

Workout #1287 - Thursday, 01 July 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						
SPECIFIC PREP PHASE - GROUP STANDARDS PACE WORK						
MEET DRYLAND WARMUP						
300	5:00 AM	1 x 300 on 5:00 FR/BK BY 50'S	EN1	S	FR	0:50
FOCUS ON FAST ROTATION OF TURN AND HARD PUSHOFF						
300	5:06 AM	1 x 300 on 5:30 IM SC	EN1	S	IM	0:55
300	5:13 AM	1 x 300 on 5:30 STROKE TECH	EN1	S	STK	0:55
300	5:20 AM	1 x 300 on 5:00 FR BR3	EN1	S	FR	0:50
800	5:26 AM	8 x 100 on 2:00 K CHOOSE FR OR IM	EN2	K	IM	1:00
IM SET (IF CHOICE ON KICK SET IS IM)						
1,600	5:43 AM	4x{ 2 x 100 on 2:00 IM	EN1	S	IM	1:00
{ TAKE 1:00 BONUS REST FOLLOWING 3 X 100 IM						
{ 2 x 100 on 2:30 IMO @ GOAL PACE						
FR SET (IF CHOICE ON KICK SET IS FR)						
2,400	6:20 AM	2x{ 1 x 400 on 6:30 FR NEGATIVE SPLIT	EN2	S	FR	0:49
{ 1 x 100 on 2:00 BK REC						
{ 1 x 200 on 3:15 FR NEGATIVE SPLIT						
{ 1 x 100 on 2:00 BR REC						
{ 4 x 100 on 1:40 FR @ GOAL PACE ON 1:30/1:40						
EN2 S FR 0:50						
FOLLOWING CHOICE SET STARTS						
	7:00 AM	6,000 Meters - Stress Value = 172				

DURING PRACTICE COMPLETE ATHLETE CHOICES FOR UPCOMING EVENTS

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 46.66%	48.8 42.89%
AEROBIC BASE	2,000 33.33%	37.0 32.50%
PEAK LACTATE	800 13.33%	20.0 17.56%
WARM-UP-RECOVERY	400 6.66%	8.0 7.02%

Stroke Categories	Meters	Minutes
FREESTYLE	2,600 43.33%	42.8 37.62%
IM	1,900 31.66%	37.5 32.94%
IM ORDER	800 13.33%	20.0 17.56%
STROKE	300 5.00%	5.5 4.83%
BACKSTROKE	200 3.33%	4.0 3.51%
BREASTSTROKE	200 3.33%	4.0 3.51%

Type of Work	Meters	Minutes
SWIM	5,200 86.66%	97.8 85.94%
KICK	800 13.33%	16.0 14.05%

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Meters	Time	Set Description	EGY	WORK	STK	PACE
3:00-5:00PM @ NW						
SPECIFIC PREP PHASE - MEET WARMUP/PACEWORK						
MEET DRYLAND WARMUP						
MEET WARM UP - ATHLETES PREPARE FOR PACE OR TT						
400	3:00 PM	1 x 400 on 7:00 MIXED LOOSEN UP	EN1	S	MIX	0:52
400	3:08 PM	4 x 100 on 2:00 FR K	EN2	S	FR	1:00
400	3:17 PM	1 x 400 on 8:00 FR DR/S BY 25'S	EN1	D	FR	1:00
400	3:26 PM	8 x 50 on :50 FR INCREASE HR ON :45/:50	EN2	S	FR	0:50
500	3:34 PM	5 x 100 on 1:40 FR @ PACE TO THE FEET	EN2	S	FR	0:50
200	3:44 PM	1 x 200 on 4:00 FR LAST CHANCE PREP	EN2	S	FR	1:00
FOCUS ON SPEED OFROTATION OF TURNS						
200	3:49 PM	1 x 200 on 4:00 CH K	EN2	K	CH	1:00
200	3:54 PM	1 x 200 on 4:00 CH LOOSEN/REC	REC	S	CH	1:00
PACE WORK FOR DISTANCE FR						
600	3:59 PM	6 x 100 on 1:30 FR @ PACE TO THE FEET	EN2	S	FR	0:45
200	4:09 PM	1 x 200 on 5:00 CH K	REC	K	CH	1:15
400	4:15 PM	2 x 200 on 2:50 FR @ PACE TO THE FEET	EN2	S	FR	0:42
200	4:22 PM	1 x 200 on 5:00 CH K	REC	K	CH	1:15
300	4:28 PM	3 x 100 on 1:30 FR w PADS ACCELERATE FINISH	SP2	S	PAD	0:45
200	4:34 PM	1 x 200 on 5:00 CH LOOSEN/REC	REC	S	CH	1:15
800	4:40 PM	1 x 800 on 20:00 CH K MIXED	EN1	K	MIX	1:15
ATHLETES CHOOSE KICK AND COMPLETE WITH OR WITHOUT BRD						
OPTIONAL FINS AS WELL						
ATHLETES DOING 1500 FR TT						
1,500	5:01 PM	1 x 1500 on 24:00 FR FOR TIME	EN3	S	FR	0:48
5:25 PM 6,900 Meters - Stress Value = 208						

DISTANCE FR PREP SET

SAM - FINISH SUB 1:16.00 (BASE)
 ZOE - FINISH SUB 1:14.00 (BASE)

1500 FR TIME TRIAL (HOLDING ON SPECIFIC PREP SUB 1:25.00)

ADRIANNA GRECH
 NATHAN HUYNH
 REECE JONES

MONIQUE GRECH - RECOVERY K

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,700 39.13%	45.6 35.63%
AEROBIC BASE	1,600 23.18%	35.0 27.30%
V02 MAX	1,500 21.73%	24.0 18.72%
WARM-UP-RECOVERY	800 11.59%	19.0 14.82%
PEAK LACTATE	300 4.34%	4.5 3.51%

Stroke Categories	Meters	Minutes
FREESTYLE	4,400 63.76%	73.6 57.47%
MIXED	1,200 17.39%	27.0 21.06%
CHOICE	1,000 14.49%	23.0 17.94%
PADDLES	300 4.34%	4.5 3.51%

Type of Work	Meters	Minutes
SWIM	5,100 73.91%	86.1 67.23%
KICK	1,400 20.28%	34.0 26.52%
DRILL	400 5.79%	8.0 6.24%

Workout #1289 - Friday, 02 July 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						
SPECIFIC PREP PHASE - SPRINT WORK						
MEET DRYLAND WARMUP						
600	5:00 AM	1 x 600 on 14:00 CH OYO WARM UP	EN1	S	CH	1:10
100	5:15 AM	1 x 100 on 2:30 IM K SP K OFF WALLS 6 OR 10	EN2	K	IM	1:15
100	5:19 AM	2 x 50 on 1:30 STROKE K FINISH SUB :45	SP2	K	STK	1:30
100	5:23 AM	1 x 100 on 3:00 OFF STROKE K REC	REC	K	CH	1:30
400	5:27 AM	8x{1 x 25 on 1:00 STROKE SP FAP	SP3	S	STK	2:00
		{1 x 25 on :45 STROKE SP FAS	SP3	S	STK	1:30
SET A GOAL TIME AND MAKE IT ON EACH 25						
CONSIDER FAP AND ALSO FAS						
400	5:42 AM	1 x 400 on 10:00 CH MIXED REC	REC	S	MIX	1:15
400	5:53 AM	8x{1 x 25 on :20 STROKE SP FAS	SP3	S	STK	0:40
		{1 x 25 on 1:40 CH REC	REC	S	CH	3:20
ATHLETES SET A GOAL FOR THE 25'S FAS						
IF ATHLETES DO NOT ATTAIN GOAL THEN EXCUSED						
6:09 AM		2,100 Meters - Stress Value = 47				

2ND SPRINT SET GOALS

BROOKE - BK - 15.01 - TIMES 16.01
 EMILY M - BK - 17.00 - TIMES 16.41, 16.89, 17.23
 ZOE - FR 15.00 - TIMES 15.21
 EMILY S - BK - 17.50 - TIMES 17.98
 LEAH - FR 14.72 - TIMES 14.70, 14.72, 14.52, 14.63, 14.33
 DAVID A - FR 15.00 - TIMES 15.75
 ADRIANNA - FR 16:40 - TIMES 16.18, 16.09, 15.57, 15.33, 15.71
 MONIQUE - FR 15.50 - TIMES 15.72
 NATHAN - FR 15.00 - TIMES 14.94, 14.53, 14.12, 14.22, 14.15

MEETING WITH PARENTS AND ATHLETES WITH RESPECT TO THE EXPECTATION OF EFFORT DURING TRAINING

Energy Levels	Meters	Minutes
=====	=====	=====
WARM-UP-RECOVERY	700 33.33%	26.3 42.13%
AEROBIC BASE	600 28.57%	14.0 22.40%
ALACTIC	600 28.57%	16.6 26.66%
PEAK LACTATE	100 4.76%	3.0 4.80%
ANAEROBIC THRESHOLD	100 4.76%	2.5 4.00%

Stroke Categories	Meters	Minutes
=====	=====	=====
CHOICE	900 42.85%	30.3 48.53%
STROKE	700 33.33%	19.6 31.46%
MIXED	400 19.04%	10.0 16.00%
IM	100 4.76%	2.5 4.00%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,800 85.71%	54.0 86.40%
KICK	300 14.28%	8.5 13.60%

Workout #1291 - Friday, 02 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
3:00-5:00PM @ NW						
SPECIFIC PREP PHASE - FR/IM PACE TECHNIQUE						
MEET DRYLAND WARMUP						
BE FOCUSED AND PRECISE GET IT DONE WELL						
200	3:00 PM	2 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:0
ANYTHING NOT PERFECT IN #1 MAKE IT IN #2						
600	3:05 PM	3 x 200 on 4:20 FR K MAKE THE PACE	EN2	K	FR	1:0
SET 1 ON 4:00/4:20						
SET 2 ON 3:50/4:10						
SET 3 ON 3:40/4:00						
ATHLETES ARE TO MAKE THE PACE AND GET AT LEAST :05 REST						
IF 1500 FR PB > 21:15.00 COMPLETE THE FOLLOWING						
800	3:19 PM	4 x 200 on 3:30 FR FINISH AT 2:50	EN2	S	FR	0:5
IF 1500 FR PB < 21:15.00 COMPLETE THE FOLLOWING						
400	3:34 PM	4 x 100 on 1:50 FR FINISH SUB 1:20	EN2	S	FR	0:5
100	3:43 PM	4 x 25 on :40 FR STS + SC GET SC FROM POWER	EN1	S	FR	1:2
300	3:47 PM	3 x 100 on 1:50 FINISH SUB 1:20	EN2	S	FR	0:5
ALL ATHLETES COMPLETE THE FOLLOWING SET						
400	3:54 PM	8 x 50 on :50 FR P w PADS ON :45/:50	EN2	S	PAD	0:5
ACCELERATE FINISHES 'TRICEPS FEELING FATIGUE'						
600	4:02 PM	4 x 150 on 3:10 IM SEE NOTE	EN1	S	IM	1:0
ATHLETE COMPLETES 50'S OF 3RD AND 4TH BEST						
ON 50'S OF STROKE NEGATIVE SPLIT THE 50'S						
IF 400 IM PB > 6:00.00 COMPLETE THE FOLLOWING						
300	4:16 PM	3 x 100 on 2:15 4TH BEST 25 SP 50 SC 25 SP	EN2	S	STK	1:0
ON SC PORTION GET SC BY POWER OF STROKE NOT GLIDE						
400	4:24 PM	1 x 400 on 7:00 IM BROKEN :10 REST PER 100	EN3	S	IM	0:5
GET TOTAL TIME (-:30) GOAL AS CLOSE TO PB AS POSSIBLE						
200	4:32 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:1
300	4:38 PM	3 x 100 on 2:00 3RD BEST 25 SP 50 SC 25 SP	EN2	S	STK	1:0
ON SC PORTION GET SC BY POWER OF STROKE NOT GLIDE						
400	4:45 PM	1 x 400 on 7:00 IM BROKEN :10 REST PER 100	EN3	S	IM	0:5
GET TOTAL TIME (-:30) GOAL AS CLOSE TO PB AS POSSIBLE						
200	4:53 PM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:1
IF 400 IM PB < 6:00.00 COMPLETE THE FOLLOWING						
400	4:59 PM	4 x 100 on 1:50 IM FAST TURNS	EN2	S	IM	0:5
300	5:08 PM	3 x 100 on 1:30 IM MAKE THE PACE	EN2	S	IM	0:4
200	5:14 PM	2 x 100 on 2:00 IM STS + SC	EN1	S	IM	1:0
100	5:19 PM	1 x 100 on 1:50 IM FINISH AT < PB + :15	SP2	S	IM	0:5
400	5:22 PM	2 x 200 on 3:50 IM K #1 ON 3:50, #2 ON 3:40	EN2	K	IM	0:5
200	5:31 PM	1 x 200 on 4:00 4TH BEST STROKE TECH	EN1	S	STK	1:0
200	5:36 PM	1 x 200 on 4:00 3RD BEST STROKE TECH	EN1	S	STK	1:0
100	5:41 PM	1 x 100 on 1:50 IM FAST TURNS	EN1	S	IM	0:5
5:43 PM 7,100 Meters - Stress Value = 175						

MEETING WITH PARENTS AND ATHLETES WITH RESPECT TO THE EXPECTATION OF EFFORT DURING TRAINING

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,200 59.15%	78.7 57.16%
AEROBIC BASE	1,600 22.53%	33.1 24.07%
V02 MAX	800 11.26%	14.0 10.16%
WARM-UP-RECOVERY	400 5.63%	10.0 7.25%
PEAK LACTATE	100 1.40%	1.8 1.33%

Stroke Categories	Meters	Minutes
IM	3,100 43.66%	57.8 41.98%
FREESTYLE	2,200 30.98%	42.5 30.85%
STROKE	1,000 14.08%	20.7 15.06%

CHOICE	400	5.63%	10.0	7.25%
PADDLES	400	5.63%	6.6	4.83%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	6,100	85.91%	117.0	84.99%
KICK	1,000	14.08%	20.6	15.00%

Workout #1292 - Saturday, 03 July 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						
SPECIFIC PREP PHASE - GROUP STANDARDS PACE WORK						
MEET DRYLAND WARMUP						
300	6:00 AM	6 x 50 on 1:00 FLY ON :55/1:00	EN1	S	FLY	1:0
300	6:07 AM	6 x 50 on :55 BK ON :50/:55	EN1	S	BK	0:5
300	6:14 AM	6 x 50 on 1:00 BR ON :55/1:00	EN1	S	BR	1:0
300	6:21 AM	6 x 50 on :50 FR ON :45/:50	EN1	S	FR	0:5
ATHLETES ARE TO COMPLETE THE ABOVE SETS GETTING A MINIMUM OF :03 SECONDS REST						
450	6:27 AM	3 x 150 on 2:30 FR 100 FR NEG SPLIT 50 SP K	EN2	S	FR	0:5
450	6:36 AM	3 x 150 on 2:50 STROKE 100 NEG SPLIT 50 SP K	EN2	S	STK	0:5
300	6:46 AM	3 x 100 on 1:50 K w FINS SEE NOTES	EN2	K	FIN	0:5
COMPLETE ONE OF EACH FLY, BK, FR DESCENDING PACE 1- 1:50, 2- 1:40, 3- 1:30						
600	6:53 AM	12 x 50 on 1:00 K w FINS	SP2	K	FIN	1:0
FINISH SUB :40 CLUB, OR FINISH SUB :35 CLUB						
800	7:06 AM	1 x 800 on 14:00 FR P BR 3/5 BY 100'S	EN2	P	FR	0:5
400	7:21 AM	2 x 200 on 5:00 STROKE TECH	EN1	D	STK	1:1
1ST 200 TECH, 2ND 200 TECH w OK						
100	7:32 AM	1 x 100 on 2:30 IM SWIM NORMAL NO EXTENSION	EN1	S	IM	1:1
COMPLETED WITH SC 8-12-8-12						
WHEN FINISHED SC SL FLY K NO BREATH TO 100M						
100	7:36 AM	1 x 100 on 3:00 IM SC (MAX 6 FLY K)	EN1	S	IM	1:3
WHEN FINISHED SC 8-12-8-12 SL FLY K TO 100M						
200	7:40 AM	1 x 200 on 5:00 IM SC GAME	EN1	S	IM	1:1
COMPLETE SC 8-12-8-12 FOR STROKE SPECIFIC THEN SL FLY K						
7:45 AM 4,600 Meters - Stress Value = 131						

DURING PRACTICE COMPLETE ATHLETE CHOICES FOR UPCOMING EVENTS

Energy Levels	Meters	Minutes
AEROBIC BASE	2,000 43.47%	43.0 47.51%
ANAEROBIC THRESHOLD	2,000 43.47%	35.5 39.22%
PEAK LACTATE	600 13.04%	12.0 13.25%

Stroke Categories	Meters	Minutes
FREESTYLE	1,550 33.69%	26.5 29.28%
FINS	900 19.56%	17.5 19.33%
STROKE	850 18.47%	18.5 20.44%
IM	400 8.69%	10.5 11.60%
BACKSTROKE	300 6.52%	5.5 6.07%
BUTTERFLY	300 6.52%	6.0 6.62%
BREASTSTROKE	300 6.52%	6.0 6.62%

Type of Work	Meters	Minutes
SWIM	2,500 54.34%	49.0 54.14%
KICK	900 19.56%	17.5 19.33%
PULL	800 17.39%	14.0 15.46%
DRILL	400 8.69%	10.0 11.04%

Workout #1293 - Monday, 05 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
3:00-5:00PM @ ROW						
SPECIFIC PREP PHASE - LACTATE TOLERANCE/TECH EN2						
MEET DRYLAND WARMUP						
1,200	3:00 PM	3 x 400 on 7:00 SEE NOTES	EN1	S	MIX	0:52
		1 - FR/BK BY 100'S				
		2 - FR/BR BY 100'S				
		3 - FR/FLY BY 50'S				
600	3:22 PM	6 x 100 on 1:55 FLY K ON 1:50/1:55	SP1	K	FLY	0:58
600	3:35 PM	6 x 100 on 1:55 STROKE K ON 1:50/1:55	SP1	K	STK	0:58
600	3:48 PM	6 x 100 on 1:55 FR K ON 1:50./1:55	SP1	K	FR	0:58
SNORKEL OPTIONAL DURING KICK SET						
500	4:01 PM	10 x 50 on 1:10 STROKE DR/S BY 25'S	EN1	D	STK	1:10
DRILLS						
FLY - FIST, 4K1P, XMAS, 3-3-3						
BK - FIST, FINISHES, 3 SCULL SWITCH, 6-3-3						
BR - SCULL, 1 SCULL 1 STROKE, BRFLY, BRwFLY K						
FR - FIST, 3 SCULL SWITCH, FINISHES, Q-STROKE, POCKET						
800	4:14 PM	4 x 200 on 3:40 STROKE DESCEND 1-4	EN2	S	STK	0:55
DESCEND TIME 1-4						
NEGATIVE SPLIT EACH 200						
FLY+BR PACE TIME = PB + :50						
FR+BK PACE TIME = PB + :40						
4:28 PM 4,300 Meters - Stress Value = 196						

BRIEF DISCUSSION ON 'TEAM' WORK DURING TRAINING
 SUPPORTING TEAMMATES
 AT THE END OF EACH SESSION WHEN YOU GET OUT ASK YOURSELF...
 DID I PUT EVERYTHING I COULD INTO THAT SESSION?
 YOU SHOULD BE EXHAUSTED/TIRED

Energy Levels	Meters	Minutes
LACTATE TOLERANCE	1,800 41.86%	34.5 42.15%
AEROBIC BASE	1,700 39.53%	32.6 39.91%
ANAEROBIC THRESHOLD	800 18.60%	14.6 17.92%

Stroke Categories	Meters	Minutes
STROKE	1,900 44.18%	37.8 46.23%
MIXED	1,200 27.90%	21.0 25.66%
FREESTYLE	600 13.95%	11.5 14.05%
BUTTERFLY	600 13.95%	11.5 14.05%

Type of Work	Meters	Minutes
SWIM	2,000 46.51%	35.6 43.58%
KICK	1,800 41.86%	34.5 42.15%
DRILL	500 11.62%	11.6 14.25%

Workout #1295 - Tuesday, 06 July 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						
SPECIFIC PREP PHASE - TECH/ANEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
200	5:00 AM	1 x 200 on 4:00 FR TECH FOCUS + SC	EN1	S	FR	1:00
RECOVERY MOMENTUM USED TO FOLLOW THROUGH ON ENTRY						
200	5:05 AM	1 x 200 on 4:00 BR TECH FOCUS + SC	EN1	S	BR	1:00
SL EACH STROKE BOTH HANDS AND FEET						
200	5:10 AM	1 x 200 on 4:00 BK TECH FOCUS + SC + FLY K	EN1	S	BK	1:00
RECOVERY MOMENTUM USED TO FOLLOW THROUGH ON ENTRY						
OPPOSITE SHOULDER FULLY OUT OF WATER ON HAND ENTRY						
200	5:15 AM	4 x 50 on 1:15 FLY TECH FOCUS	EN1	S	FLY	1:15
FAST SNAP KICKS NO GLIDE TIMING						
1,600	5:21 AM	2x { 2 x 200 on 4:00 IM STS + SC	EN1	D	IM	1:00
{ 1 x 200 on 3:45 IM FOCUS FLY + BR TECH						
{ 1 x 200 on 3:30 IM FOCUS BK + FR TECH						
600	5:53 AM	4 x 150 on 2:20 FR ON 2:10/2:20	EN2	S	FR	0:47
FOCUS ON SL AND FAST TURNS						
600	6:04 AM	6 x 100 on 1:55 BR ON 1:45/1:55	EN2	S	BR	0:58
FOCUS ON FAST TURNS + SNAP KICKS						
600	6:17 AM	8 x 75 on 1:25 BK ON 1:15/1:25	EN2	S	BK	0:57
FOCUS ON SL + FAST TURNS + FLY K OFF WALLS						
600	6:30 AM	12 x 50 on :55 FLY ON :50/:55	EN2	S	FLY	0:55
FOCUS ON HARD PUSHOFFS + FAST TURNS +						
FLY K OFF 1ST WALL + MAINTAIN HIGH S/R + NO GLIDE						
200	6:42 AM	1 x 200 on 4:00 CH K FINISH UNDER 4:00	EN1	K	CH	1:00
900	6:47 AM	3 x 300 on 5:15 BK/BR/FR BY 100'S ON 5:00/5:15	EN2	S	IM	0:52
SET 1 - SWIM, SET 2 - S w PADS, SET 3 - P w PADS						
	7:02 AM	5,900 Meters - Stress Value = 99				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,300 55.93%	58.9 53.35%
AEROBIC BASE	2,600 44.06%	51.5 46.64%

Stroke Categories	Meters	Minutes
IM	2,500 42.37%	46.2 41.88%
BACKSTROKE	800 13.55%	15.3 13.88%
BUTTERFLY	800 13.55%	16.0 14.49%
FREESTYLE	800 13.55%	13.3 12.07%
BREASTSTROKE	800 13.55%	15.5 14.03%
CHOICE	200 3.38%	4.0 3.62%

Type of Work	Meters	Minutes
SWIM	4,900 83.05%	90.4 81.88%
DRILL	800 13.55%	16.0 14.49%
KICK	200 3.38%	4.0 3.62%

Workout #1296 - Tuesday, 06 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set	Description	EGY	WORK	STK	PACE
3:00-5:00PM @ NW SPECIFIC PREP PHASE - AEROBIC/PEAK LACTATE/SPRINT MEET DRYLAND WARMUP							
1,600	3:00 PM	4 x 400	on 6:40 FR ON 6:20/6:40 SEE NOTES	EN1	S	FR	0:50
			1 - BR 3/5 BY 50'S				
			2 - NEGATIVE SPLIT				
			3 - BR 5				
			4 - 50 SP 300 SC 50 SP				
300	3:28 PM	6 x 50	on 2:00 FR K FINISH SUB :40/:45	SP2	K	FR	2:00
400	3:41 PM	1 x 400	on 7:30 K w FINS ATHLETE CHOICE OF ORDER	EN2	K	MIX	0:56
MUST COMPLETE 100M OF EACH OF THE FOLLOWING SL FLY K ON BK, FLY K w BRD, SL BK K, FR K w BRD							
425	3:50 PM	1 x 425	on 8:00 ATHLETE CHOICE TECH/DRILLS/REC	EN1	D	CH	0:56
50	3:59 PM	1 x 50	on 2:00 CH STROKE FAS ALL OUT SP	SP2	S	STK	2:00
200	4:02 PM	1 x 200	on 5:00 CH RECOVERY	REC	S	CH	1:15
400	4:08 PM	8 x 50	on 4:00 CH STROKE FAS ALL OUT SP	SP2	S	STK	4:00
IF TIME < FIRST TT THEN (-2) IF FIRST TT < TIME < FIRST TT + 2% THEN (-1) IF TIME > FIRST TT THEN (-0) ATHELTES CONTINUE UNTIL 8 REPETITIONS ELIMINATED BY PERFORMANCE TIME							
25	4:41 PM	1 x 25	on 1:00 CH RECOVERY	REC	S	CH	2:00
	4:42 PM	3,400 Meters - Stress Value = 114					

NAME - TT TIME - TT TIME + 2% - TIMES

NATHAN (FR) - 31.43 - 32.05 - 31.79, 31.84, 32.23, 32.04, 31.51, 31.59, 32.01

DAVID A (FR) - 34.94 - 35.63 - 35.02, 34.27, 24.09, 33.78, 34.06, 33.18

ADRIANNA (BK) - 39.64 - 40.43 - 39.67, 41.63, 41.22, 40.57, 38.89, 40.71, 38.52, 39.57

DAVID B (BR) - 34.71 - 35.40 - 34.79, 34.69, 34.76, 34.80, 35.06, 36.23, 35.44, 33.96

ZOE (BR) - 44.99 - 45.88 - 44.53, 43.95, 43.94, 44.21

MONIQUE (FLY) - 35.48 - 36.16 - 35.80, 35.42, 35.65, 35.72, 36.55, 36.90, 37.44, 38.33

CASEY (BK) - 38.26 - 39.02 - 38.05, 39.24, 39.07, 40.45, 40.69, 39.18, 41.35, 41.53

LEAH (FLY) - 35.95 - 36.66 - 36.30, 36.40, 35.40, 35.58, 36.51, 36.26

BROOKE (BR) - 41.89 - 42.72 - 41.41, 41.70, 41.11, 41.50

Energy Levels	Meters	Minutes
AEROBIC BASE	2,025 59.55%	34.6 36.81%
PEAK LACTATE	750 22.05%	46.0 48.84%
ANAEROBIC THRESHOLD	400 11.76%	7.5 7.96%
WARM-UP-RECOVERY	225 6.61%	6.0 6.37%

Stroke Categories	Meters	Minutes
FREESTYLE	1,900 55.88%	38.6 41.06%
CHOICE	650 19.11%	14.0 14.86%
STROKE	450 13.23%	34.0 36.10%
MIXED	400 11.76%	7.5 7.96%

Type of Work	Meters	Minutes
SWIM	2,275 66.91%	66.6 70.79%
KICK	700 20.58%	19.5 20.70%
DRILL	425 12.50%	8.0 8.49%

Workout #1298 - Wednesday, 07 July 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 SPECIFIC PREP PHASE - ANAEROBIC THRESHOLD/VO2 MAX MEET DRYLAND WARMUP						
400	5:00 AM	4 x 100 on 2:00 MI (ROTATE EACH 100) FOCUS ON EXT SL EACH WALL	EN1	S	MI	1:00
300	5:09 AM	6 x 50 on 2:00 CH STROKE K FINISH AT :40/:45	SP2	K	STK	2:00
3,600	5:22 AM	1x { 1 x 600 on 11:30 FR K ON 11:00/11:30 { 6 x 75 on 1:15 FR ON 1:05/1:15 { 1 x 100 on 3:00 CH K REC { 6 x 75 on 1:15 FR P w PADS ON 1:05/1:15 { 1 x 200 on 5:00 CH REC { 1 x 600 on 11:30 STROKE K ON 11:00/11:30 { 6 x 75 on 1:30 STROKE SEE NOTE FOR PACE { BK PACE - 1:15/1:25, BR OR FLY PACE - 1:20/1:30 { 1 x 100 on 3:00 CH K REC { 6 x 75 on 1:30 STROKE P w PADS SEE NOTE { BK PACE - 1:15/1:25, BR OR FLY PACE - 1:20/1:30 { IF FLY NO PADDLES { 1 x 200 on 5:00 CH REC	EN2	K	FR	0:58
			EN3	S	FR	0:50
			REC	K	CH	1:30
			EN3	P	PAD	0:50
			REC	S	CH	1:15
			EN2	K	STK	0:58
			EN3	S	STK	1:00
			REC	K	CH	1:30
			EN3	P	PAD	1:00
			REC	S	CH	1:15
	6:34 AM	1 on 10:00 PARTNER STROKE WORK REVIEW YOUR PARTNERS STROKE AND PROVIDE ONE ASPECT THAT THEY CAN USE TO MAKE AN IMPROVEMENT	EN1	D	STK	
	6:44 AM	4,300 Meters - Stress Value = 183				

MAIN SET STROKE CHOICE

- DAVID A - FLY
- LEAH - BK
- DAVID B - BK
- ADRIANNA - BK
- MONIQUE - BK
- ASHLEE - BK
- BROOKE - BK
- ZOE - FLY
- EMILY S - BK

Energy Levels	Meters	Minutes
V02 MAX	1,800 41.86%	33.0 35.86%
ANAEROBIC THRESHOLD	1,200 27.90%	23.0 25.00%
WARM-UP-RECOVERY	600 13.95%	16.0 17.39%
AEROBIC BASE	400 9.30%	8.0 8.69%
PEAK LACTATE	300 6.97%	12.0 13.04%

Stroke Categories	Meters	Minutes
STROKE	1,350 31.39%	32.5 35.32%
FREESTYLE	1,050 24.41%	19.0 20.65%
PADDLES	900 20.93%	16.5 17.93%
CHOICE	600 13.95%	16.0 17.39%
REV IM	400 9.30%	8.0 8.69%

Type of Work	Meters	Minutes
SWIM	1,700 39.53%	34.5 37.50%
KICK	1,700 39.53%	41.0 44.56%
PULL	900 20.93%	16.5 17.93%

Workout #1299 - Wednesday, 07 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
3:00-5:00PM @ ROW					
SPECIFIC PREP PHASE - RECOVERY TECH					
MEET DRYLAND WARMUP					
600	3:00 PM	1 x 600 on 9:00 FR w FINS BR3 6 FLY K EACH WALL	EN1	S	FIN
ONE TECH FOCUS DURING SWIM					
400	3:10 PM	1 x 400 on 9:00 FLY K	EN1	K	FLY
300	3:20 PM	1 x 300 on 6:00 FLY 10 FLY K EVERY WALL BR1	EN2	S	FLY
800	3:27 PM	1 x 800 on 13:00 FR w PADS 6 BT K BR 3/5 BY 100'S	EN2	S	PAD
1,000	3:41 PM	1 x 1000 on 18:00 IM 1ST 50 STS + SC THEN BUILD	EN1	S	FR
700	4:00 PM	1 x 700 on 13:00 BK EVERY 5TH 50 SP	EN2	S	BK
SHALLOW WALL - PUSHOFF AND HOLD SL TILL FEET PASS FLAGS					
DEEP WALL - MUST HAVE 6 FLY K					
1,500	4:14 PM	5x{ 5 x 50 on :50 FR	EN2	S	FR
		{ 1 x 50 on :50 IMO	EN2	S	IMO
	4:39 PM	5,300 Meters - Stress Value = 96			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,300 62.26%	57.0 61.29%
AEROBIC BASE	2,000 37.73%	36.0 38.70%

Stroke Categories	Meters	Minutes
FREESTYLE	2,250 42.45%	38.8 41.75%
PADDLES	800 15.09%	13.0 13.97%
BACKSTROKE	700 13.20%	13.0 13.97%
BUTTERFLY	700 13.20%	15.0 16.12%
FINS	600 11.32%	9.0 9.67%
IM ORDER	250 4.71%	4.1 4.48%

Type of Work	Meters	Minutes
SWIM	4,900 92.45%	84.0 90.32%
KICK	400 7.54%	9.0 9.67%

Workout #1300 - Thursday, 08 July 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						
SPECIFIC PREP PHASE - ANAEROBIC THRESHOLD/LOADING						
MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 8:00 IM K/S BY 50'S	EN1	S	IM	1:00
400	5:09 AM	1 x 400 on 8:00 IM STS	EN2	S	IM	1:00
1,600	5:18 AM	4 x 400 on 7:00 IM ON 6:30/7:00	EN2	S	IM	0:52
IF PB < 5:45 THEN USE PACE OF 6:30						
IF PB > 5:45 THEN USE PACE OF 7:00						
800	5:47 AM	8 x 100 on 1:55 FR K ON 1:50/1:55	SP1	K	FR	0:58
1,000	6:04 AM	5 x 200 on 3:05 FR ON 2:50/3:05	EN2	S	FR	0:46
1,000	6:21 AM	5 x 200 on 3:05 FR/BK BY 100'S ON 2:50/3:05	EN2	S	BK	0:46
200	6:38 AM	1 x 200 on 5:00 BR SL HANDS&FEET EACH STROKE SC	EN1	D	BR	1:15
800	6:44 AM	4x{4 x 50 on :55 IMO BY SET 25 SP 25 REC/DRILL	SP3	S	IMO	0:55
300	7:00 AM	1 x 300 on 5:00 FR/BK/BR w PADS BY 100'S	EN1	S	PAD	0:50
	7:05 AM	6,500 Meters - Stress Value = 202				

ZOE - BK TOO SHALLOW SWEEP SHOULDER OUT AND SPLASH HAND IN
 SAM - BK DIG DEEPER SHOULDER OUT RECOVERY THUMB FIRST
 DAVID A - BR FOCUS ON SL
 CASEY - SOFTNESS OF STROKES MAKE SOME SPLASH/AGGRESSION
 ASHLEE - SL WITH BODY OFF WALLS EXTENDED USE WALLS
 LEAH - BK DROP HANDS IN RATHER THAN REACH

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	4,000 61.53%	66.8 58.20%
AEROBIC BASE	900 13.84%	18.0 15.67%
LACTATE TOLERANCE	800 12.30%	15.3 13.35%
ALACTIC	800 12.30%	14.6 12.77%

Stroke Categories	Meters	Minutes
IM	2,400 36.92%	44.0 38.31%
FREESTYLE	1,800 27.69%	30.7 26.77%
BACKSTROKE	1,000 15.38%	15.4 13.42%
IM ORDER	800 12.30%	14.6 12.77%
PADDLES	300 4.61%	5.0 4.35%
BREASTSTROKE	200 3.07%	5.0 4.35%

Type of Work	Meters	Minutes
SWIM	5,500 84.61%	94.5 82.29%
KICK	800 12.30%	15.3 13.35%
DRILL	200 3.07%	5.0 4.35%

Workout #1301 - Thursday, 08 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
3:00-5:00PM @ NW					
SPECIFIC PREP PHASE - VO2 MAX					
MEET DRYLAND WARMUP					
400	3:00 PM	1 x 400 on 7:15 FR ON 7:00/7:15	EN1	S	FR
400	3:09 PM	1 x 400 on 7:15 FR/BK BY 100'S ON 7:00/7:15	EN1	S	BK
400	3:18 PM	1 x 400 on 7:15 FR/BR BY 100'S ON 7:00/7:15	EN2	S	BR
400	3:27 PM	1 x 400 on 7:15 FR/IM BY 50'S ON 7:00/7:15	EN2	S	IM
400	3:36 PM	4x{ 4 x 25 on :50 IMO BY SET SP MAX EFFORT!!!!	SP3	S	IMO
300	3:51 PM	1 x 300 on 6:00 STROKE SEE NOTE	EN2	S	STK
25 VERY STRONG + LONG, 25 DPS					
27 X 100 FOR BEST AVERAGE SET					
FR - 9 X 100 ON 1:40, 9 X 100 ON 1:50, 9 X 100 ON 2:00					
STK - 9 X 100 ON 1:50, 9 X 100 ON 2:00, 9 X 100 ON 2:10					
STROKE CAN BE FLY, BK, BR OR IM					
IF FR OR BK GOAL < PB + 15					
IF BR OR FLY OR IM GOAL < PB + 20					
900	3:58 PM	9 x 100 on 1:50 FOR BEST AVERAGE ON 1:40/1:50	EN3	S	STK
900	4:16 PM	9 x 100 on 2:00 FOR BEST AVERAGE ON 1:50/2:00	EN3	S	STK
900	4:35 PM	9 x 100 on 2:10 FOR BEST AVERAGE ON 2:00/2:10	EN3	S	STK
	4:55 PM	5,000 Meters - Stress Value = 228			

NAME - STROKE - PB - GOAL

SAM - BR - 1:25.57 - < 1:45.57

1:38.3, 1:39.5, 1:38.3, 1:40.0, 1:40.0, 1:39.4, 1:40.7, 1:41.7, 1:39.5 (1:39.7)
 1:37.0, 1:39.8, 1:39.7, 1:38.4, 1:39.9, 1:42.0, 1:40.0, 1:40.7, 1:39.9 (1:39.8)
 1:38.6, 1:40.3, 1:40.6, 1:39.2, 1:39.1, 1:39.2, 1:40.6, 1:35.1 (1:39.0)

NATHAN - FR - 1:05.44 - < 1:20.44

1:18.3, 1:20.8, 1:20.5, 1:21.0, 1:20.6, 1:20.3, 1:22.1, 1:22.7, 1:23.2 (1:21.0)
 1:21.0, 1:23.0, 1:20.7, 1:20.3, 1:19.6, 1:21.9, 1:21.0, 1:21.5, 1:20.1 (1:21.0)
 1:19.6, 1:20.9, 1:21.1, 1:17.4, 1:17.2, 1:18.4, 1:15.9, 1:17.8, 1:16.0 (1:18.2)

ZOE - IM - 1:15.36 - < 1:35.36

1:27.1, 1:28.5, 1:30.5, 1:30.5, 1:31.6, 1:31.5, 1:31.5, 1:32.6, 1:31.4 (1:30.5)
 1:27.3, 1:29.8, 1:29.7, 1:29.2, 1:29.4, 1:30.4, 1:30.2, 1:29.6, 1:28.9 (1:29.3)
 1:26.9, 1:27.7, 1:30.0, 1:30.6, 1:29.6, 1:28.4, 1:28.6, 1:27.9 (1:28.6)

ADRIANNA - FR - 1:15.79 - < 1:30.79

1:23.7, 1:26.7, 1:27.5, 1:28.2, 1:25.1, 1:28.5, 1:26.8, 1:31.4, 1:26.2 (1:27.1)
 1:23.4, 1:29.6, 1:30.4, 1:25.5, 1:18.7, 1:20.4, 1:20.5, 1:22.3, 1:19.6 (1:20.0)
 1:19.0, 1:25.9, 1:23.1, 1:17.5, 1:17.1, 1:15.9, 1:18.6, 1:22.5, 1:18.6 (1:19.9)

MONIQUE - BR - 1:35.25 - < 1:55.25

1:55.7 (<1:50)
 1:54.3, 2:01.4 (<2:00)
 1:49.4, 1:48.5, 1:51.1, 1:58.0, 1:54.6, 1:56.8, 1:51.7, 1:54.9 (1:53.1)

Energy Levels	Meters	Minutes
VO2 MAX	2,700 54.00%	54.0 52.76%
ANAEROBIC THRESHOLD	1,100 22.00%	20.5 20.03%
AEROBIC BASE	800 16.00%	14.5 14.16%
ALACTIC	400 8.00%	13.3 13.02%

Stroke Categories	Meters	Minutes
STROKE	3,000 60.00%	60.0 58.63%
IM	400 8.00%	7.2 7.08%

BREASTSTROKE	400	8.00%	7.2	7.08%
IM ORDER	400	8.00%	13.3	13.02%
FREESTYLE	400	8.00%	7.2	7.08%
BACKSTROKE	400	8.00%	7.2	7.08%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	5,000	100.00%	102.3	100.00%

Workout #1302 - Friday, 09 July 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 SPECIFIC PREP PHASE - ANAEROBIC THRESHOLD K/PACE WORK MEET DRYLAND WARMUP				
750	5:00 AM	5 x 150 on 3:15 MIO K/DR/S BY 50'S SEE NOTES 2 X { FR - ROBOT, HU w FLY K BR - 1 SCULL 1 STROKE, BR w FLY K BK - RAINBOW, 3 SCULL SWITCH FLY - 4K1P, 3-3-3	EN1	D	MIO	1:05
200	5:18 AM	4 x 50 on :45 FR ON :40/:45 REPEAT SET	SP2	S	FR	0:45
200	5:22 AM	4 x 50 on :45 FR ON :40/45	SP2	S	FR	0:45
1,200	5:26 AM	3 x 400 on 7:50 STROKE K ON 7:20/7:50	EN2	K	STK	0:59
300	5:51 AM	3 x 100 on 2:10 STROKE 50 SP 25 REC 25 SC :20	SP1	S	STK	1:05
400	5:59 AM	8 x 50 on 1:20 STROKE @ GOAL PACE	SP2	S	STK	1:20
200	6:11 AM	1 x 200 on 5:00 CH REC	REC	S	CH	1:15
100	6:17 AM	1 x 100 on 2:00 FR ALL OUT FOR TIME GOAL < PB + 10	SP2	S	FR	1:00
250	6:20 AM	1 x 250 on 5:00 CH RECOVERY	REC	S	CH	1:00
100	6:26 AM	1 x 100 on 2:00 FR w PADS ALL OUT FOR TIME GOAL IS TO BE 2 SECONDS FASTER THAN 100 TIME	SP2	S	PAD	1:00
200	6:29 AM	1 x 200 on 5:00 CH REC	REC	S	CH	1:15
	6:34 AM	3,900 Meters - Stress Value = 171				

NAME - EVENT - GOAL TIME - GOAL PACE
 DAVID A - 200 BK - 2:40.00 - 40.00
 NATHAN - 200 FLY - 2:55.00 - 43.75
 ADRIANNA - 200 BK - 2:55.00 - 43.75
 MONIQUE - 200 FLY - 2:40.00 - 40.00
 LEAH - 200 BK - 2:38.00 - 39.50
 BROOKE - 200 BK - 2:26.00 - 36.50
 EMILY S - 1500 FR - 21:00.00 - 1:23.00
 DAVID B - 100 BR - 1:09.00 - 35.50
 ZOE - 200 FLY - 2:25.96 - 36.49

NAME - 100 FR - 100 FR w PADS
 100 FR GOAL < PB + 10
 100 FR w PADS GOAL < 100 FR TT - 2 SECONDS
 DAVID A - 1:23.58 - 1:12.36
 NATHAN - 1:09.36 - 1:12.17
 ADRIANNA - 1:13.67 - 1:14.11
 MONIQUE - 1:15.41 - 1:14.11
 LEAH - 1:09.02 - 1:08.33
 BROOKE - 1:09.53 - 1:12.60
 EMILY S - 1:13.38 - 1:14.74
 DAVID B - 1:06.99 - 1:12.36
 ZOE - 1:08.10 - 1:07.70

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,200 30.76%	23.5 28.68%
PEAK LACTATE	1,000 25.64%	20.6 25.22%
AEROBIC BASE	750 19.23%	16.2 19.83%
WARM-UP-RECOVERY	650 16.66%	15.0 18.31%
LACTATE TOLERANCE	300 7.69%	6.5 7.93%

Stroke Categories	Meters	Minutes
STROKE	1,900 48.71%	40.6 49.64%
REV IM ORDER	750 19.23%	16.2 19.83%
CHOICE	650 16.66%	15.0 18.31%
FREESTYLE	500 12.82%	8.0 9.76%

PADDLES 100 2.56% 2.0 2.44%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	1,950	50.00%	42.1	51.47%
KICK	1,200	30.76%	23.5	28.68%
DRILL	750	19.23%	16.2	19.83%

Workout #1304 - Monday, 12 July 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				
		COMPETITION PHASE - SPRINT/VO2 MAX				
	4:30 PM	1 on :30 DRYLAND ABDOMINALS	EN2		L DRY	
		INDIVIDUAL GOAL SETTING WITH ATHELTES				
		GOALS FOR REMAINDER OF SC SEASON				
		GOALS FOR LC SEASON				
		MEET DRYLAND WARM UP				
1,200	4:30 PM	2x{1 x 200 on 2:40 FR	EN1	S	FR	0:40
		{1 x 200 on 2:40 FR/BR BY 100'S	EN2	S	BR	0:40
		{1 x 200 on 2:40 FR/FLY BY 50'S	EN2	S	FLY	0:40
1,200	4:47 PM	4 x 300 on 5:10 STROKE K	EN2	K	STK	0:52
400	5:09 PM	4 x 100 on 2:30 STROKE TECH FOCUS	EN1	S	STK	1:15
1,000	5:20 PM	20 x 50 on 1:10 STROKE SP/REC BY 25'S	SP3	S	STK	1:10
600	5:45 PM	1 x 600 on 11:00 CH S/K/P BY 100'S	EN1	D	CH	0:55
100	5:57 PM	1 x 100 on 1:20 3RD BEST STROKE SP FOR TIME	SP2	S	STK	0:40
	5:59 PM	4,500 Yards - Stress Value = 104				

BROOKE - BK - 1ST STROKE DEEP OFF WALL, ROTATE SHOULDERS
 LEAH - FR - SP K, ENTRY NO GLIDE/EXTENSION REDUCE XOVER
 CASEY - FR - HEAD POSITION NEUTRAL, SPLASH HANDS ON ENTRY
 ADRIANNA - FR - HEAD STILL, ARM SPEED AND K
 DAVID - FLY - SL OFF WALL + FLY K, HOLD-CONTROL-PULL, NO GLIDE
 MONIQUE - FR - FINGERS AIMED DOWN TO BOTTOM ON ENTRY
 MONIQUE - FLY - HOLD NARROW STROKE, NO RELEASE ON ENTRY
 NATHAN - HEAD STILL, SP K, DIG HANDS FAST, STAND TALL

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	2,000 44.44%	31.3 38.05%
AEROBIC BASE	1,400 31.11%	26.3 31.98%
ALACTIC	1,000 22.22%	23.3 28.34%
PEAK LACTATE	100 2.22%	1.3 1.61%

Stroke Categories	Yards	Minutes
STROKE	2,700 60.00%	55.3 67.20%
CHOICE	600 13.33%	11.0 13.36%
BUTTERFLY	400 8.88%	5.3 6.47%
FREESTYLE	400 8.88%	5.3 6.47%
BREASTSTROKE	400 8.88%	5.3 6.47%

Type of Work	Yards	Minutes
SWIM	2,700 60.00%	50.6 61.53%
KICK	1,200 26.66%	20.6 25.10%
DRILL	600 13.33%	11.0 13.36%

Workout #1305 - Tuesday, 13 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - ANAEROBIC THRESHOLD IM						
600	5:00 AM	6 x 100 on 1:30 FR w FINS ON 1:25/1:30 OFF EVERY WALL 6 FLY K FAST	EN1	S	FIN	0:45
400	5:10 AM	2 x 200 on 3:30 K w FINS FLY/FR BY 100'S PACE TIMES 3:20/3:30	EN2	K	FIN	0:52
400	5:18 AM	2 x 200 on 3:50 BK/BR K BY 100'S ON 3:40/3:50	EN2	K	MIX	0:58
800	5:27 AM	2 x 400 on 6:50 BK ON 6:30/6:50 MAINT HIGH S/R	EN2	S	BK	0:51
900	5:42 AM	6 x 150 on 2:55 BR ON 2:45/2:55 SEE NOTES 1 - SP 1ST 50, 2 - SP 2ND 50, 3 - SP 3RD 50 4 - SP 1ST 50, 5 - SP 1ST 100, 6 - SP 150	EN2	S	BR	0:58
500	6:01 AM	10 x 50 on 1:00 FLY ON :55/1:00 SEE NOTE GOAL AT LEAST :08 REST	EN2	S	FLY	1:00
800	6:12 AM	1 x 800 on 14:00 FR/BK P w PADS BY 200'S CHECK SC, POWER FINISHES EACH STROKE	EN2	P	PAD	0:52
300	6:27 AM	4 x 75 on 1:30 CH 25 SP 50 K REC	SP3	S	CH	1:00
300	6:34 AM	1 x 300 on 6:00 CH WORK TURNS RECOVERY	REC	S	CH	1:00
6:40 AM 5,000 Meters - Stress Value = 105						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,800 76.00%	69.8 76.88%
AEROBIC BASE	600 12.00%	9.0 9.90%
ALACTIC	300 6.00%	6.0 6.60%
WARM-UP-RECOVERY	300 6.00%	6.0 6.60%

Stroke Categories	Meters	Minutes
FINS	1,000 20.00%	16.0 17.61%
BREASTSTROKE	900 18.00%	17.5 19.26%
BACKSTROKE	800 16.00%	13.6 15.04%
PADDLES	800 16.00%	14.0 15.41%
CHOICE	600 12.00%	12.0 13.21%
BUTTERFLY	500 10.00%	10.0 11.00%
MIXED	400 8.00%	7.6 8.44%

Type of Work	Meters	Minutes
SWIM	3,400 68.00%	62.1 68.44%
KICK	800 16.00%	14.6 16.14%
PULL	800 16.00%	14.0 15.41%

Workout #1306 - Tuesday, 13 July 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						
COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
4:30	PM 1	on :30 DRYLAND ABDOMINALS	EN2		L DRY	
INDIVIDUAL GOAL SETTING WITH ATHELTES						
GOALS FOR REMAINDER OF SC SEASON						
GOALS FOR LC SEASON						
MEET DRYLAND WARM UP						
800	4:30	PM 8 x 100 on 1:40 MIO SEE NOTE	EN2		S MIO	0:50
BY 25'S - 10 FLY K SP, SC, SP, REC						
600	4:45	PM 2 x 300 on 4:10 FR 200 S 100 K ON 4:00/4:10	EN2		S FR	0:42
600	4:55	PM 2 x 300 on 4:10 FR BR3/5 BY 50'S	EN2		S FR	0:42
600	5:05	PM 2 x 300 on 3:50 FR w PADS ON 3:40/3:50	EN2		S PAD	0:38
POWER EACH STROKE FINISH						
300	5:14	PM 1 x 300 on 3:50 FR P w PADS	EN2		P PAD	0:38
HIGH STROKE RATE POWER EACH STROKE FINISH						
200	5:19	PM 1 x 200 on 5:00 BK/BR BY 25'S WORK BK-BR TURNS	EN1		D BK	1:15
400	5:25	PM 4 x 100 on 2:30 BEST STROKE TECH FOCUS	EN1		D STK	1:15
600	5:36	PM 6 x 100 on 2:00 BEST STROKE SP	SP2		S STK	1:00
200	5:49	PM 1 x 200 on 5:00 FLY/BK BY 25'S WORK FLY-BK TURNS	EN1		D FLY	1:15
400	5:55	PM 1 x 400 on 8:00 4TH BEST STROKE SC/TECH BY 50'S	EN1		D STK	1:00
500	6:04	PM 5 x 100 on 2:30 4TH BEST STROKE SP	SP2		S STK	1:15
400	6:18	PM 8 x 50 on :35 FR	EN1		S FR	0:35
6:23 PM 5,600 Yards - Stress Value = 184						

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	2,900 51.78%	41.5 42.06%
AEROBIC BASE	1,600 28.57%	32.6 33.10%
PEAK LACTATE	1,100 19.64%	24.5 24.83%

Stroke Categories	Yards	Minutes
STROKE	1,900 33.92%	42.5 43.07%
FREESTYLE	1,600 28.57%	21.3 21.62%
PADDLES	900 16.07%	11.5 11.65%
REV IM ORDER	800 14.28%	13.3 13.51%
BUTTERFLY	200 3.57%	5.0 5.06%
BACKSTROKE	200 3.57%	5.0 5.06%

Type of Work	Yards	Minutes
SWIM	4,100 73.21%	66.8 67.73%
DRILL	1,200 21.42%	28.0 28.37%
PULL	300 5.35%	3.8 3.88%

Workout #1307 - Wednesday, 14 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
COMPETITION PHASE - PEAK LACTATE/VO2 MAX						
100	5:00 AM	1 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
200	5:03 AM	1 x 200 on 4:30 FR TECH FOCUS SC 5TH 25	EN1	D	FR	1:08
200	5:09 AM	2 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
200	5:14 AM	1 x 200 on 4:30 BK TECH FOCUS SC 5TH 25	EN1	D	BK	1:08
300	5:20 AM	3 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
400	5:26 AM	1 x 400 on 4:30 BR TECH FOCUS SC 5TH 25	EN1	D	BR	0:34
400	5:32 AM	4 x 100 on 1:40 IM ON 1:30/1:40	EN2	S	IM	0:50
800	5:40 AM	4x { 1 x 100 on 2:15 CH K	EN2	K	CH	1:08
		{ 2 x 50 on 1:10 CH K SP	SP2	K	CH	1:10
600	6:00 AM	3x { 2 x 50 on :40 CH MAX EFFORT :10 REST	EN3	S	CH	0:40
		{ 1 x 100 on 2:30 CH REC	REC	S	CH	1:15
1,000	6:13 AM	5x { 1 x 100 on 1:30 FR P w PADS ON 1:20/1:30	EN3	P	PAD	0:45
		{ 2 x 50 on :55 FR P w PADS ON :50/:55	EN2	P	PAD	0:55
600	6:31 AM	3x { 2 x 50 on :40 CH MAX EFFORT :10 REST	EN3	S	CH	0:40
		{ 1 x 100 on 2:30 CH REC	REC	S	CH	1:15
	6:43 AM	4,800 Meters - Stress Value = 167				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,900 39.58%	34.8 39.50%
VO2 MAX	1,100 22.91%	15.5 17.58%
AEROBIC BASE	800 16.66%	13.5 15.31%
WARM-UP-RECOVERY	600 12.50%	15.0 17.01%
PEAK LACTATE	400 8.33%	9.3 10.58%

Stroke Categories	Meters	Minutes
CHOICE	2,000 41.66%	41.3 46.88%
IM	1,000 20.83%	16.6 18.90%
PADDLES	1,000 20.83%	16.6 18.90%
BREASTSTROKE	400 8.33%	4.5 5.10%
FREESTYLE	200 4.16%	4.5 5.10%
BACKSTROKE	200 4.16%	4.5 5.10%

Type of Work	Meters	Minutes
SWIM	2,200 45.83%	39.6 44.99%
PULL	1,000 20.83%	16.6 18.90%
KICK	800 16.66%	18.3 20.79%
DRILL	800 16.66%	13.5 15.31%

Workout #1308 - Thursday, 15 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
COMPETITION PHASE - AEROBIC/ANAEROBIC THRESHOLD						
500	5:00 AM	1 x 500 on 9:00 FR/BK BY 50'S TECH FOCUS	EN1	S	FR	0:54
FR - HEAD STILL, BK - GREAT SL + FLY K						
500	5:10 AM	5x{ 1 x 50 on 1:00 CH DPS	EN1	S	CH	1:00
		{ 1 x 50 on 1:00 CH 20 SP 30 REC	SP3	S	CH	1:00
1,600	5:21 AM	2 x 800 on 12:00 FR ON 11:20/12:00	EN2	S	FR	0:45
400	5:46 AM	1 x 400 on 7:45 CH K/DR BY 50'S	EN1	D	CH	0:58
400	5:55 AM	1 x 400 on 6:45 CH P w PADS	EN2	P	PAD	0:51
400	6:03 AM	1 x 400 on 7:00 CH DR w FINS	EN1	D	FIN	0:52
800	6:11 AM	1 x 800 on 12:40 BK ON 12:00/12:40	EN2	S	BK	0:48
800	6:25 AM	2 x 400 on 7:00 IM DESCEND 1-2 NO REST	EN2	S	IM	0:52
200	6:40 AM	1 x 200 on 4:00 CH EZ	REC	S	CH	1:00
	6:44 AM	5,600 Meters - Stress Value = 107				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,600 64.28%	57.4 60.33%
AEROBIC BASE	1,550 27.67%	28.7 30.21%
ALACTIC	250 4.46%	5.0 5.25%
WARM-UP-RECOVERY	200 3.57%	4.0 4.20%

Stroke Categories	Meters	Minutes
FREESTYLE	2,100 37.50%	33.0 34.67%
CHOICE	1,100 19.64%	21.7 22.85%
BACKSTROKE	800 14.28%	12.6 13.30%
IM	800 14.28%	14.0 14.71%
FINS	400 7.14%	7.0 7.35%
PADDLES	400 7.14%	6.7 7.09%

Type of Work	Meters	Minutes
SWIM	4,400 78.57%	73.6 77.40%
DRILL	800 14.28%	14.7 15.49%
PULL	400 7.14%	6.7 7.09%

Workout #1310 - Friday, 16 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ ROW						
COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200						
400	5:00 AM	1 x 400 on 7:00 CH S	EN1	S	CH	0:52
400	5:08 AM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	5:17 AM	1 x 400 on 7:30 CH DR/S BY 25'S	EN1	D	CH	0:56
400	5:26 AM	8 x 50 on :55 STROKE INCREASE HR/PACE	EN2	S	STK	0:55
FR ON :45, BK ON :50, BR ON :55, FLY ON :50						
OPTIONAL FOR FLY TO DO FLY/CH BY 25'S						
DEPENDANT ON DISTANCE COMPLETE ONE OF THE FOLLOWING						
OPTION 1 - 100 STROKE PACE WORK						
200	5:35 AM	2x{ 1 x 50 on 1:00 STROKE TECH	EN1	S	STK	1:00
		{ 1 x 50 on :45 STROKE @ GOAL PACE OF 2ND 50	SP2	S	STK	0:45
TO A RACE FINISH						
OPTION 2 - 200 STROKE PACE WORK						
200	5:40 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST	SP2	S	STK	1:00
TO THE FEET (TURN)						
OPTION 3 - 1500 FR PACE WORK						
500	5:45 AM	5 x 100 on 1:45 FR @ 1500 FR GOAL PACE	EN2	S	FR	0:52
TO THE FEET (:10 REST AFTER EACH 100)						
200	5:55 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	6:00 AM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	6:05 AM	1 x 200 on 3:45 CH S REC	REC	S	CH	0:56
FOLLOWING MEET WARMUP ATHELTES WILL DESIGNATE						
THE STROKE, DISTANCE, GOAL TIME, AND GOAL PACE						
THAT THEY WILL BE ACHIEVING AT THE SC STATE CHAMPS						
IF 100/200 STROKE THEN COMPELTE THE FOLLOWING						
800	6:10 AM	16 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
IF 100 HIT GOAL PACE FOR 2ND 50 OF 100 GOAL						
IF 200 HIT AVERAGE PACE FOR 50'S						
IF 1500 FR PACE WORK THEN COMPLETE THE FOLLOWING						
500	6:35 AM	5 x 100 on 1:40 FR @ GOAL PACE :10 REST	EN2	S	FR	0:50
200	6:45 AM	1 x 200 on 4:30 CH K RECOVERY	REC	K	CH	1:08
600	6:51 AM	3 x 200 on 3:00 FR @ GOAL PACE	EN2	S	FR	0:45
200	7:01 AM	1 x 200 on 4:30 CH K REC	REC	K	CH	1:08
500	7:07 AM	5 x 100 on 1:40 FR @ PACE :10 REST	EN2	S	FR	0:50
ALL ATHLETES COMPLETE THE FOLLOWING						
100	7:17 AM	1 x 100 on 2:30 CH K REC	REC	S	CH	1:15
SWIMMERS COMPLETE THE SESSION WITH 100/200 BROKEN						
FROM A START :10 REST AFTER EACH 50						
	7:19 AM	6,000 Meters - Stress Value = 200				

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

ADRIANNA - 100 FR - 1:09 - :35.00
 34.47, 39.38 - 1:23.85

DAVID - 100 BK - 1:18 - 40.00
 42.11, 44.24 - 1:26.43

NATHAN - 100 BK - 1:15 - 38.25

EMMA - 200 BK - 2:40 - 40.00
 39.30, 41.00, 41.10, 39.33 - 2:40.73

NARELLE - 1500 FR - 20.00 - 1:20

ASHLEE - 100 FR - 1:07 - 34.00
 34.69, 36.59 - 1:11.28

SAM - 200 BK - 2:24 - 36.00

34.50, 38.53, 37.29, 36.91 - 2:27.83

BROOKE - 200 BK - 2:26 - 36.50
 36.59, 38.67, 39.72, 38.28 - 2:34.46

KEELY - 200 BK - 2:55 - 43.75
 42.64, 47.19, 47.66, 46.29 - 3:03.78

LEAH - 200 FR - 2:18 - 34.50
 33.30, 37.93, 37.12, 36.64 2:24.99

MONIQUE - 100 FR - 1:10 - 35.75
 35.66, 41.46 - 1:17.12

GLENN - 100 BK - 1:12 - 36.75
 37.18, 40.08 - 1:17.26

LUKE - 100 FLY - 1:13 - 37.50
 37.92, 43.13 - 1:23.05

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 51.66%	53.7 45.16%
PEAK LACTATE	1,100 18.33%	29.5 24.78%
AEROBIC BASE	1,100 18.33%	20.5 17.22%
WARM-UP-RECOVERY	700 11.66%	15.2 12.81%

Stroke Categories	Meters	Minutes
CHOICE	2,300 38.33%	45.7 38.44%
FREESTYLE	2,100 35.00%	34.4 28.92%
STROKE	1,600 26.66%	38.8 32.63%

Type of Work	Meters	Minutes
SWIM	4,600 76.66%	90.5 76.05%
KICK	1,000 16.66%	21.0 17.64%
DRILL	400 6.66%	7.5 6.30%

Workout #1311 - Friday, 16 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	---	----	---	=====
		4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)				
	4:30 PM 1 on	59:59 DRYLAND	EN1		L DRY	
	6:00 PM 0	Meters				

STARTS FROM THE BLOCKS

TAKE YOUR MARK

- TENSION IN ARMS PULLING DOWN ON BLOCK
- COG FORWARD OVER FRONT OF BLOCK
- LOADING OF THE LEGS
- HIPS RAISED
- PLAY WITH FEET POSITIONING TO BE TRACK/GRAB (TOES MUST GRIP)
- 'GO' SIGNAL
- USE OF ARMS TO THROW BODY FROM BLOCK (FORWARDS)
- PUSHING WITH LEGS OFF THE FRONT OF THE BLOCKS
- AIMING OF ARMS TO ENTRY POSITION
- MAINTAINING RIGID BODY LINE ON ENTRY TO WATER

Workout #1312 - Saturday, 17 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
6:00-8:00AM @ NW					
COMPETITION PHASE - TECH/SCULL/AEROBIC ENDURANCE					
MEET DRYLAND WARMUP					
100	6:00 AM	1 x 100 on 2:00 FR BR3	EN1	S	FR
100	6:03 AM	1 x 100 on 2:00 CH K DPK	EN1	K	CH
100	6:06 AM	1 x 100 on 2:00 IM STS + SC	EN1	S	IM
100	6:09 AM	1 x 100 on 2:00 P FR/BK BY 25'S	EN1	P	FR
100	6:12 AM	1 x 100 on 2:00 CH S TECH	EN1	D	CH
100	6:15 AM	4 x 25 on :40 EGYPTIAN DRILL w FINS	EN1	D	FIN
100	6:19 AM	4 x 25 on :40 READ BOOK DRILL w FINS	EN1	D	FIN
100	6:23 AM	4 x 25 on :40 BIONDI DRILL w FINS	EN1	D	FIN
100	6:27 AM	4 x 25 on :40 UNDER H2O FAST ARMS FLY K w FINS	EN1	D	FIN
300	6:31 AM	1 x 300 on 8:00 IM SCULL/K/S BY 25'S	EN1	D	IM
750	6:40 AM	15x { 1 x 25 on 1:00 CH SCULL	EN2	D	CH
		{ 1 x 25 on :40 CH FAS SP	SP3	S	CH
EARLY VERTICAL FOREARM (EVF) SCULL					
SCOOPING MOTION 1 ARM					
FINGER TIPS DOWN, ELBOWS NEAR SURFACE					
ELBOWS AND FOREARM IN FRONT OF HEAD					
3 RIGHT ARM/3 LEFT ARM					
FLY SCULL FINISHES, DOUBLE ARMS, ELBOWS HIGH NEAR WAIST					
PUSH FROM VERTICAL TO THIGH					
BR & BK AS NORMAL					
SCULL IS ABOUT HOW TO USE YOUR HANDS AND FOREARM TO					
MOVE FORWARD, SCULLING MAKES SWIMMERS SMARTER IN HAND					
AND FOREARM POSITION					
2,000	7:06 AM	4 x 500 on 12:00 IM MIX SEE NOTES	EN2	S	IM
START EACH SEGMENT FROM A START NO REST					
:30 REST FOLLOWING EACH 500					
SEGMENTS - 50 - 100 - 150 - 200					
1 - FLY/BK - FLY/BK/BR - FLY/BK/BR/FR					
2 - BK - BK/BR - BK/BR/FR - BK/BR/FR/FLY					
3 - BR - BR/FR - BR/FR/FLY - BR/FR/FLY/BK					
4 - FR - FR/FLY - FR/FLY/BK - FR/FLY/BK/BR					
1,000	7:55 AM	20 x 50 on :50 FR ON :45/50	EN1	S	FR
400	8:13 AM	1 x 400 on 9:00 CH K w FINS REC	REC	K	FIN
	8:22 AM	5,350 Meters - Stress Value = 93			

DURING PRACTICE COMPLETE ATHLETE CHOICES FOR UPCOMING EVENTS

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,375 44.39%	63.0 49.47%
AEROBIC BASE	2,200 41.12%	45.3 35.60%
WARM-UP-RECOVERY	400 7.47%	9.0 7.06%
ALACTIC	375 7.00%	10.0 7.85%

Stroke Categories	Meters	Minutes
IM	2,400 44.85%	58.0 45.54%
FREESTYLE	1,200 22.42%	20.6 16.23%
CHOICE	950 17.75%	29.0 22.77%
FINS	800 14.95%	19.6 15.44%

Type of Work	Meters	Minutes
SWIM	3,575 66.82%	78.6 61.78%
DRILL	1,175 21.96%	35.6 28.01%
KICK	500 9.34%	11.0 8.63%
PULL	100 1.86%	2.0 1.57%

Workout #1313 - Monday, 19 July 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				
		COMPETITION PHASE - ANEROBIC THRESHOLD				
900	5:00 AM	3x{ 5 x 50 on :50 FR HARD PUSHOFFS + SL	EN1	S	FR	0:50
		{ 1 x 50 on :50 IMO HARD PUSHOFFS + SL	EN1	S	IMO	0:50
500	5:16 AM	5 x 100 on 1:55 FLY K ON 1:50/1:55 FAST TEMPO	EN2	K	FLY	0:58
300	5:27 AM	6 x 50 on :55 FLY ON :50/:55 HIGH STROKE RATE	EN2	S	FLY	0:55
400	5:34 AM	16 x 25 on :35 BK K SL UNDER H2O FLYK HARD/FAST	EN2	K	BK	1:10
400	5:45 AM	1 x 400 on 7:30 BK S/R HIGH FAST ROT TURN	EN2	S	BK	0:56
		HOLD SL OFF WALLS AND FLY K				
600	5:54 AM	3 x 200 on 4:00 BR K ON 3:45/4:00	EN2	K	BR	1:00
		FINISH EACH KICK 'SNAP'				
300	6:07 AM	2 x 150 on 3:00 BR DESCEND 50'S ON 2:45/3:00	EN2	S	BR	1:00
		DIVE AGGRESSIVELY TO SL				
500	6:14 AM	5 x 100 on 1:55 FR K ON 1:45/1:55	EN2	K	FR	0:58
400	6:25 AM	4 x 100 on 1:25 FR ON 1:20/1:25	EN2	S	FR	0:42
		MAKE PACE BREATHE 3 1ST 50				
300	6:32 AM	3 x 100 on 4:00 IM SP FOR TIME	SP1	S	IM	2:00
	6:44 AM	4,600 Meters - Stress Value = 113				

100 IM TIMES

SAM - 1:11.51, 1:19.68, 1:17.66
 BROOKE - 1:20.04, 1:21.94, 1:21.79
 NARELLE - 1:18.32, 1:25.44, 1:18.44
 LEAH - 1:22.06, 1:21.94, 1:22.76
 ASHLEE - 1:36.67, 1:48.13
 DAVID - 1:29.55, 1:30.42, 1:29.53
 EMMA - 1:20.24, 1:24.10, 1:20.24

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,400 73.91%	65.1 70.70%
AEROBIC BASE	900 19.56%	15.0 16.27%
LACTATE TOLERANCE	300 6.52%	12.0 13.01%

Stroke Categories	Meters	Minutes
FREESTYLE	1,650 35.86%	27.7 30.10%
BREASTSTROKE	900 19.56%	18.0 19.52%
BUTTERFLY	800 17.39%	15.0 16.36%
BACKSTROKE	800 17.39%	16.8 18.26%
IM	300 6.52%	12.0 13.01%
IM ORDER	150 3.26%	2.5 2.71%

Type of Work	Meters	Minutes
SWIM	2,600 56.52%	51.6 56.05%
KICK	2,000 43.47%	40.5 43.94%

Workout #1314 - Monday, 19 July 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						
COMPETITION PHASE - VO2 MAX						
	4:30 PM	1 on :30 DRYLAND ABDOMINALS	EN2	L	DRY	
MEET DRYLAND WARM UP						
1,200	4:30 PM	3 x 400 on 6:30 FR DESCEND 1-3	EN2	S	FR	0:49
400	4:51 PM	1 x 400 on 6:00 FR SP FOR TIME	EN3	S	FR	0:45
100	4:58 PM	1 x 100 on 3:00 CH REC	REC	S	CH	1:30
400	5:02 PM	1 x 400 on 6:00 FR SP FOR TIME BEAT PREVIOUS	EN3	S	FR	0:45
150	5:09 PM	6 x 25 on 1:00 FR SP	SP2	S	FR	2:00
IF NOT FASTER THAN PREVIOUS TIME REPEAT						
400	5:16 PM	1 x 400 on 6:00 FR SP FOR TIME BEAT BEST	EN3	S	FR	0:45
300	5:23 PM	1 x 300 on 6:00 CH RECOVERY	REC	S	CH	1:00
150	5:30 PM	6 x 25 on 1:00 FR SP	SP2	S	FR	2:00
400	5:37 PM	1 x 400 on 6:00 FR SP FOR TIME BEAT BEST	EN3	S	FR	0:45
400	5:44 PM	1 x 400 on 6:00 IM SC	EN1	S	IM	0:45
600	5:51 PM	1 x 600 on 10:00 CH K SWITCH STROKE AFTER 300	EN1	K	CH	0:50
	6:01 PM	4,500 Yards - Stress Value = 160				

BROOKE - BK - 1ST STROKE DEEP OFF WALL, ROTATE SHOULDERS
 LEAH - FR - SP K, ENTRY NO GLIDE/EXTENSION REDUCE XOVER
 CASEY - FR - HEAD POSITION NEUTRAL, SPLASH HANDS ON ENTRY
 ADRIANNA - FR - HEAD STILL, ARM SPEED AND K
 DAVID - FLY - SL OFF WALL + FLY K, HOLD-CONTROL-PULL, NO GLIDE
 MONIQUE - FR - FINGERS AIMED DOWN TO BOTTOM ON ENTRY
 MONIQUE - FLY - HOLD NARROW STROKE, NO RELEASE ON ENTRY
 NATHAN - HEAD STILL, SP K, DIG HANDS FAST, STAND TALL

Energy Levels	Yards	Minutes
V02 MAX	1,600 35.55%	24.0 29.81%
ANAEROBIC THRESHOLD	1,200 26.66%	19.5 24.22%
AEROBIC BASE	1,000 22.22%	16.0 19.87%
WARM-UP-RECOVERY	400 8.88%	9.0 11.18%
PEAK LACTATE	300 6.66%	12.0 14.90%

Stroke Categories	Yards	Minutes
FREESTYLE	3,100 68.88%	55.5 68.94%
CHOICE	1,000 22.22%	19.0 23.60%
IM	400 8.88%	6.0 7.45%

Type of Work	Yards	Minutes
SWIM	3,900 86.66%	70.5 87.57%
KICK	600 13.33%	10.0 12.42%

Workout #1315 - Tuesday, 20 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - ANAEROBIC THRESHOLD IM						
MEET DRYLAND WARM UP						
200	5:00 AM	1 x 200 on 4:00 FR BR 3/5 BY 50'S	EN1	S	FR	1:00
STRAIGHT LINE PULL QUICK BREATH						
200	5:05 AM	1 x 200 on 4:00 150 FR 50 FLY	EN1	S	FR	1:00
LOW BREATH FLY						
200	5:10 AM	1 x 200 on 4:00 FR/BK BY 100	EN1	S	FR	1:00
BK SPLASH IN SHOULDER OUT						
200	5:15 AM	1 x 200 on 4:00 50 FR 150 BR	EN1	S	BR	1:00
SHOOT TO SL						
200	5:20 AM	1 x 200 on 4:00 IM STS + SC	EN1	S	IM	1:00
400	5:25 AM	4 x 100 on 1:55 FR K ON 1:50/1:55	EN2	K	FR	0:58
400	5:34 AM	4 x 100 on 1:25 FR K w FINS ON 1:30/1:35	EN2	K	FIN	0:42
1,200	5:41 AM	3 x 400 on 6:40 FR DESCEND 1-3 ON 6:00/6:40	EN2	S	FR	0:50
300	6:02 AM	1 x 300 on 7:00 STROKE K	EN1	K	STK	1:10
1,200	6:10 AM	2x{ 1 x 200 on 3:30 PwPADS 50 BK 150 FR ON 3:15/3:30	EN2	P	PAD	0:52
		{ 1 x 200 on 3:30 PwPADS 50 BR 150 FR ON 3:15/3:30	EN2	P	PAD	0:52
		{ 1 x 200 on 3:30 FR P w PADS	EN2	S	PAD	0:52
300	6:32 AM	1 x 300 on 6:00 CH LOOSEN	EN1	S	CH	1:00
	6:38 AM	4,800 Meters - Stress Value = 87				

KEY NOTE

TIGHT SL HARD PUSHOFF
 MAXIMIZE DISTANCE FROM PUSHOFF IN SL
 EFFICIENCY

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 66.66%	54.3 62.21%
AEROBIC BASE	1,600 33.33%	33.0 37.78%

Stroke Categories	Meters	Minutes
FREESTYLE	2,200 45.83%	39.6 45.41%
PADDLES	1,200 25.00%	21.0 24.04%
FINS	400 8.33%	5.6 6.48%
STROKE	300 6.25%	7.0 8.01%
CHOICE	300 6.25%	6.0 6.87%
BREASTSTROKE	200 4.16%	4.0 4.58%
IM	200 4.16%	4.0 4.58%

Type of Work	Meters	Minutes
SWIM	2,900 60.41%	53.0 60.68%
KICK	1,100 22.91%	20.3 23.28%
PULL	800 16.66%	14.0 16.03%

Workout #1317 - Tuesday, 20 July 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						
COMPETITION PHASE - VO2 MAX						
	4:30 PM	1 on :30 DRYLAND ABDOMINALS	EN2	L	DRY	
MEET DRYLAND WARM UP						
THOSE NOT AT SESSION MONDAY PM COMPLETE THE FOLLOWING						
1,200	4:30 PM	3 x 400 on 6:30 FR DESCEND 1-3	EN2	S	FR	0:
400	4:51 PM	1 x 400 on 6:00 FR SP FOR TIME	EN3	S	FR	0:
100	4:58 PM	1 x 100 on 3:00 CH REC	REC	S	CH	1:
400	5:02 PM	1 x 400 on 6:00 FR SP FOR TIME BEAT PREVIOUS	EN3	S	FR	0:
150	5:09 PM	6 x 25 on 1:00 FR SP	SP2	S	FR	2:
IF NOT FASTER THAN PREVIOUS TIME REPEAT						
400	5:16 PM	1 x 400 on 6:00 FR SP FOR TIME BEAT BEST	EN3	S	FR	0:
300	5:23 PM	1 x 300 on 6:00 CH RECOVERY	REC	S	CH	1:
150	5:30 PM	6 x 25 on 1:00 FR SP	SP2	S	FR	2:
400	5:37 PM	1 x 400 on 6:00 FR SP FOR TIME BEAT BEST	EN3	S	FR	0:
400	5:44 PM	1 x 400 on 6:00 IM SC	EN1	S	IM	0:
600	5:51 PM	1 x 600 on 10:00 CH K SWITCH STROKE AFTER 300	EN1	K	CH	0:
THOSE AT MONDAY PM SESSION COMPLETE THE FOLLOWING						
1,600	6:02 PM	2 x 800 on 12:00 CH MIXED	EN2	S	CH	0:
3,200	6:27 PM	4x{ 8 x 25 on :45 IMO BY SET SP	SP3	S	IMO	1:
		{ 4 x 50 on 1:30 IMO BY SET SP	SP2	S	IMO	1:
		{ 2 x 100 on 2:00 IMO BY SET SP	SP1	S	IMO	1:
		{ 1 x 200 on 5:00 RECOVERY K	REC	K	CH	1:
	7:51 PM	9,300 Yards - Stress Value = 368				

BROOKE - BK - 1ST STROKE DEEP OFF WALL, ROTATE SHOULDERS
 LEAH - FR - SP K, ENTRY NO GLIDE/EXTENSION REDUCE XOVER
 CASEY - FR - HEAD POSITION NEUTRAL, SPLASH HANDS ON ENTRY
 ADRIANNA - FR - HEAD STILL, ARM SPEED AND K
 DAVID - FLY - SL OFF WALL + FLY K, HOLD-CONTROL-PULL, NO GLIDE
 MONIQUE - FR - FINGERS AIMED DOWN TO BOTTOM ON ENTRY
 MONIQUE - FLY - HOLD NARROW STROKE, NO RELEASE ON ENTRY
 NATHAN - HEAD STILL, SP K, DIG HANDS FAST, STAND TALL

Energy Levels	Yards	Minutes
ANAEROBIC THRESHOLD	2,800 30.10%	43.5 23.07%
VO2 MAX	1,600 17.20%	24.0 12.73%
WARM-UP-RECOVERY	1,200 12.90%	29.0 15.38%
PEAK LACTATE	1,100 11.82%	36.0 19.09%
AEROBIC BASE	1,000 10.75%	16.0 8.48%
ALACTIC	800 8.60%	24.0 12.73%
LACTATE TOLERANCE	800 8.60%	16.0 8.48%

Stroke Categories	Yards	Minutes
CHOICE	3,400 36.55%	63.0 33.42%
FREESTYLE	3,100 33.33%	55.5 29.44%
IM ORDER	2,400 25.80%	64.0 33.95%
IM	400 4.30%	6.0 3.18%

Type of Work	Yards	Minutes
SWIM	7,900 84.94%	158.5 84.08%
KICK	1,400 15.05%	30.0 15.91%

Workout #1318 - Wednesday, 21 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
5:00-7:00AM @ ROW						
COMPETITION PHASE - VO2 MAX/AEROBIC POWER						
300	5:00 AM	6 x 50 on 1:15 FR STS + SC (12) BR 3	EN1	S	FR	1:1
400	5:09 AM	8 x 50 on 1:05 FLY/IM K BY 25'S	EN2	K	IM	1:0
300	5:19 AM	3 x 100 on 1:50 IM DESCEND 1-3	EN2	S	IM	0:5
100	5:26 AM	1 x 100 on 2:00 IM STS + SC	EN1	D	IM	1:0
200	5:29 AM	1 x 200 on 4:00 FR SP 1ST 25 OF EACH 100	EN2	S	FR	1:0
2000 FR/IM FOR TIME (NO REST) AS FAST AS POSSIBLE						
DONE AS 4 X (300 FR + 200 IM)						
2,000	5:34 AM	4x{ 1 x 300 on 4:15 FR	EN3	S	FR	0:4
		{ 1 x 200 on 3:20 IM	EN3	S	IM	0:5
200	6:06 AM	1 x 200 on 5:00 CH FR K RECOVERY	REC	K	CH	1:1
IF PB IN 2000 FRIM THE COMPLETE THE FOLLOWING						
IF NOT PB IN 2000 FRIM THEN - 4 X 100 FR @ PACE 1:40						
AND COMPLETE 800 FR TT						
600	6:12 AM	8 x 75 on 1:40 P w PADS SEE NOTES	EN2	P	PAD	1:0
25 BR P HU SP						
25 FR P BR3 SC < M14 F16						
25BK P SC < M14 F16						
400	6:27 AM	4 x 100 on 1:30 FR P	EN2	P	FR	0:4
CHOOSE ONE OF THE FOLLOWING:						
FR P w PADS + BAND ON 1:20/1:25						
FR P ON 1:25/1:30						
200	6:34 AM	1 x 200 on 4:00 CH RECOVERY	REC	S	CH	1:0
	6:38 AM	4,700 Meters - Stress Value = 178				

Energy Levels	Meters	Minutes
V02 MAX	2,000 42.55%	30.3 35.13%
ANAEROBIC THRESHOLD	1,900 40.42%	37.5 43.43%
WARM-UP-RECOVERY	400 8.51%	9.0 10.42%
AEROBIC BASE	400 8.51%	9.5 11.00%

Stroke Categories	Meters	Minutes
FREESTYLE	2,100 44.68%	34.5 39.96%
IM	1,600 34.04%	29.5 34.16%
PADDLES	600 12.76%	13.3 15.44%
CHOICE	400 8.51%	9.0 10.42%

Type of Work	Meters	Minutes
SWIM	3,000 63.82%	51.3 59.45%
PULL	1,000 21.27%	19.3 22.39%
KICK	600 12.76%	13.6 15.83%
DRILL	100 2.12%	2.0 2.31%

Workout #1319 - Thursday, 22 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - AEROBIC TECH/ALACTIC SPRINT SKILLS						
1,200	5:00 AM	3x { 1 x 200 on 3:20 FR STS	EN1	S	FR	0
		{ 1 x 200 on 3:40 IM STS	EN1	S	IM	0
100	5:22 AM	1 x 100 on 2:00 FLY K w FINS GOOD AMPLITUDE	EN2	K	FIN	1
100	5:25 AM	2 x 50 on 1:30 FLY K w FINS SP SUB :30/:35	SP2	K	FIN	1
200	5:29 AM	1 x 200 on 4:00 BK w FINS 6 FAST FLY K EACH WALL	EN1	S	BK	1
200	5:34 AM	4 x 50 on 1:15 FLY K ON BK ARMS DOWN	EN2	K	FLY	1
MINIMUM 6 FLY K UNDER WATER IN SL THEN DBLE ARM PULL						
400	5:40 AM	4x { 1 x 50 on 1:20 IM SC	EN1	S	IM	1
		{ 1 x 50 on 1:20 IM SC EYES CLOSED	EN1	S	IM	1
800	5:52 AM	8x { 1 x 25 on :45 RUN AND DIVE SP FINISH	SP3	S	IM	1
		{ IN LANE 1				
		{ RUN ON POOL DECK TO 15M THEN DIVE IN AND SP TO FINISH				
		{ PRESS UP ON END OF POOL AND PUT FOOT ON EDGE				
		{ IN LANE 2				
		{ COMPLETE 5 SQUATS PRIOR TO START OF NEXT LENGTH				
		{ 1 x 25 on :45 FAS SP (AFTER 5 SQUATS)	SP3	S	IM	1
		{ IN LANE 3				
		{ 1 x 25 on :45 STROKE K RECOVERY	REC	K	IM	1
		{ IN LANE 4				
		{ 1 x 25 on :45 STROKE SC	EN1	S	IM	1
PRESS UP ON END OF POOL AND PUT FOOT ON EDGE						
400	6:17 AM	1 x 400 on 7:30 FR/BK BY 50'S	EN1	S	FR	0
200	6:26 AM	1 x 200 on 4:30 IM K (FLY+BK NO BRD)	EN1	K	IM	1
	6:31 AM	3,600 Meters - Stress Value = 63				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,600 72.22%	53.6 65.71%
ALACTIC	400 11.11%	12.0 14.69%
ANAEROBIC THRESHOLD	300 8.33%	7.0 8.57%
WARM-UP-RECOVERY	200 5.55%	6.0 7.34%
PEAK LACTATE	100 2.77%	3.0 3.67%

Stroke Categories	Meters	Minutes
IM	2,000 55.55%	50.1 61.42%
FREESTYLE	1,000 27.77%	17.5 21.42%
BACKSTROKE	200 5.55%	4.0 4.89%
BUTTERFLY	200 5.55%	5.0 6.12%
FINS	200 5.55%	5.0 6.12%

Type of Work	Meters	Minutes
SWIM	2,800 77.77%	61.1 74.89%
KICK	800 22.22%	20.5 25.10%

Workout #1320 - Friday, 23 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

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

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

BROOKE - 200 BR - 3:00 - :45
 46.65, 45.88, 45.90, 45.56 - 2:58.99

NATHAN - 100 FR - 1:05.5 - :33
 32.15, 35.44 - 1:07.59

EMMA - 200 BK - 2:36 - :39
 40.13, 41.07, 40.79, 40.41 - 2:42.40

EMILY - 100 BR - 1:26 - :44
 45.69, 52.08 - 1:37.77

MONIQUE - 100 BR - 1:32 - :47
 48.52, 50.49 - 1:38.91

LEAH - 100 BR - 1:24 - :43
 44.28, 47.90 - 1:32.18

GLENN - 100 BK - 1:13 - :37
 36.40, 39.33 - 1:15.23

ASHLEE - 100 BK - 1:16 - :39

ADRIANNA - 100 FR - 1:12 - :36.75
 35.21, 39.16 - 1:14.47

CASEY - 200 FR - 2:30 - :37.5
 34.47, 37.88, 37.48, 37.87 - 2:27.70

DAVID - 200 BR - 3:25 - :51.2
 48.98, 51.62, 51.06, 50.16 - 3:21.82

SAM - 100 BR - 1:18 - :40
 39.82, 44.47 - 1:24.29

KEELY - 200 BK - 2:55 - :42.5
 41.36, 44.00, 45.21, 44.51 - 2:55.08

LUKE TIBERI - 100 FLY - 1:13 - 37.5
 36.75, 43.26 - 1:20.01

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

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

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

Workout #1339 - Friday, 23 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set	Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	---	----	---	=====
			4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM)				
	4:30 PM	1 on	59:59 DRYLAND	EN1		L DRY	
	6:00 PM	0	Meters				

STARTS FROM THE BLOCKS

TAKE YOUR MARK

- TENSION IN ARMS PULLING DOWN ON BLOCK
- COG FORWARD OVER FRONT OF BLOCK
- LOADING OF THE LEGS
- HIPS RAISED
- PLAY WITH FEET POSITIONING TO BE TRACK/GRAB (TOES MUST GRIP)
- 'GO' SIGNAL
- USE OF ARMS TO THROW BODY FROM BLOCK (FORWARDS)
- PUSHING WITH LEGS OFF THE FRONT OF THE BLOCKS
- AIMING OF ARMS TO ENTRY POSITION
- MAINTAINING RIGID BODY LINE ON ENTRY TO WATER

Workout #1321 - Monday, 26 July 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						
COMPETITION PHASE - ANEROBIC THRESHOLD						
FOR THE FOLLOWING 10 X 200 TAKE :15 REST AFTER EACH						
200	5:00 AM	1 x 200 on 3:30 FR BR3	EN1	S	FR	0:52
200	5:05 AM	1 x 200 on 3:45 BK 6 FLY K	EN1	S	BK	0:56
200	5:10 AM	1 x 200 on 3:45 IM SC 1ST 25 AND MAINTAIN 2ND 25	EN1	S	IM	0:56
200	5:15 AM	1 x 200 on 3:30 FR BR3	EN1	S	FR	0:52
200	5:20 AM	1 x 200 on 4:00 BR SHOOT TO SL+UNDER H2O PULLOUT	EN1	S	BR	1:00
200	5:25 AM	1 x 200 on 3:45 IM SC 1ST 25 AND MAINTAIN 2ND 25	EN1	S	IM	0:56
200	5:30 AM	1 x 200 on 3:30 FR BR3	EN1	S	FR	0:52
200	5:35 AM	1 x 200 on 3:45 FLY w FINS 6 FLY K EVERY WALL	EN1	S	FLY	0:56
200	5:40 AM	1 x 200 on 3:30 IM w FINS SC MAINT	EN1	S	IM	0:52
200	5:45 AM	1 x 200 on 3:00 FR w FINS BR3	EN1	S	FR	0:45
400	5:49 AM	1 x 400 on 8:00 FR K w FINS GOAL SUB 6:00	SP1	K	FIN	1:00
400	5:58 AM	1 x 400 on 10:00 BK K SL/ARMS DOWN BY 100'S	SP1	K	BK	1:15
GOAL FINISH SUB 8:00						
400	6:09 AM	1 x 400 on 10:00 BR K GOAL SUB 8:00	SP1	K	BR	1:15
400	6:20 AM	1 x 400 on 10:00 FR K GOAL FINISH SUB 7:30	SP1	K	FR	1:15
800	6:31 AM	1 x 800 on 14:00 FR P w PADS BR 3/5 BY 50'S	EN2	S	PAD	0:52
SL PAST FLAGS EVERY WALL						
	6:45 AM	1 on 10:00 PARTNER TURNWORK FR	EN1	D	FR	
6:55 AM 4,400 Meters - Stress Value = 178						

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

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

Energy Levels	Meters	Minutes
AEROBIC BASE	2,000 45.45%	36.0 40.90%
LACTATE TOLERANCE	1,600 36.36%	38.0 43.18%
ANAEROBIC THRESHOLD	800 18.18%	14.0 15.90%

Stroke Categories	Meters	Minutes
FREESTYLE	1,200 27.27%	23.5 26.70%
PADDLES	800 18.18%	14.0 15.90%
IM	600 13.63%	11.0 12.50%
BREASTSTROKE	600 13.63%	14.0 15.90%
BACKSTROKE	600 13.63%	13.7 15.62%
FINS	400 9.09%	8.0 9.09%
BUTTERFLY	200 4.54%	3.7 4.26%

Type of Work	Meters	Minutes
SWIM	2,800 63.63%	50.0 56.81%
KICK	1,600 36.36%	38.0 43.18%

Workout #1323 - Tuesday, 27 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - AEROBIC/ALACTIC SKILLS						
MEET DRYLAND WARM UP						
1,500	5:00 AM	5x{ 8 x 25 on :40 EXT SL EXP STS SC	SP3	S	MIO	1:20
		{ 1 x 100 on 2:40 STS + SC	EN1	S	MIO	1:20
STROKE IS AS MIO BY SET AND FINAL SET IS IM						
1,800	5:41 AM	3x{ 1 x 300 on 4:30 FR	EN1	S	FR	0:45
		{ 1 x 200 on 3:30 IM	EN2	S	IM	0:52
		{ 1 x 100 on 2:00 STROKE	EN1	S	STK	1:00
400	6:12 AM	1 x 400 on 8:00 FLY K ON BK SL SEE NOTE	EN2	K	FLY	1:00
6 FLY K EVERY WALL SWIM ONLY 2 STROKES INTO TURN						
80	6:21 AM	8 x 10 on 2:00 STARTS TO 10M FOR TIME	SP3	D	CH	10:00
	6:37 AM	3,780 Meters - Stress Value = 88				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,700 44.97%	32.8 34.92%
ALACTIC	1,080 28.57%	42.6 45.39%
ANAEROBIC THRESHOLD	1,000 26.45%	18.5 19.68%

Stroke Categories	Meters	Minutes
=====	=====	=====
REV IM ORDER	1,500 39.68%	40.0 42.55%
FREESTYLE	900 23.80%	13.5 14.36%
IM	600 15.87%	10.5 11.17%
BUTTERFLY	400 10.58%	8.0 8.51%
STROKE	300 7.93%	6.0 6.38%
CHOICE	80 2.11%	16.0 17.02%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	3,300 87.30%	70.0 74.46%
KICK	400 10.58%	8.0 8.51%
DRILL	80 2.11%	16.0 17.02%

Workout #1326 - Wednesday, 28 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
COMPETITION PHASE - VO2 MAX/AEROBIC POWER						
MEET DRYLAND WARMUP						
300	5:00 AM	6 x 50 on 1:00 FR EXT SL STS + SC	EN1	S	FR	1:00
400	5:07 AM	2 x 200 on 4:00 FR K NO SPLASH/NOISE	EN2	K	FR	1:00
400	5:16 AM	8 x 50 on 1:00 IM EXT SL 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 3:30 IM FOR BEST AVERAGE :20 REST/200	EN3	S	IM	0:52
200	6:14 AM	4 x 50 on :40 FLY w FINS	SP1	S	FIN	0:40
200	6:18 AM	4 x 50 on :35 FR w FINS	SP1	S	FIN	0:35
200	6:22 AM	4 x 50 on :45 BR w FINS	SP1	S	FIN	0:45
6:25 AM 4,300 Meters - Stress Value = 215						

NAME - PB - TOTAL TIME - AVE - VARIANCE

BROOKE - 2:33.53 - 33:24.43 - 3:02.44 - + 29

EMILY - 2:41.03

LEAH (PULL) - 2:41.80 - 38:48.01 - 3:34.80 - + 53

GLENN - 2:45.67 - 38:45.00 - 3:34.50 - + 49

ASHLEE - 2:47.50

NARELLE - 2:48.29

MIKAYLA (BK) - 2:42.00 - 35:41.31 - 3:16.13 - + 34

SARAH - 2:50.02 - 36:47.41 - 3:22.74 - +32

EMMA - 2:51.36 - 38:44.06 - 3:34.40 - + 43

NATHAN - 2:47.00 - 36:48.00 - 3:22.80 - + 35

MONIQUE (PULL) - 2:53.73 - 43:28.39 - 4:02.83 - +1.09

DAVID - 2:54.40 - 35:49.35 - 3:16.93 - + 25

CASEY - 2:56.03 - 35:37.44 - 3:15.74 - + 19

LUKE - 3:00.23

KEELY - 3:19.74 - 39:10.97 - 3:37.09 - + 18

ADRIANNA - 3:20.48 - 38:32.05 - 3:33.20 - + 13

- CLOSEST TO PB WINS A LOLLIPOP
- 1 - ADRIANNA + 13
 - 2 - KEELY + 18
 - 3 - CASEY + 19

Energy Levels	Meters	Minutes
V02 MAX	2,000 46.51%	35.0 45.45%
ANAEROBIC THRESHOLD	1,000 23.25%	20.0 25.97%
AEROBIC BASE	700 16.27%	14.0 18.18%
LACTATE TOLERANCE	600 13.95%	8.0 10.38%

Stroke Categories	Meters	Minutes
IM	3,000 69.76%	55.0 71.42%
FREESTYLE	700 16.27%	14.0 18.18%
FINS	600 13.95%	8.0 10.38%

Type of Work	Meters	Minutes
SWIM	3,300 76.74%	57.0 74.02%
KICK	1,000 23.25%	20.0 25.97%

Workout #1327 - Thursday, 29 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ NW COMPETITION PHASE - LACTATE TOLERANCE MEET DRYLAND WARMUP			
900	5:00 AM	12 x 75 on 1:30 IM ON 1:20/1:30 SEE NOTES 1-4 IM DROP FLY 5-8 IM DROP BEST STROKE NOT FLY	EN2	S	IM
600	5:19 AM	6 x 100 on 2:20 CH K PACE DEPENDS ON PREVIOUS IF MADE THE PACE ON FIRST SET THEN ON 2:10/2:20 IF DID NOT MAKE THE PACE ON FIRST SET THEN ON 2:00/2:10	EN1	K	CH
2,400	5:34 AM	6x { 1 x 50 on :45 STROKE FAS SP AFTER THIS 50 SWIMMER TAKES ONLY :05 REST 1 x 50 on :50 STROKE FAP SP AFTER THIS 50 SWIMMER ONLY TAKES :10 REST 1 x 50 on 1:25 STROKE K SP AFTER THIS 50 SWIMMERS STARTS ON 3:00 FOR NEXT 50 1 x 50 on :45 STROKE FAS SP AFTER THIS 50 SWIMMERS GO STRAIGHT INTO RECOVERY 1 x 200 on 6:15 CH RECOVERY 10:00 TOTAL PER SET MINIMUM OF 3 ROUNDS OF ONE STROKE	SP3	S	STK
	6:34 AM	3,900 Meters - Stress Value = 125			

Energy Levels	Meters	Minutes
WARM-UP-RECOVERY	1,200 30.76%	37.5 40.76%
ANAEROBIC THRESHOLD	900 23.07%	18.0 19.56%
LACTATE TOLERANCE	600 15.38%	13.0 14.13%
AEROBIC BASE	600 15.38%	14.0 15.21%
PEAK LACTATE	300 7.69%	5.0 5.43%
ALACTIC	300 7.69%	4.5 4.89%

Stroke Categories	Meters	Minutes
CHOICE	1,800 46.15%	51.5 55.97%
STROKE	1,200 30.76%	22.5 24.45%
IM	900 23.07%	18.0 19.56%

Type of Work	Meters	Minutes
SWIM	3,000 76.92%	69.5 75.54%
KICK	900 23.07%	22.5 24.45%

Workout #1328 - Friday, 30 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
COMPETITION PHASE - MEET WARMUP - PACE WORK 100/200						
400	5:00 AM	1 x 400 on 7:00 CH S	EN1	S	CH	0:52
400	5:08 AM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	5:17 AM	1 x 400 on 7:30 CH DR/S BY 25'S	EN1	D	CH	0:56
400	5:26 AM	8 x 50 on :55 STROKE INCREASE HR/PACE	EN2	S	STK	0:55
FR ON :45, BK ON :50, BR ON :55, FLY ON :50						
OPTIONAL FOR FLY TO DO FLY/CH BY 25'S						
DEPENDANT ON DISTANCE COMPLETE ONE OF THE FOLLOWING						
OPTION 1 - 100 STROKE PACE WORK						
200	5:35 AM	2x{ 1 x 50 on 1:00 STROKE TECH	EN1	S	STK	1:00
		{ 1 x 50 on :45 STROKE @ GOAL PACE OF 2ND 50	SP2	S	STK	0:45
TO A RACE FINISH						
OPTION 2 - 200 STROKE PACE WORK						
200	5:40 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST	SP2	S	STK	1:00
TO THE FEET (TURN)						
OPTION 3 - 1500 FR PACE WORK						
500	5:45 AM	5 x 100 on 1:45 FR @ 1500 FR GOAL PACE	EN2	S	FR	0:52
TO THE FEET (:10 REST AFTER EACH 100)						
200	5:55 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	6:00 AM	1 x 200 on 4:00 CH K	EN1	K	CH	1:00
200	6:05 AM	1 x 200 on 3:45 CH S REC	REC	S	CH	0:56
FOLLOWING MEET WARMUP ATHELTES WILL DESIGNATE						
THE STROKE, DISTANCE, GOAL TIME, AND GOAL PACE						
THAT THEY WILL BE ACHIEVING AT THE SC STATE CHAMPS						
IF 100/200 STROKE THEN COMPELTE THE FOLLOWING						
400	6:10 AM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1:30
IF 100 HIT GOAL PACE FOR 2ND 50 OF 100 GOAL						
IF 200 HIT AVERAGE PACE FOR 50'S						
IF 1500 FR PACE WORK THEN COMPLETE THE FOLLOWING						
500	6:23 AM	5 x 100 on 1:40 FR @ GOAL PACE :10 REST	EN2	S	FR	0:50
200	6:33 AM	1 x 200 on 4:30 CH K RECOVERY	REC	K	CH	1:08
600	6:39 AM	3 x 200 on 3:00 FR @ GOAL PACE	EN2	S	FR	0:45
200	6:49 AM	1 x 200 on 4:30 CH K REC	REC	K	CH	1:08
500	6:55 AM	5 x 100 on 1:40 FR @ PACE :10 REST	EN2	S	FR	0:50
ALL ATHLETES COMPLETE THE FOLLOWING						
100	7:05 AM	1 x 100 on 2:30 CH K REC	REC	S	CH	1:15
SWIMMERS COMPLETE THE SESSION WITH 100/200 BROKEN						
FROM A START :10 REST AFTER EACH 50						
	7:07 AM	1 on 10:00 RELAY TAKEOVERS	SP3	D	MIX	
	7:17 AM	5,600 Meters - Stress Value = 156				

28 DAYS REMAINING UNTIL VIC SC CHAMPS

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

DAVID - 100 BR - 1:37.00 - 49.50
 49.28, 52.05 - 1:41.33

NATHAN - 100 BR - 1:29.50 - 45.75
 46.15, 48.27 - 1:34.42

ADRIANNA - 200 IM - 2:48.00 - 39.07, 41.16, 50.32, 39.07
 40.41, 46.42, 53.99, 38.94 - 2:59.76

KEELY - 200 BK - 2:55.00 - 42.50
 44.06, 50.36, 46.99, 46.89 - 3:08.30

LEAH - 100 FR - 1:03.00 - 32.25
 33.21, 36.07 - 1:09.28

MONIQUE - 100 BR 1:30.00 - 46.00
 48.84, 51.60 - 1:40.44

LUKE - 100 FLY - 1:13.00 - 37.50
 35.56, 40.31 - 1:15.87

GLENN - 100 BK - 1:12.00 - 36.75
 36.43, 39.61 - 1:16.04

CASEY - 100 FR - 1:06.00 - 33.75

SARAH - 100 BR - 1:26.00 - 44.00
 42.90, 47.01 - 1:29.91

ASHLEE - 200 FR - 2:28.00 - 37.00
 34.66, 37.39, 37.90, 37.57 - 2:27.52

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 55.35%	53.7 50.23%
AEROBIC BASE	1,100 19.64%	20.5 19.15%
PEAK LACTATE	700 12.50%	17.5 16.35%
WARM-UP-RECOVERY	700 12.50%	15.2 14.25%

Stroke Categories	Meters	Minutes
CHOICE	2,300 41.07%	45.7 42.75%
FREESTYLE	2,100 37.50%	34.4 32.16%
STROKE	1,200 21.42%	26.8 25.07%

Type of Work	Meters	Minutes
SWIM	4,200 75.00%	78.5 73.36%
KICK	1,000 17.85%	21.0 19.62%
DRILL	400 7.14%	7.5 7.00%

Workout #1340 - Friday, 30 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:30PM @ CARRUM DOWNS - PETER						
DRYLAND - STEWART (4:30-6:00PM)						
	4:30 PM	1 on 59:59 DRYLAND	EN1	L	DRY	
	6:00 PM	1 on 35:00 WALK TO POOL	EN1	L	DRY	
800	6:35 PM	1 x 800 on 15:00 MIXED SWIM	EN1	S	MIX	0:56
	6:50 PM	1 on 35:00 RELAY TAKEOVERS	SP3	D	MIX	
	7:25 PM	800 Meters - Stress Value = 9				

PRACTICING WIND UP STARTS (RELAY TAKEOVERS)
TIMING OF TAKEOVER AS SWIMMER COMES INTO THE WALL

Energy Levels	Meters	Minutes
=====		
AEROBIC BASE	800 100.00%	15.0 100.00%

Stroke Categories	Meters	Minutes
=====		
MIXED	800 100.00%	15.0 100.00%

Type of Work	Meters	Minutes
=====		
SWIM	800 100.00%	15.0 100.00%

Workout #1329 - Saturday, 31 July 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set	Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW							
COMPETITION PHASE - TECH/SCULL/AEROBIC ENDURANCE							
MEET DRYLAND WARMUP							
400	6:00 AM	1 x 400	on 7:30 FR/BK BY 100'S EXT SL + FLY K'S	EN1	S	FR	0:56
600	6:09 AM	1 x 600	on 12:00 K w FINS FLY/BK/FR BY 200'S	EN1	K	FIN	1:00
500	6:22 AM	1 x 500	on 10:00 SCULL/P BY 100'S	EN1	S	CH	1:00
SCULL 1 - HEAD FIRST ON FRONT STRAIGHT ARM							
SCULL 2 - FEET FIRST ON BACK STRAIGHT ARMS (DOWN)							
SCULL 3 - HEAD FIRST ON FRONT (SCARECROW)							
400	6:33 AM	1 x 400	on 8:00 IM K FINISH SUB 8:00	EN2	K	IM	1:00
400	6:42 AM	1 x 400	on 7:30 IM S/K BY 50'S FINISH SUB 7:30	EN2	S	IM	0:56
400	6:51 AM	1 x 400	on 7:30 IM P FINISH SUB 7:30	EN2	P	IM	0:56
400	7:00 AM	1 x 400	on 7:15 IM P w PADS FINISH SUB 7:15	EN2	P	PAD	0:54
400	7:09 AM	1 x 400	on 7:00 IM STS + SC FINISH SUB 7:00	EN2	S	IM	0:52
400	7:17 AM	1 x 400	on 6:40 IM FAST FINIISH SUB 6:40	EN2	S	IM	0:50
7:24 AM 3,900 Meters - Stress Value = 71							

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,400 61.53%	43.9 59.81%
AEROBIC BASE	1,500 38.46%	29.5 40.18%

Stroke Categories	Meters	Minutes
IM	2,000 51.28%	36.6 49.94%
FINS	600 15.38%	12.0 16.34%
CHOICE	500 12.82%	10.0 13.62%
PADDLES	400 10.25%	7.2 9.87%
FREESTYLE	400 10.25%	7.5 10.21%

Type of Work	Meters	Minutes
SWIM	2,100 53.84%	38.6 52.66%
KICK	1,000 25.64%	20.0 27.24%
PULL	800 20.51%	14.7 20.09%