TECH FOCUS	EN1	S	BK	0:45
100	5:13 PM	1 x 100 on 1:30 FR TECH FOCUS	EN1	S	FR	0:45
100	5:16 PM	1 x 100 on 1:30 BR TECH FOCUS	EN1	S	BR	0:45
100	5:19 PM	1 x 100 on 1:30 FLY TECH FOCUS	EN1	S	FLY	0:45
400	5:22 PM	8x { 1 x 25 on :30 AQUAMAN	EN2	D	FR	1:00
{ AQUAMAN - FR FULL STROKE COMPLETED UNDER WATER						
{ 1 x 25 on 1:10 IMO FINISHES						
800	5:37 PM	4 x 200 on 3:15 CH K ON 3:00/3:15	EN2	K	CH	0:49
OPTIONAL IF WANT TO USE FINS 4 X 375 ON SAME PACE						
200	5:51 PM	1 x 200 on 4:00 25 BRwFLY K SP, 75 SC	SP3	D	STK	1:00
400	5:56 PM	4 x 100 on 1:10 FR	EN2	S	FR	0:35
400	6:02 PM	4 x 100 on 1:15 FR P	EN2	P	FR	0:38
200	6:08 PM	1 x 200 on 4:00 CH TECH RECOVERY	REC	D	CH	1:00
500	6:13 PM	10 x 50 on 1:00 FLY SP	SP1	S	FLY	1:00
500	6:24 PM	10 x 50 on 1:00 BK 6 FLY K + 10 STROKES SP	SP1	S	BK	1:00
100	6:35 PM	1 x 100 on 2:00 CH REC	REC	S	CH	1:00
500	6:38 PM	10 x 50 on 1:00 BR TECH FOCUS	EN1	S	BR	1:00
	6:48 PM	4,400 Yards - Stress Value = 141				

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	1,800 40.90%	26.6 32.52%
LACTATE TOLERANCE	1,000 22.72%	20.0 24.39%
AEROBIC BASE	900 20.45%	16.0 19.51%
ALACTIC	400 9.09%	13.3 16.26%
WARM-UP-RECOVERY	300 6.81%	6.0 7.31%

Stroke Categories	Yards	Minutes
FREESTYLE	1,100 25.00%	15.1 18.49%
CHOICE	1,100 25.00%	19.0 23.17%
BREASTSTROKE	600 13.63%	11.5 14.02%
BUTTERFLY	600 13.63%	11.5 14.02%
BACKSTROKE	600 13.63%	11.5 14.02%
STROKE	200 4.54%	4.0 4.87%
IM ORDER	200 4.54%	9.3 11.38%

Type of Work	Yards	Minutes
SWIM	2,400 54.54%	42.6 52.03%
DRILL	800 18.18%	21.3 26.01%
KICK	800 18.18%	13.0 15.85%
PULL	400 9.09%	5.0 6.09%

Workout #1234 - Tuesday, 25 May 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 STROKE DEVELOPMENT (BK) MEET DRYLAND WARMUP				
2,400	5:00 AM	4x{1 x 200 on 4:00 STROKE TECH BY 100'S 1 x 400 on 7:30 IM NEGATIVE SPLIT 100'S	EN1	D	MI	1:00
		FR - CONNECTION BR 3 FR - DEEP CATCH, ACCELERATE STRAIGHT LINE (ROBOT) BR - ARMS BREAK THEN HEAD BR - SHOOT ARMS TO RIGID STREAMLINE BK - OPEN NECK WATER AT TOP OF GOGGLES BK - SPLASH IN STRETCH BACK AIM FINGERS FLY - QUICK BREATH STRAIGHT ARM RECOVERY FLY - FAST K TIMED WITH POWER PHASE OF PULL	EN2	S	IM	0:56
300	5:47 AM	12 x 25 on 2:00 BK STROKE FOCUS 1-2 CHIN ON CHEST, OPEN NECK 3-4 DROP ARMS IN TO SIDES, OVER REACH ON ENTRY 5-6 PULL SHALLOW AND SPLASH, PULL DEEP 7-8 HAND MOVES AT SAME SPEED, REDUCE SPEED ON CATCH 9-10 KICK DOWN, KICK UP 11-12 HIPS FLAT, HIPS ROLL	EN1	D	BK	4:00
600	6:12 AM	3 x 200 on 3:55 BK K ON 3:40/3:55	EN2	K	BK	0:59
400	6:25 AM	4 x 100 on 1:40 FR P ON 1:30/1:40	EN2	S	FR	0:50
400	6:33 AM	4 x 100 on 1:40 FR P w PADS ON 1:30/1:40	EN2	P	PAD	0:50
	6:40 AM	4,100 Meters - Stress Value = 78				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 73.17%	55.0 57.93%
AEROBIC BASE	1,100 26.82%	40.0 42.06%

Stroke Categories	Meters	Minutes
IM	1,600 39.02%	30.0 31.55%
BACKSTROKE	900 21.95%	35.7 37.59%
REV IM	800 19.51%	16.0 16.82%
FREESTYLE	400 9.75%	6.6 7.01%
PADDLES	400 9.75%	6.6 7.01%

Type of Work	Meters	Minutes
SWIM	2,000 48.78%	36.6 38.56%
DRILL	1,100 26.82%	40.0 42.06%
KICK	600 14.63%	11.7 12.35%
PULL	400 9.75%	6.6 7.01%

Workout #1235 - Tuesday, 25 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BK)						
PILATES SESSION 40 MINUTES w SHONA						
	4:30 PM	1 on 40:00 PILATES	EN1	L	DRY	
100	5:10 PM	1 x 100 on 2:00 FR RA/LA BY 25'S INCL ROTATION	EN1	D	FR	1:00
100	5:13 PM	1 x 100 on 2:00 BR RA/LL, LA/RL BY 25'S	EN1	D	BR	1:00
ENSURE EACH STROKE HAS A RIGID SL						
100	5:16 PM	1 x 100 on 2:00 BK FLAT/ROLL BY 25'S	EN1	D	BK	1:00
100	5:19 PM	1 x 100 on 2:00 FLY SC 6/5/4/3 BY 25'S	EN1	D	FLY	1:00
400	5:22 PM	1 x 400 on 7:00 CH K LAST 100 FAST	EN2	K	CH	0:52
400	5:30 PM	4 x 100 on 2:00 IM SC	EN1	S	IM	1:00
400	5:39 PM	1 x 400 on 7:00 CH K (DIFFERENT STROKE)	EN2	K	CH	0:52
400	5:47 PM	1 x 400 on 6:00 FR BR3 STS	EN2	S	FR	0:45
TECH FLY K/FR STS BY 200'S						
400	5:54 PM	16 x 25 on :30 FR STS EXPLOSIVE	SP3	S	FR	1:00
200	6:03 PM	1 x 200 on 4:00 CH K (DIFFERENT STROKE)	EN1	K	CH	1:00
	6:07 PM	2,600 Yards - Stress Value = 50				

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	1,200 46.15%	20.0 41.66%
AEROBIC BASE	1,000 38.46%	20.0 41.66%
ALACTIC	400 15.38%	8.0 16.66%

Stroke Categories	Yards	Minutes
CHOICE	1,000 38.46%	18.0 37.50%
FREESTYLE	900 34.61%	16.0 33.33%
IM	400 15.38%	8.0 16.66%
BUTTERFLY	100 3.84%	2.0 4.16%
BREASTSTROKE	100 3.84%	2.0 4.16%
BACKSTROKE	100 3.84%	2.0 4.16%

Type of Work	Yards	Minutes
SWIM	1,200 46.15%	22.0 45.83%
KICK	1,000 38.46%	18.0 37.50%
DRILL	400 15.38%	8.0 16.66%

Workout #1236 - Wednesday, 26 May 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 STROKE DEVELOPMENT (FLY) MEET DRYLAND WARMUP			
200	5:00 AM	1 x 200 on 4:30 FR BR3 FOCUS CONNECTION + STRAIGHT LINE PULL	EN1	S	FR
200	5:06 AM	1 x 200 on 4:30 BR TECH FOCUS SHOOT SL (RIGID) AND HOLD, FAST TURN HANDS-FEET	EN1	S	FR
200	5:12 AM	1 x 200 on 4:30 FLY TECH FOCUS 4K1P TIMING 4TH K w POWER PHASE OF PULL (100M) BR2 NARROW PULL NO GLIDE	EN1	D	FLY
200	5:18 AM	1 x 200 on 4:30 BK TECH FOCUS 6 FLY K EVERY WALL, SPLASH + STRETCH BACK (DEEP CATCH) HARD TO FINISH	EN1	D	BK
200	5:24 AM	1 x 200 on 4:30 IM STS + SC	EN1	S	IM
200	5:30 AM	4x { 1 x 25 on :40 BK FIST CLOSED FIST SHOULD REMAIN FIST UNTIL NEXT 25 STARTS NO RELEASE 1 x 25 on :40 BK NORMAL SWIM RELEASE FIST CLOSED DURING STREAMLINE WORK ON PULLING WITH ARM	EN1	D	BK
200	5:37 AM	1 x 200 on 4:00 BK K w FINS 25 FOCUS + POWER ON DOWN KICK 25 FOCUS + POWER ON UP KICK	EN2	K	BK
500	5:42 AM	10 x 50 on 1:20 BK K FINISH UNDER :50 10 FLY K OFF START SP IN SL FINISH UNDER :50	SP1	K	BK
800	5:57 AM	4 x 200 on 3:40 BK ON 3:20/3:40 1ST PUSHOFF MUST HAVE 10 FLY K ALL WALLS MUST BREAKOUT AFTER FLAGS	EN2	S	BK
400	6:13 AM	4 x 100 on 1:30 FR ON 1:25/1:30 IF MAKE THE PACE THEN NEXT SET WITH FINS IF YOU DID NOT MAKE THE PACE THEN NEXT SET NO FINS	EN2	S	FR
400	6:20 AM	4 x 100 on 1:30 FR ON 1:25/1:30	EN2	S	FR
600	6:27 AM	3x { 3 x 50 on :55 FR 1 x 50 on :55 IMO	EN2	S	FR
	6:38 AM	4,100 Meters - Stress Value = 109	EN2	S	IMO

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,400 58.53%	41.6 50.30%
AEROBIC BASE	1,200 29.26%	27.8 33.60%
LACTATE TOLERANCE	500 12.19%	13.3 16.09%

Stroke Categories	Meters	Minutes
BACKSTROKE	1,900 46.34%	41.8 50.50%
FREESTYLE	1,650 40.24%	29.2 35.31%
IM	200 4.87%	4.5 5.43%
BUTTERFLY	200 4.87%	4.5 5.43%
IM ORDER	150 3.65%	2.7 3.31%

Type of Work	Meters	Minutes
SWIM	2,900 70.73%	53.8 64.98%
KICK	700 17.07%	17.3 20.92%
DRILL	500 12.19%	11.6 14.08%

Workout #1237 - Thursday, 27 May 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 STROKE DEVELOPMENT (BK)						
MEET DRYLAND WARMUP						
200	5:00 AM	1 x 200 on 4:00 FR STS BR3	EN1	S	FR	1:00
200	5:05 AM	4 x 50 on 1:10 IM SP/SC BY 25'S	SP3	S	IM	1:10
400	5:11 AM	4 x 100 on 2:15 IMO K ON 2:00/2:15	EN1	K	IM	1:08
300	5:21 AM	3 x 100 on 2:00 IM DESCEND 1-3 ON 1:50/2:00	EN2	S	IM	1:00
600	5:28 AM	6 x 100 on 5:00 IM SP FAS	SP2	S	IM	2:30
IF TIME < PB THEN # REPEATS IS REDUCED BY 2						
IF PB+2% < TIME < PB THEN # REPEATS IS REDUCED BY 1						
IF TIME > PB+2% THEN # REPEATS IS REDUCED BY 0						
400	5:59 AM	2 x 200 on 4:05 FLY K ON 3:45/4:05	EN2	K	FLY	1:01
IF MAKE THE PACE ON 2 X 200 THEN						
200	6:09 AM	1 x 200 on 4:05 FLY K w FINS	EN1	K	FLY	1:01
IF DID NOT MAKE THE PACE ON 2 X 200 THEN						
200	6:15 AM	1 x 200 on 4:00 FLY K FOR TIME	EN2	K	FLY	1:00
400	6:20 AM	2 x 200 on 3:45 BK K ON 3:30/3:45	EN2	K	BK	0:56
IF MAKE THE PACE ON 2 X 200 THEN						
200	6:29 AM	1 x 200 on 3:45 BK K w FINS	EN2	K	BK	0:56
IF DID NOT MAKE THE PACE ON TH 2 X 200 THEN						
200	6:34 AM	1 x 200 on 3:45 BK K FOR TIME	EN2	K	BK	0:56
100	6:39 AM	1 x 100 on 2:30 BR ALLOWED MAX 10 K PER 25	EN1	K	BR	1:15
6:42 AM 3,400 Meters - Stress Value = 121						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,700 50.00%	33.1 37.94%
AEROBIC BASE	900 26.47%	19.5 22.40%
PEAK LACTATE	600 17.64%	30.0 34.31%
ALACTIC	200 5.88%	4.6 5.33%

Stroke Categories	Meters	Minutes
IM	1,500 44.11%	49.6 56.81%
BUTTERFLY	800 23.52%	16.2 18.58%
BACKSTROKE	800 23.52%	15.0 17.15%
FREESTYLE	200 5.88%	4.0 4.57%
BREASTSTROKE	100 2.94%	2.5 2.85%

Type of Work	Meters	Minutes
KICK	2,100 61.76%	42.7 48.90%
SWIM	1,300 38.23%	44.6 51.09%

Workout #1238 - Thursday, 27 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:00PM @ GEN						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BK)						
	4:30 PM	1 on 40:00 GYMNASTICS DRYLAND + ABDOMINALS	EN1		L DRY	
MEET DRYLAND WARMUP						
200	5:10 PM	1 x 200 on 3:00 FR STS BR3	EN1	S	FR	0:45
200	5:14 PM	4 x 50 on 1:00 IM SP/SC BY 25'S	SP3	S	IM	1:00
400	5:19 PM	4 x 100 on 1:55 IMO K ON 1:50/1:55	EN1	K	IM	0:58
300	5:28 PM	3 x 100 on 1:45 IM DESCEND 1-3 ON 1:30/1:45	EN2	S	IM	0:52
600	5:35 PM	6 x 100 on 4:30 IM SP FAS	SP2	S	IM	2:15
IF TIME < PB THEN # REPEATS IS REDUCED BY 2						
IF PB+2% < TIME < PB THEN # REPEATS IS REDUCED BY 1						
IF TIME > PB+2% THEN # REPEATS IS REDUCED BY 0						
400	6:03 PM	2 x 200 on 3:30 FLY K ON 3:00/3:30	EN2	K	FLY	0:52
IF MAKE THE PACE ON 2 X 200 THEN						
200	6:11 PM	1 x 200 on 3:30 FLY K w FINS	EN1	K	FLY	0:52
IF DID NOT MAKE THE PACE ON 2 X 200 THEN						
200	6:16 PM	1 x 200 on 3:30 FLY K FOR TIME	EN2	K	FLY	0:52
400	6:21 PM	2 x 200 on 3:15 BK K ON 2:45/2:15	EN2	K	BK	0:49
IF MAKE THE PACE ON 2 X 200 THEN						
200	6:29 PM	1 x 200 on 3:15 BK K w FINS	EN2	K	BK	0:49
IF DID NOT MAKE THE PACE ON TH 2 X 200 THEN						
200	6:34 PM	1 x 200 on 3:15 BK K FOR TIME	EN2	K	BK	0:49
100	6:39 PM	1 x 100 on 2:00 BR ALLOWED MAX 10 K PER 25	EN1	K	BR	1:00
	6:41 PM	3,400 Yards - Stress Value = 111				

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	1,700 50.00%	28.7 37.87%
AEROBIC BASE	900 26.47%	16.1 21.29%
PEAK LACTATE	600 17.64%	27.0 35.56%
ALACTIC	200 5.88%	4.0 5.26%

Stroke Categories	Yards	Minutes
IM	1,500 44.11%	43.9 57.84%
BUTTERFLY	800 23.52%	14.0 18.44%
BACKSTROKE	800 23.52%	13.0 17.12%
FREESTYLE	200 5.88%	3.0 3.95%
BREASTSTROKE	100 2.94%	2.0 2.63%

Type of Work	Yards	Minutes
KICK	2,100 61.76%	36.6 48.29%
SWIM	1,300 38.23%	39.2 51.70%

Workout #1239 - Friday, 28 May 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 STROKE DEVELOPMENT (BK)						
MEET DRYLAND WARMUP						
	5:00 AM	1 on 59:59 JX DVD	REC	L	DRY	
800	5:59 AM	4x{1 x 100 on 1:40 FR	EN2	S	FR	0:50
		{1 x 100 on 1:50 BK	EN2	S	BK	0:55
200	6:14 AM	4 x 50 on 1:15 BK TECH FOCUS	EN2	S	BK	1:15
1 - 6 FLY K + 4 STROKES SP						
2- 8 FLY K + 4 STROKES SP						
3- 10 FLY K + 4 STROKES SP						
4- 12 FLY K + 4 STROKES SP						
800	6:20 AM	2x{4 x 100 on 1:35 FR ON 1:25/1:35	EN2	S	FR	0:48
FINISH AT 1:15/1:25 RESPECTIVELY						
100	6:34 AM	1 x 100 on 2:30 CH REC	REC	S	CH	1:15
1,000	6:38 AM	4 x 250 on 4:40 25FLY 50 BK 75 BR 100 FR	EN2	S	IM	0:56
PACE TIME EITHER 4:10/4:40						
200	6:58 AM	4 x 50 on 1:10 BK K FINISH SUB :50	SP2	K	BK	1:10
	7:03 AM	3,100 Meters - Stress Value = 84				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 90.32%	50.3 87.53%
PEAK LACTATE	200 6.45%	4.6 8.11%
WARM-UP-RECOVERY	100 3.22%	2.5 4.34%

Stroke Categories	Meters	Minutes
FREESTYLE	1,200 38.70%	19.3 33.62%
IM	1,000 32.25%	18.6 32.46%
BACKSTROKE	800 25.80%	17.0 29.56%
CHOICE	100 3.22%	2.5 4.34%

Type of Work	Meters	Minutes
SWIM	2,900 93.54%	52.8 91.88%
KICK	200 6.45%	4.6 8.11%

Workout #1240 - Friday, 28 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)				
	4:30 PM	1 on 59:59 DRYLAND	EN1	L	DRY	
	6:00 PM	1 on 30:00 WALK TO CD	EN1	L	DRY	
	6:30 PM	1 on 59:59 INDIVIDUAL STROKE FEEDBACK WHAT DO YOU THINK WILL ASSIST PERFORMANCE IMPROVEMENT SEE WORKOUT NOTES FOR ATHLETE FOCUS POINTS	EN1	D	FLY	
1,500	7:29 PM	3x{ 3 x 100 on 2:15 STROKE TECH { 2 x 100 on 2:30 STROKE K	EN1	D	STK	1:
	8:05 PM	1,500 Meters - Stress Value = 17	EN1	K	STK	1:

BACKSTROKE INDIVIDUALTECHNICAL FOCUS POINTS

ADRIANNA GRECH

- SPLASH + DEEP ENTRY
- RIGHT ARM BEND AND PUSH
- K POWER NO SPLASH
- BOTH ARMS PRESS FINISH

EMILY MEYERINK

- ACCELERATE ARM INTO WATER (9 YR OLD BOY)
- QUICK TRANSITION ARM + BODY ROLL FOR CATCH
- CHOP HAND INTO WATER ROLL TO CATCH NOT BACK OF HAND ENTRY
- HAND REMAINS PERPENDICULAR TO BODY LINE AS POSSIBLE IN PUSH PHASE NO ROLLING OF THUMB DOWN TO DROP WATER PRESSURE

REECE JONES

- PAUSE AFTER HAND SPLASH ENTRY
- DEPTH OF CATCH! OPPOSITE SHOULDER OUT
- AFTER ENTRY RIGID BODYLINE
- HAND CATCHES TO ELBOW THEN PUSH WATER TO FEET

BROOKE GRIFFIN

- SEE SHOULDER IN FRONT OF FACE AFTER ENTRY (GIVES DEEP CATCH)
- KICK ACTION DOWN STRAIGHT LEG + RIGID HARD
- KICK ACTION UP BENT KNEE + FLICK
- BOTH DIRECTIONS WITH ACCELERATION

CASEY LYON

- HIT HARD 'SLAP' AND INCLUDE SHOULDER TWIST TO HIT HARDER
- PAUSE AFTER ENTRY

ASHLEE GRIFFIN

- THUMB OUT STRAIGHT ARM RECOVERY LAST SECOND SWITCH
- LAST SECOND SWITCH TO CHOP HAND IN PINKY FIRST
- HAND 1/4 ROLL/TURN + SHOULDER ROLL FOR DEEP ENTRY CATCH
- THIS GIVES FASTER ENTRY

MONIQUE GRECH

- DROP HAND IN BUT THEN DEEP
- FEEL STRETCH IN SHOULDER AND PECTORAL
- FOCUS ON ACCELERATION PUSH TO FINISH
- ELBOW STATIONARY POSITION WHIL HAND LEADS STROKE

NATHAN HUYNH

- SMALL FAST K TO STABILIZE HIPS
- IN - HOLD - PUSH (ARMSTROKE)
- HOLD POSITION IS IN 'Q'

Energy Levels Meters Minutes
 =====

AEROBIC BASE 1,500 100.00% 35.2 100.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	1,500 100.00%	35.2 100.00%

Type of Work	Meters	Minutes
=====	=====	=====
DRILL	900 60.00%	20.2 57.44%
KICK	600 40.00%	15.0 42.55%

Workout #1241 - Saturday, 29 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
6:00-8:00AM @ NW						
TRANSITION PHASE - AEROBIC STROKE DEVELOPMENT (BK)						
MEET DRYLAND WARMUP						
600	6:00 AM	4x { 1 x 50 on :55 FR CONTRACT ABS EVERY ENTRY	EN1	D	FR	0:5
		{ 1 x 50 on :55 FR DEEP CATCH STRAIGHT LINE PULL	EN1	D	FR	0:5
		{ ACCELERATE HAND THROUGH PULL				
600	6:12 AM	{ 1 x 50 on :55 FR 6 FLY K 3 STROKES SP OFF WALL	EN1	S	FR	0:5
		3 x 200 on 4:30 BR TECH FOCUS :15 REST AFTER 200	EN1	D	BR	1:0
		1- DIVE FAST TO RIGID SL (11)				
		2- UNDER H2O PULLOUTS + 3 STROKES SP				
		3- FAST TURNS (HANDS TO FEET) KICK TIMING				
600	6:27 AM	2 x 300 on 5:50 BK STROKE FOCUS :20 REST	EN1	D	BK	0:5
		QUICK ROLL AND PUSH HARD				
		1- ACCELERATE ENTRY STRETCH AND PAUSE				
		2- 6 FLY K 4 STROKES SP				
600	6:40 AM	6 x 100 on 2:00 FLY w FINS	EN1	D	FIN	1:0
		1- CONTROL CATCH PULL STRAIGHT LINE ACCELERATION				
		2- 4K1P TIMING OF 4TH K + POWER PHASE OF STROKE				
		3- SMALL SNAP KICKS (NO GLIDE IN STROKE)				
800	6:53 AM	8 x 100 on 2:10 IM K ON 1:55/2:10	EN2	K	IM	1:0
		1- FLY + BK NO BRD				
		2- ALL WITH BRD (BK HOLD KB OUT OF WATER IN SL)				
		ATHLETES CHOOSE ONE OF THE FOLLOWING				

DISTANCE FR/IM PACE						
1,000	7:12 AM	5 x 200 on 3:15 FR ON 3:00/3:15	EN2	S	FR	0:4
		1-2 SWIM, 3-4 PULL, 5 PULL w PADS				
		IF IM :15 REST AFTER EACH 200 NEGATIVE SPLIT EACH 50				
500	7:30 AM	5 x 100 on 1:40 FR @ PACE TO THE FEET	EN2	S	FR	0:5
		IF IM THEN 4 X 100 IMO @ PACE ON 1:45				

100/200 STROKE PACE						
300	7:40 AM	3x { 1 x 50 on :50 STROKE SP K	SP2	K	STK	0:5
		{ 1 x 50 on :45 STROKE 25 BREAKOUT + 6 OR 9	SP3	S	STK	0:4
		NO REST AFTER 1ST 50 (2ND 25 OF 2ND 50 IS RECOVERY)				
800	7:46 AM	16 x 50 on 1:30 STROKE @ PACE	SP1	S	STK	1:3

SPRINT						
1,000	8:11 AM	4x { 1 x 100 on 2:30 STK SCULL-FINISH/SC FIST CLOSED	EN1	D	STK	1:1
		{ 1 x 25 on 1:00 STROKE BUILD TO FINISH	SP3	S	STK	2:0
		{ 1 x 25 on :30 STROKE FAS SP FOR TIME	SP3	S	STK	1:0
		{ 1 x 100 on 3:00 STROKE K	REC	K	STK	1:3
	8:39 AM	6,800 Meters - Stress Value = 184				

DISTANCE FR'IM
 NO SWIMMERS

100/200 STROKE PACE WORK

- DAVID ALLEN
- LEAH ALLEN
- ADRIANNA GRECH
- MONIQUE GRECH
- ASHLEE GRIFFIN
- BROOKE GRIFFIN
- NATHAN HUYNH
- ZOE ROBERTSON
- EMILY SMITH

SPRINT (50)

- DAVID BURGESS (BR) 15.11, 15.29, 14.95, 15.11 (GOAL SUB 15)
- STEPHANIE HOLMES (FR) 14.55, 14.76, 14.38, 14.41 (GOAL SUB 14)

EMILY MEYERINK (BR) 17.03, 17.52, 17.38, 17.57 (GOAL SUB 17)
 SAM RUSSO (FR) 13.18, 13.08, 13.10, 12.91 (GOAL SUB 13)

Energy Levels	Meters	Minutes
AEROBIC BASE	2,800 41.17%	58.1 39.61%
ANAEROBIC THRESHOLD	2,300 33.82%	41.9 28.54%
LACTATE TOLERANCE	800 11.76%	24.0 16.34%
WARM-UP-RECOVERY	400 5.88%	12.0 8.17%
ALACTIC	350 5.14%	8.2 5.61%
PEAK LACTATE	150 2.20%	2.5 1.70%

Stroke Categories	Meters	Minutes
FREESTYLE	2,100 30.88%	35.5 24.23%
STROKE	2,100 30.88%	56.7 38.64%
IM	800 11.76%	17.3 11.80%
FINS	600 8.82%	12.0 8.17%
BREASTSTROKE	600 8.82%	13.5 9.19%
BACKSTROKE	600 8.82%	11.6 7.94%

Type of Work	Meters	Minutes
SWIM	2,850 41.91%	60.5 41.20%
DRILL	2,600 38.23%	54.5 37.11%
KICK	1,350 19.85%	31.8 21.67%

Workout #1242 - Monday, 31 May 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						
GENERAL PREP PHASE - LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
1,500	5:00 AM	3x{1 x 200 on 3:45 IM STROKE FOCUS/SC BY 25'S	EN1	D	IM	0
		{1 x 300 on 4:30 FR BR3 FAST TURNS HARD PUSHOFFS	EN2	S	FR	0
PACE TIME NE 4:15, NAT 4:30						
400	5:26 AM	2 x 200 on 3:20 IM K w FINS ON 3:10/3:20	EN2	K	FIN	0
FLY - ON BK IN SL, BK - ON BK IN SL,						
BR - REPLACE WITH FLY w KB ON FRONT, FR - w KB						
200	5:34 AM	1 x 200 on 5:00 CH TECH FOCUS	EN1	D	CH	1
2,400	5:40 AM	4x{1 x 75 on 1:15 STROKE FAST	SP2	S	STK	0
		{1 x 25 on :30 FLY K SL ON BK SP	SP1	K	FLY	1
		{1 x 75 on 1:15 STROKE FAST	SP2	S	STK	0
		{1 x 25 on :30 FLY K SL ON BK SP	SP1	S	FLY	1
		{1 x 75 on 1:15 STROKE FAST	SP2	S	STK	0
		{1 x 25 on :30 FLY K SL ON BK SP	SP1	K	FLY	1
		{1 x 100 on 2:00 25 STRONG STROKE 25 REC	REC	S	STK	1
		{1 x 200 on 5:00 K 25 STRONG STROKE 25 REC	REC	K	STK	1
1 X 75 & 1 X 25 ARE REALLY 100M WHERE APPROX :05 REST						
AFTER 75 WITH ENTIRE 100 BEING ON 1:45 OR 2:00						
DEPENDING ON STROKE COMPLETED USE THE FOLLOWING						
75 FR ON :55/1:00						
75 BK ON 1:00/1:05						
75 BR OR FLY ON 1:05/1:15						
25 SP FLY K ON BK ON :20/:30						
BONUS REST INTERVAL WHERE EACH 100 STARTS ON 1:45/2:00						
AFTER 3RD ROUND MUST GO STRAIGHT INTO RECOVERY NO REST						
400	6:30 AM	4 x 100 on 2:20 CH K ON 2:10/2:20	EN1	K	CH	1
300	6:41 AM	6 x 50 on 1:30 CH REC/FAS 15M SP FOR TIME BY 25	SP3	D	CH	1
	6:50 AM	5,200 Meters - Stress Value = 181				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,300 25.00%	20.1 19.43%
AEROBIC BASE	1,200 23.07%	25.5 24.65%
WARM-UP-RECOVERY	1,200 23.07%	28.0 26.98%
PEAK LACTATE	900 17.30%	15.0 14.45%
ALACTIC	300 5.76%	9.0 8.67%
LACTATE TOLERANCE	300 5.76%	6.0 5.78%

Stroke Categories	Meters	Minutes
STROKE	2,100 40.38%	43.0 41.44%
FREESTYLE	900 17.30%	13.5 13.01%
CHOICE	900 17.30%	23.3 22.48%
IM	600 11.53%	11.2 10.84%
FINS	400 7.69%	6.6 6.42%
BUTTERFLY	300 5.76%	6.0 5.78%

Type of Work	Meters	Minutes
SWIM	2,300 44.23%	38.5 37.10%
KICK	1,800 34.61%	40.0 38.55%
DRILL	1,100 21.15%	25.2 24.33%

Workout #1243 - Monday, 31 May 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
4:30-7:00PM @ GEN						
GENERAL PREP PHASE - AEROBIC 1-2 TECH						
4:30	PM 1	on 50:00 RUN 1KM - FRISBEE - RUN 1KM	EN2		L DRY	
AEROBIC CONDITIONING DRYLAND - RUN 2KM						
RUN TO PARK AND COMPLETE ONE DRYLAND STATION						
RUNNING DRILLS A'S B'S AND C'S						
4 X STRIDES + JOG BACK						
FRISBEE THROWING TECHNIQUE						
600	5:20	PM 1 x 600 on 11:00 CH TECH FOCUS	EN1	D	CH	0:55
200	5:32	PM 1 x 200 on 3:00 FR P w PADS	EN1	P	PAD	0:45
MINIMIZE SC, NO GLIDE MAXIMIZE PULL POWER						
200	5:36	PM 1 x 200 on 3:30 FR SC 'OPEN SHOULDER CATCH'	EN1	D	FR	0:52
400	5:41	PM 1 x 400 on 6:00 FR K NO SPLASH/NOISE	EN2	K	FR	0:45
500	5:48	PM 10 x 50 on :35 FR BR 3	EN2	S	FR	0:35
200	5:55	PM 1 x 200 on 3:30 BK SC	EN1	S	BK	0:52
200	6:00	PM 1 x 200 on 4:00 BK P	EN1	D	BK	1:00
ENTER HAND AND ROLL HAND CATCHES UP TO ELBOW/SHOULDER						
PUSH HARD WITH ACCELERATION THROUGH STROKE						
HAND PUSHES TOWARDS FEET IN STRAIGHT LINE						
200	6:05	PM 1 x 200 on 4:00 BK SC AFTER CATCH OPEN SHOULDER	EN1	D	BK	1:00
400	6:10	PM 1 x 400 on 6:00 BK K FOCUS ON DOWN KICK	EN2	K	BK	0:45
KICK DOWN LEG IS RIGID AND KNEE ALMOST STRAIGHT						
500	6:17	PM 10 x 50 on :40 BK	EN2	S	BK	0:40
200	6:25	PM 1 x 200 on 4:00 BR SC	EN1	D	BR	1:00
6:29 PM 3,600 Yards - Stress Value = 54						

Energy Levels	Yards	Minutes
AEROBIC BASE	1,800 50.00%	33.0 57.39%
ANAEROBIC THRESHOLD	1,800 50.00%	24.5 42.60%

Stroke Categories	Yards	Minutes
BACKSTROKE	1,500 41.66%	24.1 42.02%
FREESTYLE	1,100 30.55%	15.3 26.66%
CHOICE	600 16.66%	11.0 19.13%
BREASTSTROKE	200 5.55%	4.0 6.95%
PADDLES	200 5.55%	3.0 5.21%

Type of Work	Yards	Minutes
DRILL	1,400 38.88%	26.5 46.08%
SWIM	1,200 33.33%	16.0 27.82%
KICK	800 22.22%	12.0 20.86%
PULL	200 5.55%	3.0 5.21%