

Workout #1409 - Friday, 01 October 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 | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD/LACTATE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 500 | 5:00 AM | 1 x 500 on 8:00 FR/BK BY 100'S | EN2 | S | FR | 0:48 |
| 500 | 5:09 AM | 1 x 500 on 8:45 IM | EN2 | S | IM | 0:52 |
| 500 | 5:19 AM | 1 x 500 on 9:00 BK/BR BY 100'S | EN2 | S | BK | 0:54 |
| 500 | 5:29 AM | 1 x 500 on 8:45 IM | EN2 | S | IM | 0:52 |
| 600 | 5:39 AM | 8 x 75 on 1:30 25 FLY K ON BK SL SP 50 BK K MOD | SP3 | K | BK | 1:00 |
| 400 | 5:52 AM | 4 x 100 on 1:20 FR w FINS ON 1:15/1:20 | SP1 | S | FR | 0:40 |
| 200 | 5:59 AM | 1 x 200 on 5:00 FR K 6 FLY K UNDER H20 EACH WALL | REC | K | FR | 1:15 |
| 200 | 6:05 AM | 8 x 25 on :50 SP BK K 10 FLY K UNDER H20 | SP3 | K | BK | 1:40 |
| 400 | 6:13 AM | 2 x 200 on 5:00 IM SC 8-12-8-12 | EN1 | D | IM | 1:15 |
| 400 | 6:24 AM | 8 x 50 on :50 FR BR 3 | EN1 | S | FR | 0:50 |
| FOCUS ON SL 6 FLY K AND SWING ROTATION | | | | | | |
| 6:30 AM 4,200 Meters - Stress Value = 122 | | | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,000 47.61% | 34.5 43.03% |
| ALACTIC | 800 19.04% | 18.6 23.28% |
| AEROBIC BASE | 800 19.04% | 16.6 20.79% |
| LACTATE TOLERANCE | 400 9.52% | 5.3 6.65% |
| WARM-UP-RECOVERY | 200 4.76% | 5.0 6.23% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 1,500 35.71% | 25.0 31.18% |
| IM | 1,400 33.33% | 27.5 34.30% |
| BACKSTROKE | 1,300 30.95% | 27.6 34.51% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 2,800 66.66% | 46.5 58.00% |
| KICK | 1,000 23.80% | 23.6 29.52% |
| DRILL | 400 9.52% | 10.0 12.47% |

Workout #1410 - Friday, 01 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set | Description | EGY | WORK | STK | PACE |
|--------|---------|------------|--|-----|------|-----|------|
| ===== | | | | | | | |
| | | | 4:30-7:30PM @ CARRUM DOWNS - PETER | | | | |
| | | | DRYLAND - STEWART (4:30-6:00PM) | | | | |
| | 4:30 PM | 1 on | 59:59 DRYLAND | EN1 | L | DRY | |
| | 6:00 PM | 1 on | 30:00 WALK TO POOL | EN1 | D | DRY | |
| | | | MEET DRYLAND WARM UP | | | | |
| 800 | 6:30 PM | 1 x | 800 on 20:00 K/S BY 100'S MIO | EN1 | S | MI | 1:15 |
| | 6:50 PM | 2 on | 15:00 STROKE TECH WORK | EN1 | D | STK | |
| | | | ROUND 1 FREESTYLE PARTNER STROKE EVALUATION/FEEDBACK | | | | |
| | | | ROUND 2 BUTTERFLY PARTNER STROKE EVALUATION/FEEDBACK | | | | |
| | 7:20 PM | 800 Meters | - Stress Value = 9 | | | | |

| Energy Levels | Meters | Minutes |
|---------------|-------------|--------------|
| ===== | ===== | ===== |
| AEROBIC BASE | 800 100.00% | 20.0 100.00% |

| Stroke Categories | Meters | Minutes |
|-------------------|-------------|--------------|
| ===== | ===== | ===== |
| REV IM | 800 100.00% | 20.0 100.00% |

| Type of Work | Meters | Minutes |
|--------------|-------------|--------------|
| ===== | ===== | ===== |
| SWIM | 800 100.00% | 20.0 100.00% |

Workout #1411 - Saturday, 02 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PA |
|--------|---------|--|-----|------|-----|----|
| | | 6:00-8:00AM @ NW GENERAL PREP PHASE - ANAEROBIC THRESHOLD MEET DRYLAND WARMUP | | | | |
| 600 | 6:00 AM | 3x{1 x 100 on 1:50 STROKE S 1 x 100 on 2:10 STROKE K ROUND 1 FR, ROUND 2 BK, ROUND 3 BR | EN1 | S | STK | 0: |
| | | | EN1 | K | STK | 1: |
| 5,000 | 6:13 AM | 5x{2 x 100 on 2:05 IMO P BY SET SEE NOTES 6 x 50 on 1:05 IMO K BY SET SEE NOTES 5 x 100 on 2:00 IMO S BY SET SEE NOTES SET 1 - FLY P ON 1:55, K ON 1:00, S ON 1:50 SET 2 - BK P ON 1:55, K ON 1:00, S ON 1:50 SET 3 - BR P ON 2:05, K ON 1:05, S ON 2:00 SET 4 - FR P ON 1:40, K ON 1:00, S ON 1:35 SET 5 - IM P ON 1:55, K ON 1:00, S ON 1:50 IM K DONE AS 1-2 FLY/BK, 3-4 BK/BR, 5-6 BR/FR BY 25'S | EN2 | P | IMO | 1: |
| | | | EN2 | K | IMO | 1: |
| | | | EN2 | S | IMO | 1: |
| | 7:56 AM | 5,600 Meters - Stress Value = 116 | | | | |

DID YOU FIGHT WITH THE CLOCK?
DID YOU RACE ANYONE?
DID YOU PLAY A GAME WITH SOMEONE?
WERE YOU HUFFING AND PUFFING TO BLOW THE HOUSE DOWN?
WERE YOU COMFORTABLE AND NOT TOO TIRED?

MOST SWIMMERS WILL GET TO THE FIRST LEVEL OF GETTING TIRED AND BACK OFF..... FEWER STILL WILL GET TO THE SECOND LEVEL OF FATIGUE ... ONLY A SMALL NUMBER OF ATHLETES PUSH THEMSELVES THROUGH THESE STAGES OF CARDIOVASUCLAR AND MUSCLE STRESS. WHEN YOU PRESS THROUGH THIS SECOND STAGE YOUR AEROBIC SYSTEM IS PULLING THE LACTATE OUT AT IT'S MAXIMUM RATE AND YOU ARE ABLE TO CONTINUE AT A MUCH HIGHER LEVEL OF PERFORMANCE.... IT IS A GREAT FEELING..... ARE YOU GOING TO GET THERE?

REVIEW OF MEETS AND HOW EVENTS ARE SELECTED

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

| Energy Levels | Meters | Minutes |
|---------------------|--------------|--------------|
| ANAEROBIC THRESHOLD | 5,000 89.28% | 103.3 89.59% |
| AEROBIC BASE | 600 10.71% | 12.0 10.40% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|--------------|
| IM ORDER | 5,000 89.28% | 103.3 89.59% |
| STROKE | 600 10.71% | 12.0 10.40% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 2,800 50.00% | 55.5 48.12% |
| KICK | 1,800 32.14% | 39.0 33.81% |
| PULL | 1,000 17.85% | 20.8 18.06% |

Workout #1412 - Monday, 04 October 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 | | | | | | |
| GENERAL PREP PHASE - LACTATE/VO2 MAX | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 600 | 5:00 AM | 1 x 600 on 13:00 FR/BK/BR BY 100'S TECH FOCUS | EN1 | D | IM | 1:05 |
| OFF WALLS PAST FLAGS, GREAT SL'S | | | | | | |
| FR BR3, BK SHOULDER DRY, BR FAST TO SL | | | | | | |
| 1,000 | 5:14 AM | 4x{10 x 25 on :40 IMO STS SP SEE NOTES | SP1 | S | IMO | 1:20 |
| {1 on :30 BONUS REST BETWEEN SETS | | | | | | |
| FR + BK 9 STROKES SP | | | | | | |
| BR + FLY 6 STROKES SP | | | | | | |
| 600 | 5:44 AM | 1 x 600 on 12:00 K w FINS FR/BK/FLY BY 100'S | EN1 | K | MI | 1:00 |
| 1,200 | 5:57 AM | 4x{1 x 50 on 1:05 K 25 SP 25 MOD | SP2 | K | IMO | 1:05 |
| {1 x 50 on 1:05 K 25 MOD 25 SP | | | | | | |
| {1 x 50 on 1:20 K SP | | | | | | |
| {1 x 50 on 1:05 K 25 SP 25 MOD | | | | | | |
| {1 x 50 on 1:05 K 25 MOD 25 SP | | | | | | |
| {1 x 50 on 1:20 K SP | | | | | | |
| ROUND 1 FLY, ROUND 2 BK, ROUND 3 BR, ROUND 4 FR | | | | | | |
| 800 | 6:26 AM | 2x{1 x 100 on 1:30 FR FAST | EN3 | S | FR | 0:45 |
| {1 x 100 on 1:40 FR FAST | | | | | | |
| {1 x 100 on 1:50 FR FAST | | | | | | |
| {1 x 100 on 2:00 FR FAST | | | | | | |
| 6:40 AM | 4,200 Meters - Stress Value = 267 | | | | | |

| Energy Levels | Meters | Minutes |
|-------------------|--------------|-------------|
| AEROBIC BASE | 1,400 33.33% | 28.3 30.24% |
| LACTATE TOLERANCE | 1,400 33.33% | 37.3 39.85% |
| PEAK LACTATE | 800 19.04% | 17.3 18.50% |
| VO2 MAX | 600 14.28% | 10.6 11.38% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| IM ORDER | 2,200 52.38% | 54.6 58.36% |
| FREESTYLE | 800 19.04% | 14.0 14.94% |
| REV IM | 600 14.28% | 12.0 12.81% |
| IM | 600 14.28% | 13.0 13.87% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 1,800 42.85% | 40.6 43.41% |
| KICK | 1,800 42.85% | 40.0 42.70% |
| DRILL | 600 14.28% | 13.0 13.87% |

Workout #1413 - Monday, 04 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|--|---------|---|-----|------|-----|-----|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - LACTATE TOLERANCE/PEAK LACTATE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 800 | 4:30 PM | 8 x 100 on 1:45 FR/BK BY 50'S | EN1 | S | FR | 0:5 |
| 300 | 4:45 PM | 2x{6 x 25 on :40 FLY K w FINS SEE NOTE | SP2 | K | FLY | 1:2 |
| 1-6 FLY w BRD, 7-12 FLY ON BK | | | | | | |
| 800 | 4:54 PM | 4 x 200 on 4:00 CH K/S BY 100'S w FINS SEE NOTE | SP2 | K | CH | 1:0 |
| IF OVER 1:50 IN K MUST CONTINUE TO COMPLETE 200 AS K | | | | | | |
| 400 | 5:11 PM | 8 x 50 on 1:00 IMO P | EN2 | P | IMO | 1:0 |
| 300 | 5:20 PM | 6 x 50 on :55 FR P | EN2 | P | FR | 0:5 |
| 300 | 5:27 PM | 6 x 50 on :55 FR P w PADS | EN2 | P | PAD | 0:5 |
| 500 | 5:34 PM | 10 x 50 on 1:00 STROKE K (NO FR) GOAL SUB :55 | SP1 | K | STK | 1:0 |
| 600 | 5:45 PM | 8 x 75 on 1:30 STROKE (SET GOAL TIME) | EN2 | S | STK | 1:0 |
| 500 | 5:58 PM | 10 x 50 on 1:00 FR K GOAL SUB :50 | SP1 | K | FR | 1:0 |
| 600 | 6:09 PM | 8 x 75 on 1:15 FR (SET GOAL TIME) | EN2 | S | STK | 0:5 |
| 6:19 PM 5,100 Meters - Stress Value = 267 | | | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,200 43.13% | 41.0 41.41% |
| PEAK LACTATE | 1,100 21.56% | 24.0 24.24% |
| LACTATE TOLERANCE | 1,000 19.60% | 20.0 20.20% |
| AEROBIC BASE | 800 15.68% | 14.0 14.14% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,700 33.33% | 32.0 32.32% |
| FREESTYLE | 1,600 31.37% | 29.5 29.79% |
| CHOICE | 800 15.68% | 16.0 16.16% |
| IM ORDER | 400 7.84% | 8.0 8.08% |
| PADDLES | 300 5.88% | 5.5 5.55% |
| BUTTERFLY | 300 5.88% | 8.0 8.08% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| KICK | 2,100 41.17% | 44.0 44.44% |
| SWIM | 2,000 39.21% | 36.0 36.36% |
| PULL | 1,000 19.60% | 19.0 19.19% |

Workout #1414 - Tuesday, 05 October 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 | | | | | | |
| GENERAL PREP PHASE - VO2 MAX/LACTATE TOLERANCE | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| DURING FIRST 5 X 400 ATHLETES INDICATE IF PACE IS MET | | | | | | |
| 400 | 5:00 AM | 1 x 400 on 6:40 FR BR3 ON 6:20/6:40 | EN1 | S | FR | 0:50 |
| CHECK SC 1ST 25 OF EACH 100 | | | | | | |
| IF YOU SURFACE BEFORE THE FLAGS AFTER THE TURN :(| | | | | | |
| 400 | 5:08 AM | 1 x 400 on 6:40 BK WALLS 6 FLY K ON 6:20/6:40 | EN2 | S | BK | 0:50 |
| 400 | 5:16 AM | 1 x 400 on 7:40 BR PULLOUTS + SL ON 7:20/7:40 | EN2 | S | BR | 0:58 |
| MAINTAIN HEAD POSITION DURING PULLOUTS | | | | | | |
| DRIVE INTO SL FAST | | | | | | |
| 400 | 5:25 AM | 1 x 400 on 7:40 FLY SEE NOTES ON 7:20/7:40 | EN2 | S | FLY | 0:58 |
| SL PAST FLAGS OFF WALLS | | | | | | |
| EVERY WALL 6 FLY KICKS | | | | | | |
| FOLLOW THROUGH ON EVERY ENTRY (FEET OUT) | | | | | | |
| 400 | 5:34 AM | 1 x 400 on 6:40 IM SEE NOTES ON 6:20/6:40 | EN2 | S | IM | 0:50 |
| SP FIRST LENGTH OF EACH STROKE | | | | | | |
| SL TIGHT OFF EVERY WALL | | | | | | |
| PUSH OFF WALLS HARD | | | | | | |
| 400 | 5:42 AM | 4 x 100 on 2:00 FR FINISH AT PB + :10 | EN3 | S | FR | 1:00 |
| 400 | 5:51 AM | 4 x 100 on 2:10 FR FINISH AT PB + :10 | EN3 | S | FR | 1:05 |
| 200 | 6:01 AM | 1 x 200 on 5:00 BK/BR BY 50'S REC | REC | S | BK | 1:15 |
| HOW MANY CAN YOU MAKE IN EACH SET? | | | | | | |
| 100 | 6:07 AM | 4 x 25 on :30 FR SP | SP2 | S | FR | 1:00 |
| 100 | 6:10 AM | 4 x 25 on :25 FR SP | SP1 | S | FR | 0:50 |
| 100 | 6:13 AM | 4 x 25 on :20 FR SP | SP1 | S | FR | 0:40 |
| 100 | 6:16 AM | 4 x 25 on :15 FR SP | SP1 | S | FR | 0:30 |
| 400 | 6:18 AM | 4 x 100 on 1:50 FR w FINS FINISH AT PB | EN3 | S | FR | 0:55 |
| 400 | 6:27 AM | 4 x 100 on 2:00 FR w FINS FINISH AT PB | EN3 | S | FR | 1:00 |
| 100 | 6:36 AM | 4 x 25 on 1:00 IMO SP WALKBACKS | SP2 | S | IMO | 2:00 |
| 6:40 AM 4,300 Meters - Stress Value = 193 | | | | | | |

ATHLETES MAKING THE PACE ON EACH OF THE 400'S (5)

SARAH, BROOKE, CASEY, NARELLE, EMILY, ASHLEE

SUGGESTION AND OUTLINE OF CIRCLE SWIMMING DOWN THE MIDDLE BACK THE ROPES EG LANE 1 AND 3 SWIM RIGHT TO LEFT, 2 AND 4 SWIM LEFT TO RIGHT

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 1,600 37.20% | 28.6 34.81% |
| VO2 MAX | 1,600 37.20% | 32.0 38.86% |
| AEROBIC BASE | 400 9.30% | 6.6 8.09% |
| LACTATE TOLERANCE | 300 6.97% | 4.0 4.85% |
| PEAK LACTATE | 200 4.65% | 6.0 7.28% |
| WARM-UP-RECOVERY | 200 4.65% | 5.0 6.07% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 2,400 55.81% | 44.6 54.25% |
| BACKSTROKE | 600 13.95% | 11.6 14.17% |
| BUTTERFLY | 400 9.30% | 7.6 9.31% |
| IM | 400 9.30% | 6.6 8.09% |
| BREASTSTROKE | 400 9.30% | 7.6 9.31% |
| IM ORDER | 100 2.32% | 4.0 4.85% |

| Type of Work | Meters | Minutes |
|--------------|---------------|--------------|
| SWIM | 4,300 100.00% | 82.3 100.00% |

Workout #1415 - Tuesday, 05 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|--|---------|---|-----|------|-----|-----|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - LACTATE TOLERANCE/PEAK LACTATE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 800 | 4:30 PM | 8 x 100 on 1:45 FR/BK BY 50'S | EN1 | S | FR | 0:5 |
| 300 | 4:45 PM | 2x{6 x 25 on :40 FLY K w FINS SEE NOTE | SP2 | K | FLY | 1:2 |
| 1-6 FLY w BRD, 7-12 FLY ON BK | | | | | | |
| 800 | 4:54 PM | 4 x 200 on 3:50 CH K/S BY 100'S w FINS SEE NOTE | SP2 | K | CH | 0:5 |
| IF OVER 1:40 IN K MUST CONTINUE TO COMPLETE 200 AS K | | | | | | |
| 300 | 5:11 PM | 6 x 50 on 1:00 IMO P (NO FR) | EN2 | P | IMO | 1:0 |
| 350 | 5:18 PM | 7 x 50 on :55 FR P | EN2 | P | FR | 0:5 |
| 350 | 5:26 PM | 7 x 50 on :55 FR P w PADS | EN2 | P | PAD | 0:5 |
| 500 | 5:34 PM | 10 x 50 on 1:00 STROKE K (NO FR) GOAL SUB :55 | SP1 | K | STK | 1:0 |
| 600 | 5:45 PM | 8 x 75 on 1:30 STROKE (SET GOAL TIME) | EN2 | S | STK | 1:0 |
| 500 | 5:58 PM | 10 x 50 on 1:00 FR K GOAL SUB :50 | SP1 | K | FR | 1:0 |
| 600 | 6:09 PM | 8 x 75 on 1:15 FR (SET GOAL TIME) | EN2 | S | STK | 0:5 |
| 6:19 PM 5,100 Meters - Stress Value = 267 | | | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,200 43.13% | 40.8 41.59% |
| PEAK LACTATE | 1,100 21.56% | 23.3 23.76% |
| LACTATE TOLERANCE | 1,000 19.60% | 20.0 20.37% |
| AEROBIC BASE | 800 15.68% | 14.0 14.26% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,700 33.33% | 32.0 32.59% |
| FREESTYLE | 1,650 32.35% | 30.4 30.98% |
| CHOICE | 800 15.68% | 15.3 15.61% |
| PADDLES | 350 6.86% | 6.4 6.53% |
| IM ORDER | 300 5.88% | 6.0 6.11% |
| BUTTERFLY | 300 5.88% | 8.0 8.14% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| KICK | 2,100 41.17% | 43.3 44.14% |
| SWIM | 2,000 39.21% | 36.0 36.67% |
| PULL | 1,000 19.60% | 18.8 19.18% |

Workout #1416 - Wednesday, 06 October 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 | | | | | | |
| GENERAL PREP PHASE - LACTATE TOLERANCE/RACE PACE | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| 1,200 | 5:00 AM | 16 x 75 on 1:30 MI K/P/S BY 25'S | EN1 | S | MI | 1:00 |
| | | 4 X 75 FR THEN 4 X 75 BR ... | | | | |
| 300 | 5:25 AM | 12 x 25 on :40 FR K FINISH SUB :25 | SP1 | K | FR | 1:20 |
| 400 | 5:34 AM | 4 x 100 on 1:50 FR K MAKE THE PACE | SP1 | K | FR | 0:55 |
| 400 | 5:43 AM | 2 x 200 on 3:20 FR P ON 3:10/3:20 | EN2 | P | FR | 0:50 |
| 300 | 5:51 AM | 12 x 25 on :40 STROKE K FINISH SUB :25 | SP1 | K | STK | 1:20 |
| 400 | 6:00 AM | 4 x 100 on 1:50 STROKE K MAKE THE PACE | SP1 | K | STK | 0:55 |
| 400 | 6:09 AM | 2 x 200 on 3:40 STROKE P ON 3:30/3:40 | EN2 | P | STK | 0:55 |
| 800 | 6:18 AM | 16 x 50 on 1:30 STROKE @ GOAL PACE | SP2 | S | STK | 1:30 |
| | 6:42 AM | 4,200 Meters - Stress Value = 241 | | | | |

PACE IS FOR EITHER AVERAGE 50 TIME FOR 200 OR 2ND 50 OF 100
 REMEMBER TO SUBTRACT 2%

EXAMPLE 36.26

1% - .3626

2% - .3626

+ .3626

= .7252

SC TIME IS THEN 36.26

- .7252

= 35.53

NAME - STROKE/DISTANCE - GOAL TIME - LC PACE - LC PACE-2%

DAVID - 100 BK - 1:21.00 - 41.00 - 40.18

NATHAN - 200 FLY - 2:55.29 - 43.82 - 42.94

KEELY - 200 BK - 3:05.00 - 46.25 - 45.32

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

CASEY - 200 FLY - 3:00.24 - 45.06 - 44.15

NARELLE - 200 BR - 2:50.00 - 42.50 - 41.65

BROOKE - 200 FLY - 2:40.00 - 40.00 - 39.20

EMILY - 100 BK - 1:15.00 - 38.00 - 37.24

LEAH - 100 BK - 1:15.50 - 38.25 - 37.49

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| LACTATE TOLERANCE | 1,400 33.33% | 30.6 33.09% |
| AEROBIC BASE | 1,200 28.57% | 24.0 25.89% |
| ANAEROBIC THRESHOLD | 800 19.04% | 14.0 15.10% |
| PEAK LACTATE | 800 19.04% | 24.0 25.89% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,900 45.23% | 46.6 50.35% |
| REV IM | 1,200 28.57% | 24.0 25.89% |
| FREESTYLE | 1,100 26.19% | 22.0 23.74% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 2,000 47.61% | 48.0 51.79% |
| KICK | 1,400 33.33% | 30.6 33.09% |
| PULL | 800 19.04% | 14.0 15.10% |

Workout #1417 - Thursday, 07 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|---|---------|---|-----|------|-----|-----|
| 5:00-7:00AM @ NW | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 200 | 5:00 AM | 1 x 200 on 4:30 CH K NO BRD | EN1 | K | CH | 1:0 |
| 300 | 5:06 AM | 1 x 300 on 5:30 CH DR/S BY 50'S | EN1 | D | CH | 0:5 |
| 400 | 5:13 AM | 1 x 400 on 7:45 IM PERFECT STS | EN1 | S | IM | 0:5 |
| 400 | 5:22 AM | 1 x 400 on 8:00 CH K OFF WALLS HARD | EN2 | K | CH | 1:0 |
| 200 | 5:31 AM | 2 x 100 on 2:00 CH SP K | SP2 | K | CH | 1:0 |
| 300 | 5:36 AM | 3 x 100 on 1:35 FR PREP 4 NEXT SET ON 1:25/1:35 | EN2 | S | FR | 0:4 |
| 1,600 | 5:42 AM | 4 x 400 on 6:20 FR ON 5:50/6:20 | EN2 | S | FR | 0:4 |
| 300 | 6:09 AM | 1 x 300 on 8:00 BK/BR BY 25'S REC | REC | S | BK | 1:2 |
| IF THE PACE WAS MADE ON THE 4X400 THEN DO THE FOLLOWING | | | | | | |
| 400 | 6:18 AM | 16 x 25 on :45 STROKE K SP (GOAL SUB :25) | SP2 | K | STK | 1:3 |
| 400 | 6:31 AM | 16 x 25 on :50 STROKE SP | SP2 | S | STK | 1:4 |
| IF THE PACE WAS MISSED ON THE 4X400 DO THE FOLLOWING | | | | | | |
| 300 | 6:46 AM | 3 x 100 on 1:35 FR ON 1:25/1:35 | EN2 | S | FR | 0:4 |
| 1,200 | 6:52 AM | 3 x 400 on 8:00 FR ON 7:30/8:00 SEE NOTE | EN3 | S | FR | 1:0 |
| FINISH AT 5:45/6:15 | | | | | | |
| 7:16 AM 6,000 Meters - Stress Value = 256 | | | | | | |

4 X 400 FR SET LANE ALLOCATION
 NE PACE IS 5:50, NAT PACE IS 6:20
 LANE 4 - NATHAN, LEAH, BROOKE (w FINS S/K BY 200'S)
 LANE 3 - DAVID, GLENN
 LANE 2 - ASHLEE, NARELLE, MONIQUE
 LANE 1 - EMMA, LUKE, ADRIANNA

SWIMMERS THAT MADE THE PACE - ASHLEE, NARELLE, EMMA

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,600 43.33% | 42.8 35.13% |
| V02 MAX | 1,200 20.00% | 24.0 19.68% |
| PEAK LACTATE | 1,000 16.66% | 29.3 24.06% |
| AEROBIC BASE | 900 15.00% | 17.7 14.55% |
| WARM-UP-RECOVERY | 300 5.00% | 8.0 6.56% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 3,400 56.66% | 58.8 48.25% |
| CHOICE | 1,100 18.33% | 22.0 18.04% |
| STROKE | 800 13.33% | 25.3 20.77% |
| IM | 400 6.66% | 7.7 6.35% |
| BACKSTROKE | 300 5.00% | 8.0 6.56% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 4,500 75.00% | 87.9 72.11% |
| KICK | 1,200 20.00% | 28.5 23.37% |
| DRILL | 300 5.00% | 5.5 4.51% |

Workout #1418 - Friday, 08 October 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 | | | | | | |
| GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 600 | 5:00 AM | 1 x 600 on 12:00 FLYBKBRFRBRBKFLYBKBRFRBRBK BY 50 | EN1 | S | IM | 1:00 |
| 600 | 5:13 AM | 4x { 1 x 50 on 1:05 IM K | EN1 | K | IM | 1:05 |
| | | { 1 x 50 on 1:00 IM K | EN2 | K | IM | 1:00 |
| | | { 1 x 50 on :55 IM K | EN2 | K | IM | 0:55 |
| ONE ROUND OF EACH STROKE IM ORDER | | | | | | |
| 800 | 5:26 AM | 8 x 100 on 1:50 IM ON 1:40/1:50 | EN2 | S | IM | 0:55 |
| 200 | 5:42 AM | 1 x 200 on 5:00 BK TECH FOCUS | EN1 | S | BK | 1:15 |
| EVERY WALL HOLD SL FOR 0.5s THEN 6 FAST HARD FLY K | | | | | | |
| 500 | 5:48 AM | 10 x 50 on :50 FR P PADS OPT ON :45/:50 | EN2 | P | PAD | 0:50 |
| HIGH S/R, MINIMAL BREATHING, HARD PUSHOFFS + SL | | | | | | |
| 400 | 5:58 AM | 4 x 100 on 1:30 FR ON 1:25/1:30 | EN2 | S | FR | 0:45 |
| 400 | 6:05 AM | 8 x 50 on 1:10 FLY SP/3 DOWN 1UP BR | EN1 | D | MIX | 1:10 |
| 400 | 6:16 AM | 4 x 100 on 1:25 FR ON 1:20/1:25 | EN2 | S | FR | 0:42 |
| 900 | 6:23 AM | 1 x 900 on 15:00 FR/BK/BR BY 100'S w PADS | EN1 | S | PAD | 0:50 |
| | 6:38 AM | 4,800 Meters - Stress Value = 80 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,500 52.08% | 42.3 48.10% |
| AEROBIC BASE | 2,300 47.91% | 45.6 51.89% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| IM | 2,000 41.66% | 38.6 43.93% |
| PADDLES | 1,400 29.16% | 23.3 26.51% |
| FREESTYLE | 800 16.66% | 11.6 13.25% |
| MIXED | 400 8.33% | 9.3 10.60% |
| BACKSTROKE | 200 4.16% | 5.0 5.68% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,300 68.75% | 58.3 66.28% |
| KICK | 600 12.50% | 12.0 13.63% |
| PULL | 500 10.41% | 8.3 9.46% |
| DRILL | 400 8.33% | 9.3 10.60% |

Workout #1421 - Friday, 08 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set | Description | EGY | WORK | STK | PACE |
|--|---------|------------|------------------------------|-----|------|-----|------|
| 4:30-7:30PM @ CARRUM DOWNS - PETER DRYLAND - STEWART (4:30-6:00PM) | | | | | | | |
| | 4:30 PM | 1 on | 59:59 DRYLAND | EN1 | L | DRY | |
| | 6:00 PM | 1 on | 30:00 WALK TO POOL | EN1 | D | DRY | |
| MEET DRYLAND WARM UP | | | | | | | |
| 600 | 6:30 PM | 1 x | 600 on 20:00 CH S/K BY 100'S | EN1 | S | CH | 1:40 |
| 300 | 6:51 PM | 20 x | 15 on 2:00 STARTS - 15M | SP3 | D | MIX | 6:40 |
| | 7:31 PM | 900 Meters | - Stress Value = 20 | | | | |

| Energy Levels | Meters | Minutes |
|---------------|------------|-------------|
| AEROBIC BASE | 600 66.66% | 20.0 33.33% |
| ALACTIC | 300 33.33% | 40.0 66.66% |

| Stroke Categories | Meters | Minutes |
|-------------------|------------|-------------|
| CHOICE | 600 66.66% | 20.0 33.33% |
| MIXED | 300 33.33% | 40.0 66.66% |

| Type of Work | Meters | Minutes |
|--------------|------------|-------------|
| SWIM | 600 66.66% | 20.0 33.33% |
| DRILL | 300 33.33% | 40.0 66.66% |

Workout #1422 - Monday, 11 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|--|---------|---|-----|------|-----|-----|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - LACTATE TOLERANCE/PEAK LACTATE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 800 | 4:30 PM | 8 x 100 on 1:45 FR/BK BY 50'S | EN1 | S | FR | 0:5 |
| 300 | 4:45 PM | 2x{6 x 25 on :40 FLY K w FINS SEE NOTE | SP2 | K | FLY | 1:2 |
| 1-6 FLY w BRD, 7-12 FLY ON BK | | | | | | |
| 800 | 4:54 PM | 4 x 200 on 3:50 CH K/S BY 100'S w FINS SEE NOTE | SP2 | K | CH | 0:5 |
| IF OVER 1:40 IN K MUST CONTINUE TO COMPLETE 200 AS K | | | | | | |
| 300 | 5:11 PM | 6 x 50 on 1:00 IMO P (NO FR) | EN2 | P | IMO | 1:0 |
| 350 | 5:18 PM | 7 x 50 on :55 FR P | EN2 | P | FR | 0:5 |
| 350 | 5:26 PM | 7 x 50 on :55 FR P w PADS | EN2 | P | PAD | 0:5 |
| 500 | 5:34 PM | 10 x 50 on 1:00 STROKE K (NO FR) GOAL SUB :55 | SP1 | K | STK | 1:0 |
| 600 | 5:45 PM | 8 x 75 on 1:30 STROKE (SET GOAL TIME) | EN2 | S | STK | 1:0 |
| 500 | 5:58 PM | 10 x 50 on 1:00 FR K GOAL SUB :50 | SP1 | K | FR | 1:0 |
| 600 | 6:09 PM | 8 x 75 on 1:15 FR (SET GOAL TIME) | EN2 | S | STK | 0:5 |
| 6:19 PM 5,100 Meters - Stress Value = 267 | | | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,200 43.13% | 40.8 41.59% |
| PEAK LACTATE | 1,100 21.56% | 23.3 23.76% |
| LACTATE TOLERANCE | 1,000 19.60% | 20.0 20.37% |
| AEROBIC BASE | 800 15.68% | 14.0 14.26% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,700 33.33% | 32.0 32.59% |
| FREESTYLE | 1,650 32.35% | 30.4 30.98% |
| CHOICE | 800 15.68% | 15.3 15.61% |
| PADDLES | 350 6.86% | 6.4 6.53% |
| IM ORDER | 300 5.88% | 6.0 6.11% |
| BUTTERFLY | 300 5.88% | 8.0 8.14% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| KICK | 2,100 41.17% | 43.3 44.14% |
| SWIM | 2,000 39.21% | 36.0 36.67% |
| PULL | 1,000 19.60% | 18.8 19.18% |

Workout #1423 - Tuesday, 12 October 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 | | | | | | |
| GENERAL PREP PHASE - VO2 MAX/LACTATE TOLERANCE | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| 300 | 5:00 AM | 6 x 50 on 1:15 FR STS + SC (12) BR 3 | EN1 | S | FR | 1:15 |
| 400 | 5:09 AM | 8 x 50 on 1:05 K FLY/IM BY 25'S | EN1 | K | FLY | 1:05 |
| 100 | 5:19 AM | 1 x 100 on 2:00 IM STS + SC | EN1 | S | IM | 1:00 |
| 300 | 5:22 AM | 3 x 100 on 1:50 IM ON 1:40/1:50 DESCEND 1-3 | EN2 | S | IM | 0:55 |
| 400 | 5:29 AM | 2 x 200 on 3:30 FR SP 1ST 25 OF EACH 100 | EN2 | S | FR | 0:52 |
| 2,000 | 5:37 AM | 1 x 2000 on 35:00 FR/IM FOR TIME | EN3 | S | FRM | 0:52 |
| SWUM AS 4 X (300 FR + 200 IM) | | | | | | |
| 300 | 6:13 AM | 1 x 300 on 8:00 CH K REC (ARMS DOWN) | REC | K | CH | 1:20 |
| IF PB ON 2000 FRIM THEN COMPLETE THE FOLLOWING | | | | | | |
| 600 | 6:22 AM | 8 x 75 on 1:40 P w PADS SEE NOTES | SP1 | P | PAD | 1:07 |
| BY 25'S BR P HU SP, FR P BR 3 SC 14/16, BK P SC 14/16 | | | | | | |
| IF PB NOT ACHIEVED THEN COMPLETE THE FOLLOWING | | | | | | |
| 400 | 6:37 AM | 4 x 100 on 1:40 FR @ GOAL PACE 400 FR | EN2 | S | FR | 0:50 |
| 400 | 6:45 AM | 1 x 400 on 6:00 FR FOR TIME | EN3 | S | FR | 0:45 |
| 6:51 AM 5,200 Meters - Stress Value = 244 | | | | | | |

NAME - LANE - FRIM PB - FRIM TIME - PERFORMANCE - IMPROV - RANK

BROOKE - 3 - 29:38.05 - 32:24.09 - :| - +3.14 - NA
 NARELLE - 3 - 30:15.43 - 31:28.85 - :| - +1.13 - NA
 CASEY - ABSENT - 31:11.47
 LEAH - 3 - 31:16.72 - 33:15.55 - :| - +1.59 - NA
 EMILY - 2 - 31:49.56 - 35:00.56 - :| - +3.11 - NA
 MIKAYLA - ABSENT - 31:50.12
 NATHAN - 2 - 31:57.78 - 30:43.89 - :) - -1:14 - 5TH
 SARAH - 2 - 31:58.76 - 30:53.22 - :) - -1:05 - 7TH
 LUKE - 2 - 32:14.21 - 33:30.65 - :| - +1:16 - NA
 GLENN - 4 - 32:21.88 - 31:12.62 - :) - +1:09 - 6TH
 ASHLEE - 4 - 32:22.14 - 29:50.18 - :) - - 2:32 - 4TH
 MONIQUE - 4 - 33:47.72 - 35:12.18 - :| - +1:25 - NA
 EMMA - ABSENT - 33:50.27
 DAVID - 1 - 34:14.94 - 30:43.71 - :) - -3:31 - 2ND
 KEELY - 1 - 37:29.86 - 33:47.65 - :) - -3:42 - 1ST
 ADRIANNA - 1 - 38:24.34 - 35:16.25 - :) - - 3:12 - 3RD

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| V02 MAX | 2,400 46.15% | 41.0 41.13% |
| ANAEROBIC THRESHOLD | 1,100 21.15% | 19.1 19.23% |
| AEROBIC BASE | 800 15.38% | 18.1 18.22% |
| LACTATE TOLERANCE | 600 11.53% | 13.3 13.37% |
| WARM-UP-RECOVERY | 300 5.76% | 8.0 8.02% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FR-IM | 2,000 38.46% | 35.0 35.11% |
| FREESTYLE | 1,500 28.84% | 27.1 27.25% |
| PADDLES | 600 11.53% | 13.3 13.37% |
| IM | 400 7.69% | 7.5 7.52% |
| BUTTERFLY | 400 7.69% | 8.6 8.69% |
| CHOICE | 300 5.76% | 8.0 8.02% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,900 75.00% | 69.6 69.89% |
| KICK | 700 13.46% | 16.6 16.72% |

PULL 600 11.53% 13.3 13.37%

Workout #1424 - Tuesday, 12 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PA |
|---|---------|--|-----|------|-----|----|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 1,200 | 4:30 PM | 1 x 1200 on 24:00 FR/BK/BR BY 150'S | EN1 | S | IM | 1: |
| 2,600 | 4:55 PM | 2x { 5 x 100 on 1:55 STROKE K | EN2 | K | STK | 0: |
| | | { 4 x 50 on 1:15 SCULL/PULL BY 25'S PADS OPT | EN2 | P | PAD | 1: |
| | | { 4 x 50 on 1:05 STROKE K SEE NOTES | EN2 | K | STK | 1: |
| | | { 1 - SP/MOD BY 25'S, 2 - MOD/SP BY 25'S | | | | |
| | | { 3 - SP, 4 - SP/MOD BY 25'S | | | | |
| | | { 6 x 50 on 1:20 STROKE MAX SPEED | SP2 | S | STK | 1: |
| | | { 1 x 100 on 3:00 CH REC | REC | S | CH | 1: |
| 1,200 | 5:56 PM | 1 x 1200 on 24:00 BK/FLY/BR BY 150'S | EN1 | S | IM | 1: |
| AS TIME PERMITS COMPLETE THE FOLLOWING | | | | | | |
| 200 | 6:21 PM | 8 x 25 on 1:00 CH MAX SP | SP2 | S | CH | 2: |
| | 6:29 PM | 5,200 Meters - Stress Value = 154 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| AEROBIC BASE | 2,400 46.15% | 48.0 41.43% |
| ANAEROBIC THRESHOLD | 1,800 34.61% | 37.8 32.66% |
| PEAK LACTATE | 800 15.38% | 24.0 20.71% |
| WARM-UP-RECOVERY | 200 3.84% | 6.0 5.17% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| IM | 2,400 46.15% | 48.0 41.43% |
| STROKE | 2,000 38.46% | 43.8 37.84% |
| PADDLES | 400 7.69% | 10.0 8.63% |
| CHOICE | 400 7.69% | 14.0 12.08% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,400 65.38% | 78.0 67.33% |
| KICK | 1,400 26.92% | 27.8 24.02% |
| PULL | 400 7.69% | 10.0 8.63% |

Workout #1425 - Wednesday, 13 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | P |
|--|---------|---|-----|------|-----|---|
| ===== | | | | | | |
| 5:00-7:00AM @ ROW | | | | | | |
| GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRES/RACE PACE | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| 200 | 5:00 AM | 1 x 200 on 4:00 FR/BK BY 25'S | EN1 | S | FR | 1 |
| FOCUS FLY K OFF WALLS | | | | | | |
| 200 | 5:05 AM | 1 x 200 on 6:00 FLY K | EN1 | K | FLY | 1 |
| ATHLETE CHOICE - ON BOARD OR SL ON BK | | | | | | |
| 200 | 5:12 AM | 1 x 200 on 6:00 BR P HU PADS OPT | EN2 | P | PAD | 1 |
| 100 | 5:19 AM | 1 x 100 on 2:00 FLY BR2 MAINTAIN SC | EN1 | S | FLY | 1 |
| 100 | 5:22 AM | 1 x 100 on 2:00 BK SL OFF WALLS + FLY K | EN1 | S | BK | 1 |
| 100 | 5:25 AM | 1 x 100 on 3:00 BR SCULL (SA) | EN1 | D | BR | 1 |
| 400 | 5:29 AM | 4 x 100 on 2:00 IM ON 1:50/2:00 | EN1 | S | IM | 1 |
| 400 | 5:38 AM | 4 x 100 on 1:50 IM ON 1:45/1:55 | EN2 | S | IM | 0 |
| 400 | 5:47 AM | 4 x 100 on 1:50 IM ON 1:40/1:50 | EN2 | S | IM | 0 |
| 600 | 5:56 AM | 3 x 200 on 4:30 STROKE K PACE IS ATHLETE CHOICE | EN2 | K | STK | 1 |
| 200 | 6:11 AM | 1 x 200 on 5:00 STROKE TECH FOCUS | EN1 | D | STK | 1 |
| 300 | 6:17 AM | 6x{1 x 25 on :40 STROKE SP | SP3 | S | STK | 1 |
| | | {1 x 25 on :40 CH REC | REC | S | CH | 1 |
| 100 | 6:26 AM | 1 x 100 on 3:00 STROKE TECH FOCUS | EN1 | D | STK | 1 |
| 800 | 6:30 AM | 16 x 50 on 1:30 STROKE @ GOAL PACE | SP2 | S | STK | 1 |
| | 6:54 AM | 4,100 Meters - Stress Value = 144 | | | | |

PACE IS FOR EITHER AVERAGE 50 TIME FOR 200 OR 2ND 50 OF 100
REMEMBER TO SUBTRACT 2%

EXAMPLE 36.26

1% - .3626

2% - .3626

+ .3626

= .7252

SC TIME IS THEN 36.26

- .7252
= 35.53

NAME - STROKE/DISTANCE - GOAL TIME - LC PACE - LC PACE-2%

- KEELY - 200 BK - 3:05.00 - 47.50 - 46.06
- DAVID - 100 FLY - 1:28.00 - 45.00 - 44.10
- LEAH - 200 FR - 2:20.00 - 35.00 - 34.30
- NATHAN - 200 BR - 3:12.00 - 48.00 - 47.04
- SARAH - 100 BK - 1:17.50 - 39.00 - 38.22
- CASEY - 200 FR - 2:24.00 - 36.00 - 35.28
- NARELLE - 200 FLY - 2:55.00 - 43.75 - 42.87
- EMILY - 200 FR - 2:30.00 - 37.50 - 36.75
- ASHLEE - 200 FR - 2:20.00 - 35.00 - 34.30
- BROOKE - 200 FR - 2:20.00 - 35.00 - 34.30
- ADRIANNA - 100 FR - 1:12.00 - 36.50 - 35.77
- MONIQUE - 200 FLY - 2:42.00 - 40.44 - 39.63

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 1,600 39.02% | 34.1 34.45% |
| AEROBIC BASE | 1,400 34.14% | 33.0 33.27% |
| PEAK LACTATE | 800 19.51% | 24.0 24.20% |
| WARM-UP-RECOVERY | 150 3.65% | 4.0 4.03% |
| ALACTIC | 150 3.65% | 4.0 4.03% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,850 45.12% | 49.5 49.91% |
| IM | 1,200 29.26% | 22.6 22.85% |
| BUTTERFLY | 300 7.31% | 8.0 8.06% |

| | | | | |
|--------------|-----|-------|-----|-------|
| FREESTYLE | 200 | 4.87% | 4.0 | 4.03% |
| PADDLES | 200 | 4.87% | 6.0 | 6.05% |
| CHOICE | 150 | 3.65% | 4.0 | 4.03% |
| BACKSTROKE | 100 | 2.43% | 2.0 | 2.01% |
| BREASTSTROKE | 100 | 2.43% | 3.0 | 3.02% |

| Type of Work | Meters | | Minutes | |
|--------------|--------|--------|---------|--------|
| ===== | ===== | | ===== | |
| SWIM | 2,700 | 65.85% | 62.6 | 63.19% |
| KICK | 800 | 19.51% | 19.5 | 19.66% |
| DRILL | 400 | 9.75% | 11.0 | 11.09% |
| PULL | 200 | 4.87% | 6.0 | 6.05% |

Workout #1426 - Thursday, 14 October 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 | | | | | | |
| GENERAL PREP PHASE - PEAK LACTATE/LACTATE TOLERANCE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 1,200 | 5:00 AM | 6x { 1 x 100 on 1:55 STROKE TECH FOCUS | EN1 | S | IM | 0:58 |
| | | { 1 x 100 on 2:05 STROKE K | EN1 | K | STK | 1:02 |
| | | 1 - FR, 2 - BK, 3 - FLY, 4 - BR, 5 - IM, 6 - CH | | | | |
| 1,600 | 5:25 AM | 2x { 6 x 50 on 1:10 FR SP/REC SEE NOTES | SP2 | S | FR | 1:10 |
| | | { 1 - SP, 2 - SP/EZ BY25'S, 3 - EZ/SP BY 25'S | | | | |
| | | { 2 x 100 on 1:45 FR SP | SP1 | S | FR | 0:52 |
| | | { 1 - SP, 2 - 25 EZ 75 SP | | | | |
| | | { 1 x 200 on 2:50 FR MAX EFFORT | SP1 | S | FR | 0:42 |
| | | { 1 x 100 on 2:40 CH REC | REC | S | CH | 1:20 |
| 500 | 5:58 AM | 20 x 25 on :40 FLY K w FINS | SP2 | K | FLY | 1:20 |
| NUMBER OF FLY K SL UNDER H20 = NUMBER OF REPEAT | | | | | | |
| 100 | 6:13 AM | 1 x 100 on 1:55 IM ON 1:50/1:55 | EN1 | S | IM | 0:58 |
| 100 | 6:16 AM | 1 x 100 on 1:50 IM ON 1:45/1:50 | EN2 | S | IM | 0:55 |
| 100 | 6:19 AM | 1 x 100 on 1:45 IM ON 1:40/1:45 | EN2 | S | IM | 0:52 |
| 100 | 6:22 AM | 1 x 100 on 1:40 IM ON 1:35/1:40 | EN2 | S | IM | 0:50 |
| 800 | 6:25 AM | 2 x 400 on 7:05 IM ON 6:45/7:05 | EN2 | S | IM | 0:53 |
| 200 | 6:41 AM | 4 x 50 on :55 BK P w PADS SP/MOD BY 25'S | EN2 | P | PAD | 0:55 |
| | 6:45 AM | 4,700 Meters - Stress Value = 234 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| AEROBIC BASE | 1,300 27.65% | 25.9 27.47% |
| ANAEROBIC THRESHOLD | 1,300 27.65% | 23.0 24.46% |
| PEAK LACTATE | 1,100 23.40% | 27.3 28.97% |
| LACTATE TOLERANCE | 800 17.02% | 12.6 13.42% |
| WARM-UP-RECOVERY | 200 4.25% | 5.3 5.65% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| IM | 1,800 38.29% | 32.8 34.80% |
| FREESTYLE | 1,400 29.78% | 26.6 28.26% |
| STROKE | 600 12.76% | 12.5 13.25% |
| BUTTERFLY | 500 10.63% | 13.3 14.13% |
| PADDLES | 200 4.25% | 3.6 3.88% |
| CHOICE | 200 4.25% | 5.3 5.65% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,400 72.34% | 64.8 68.72% |
| KICK | 1,100 23.40% | 25.8 27.38% |
| PULL | 200 4.25% | 3.6 3.88% |

Workout #1427 - Thursday, 14 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PACE |
|---|---------|---|-----|------|-----|------|
| ===== | | | | | | |
| 5:30-8:00PM @ NW | | | | | | |
| DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM | | | | | | |
| GENERAL PREP PHASE - DRYLAND POWER/SWIM RECOVERY | | | | | | |
| | 5:30 PM | 1 on 40:00 AEROBIC RUN 3KM | EN1 | L | DRY | |
| | 6:10 PM | 1 on 15:00 STRETCHING | EN1 | D | DRY | |
| | 6:25 PM | 1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC | EN1 | L | DRY | |
| | 6:45 PM | 1 on 5:00 STRETCHCORDZ FLY PULLS | EN2 | L | DRY | |
| 15 ON 15 OFF 30 ON 30 OFF 15 ON 15 OFF 60 ON 30 OFF | | | | | | |
| 50 FINISHES | | | | | | |
| | 6:50 PM | 1 on 5:00 MEET DRYLAND WARMUP | EN1 | L | DRY | |
| 200 | 6:55 PM | 8 x 25 on :30 BK STS + SC | EN1 | S | BK | 1:00 |
| 200 | 7:00 PM | 4 x 50 on 1:00 BK K 6 FLY K OFF WALLS UNDER H2O | EN2 | K | BK | 1:00 |
| 50 | 7:05 PM | 2 x 25 on :30 BK STS + SC | EN1 | S | BK | 1:00 |
| 150 | 7:07 PM | 3 x 50 on 1:00 BK STS + SC + TURNS | EN1 | S | BK | 1:00 |
| 1,200 | 7:11 PM | 4x { 4 x 25 on :30 STROKE STS + SC | EN1 | S | STK | 1:00 |
| | | { 1 x 100 on 2:00 IM STS + SC FOR STROKE | EN1 | S | IM | 1:00 |
| | | { 1 x 100 on 2:00 STROKE K | EN2 | K | STK | 1:00 |
| 600 | 7:36 PM | 3x { 3 x 50 on 1:00 BK | EN1 | S | BK | 1:00 |
| | | { 1 x 50 on 1:00 IMO (NO BK) | EN1 | S | BK | 1:00 |
| | 7:48 PM | 2,400 Meters - Stress Value = 31 | | | | |

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

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

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

CIRCUIT FOR STRETCH CORDZ

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

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| AEROBIC BASE | 1,800 75.00% | 36.0 75.00% |
| ANAEROBIC THRESHOLD | 600 25.00% | 12.0 25.00% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| BACKSTROKE | 1,200 50.00% | 24.0 50.00% |
| STROKE | 800 33.33% | 16.0 33.33% |
| IM | 400 16.66% | 8.0 16.66% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 1,800 75.00% | 36.0 75.00% |
| KICK | 600 25.00% | 12.0 25.00% |

Workout #1428 - Friday, 15 October 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 | | | | | | |
| GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 1,000 | 5:00 AM | 2x { 2 x 100 on 1:45 FR 1ST 50 BR5 ON 1:40/1:45 | EN1 | S | FR | 0:52 |
| | | { 1 x 100 on 1:45 FR/BK BY 50'S ON 1:40/1:45 | EN2 | S | BK | 0:52 |
| | | { FAST TURNS AND 6 FLY K OFF WALLS | | | | |
| | | { 1 x 100 on 1:45 FR/BR BY 50'S 1:40/1:45 | EN2 | S | BR | 0:52 |
| | | { SP FR | | | | |
| | | { 1 x 100 on 1:45 FLY/FR BY 25'S ON 1:40/1:45 | EN2 | S | FLY | 0:52 |
| | | { SP FLY | | | | |
| 600 | 5:19 AM | 3 x 200 on 4:05 STROKE K ON 3:50/4:05 | EN2 | K | STK | 1:01 |
| | | 30 SECONDS REST BETWEEN SETS TO PUT FINS ON | | | | |
| 600 | 5:33 AM | 3 x 200 on 3:30 FLY K w FINS ON 3:15/3:30 | EN2 | K | FIN | 0:52 |
| 1,000 | 5:45 AM | 20 x 50 on :50 FR ON :45/:50 | EN1 | S | FR | 0:50 |
| | | 1ST 25 STS + SC BR3 MINIMUM | | | | |
| 100 | 6:03 AM | 2 x 50 on 1:00 STROKE MAX EFFORT | EN3 | S | STK | 1:00 |
| 900 | 6:06 AM | 6x { 1 x 50 on :55 FLY/BK BY 25'S ON :50/:55 | EN2 | S | IM | 0:55 |
| | | { 1 x 50 on :55 BK/BR BY 25'S ON :50/:55 | EN2 | S | IM | 0:55 |
| | | { 1 x 50 on :55 BR/FR BY 25'S ON :50/:55 | EN2 | S | IM | 0:55 |
| 400 | 6:24 AM | 1 x 400 on 8:00 CH K w FINS | EN1 | K | FIN | 1:00 |
| 600 | 6:33 AM | 1 x 600 on 12:00 FR/BK/BR BY 50'S P w PADS | EN1 | P | PAD | 1:00 |
| | | ON BR NO PB - FULL STROKE | | | | |
| | 6:45 AM | 5,200 Meters - Stress Value = 92 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,700 51.92% | 49.7 52.13% |
| AEROBIC BASE | 2,400 46.15% | 43.6 45.76% |
| V02 MAX | 100 1.92% | 2.0 2.09% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 1,400 26.92% | 23.6 24.80% |
| FINS | 1,000 19.23% | 18.5 19.38% |
| IM | 900 17.30% | 16.5 17.29% |
| STROKE | 700 13.46% | 14.2 14.93% |
| PADDLES | 600 11.53% | 12.0 12.57% |
| BREASTSTROKE | 200 3.84% | 3.5 3.66% |
| BACKSTROKE | 200 3.84% | 3.5 3.66% |
| BUTTERFLY | 200 3.84% | 3.5 3.66% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,000 57.69% | 52.6 55.19% |
| KICK | 1,600 30.76% | 30.7 32.22% |
| PULL | 600 11.53% | 12.0 12.57% |

Workout #1429 - Friday, 15 October 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/RUN TO POOL SWIM SESSION TECH/SKILL WORK MEET DRYLAND WARM UP | EN1 | D | DRY | |
| 1,000 | 6:30 PM | 1 x 1000 on 25:00 CH MIN 200 K | EN1 | S | CH | 1:15 |
| 75 | 6:56 PM | 5 x 15 on 3:00 STARTS - 15M GROUPS OF 3 - 1 SWIMMER, 2 COACHES COACH 1 ACTS AS STARTER AND TIMEKEEPER COACH 2 IS THE OBSERVER AND FEEDBACK PROVIDER ROTATE THROUGH POSITIONS SO ALL ATHLETES DO EACH | SP3 | D | MIX | 10:00 |
| 150 | 7:12 PM | 3 x 50 on 2:00 FR/BR/FLY BY 50'S AS A RELAY IN THEIR GROUPS OF 3 ATHELTES PRACTICE RELAY TAKEOVERS ONE REVOLUTION BACKWARDS AND RELEAST TO FRONT ROTATE WHICH SWIMMER STARTS FIRST SO THAT ALL GET THE SAME NUMBER OF PRACTICE TAKEOVERS | EN2 | S | IM | 2:00 |
| | 7:18 PM | 1,225 Meters - Stress Value = 17 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| AEROBIC BASE | 1,000 81.63% | 25.0 54.34% |
| ANAEROBIC THRESHOLD | 150 12.24% | 6.0 13.04% |
| ALACTIC | 75 6.12% | 15.0 32.60% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| CHOICE | 1,000 81.63% | 25.0 54.34% |
| IM | 150 12.24% | 6.0 13.04% |
| MIXED | 75 6.12% | 15.0 32.60% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 1,150 93.87% | 31.0 67.39% |
| DRILL | 75 6.12% | 15.0 32.60% |

Workout #1430 - Saturday, 16 October 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 | | | | | | |
| GENERAL PREP PHASE - VO2 MAX/ATHLETE CHOICE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 2 PRACTICE SESSIONS OFFERED DEPENDANT ON ENTRY | | | | | | |
| THOSE NOT ATTENDING/SWIMMING SV OWC | | | | | | |
| 600 | 6:00 AM | 1 x 600 on 12:00 FR/BK/FR/BR/FR/FLY BY 100'S | EN1 | S | IM | 1:00 |
| 600 | 6:13 AM | 12 x 50 on 1:00 FR HOLDING GOAL PACE FOR 3000 | EN2 | S | FR | 1:00 |
| 3,000 | 6:26 AM | 1 x 3000 on 40:00 FR FOR TIME | EN3 | S | FR | 0:40 |
| ATHLETES MUST BREATHE 3 FOR 1ST 1500 | | | | | | |
| 200 | 7:07 AM | 1 x 200 on 1:00 BK/BR BY 50'S REC | REC | S | BK | 0:15 |
| 300 | 7:09 AM | 6 x 50 on 1:06 STROKE K DESCEND 1-6 | EN2 | K | STK | 1:06 |
| 400 | 7:17 AM | 1 x 400 on 8:00 STROKE K FOR TIME | SP1 | K | STK | 1:00 |
| 200 | 7:26 AM | 4 x 50 on 1:10 STROKE K DESCEND 1-4 | EN2 | K | STK | 1:10 |
| 200 | 7:32 AM | 1 x 200 on 4:00 STROKE K FOR TIME | SP1 | K | STK | 1:00 |
| THOSE ATTENDING/SWIMMING SV OWC | | | | | | |
| PREPARE YOUR OWN SESSION TO BE > 3000 | | | | | | |
| INCLUDING STARTS, TURNS, KICKING, FUN | | | | | | |
| WRITE THE PRACTICE ON THE BOARD THEN BEGIN | | | | | | |
| 800 | 7:37 AM | 2x{1 x 200 on 4:00 CH S | EN1 | S | CH | 1:00 |
| | | {1 x 200 on 4:00 CH K | EN1 | K | CH | 1:00 |
| 100 | 7:54 AM | 1 x 100 on 2:00 CH S | EN1 | S | CH | 1:00 |
| 100 | 7:57 AM | 1 x 100 on 2:00 CH K | EN1 | K | CH | 1:00 |
| 400 | 8:00 AM | 1 x 400 on 8:00 FR PRACTICE OW BREATHING | EN2 | S | FR | 1:00 |
| 200 | 8:09 AM | 8 x 25 on 1:10 FR FAS SP WALKBACKS | SP2 | S | FR | 2:20 |
| 200 | 8:20 AM | 4 x 50 on 1:30 WORK TURNS | EN1 | D | FR | 1:30 |
| 100 | 8:27 AM | 2 x 50 on 1:05 FR P | EN2 | P | FR | 1:05 |
| 100 | 8:31 AM | 2 x 50 on :55 FR P w PADS | EN2 | P | PAD | 0:55 |
| 800 | 8:34 AM | 2x{1 x 200 on 4:00 CH S | EN1 | S | CH | 1:00 |
| | | {1 x 200 on 4:00 CH K | EN1 | K | CH | 1:00 |
| 100 | 8:51 AM | 1 x 100 on 2:00 CH S | EN1 | S | CH | 1:00 |
| 100 | 8:54 AM | 1 x 100 on 2:00 CH K | EN1 | K | CH | 1:00 |
| 100 | 8:57 AM | 4 x 25 on 1:00 FR FAS SP WALKBACKS | SP2 | S | FR | 2:00 |
| | 9:01 AM | 8,600 Meters - Stress Value = 350 | | | | |

3000 FOR TIME

NAME - TIME - 1ST 1500 - 2ND 1500
 MONIQUE - 1:07:23.55 - 29:49.53 - 38:34.02
 ASHLEE - 44:57.02 - 22:24.51 - 22:32.51
 NATHAN - 48:46.67 - 24:02.08 - 24:44.59
 ADRIANNA - 59:02.74 - 26:12.89 - 32:49.85

400 K FOR TIME

MONIQUE - FR 7:14.31
 ASHLEE - BK - 9:28/72
 NATHAN - FLY - 7:10.67
 ADRIANNA - FR - 8:39.82

REVIEW OF MEETS AND HOW EVENTS ARE SELECTED

OCT 9 - MVC - 100, 100, 200
 OCT 10 - MLC - 100, 100, 200
 OCT 16-17 - OWC - 5KM OR 10KM
 OCT 23-24 - WYN - ONE OF 400/800/1500 + 2 X 200 + 2 X 50 + 1-2 X 100
 NOV 6-7 - SV LC DIST - 400 IM/FR 800/1500 FR (CHOOSE 2) + 2 X 200
 NOV 20 - NUN - 400 FR + 2 EVENTS SWUM EITHER MVC/MLC
 NOV 21 - CAA - EVENTS SWUM AT MVC/MLC TO SWIM AGAIN
 NOV 27-28 - SV DEC - NECESSARY? RACE PATTERNING
 DEC 5 - BAL - FUN SPEED MEET MINIMUM 50'S
 DEC 17-22 - SV LC STATE

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| V02 MAX | 3,000 34.88% | 40.0 25.06% |
| AEROBIC BASE | 2,800 32.55% | 58.0 36.34% |
| ANAEROBIC THRESHOLD | 1,700 19.76% | 35.2 22.09% |
| LACTATE TOLERANCE | 600 6.97% | 12.0 7.51% |
| PEAK LACTATE | 300 3.48% | 13.3 8.35% |
| WARM-UP-RECOVERY | 200 2.32% | 1.0 0.62% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 4,600 53.48% | 81.5 51.06% |
| CHOICE | 2,000 23.25% | 40.0 25.06% |
| STROKE | 1,100 12.79% | 23.2 14.57% |
| IM | 600 6.97% | 12.0 7.51% |
| BACKSTROKE | 200 2.32% | 1.0 0.62% |
| PADDLES | 100 1.16% | 1.8 1.14% |

| Type of Work | Meters | Minutes |
|--------------|--------------|--------------|
| SWIM | 6,100 70.93% | 106.3 66.62% |
| KICK | 2,100 24.41% | 43.2 27.10% |
| DRILL | 200 2.32% | 6.0 3.75% |
| PULL | 200 2.32% | 4.0 2.50% |

Workout #1431 - Monday, 18 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PA |
|---|---------|--|-----|------|-----|----|
| ===== | | | | | | |
| 5:00-7:00AM @ CD | | | | | | |
| GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 400 | 5:00 AM | 4x { 1 x 25 on :40 STROKE STS + SC | EN1 | S | STK | 1: |
| | | { 1 x 25 on :40 STROKE SC ACCELERATE FINISHES | EN2 | S | STK | 1: |
| | | { 1 x 25 on :40 STROKE S w OK SC | EN2 | K | STK | 1: |
| | | { 1 x 25 on :40 STROKE STS + SC SP | SP3 | S | STK | 1: |
| 400 | 5:12 AM | 2 x 200 on 3:45 IM K (FLY+BK NO BRD) | EN2 | K | IM | 0: |
| IF THE PACE IS MADE ON PREVIOUS SET FINS FOR NEXT SET | | | | | | |
| 400 | 5:21 AM | 2 x 200 on 3:45 IM K | EN2 | K | IM | 0: |
| 200 | 5:30 AM | 8 x 25 on :30 SP K (2 X IMO) | SP2 | K | IMO | 1: |
| GOAL IS TO GET > 8 SECONDS REST | | | | | | |
| 400 | 5:35 AM | 4 x 100 on 1:50 IM ON 1:40/1:50 GET MIN :10 REST | EN2 | S | IM | 0: |
| 200 | 5:44 AM | 1 x 200 on 5:00 BR SC 8/9 | EN1 | D | BR | 1: |
| 400 | 5:50 AM | 2 x 200 on 3:40 STROKE K (NO IM) | EN2 | K | STK | 0: |
| IF PACE IS MADE ON PREVIOUS SET FINS FOR NEXT | | | | | | |
| 200 | 5:59 AM | 1 x 200 on 3:40 STROKE K | EN2 | K | STK | 0: |
| 200 | 6:04 AM | 8 x 25 on :40 STROKE SP K | SP2 | K | STK | 1: |
| GOAL TO GET > 20 REST | | | | | | |
| 400 | 6:11 AM | 4 x 100 on 1:55 STROKE SEE NOTES FOR PACE | EN2 | S | STK | 0: |
| NE - 1:45 FLY/BR, 1:35 BK, 1:30 FR | | | | | | |
| NAT - 1:55 BR/FLY, 1:45 BK, 1:40 FR | | | | | | |
| 200 | 6:20 AM | 1 x 200 on 5:00 BK SC 12/13 | EN1 | D | BK | 1: |
| 300 | 6:26 AM | 2x { 1 x 50 on 1:10 FR K SP/REC BY 25'S | SP2 | K | FR | 1: |
| | | { 1 x 50 on 1:10 FR K REC/SP BY 25'S | SP2 | K | FR | 1: |
| | | { 1 x 50 on :40 FR SP K | SP1 | K | FR | 0: |
| 900 | 6:33 AM | 6x { 1 x 50 on :40 FR | EN2 | S | FR | 0: |
| | | { 1 x 50 on :45 FR | EN2 | S | FR | 0: |
| | | { 1 x 50 on :50 FR | EN2 | S | FR | 0: |
| | 6:47 AM | 4,600 Meters - Stress Value = 158 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 3,300 71.73% | 59.8 66.11% |
| PEAK LACTATE | 600 13.04% | 14.0 15.46% |
| AEROBIC BASE | 500 10.86% | 12.6 13.99% |
| LACTATE TOLERANCE | 100 2.17% | 1.3 1.47% |
| ALACTIC | 100 2.17% | 2.6 2.94% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,600 34.78% | 34.6 38.30% |
| IM | 1,200 26.08% | 22.3 24.67% |
| FREESTYLE | 1,200 26.08% | 19.5 21.54% |
| BREASTSTROKE | 200 4.34% | 5.0 5.52% |
| BACKSTROKE | 200 4.34% | 5.0 5.52% |
| IM ORDER | 200 4.34% | 4.0 4.41% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| KICK | 2,200 47.82% | 44.0 48.61% |
| SWIM | 2,000 43.47% | 36.5 40.33% |

DRILL 400 8.69% 10.0 11.04%

Workout #1432 - Monday, 18 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PACE |
|--|---------|--|-----|------|-----|------|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESHOLD | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 2,400 | 4:30 PM | 4x{1 x 200 on 4:00 STROKE K | EN1 | K | MIO | 1:00 |
| | | {1 x 200 on 3:50 STROKE S | EN1 | S | MIO | 0:58 |
| | | {1 x 200 on 3:50 STROKE P | EN1 | P | MIO | 0:58 |
| 500 | 5:18 PM | 10 x 50 on 1:05 FR K FINISH SUB :55 | EN2 | K | FR | 1:05 |
| 300 | 5:30 PM | 12 x 25 on :40 FR SP | SP2 | S | FR | 1:20 |
| 1,000 | 5:39 PM | 10 x 100 on 1:45 FR HOLD 800/1500 FR GOAL PACE | EN2 | S | FR | 0:52 |
| FINISH TO THE FEET | | | | | | |
| 200 | 5:58 PM | 1 x 200 on 4:00 BK 6 FLY K OFF EACH WALL | EN1 | S | BK | 1:00 |
| 500 | 6:03 PM | 10 x 50 on :50 FR P w PADS | EN2 | P | PAD | 0:50 |
| 200 | 6:13 PM | 1 x 200 on 4:00 BR SC | EN1 | S | BR | 1:00 |
| | 6:17 PM | 5,100 Meters - Stress Value = 108 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ===== | ===== | ===== |
| AEROBIC BASE | 2,800 54.90% | 54.6 55.03% |
| ANAEROBIC THRESHOLD | 2,000 39.21% | 36.6 36.91% |
| PEAK LACTATE | 300 5.88% | 8.0 8.05% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| ===== | ===== | ===== |
| REV IM ORDER | 2,400 47.05% | 46.6 46.97% |
| FREESTYLE | 1,800 35.29% | 36.3 36.57% |
| PADDLES | 500 9.80% | 8.3 8.38% |
| BREASTSTROKE | 200 3.92% | 4.0 4.02% |
| BACKSTROKE | 200 3.92% | 4.0 4.02% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| ===== | ===== | ===== |
| SWIM | 2,500 49.01% | 48.8 49.16% |
| PULL | 1,300 25.49% | 23.6 23.82% |
| KICK | 1,300 25.49% | 26.8 27.01% |

Workout #1433 - Tuesday, 19 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK |
|--|---------|---|-----|------|-----|
| ===== | | | | | |
| 5:00-7:00AM @ NW | | | | | |
| GENERAL PREP PHASE - AEROBIC/ANAEROBIC THRESH/VO2 MAX | | | | | |
| MEET DRYLAND WARM UP | | | | | |
| 400 | 5:00 AM | 1 x 400 on 7:00 FR BR3 | EN1 | S | FR |
| 400 | 5:08 AM | 1 x 400 on 8:00 IM GREAT SL'S OFF WALLS | EN1 | S | IM |
| 400 | 5:17 AM | 1 x 400 on 8:00 BR JUMP TO SL POSITION | EN1 | S | BR |
| 400 | 5:26 AM | 1 x 400 on 7:50 IM SP 1ST 25 OF EACH 100 | EN1 | S | IM |
| 400 | 5:35 AM | 1 x 400 on 7:00 BK 6 FLY K OFF EACH WALL | EN1 | S | BK |
| 400 | 5:43 AM | 1 x 400 on 7:40 IM NEG SPLIT 100'S | EN1 | S | IM |
| 400 | 5:52 AM | 1 x 400 on 8:00 FLY WALLS 6 FLY K SC | EN1 | S | FLY |
| 400 | 6:01 AM | 1 x 400 on 7:30 IM FAST | EN2 | S | IM |
| ATHLETES MOVE INTO 2 LANES LEAVING :05 APART | | | | | |
| LANE 1 - LEAH, LUKE, NATHAN, MONIQUE, DAVID, KEELY | | | | | |
| LANE 2 - BROOKE, ASHLEE, NARELLE, GLENN, ADRIANNA, CASEY | | | | | |
| 1,000 | 6:10 AM | 20 x 50 on :45 FR (:05 APART) | EN2 | S | FR |
| ATHLETES MOVE INTO ONE LANE :05 APART | | | | | |
| RANKED BASED ON PB 50 FR | | | | | |
| BROOKE, LEAH, ASHLEE, LUKE, NARELLE, NATHAN, GLENN, MONIQUE, ADRIANNA, DAVID, CASEY, KEELY | | | | | |
| 600 | 6:26 AM | 12 x 50 on :55 FR K (:05 APART) | EN2 | K | FR |
| 1,200 | 6:38 AM | 6x{1 x 100 on 1:25 FR NE ON 1:20, NAT ON 1:25 | EN3 | S | FR |
| | | {1 x 100 on 1:45 FR NE ON 1:40, NAT ON 1:45 | EN2 | S | FR |
| | 6:57 AM | 6,000 Meters - Stress Value = 125 | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| AEROBIC BASE | 2,800 46.66% | 53.5 50.47% |
| ANAEROBIC THRESHOLD | 2,600 43.33% | 44.0 41.50% |
| VO2 MAX | 600 10.00% | 8.5 8.01% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 3,200 53.33% | 52.0 49.05% |
| IM | 1,600 26.66% | 31.0 29.24% |
| BACKSTROKE | 400 6.66% | 7.0 6.60% |
| BUTTERFLY | 400 6.66% | 8.0 7.54% |
| BREASTSTROKE | 400 6.66% | 8.0 7.54% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 5,400 90.00% | 95.0 89.62% |
| KICK | 600 10.00% | 11.0 10.37% |

Workout #1434 - Tuesday, 19 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PA |
|---|---------|---|-----|------|-----|----|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 600 | 4:30 PM | 6 x 100 on 2:15 STROKE SEE NOTE | EN1 | D | STK | 1: |
| ATHLETES MUST COMPLETE 1 X OF EACH STROKE | | | | | | |
| 25 SCULL/FINISHES 25 PULL, 50 S | | | | | | |
| 300 | 4:45 PM | 3 x 100 on 2:00 FLY K | EN2 | K | FLY | 1: |
| 100 | 4:52 PM | 1 x 100 on 1:40 FLY SP MAX EFFORT | SP2 | S | FLY | 0: |
| 600 | 4:55 PM | 3 x 200 on 3:30 IM K w FINS NO BRD FLY/BK | EN2 | K | FIN | 0: |
| 500 | 5:07 PM | 10 x 50 on :45 FR 1ST 25 BR 3 | EN2 | S | FR | 0: |
| 400 | 5:16 PM | 8 x 50 on 1:05 BR HYPOXIC | EN2 | S | BR | 1: |
| 1-4 3 DOWN 1 UP, 5-8 3 DOWN 2 UP | | | | | | |
| 500 | 5:26 PM | 10 x 50 on :45 FR SP 1ST 25 | EN2 | S | FR | 0: |
| 600 | 5:35 PM | 3 x 200 on 3:20 FLY K w FINS | EN2 | K | FIN | 0: |
| 1 - FLY K ON BK, 2 - FLY K w KB, 3 - FLY K ON BK | | | | | | |
| 900 | 5:46 PM | 3x{ 2 x 100 on 1:20 FR MAX EFFORT | SP1 | S | FR | 0: |
| { 1 x 100 on 3:20 IM RECOVIERY | | | | | | |
| 500 | 6:05 PM | 10 x 50 on :55 STROKE TECH | EN1 | S | STK | 0: |
| | 6:15 PM | 5,000 Meters - Stress Value = 141 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,900 58.00% | 50.1 54.23% |
| AEROBIC BASE | 1,100 22.00% | 22.6 24.50% |
| LACTATE TOLERANCE | 600 12.00% | 8.0 8.64% |
| WARM-UP-RECOVERY | 300 6.00% | 10.0 10.81% |
| PEAK LACTATE | 100 2.00% | 1.6 1.80% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 1,600 32.00% | 23.0 24.86% |
| FINS | 1,200 24.00% | 20.5 22.16% |
| STROKE | 1,100 22.00% | 22.6 24.50% |
| BREASTSTROKE | 400 8.00% | 8.6 9.36% |
| BUTTERFLY | 400 8.00% | 7.6 8.28% |
| IM | 300 6.00% | 10.0 10.81% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 2,900 58.00% | 52.5 56.75% |
| KICK | 1,500 30.00% | 26.5 28.64% |
| DRILL | 600 12.00% | 13.5 14.59% |

Workout #1435 - Wednesday, 20 October 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 | | | | |
| | | GENERAL PREP PHASE - VO2 MAX/LACTATE TOLERANCE | | | | |
| | | MEET DRYLAND WARM UP | | | | |
| 800 | 5:00 AM | 1 x 800 on 15:00 FR/STROKE OYO | EN1 | S | CH | 0:56 |
| 500 | 5:16 AM | 10 x 50 on 1:00 ATHLETE CHOICE INCREASE HR | EN2 | S | CH | 1:00 |
| 400 | 5:27 AM | 8 x 50 on 1:30 STROKE @ GOAL PACE | SP2 | S | STK | 1:30 |
| 200 | 5:40 AM | 1 x 200 on 5:00 CH LOOSEN | EN1 | S | CH | 1:15 |
| | | ATHLETE MUST CHOOSE ONE OF THE FOLLOWING | | | | |
| | | CHOICE 1 | | | | |
| 600 | 5:46 AM | 6 x 100 on 5:00 STROKE MAX EFFORT SEE NOTES | EN3 | S | STK | 2:30 |
| | | IF TIME < PB = 2 REPEATS | | | | |
| | | IF PB < TIME < PB+2% = 1 REPEAT | | | | |
| | | IF TIME > PB+2% = 0 REPEATS | | | | |
| | | CHOICE 2 | | | | |
| 600 | 6:17 AM | 3 x 200 on 10:00 STROKE MAX EFFORT SEE NOTES | EN3 | S | STK | 2:30 |
| | | IF TIME < PB = 2 REPEATS | | | | |
| | | IF PB < TIME < PB+2% = 1 REPEAT | | | | |
| | | IF TIME > PB+2% = 0 REPEATS | | | | |
| | | CHOICE 3 | | | | |
| 400 | 6:48 AM | 1 x 400 on 20:00 STROKE MAX EFFORT SEE NOTES | EN3 | S | STK | 2:30 |
| | | IF TIME < PB+2% = 1 REPEAT | | | | |
| | | IF TIME > PB+2% = 0 REPEATS | | | | |
| 200 | 7:09 AM | 1 x 200 on 5:00 CH RECOVERY | EN1 | S | CH | 1:15 |
| | 7:14 AM | 3,700 Meters - Stress Value = 174 | | | | |

| NAME | EVENT | PB | PB+2% | TIME 1 | TIME 2 | TIME 3 | TIME 4 | TIME 5 | TIME 6 |
|----------|---------|---------|---------|---------|---------|---------|---------|---------|--------|
| BROOKE | 400 IM | 5:27.70 | 5:34.25 | 5:38.63 | 6:16.97 | 5:57.15 | wFINS | | |
| NARELLE | 400 FR | 5:25.19 | 5:31.69 | 5:24.36 | | | | | |
| SARAH | 400 FR | 5:38.99 | 5:45.77 | 5:27.95 | | | | | |
| KEELY | 400 FR | 5:52.71 | 5:59.76 | 5:56.38 | | | | | |
| MONIQUE | 200 FLY | 2:52.99 | 2:56.45 | 3:10.48 | 3:08.70 | DNF | | | |
| DAVID | 200 BK | 2:48.44 | 2:51.81 | 2:45.00 | 2:45.81 | | | | |
| NATHAN | 200 BR | 3:17.07 | 3:21.01 | 3:14.49 | 3:19.98 | | | | |
| ADRIANNA | 100 IM | 1:22.80 | 1:24.46 | 1:26.98 | 1:26.31 | 1:26.32 | 1:31.19 | 1:29.74 | |
| | | 1:29.61 | 1:28.14 | 1:17.14 | wFINS | | | | |
| LEAH | 100 IM | 1:15.35 | 1:16.86 | 1:21.41 | 1:21.34 | 1:27.98 | 1:24.89 | 1:29.64 | |
| | | 1:25.66 | 1:24.46 | 1:14.71 | wFINS | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ===== | ===== | ===== |
| VO2 MAX | 1,600 43.24% | 80.0 62.99% |
| AEROBIC BASE | 1,200 32.43% | 25.0 19.68% |
| ANAEROBIC THRESHOLD | 500 13.51% | 10.0 7.87% |
| PEAK LACTATE | 400 10.81% | 12.0 9.44% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| ===== | ===== | ===== |
| STROKE | 2,000 54.05% | 92.0 72.44% |
| CHOICE | 1,700 45.94% | 35.0 27.55% |

| Type of Work | Meters | Minutes |
|--------------|---------------|---------------|
| ===== | ===== | ===== |
| SWIM | 3,700 100.00% | 127.0 100.00% |

Workout #1437 - Thursday, 21 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | P |
|--|---------|---|-----|------|-----|---|
| 5:00-7:00AM @ NW | | | | | | |
| GENERAL PREP PHASE - LACTATE TOLERANCE/ANAEROBIC THRES | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 600 | 5:00 AM | 1 x 600 on 12:00 FR/BK BY 100'S FAST + LONG TURNS | EN1 | S | FR | 1 |
| FLY K OFF WALLS, PAST FLAGS, QUICK ROTATION OF TURN | | | | | | |
| 400 | 5:13 AM | 8x { 1 x 25 on 1:00 STROKE DRILL SEE NOTES | EN1 | D | IMO | 2 |
| { FLY DRILLS - 1P4K, 3F 3R 3L | | | | | | |
| { BK DRILLS - RAINBOW, FIST CLOSED | | | | | | |
| { BR DRILLS - BRwFLY K, 1P2K | | | | | | |
| { FR DRILLS - HU FRwFLY K, 3 SCULL SWITCH | | | | | | |
| { GET OUT AT END OF POOL PRESSING UP TO FEET ON EDGE | | | | | | |
| { NO BELLIES, BUTTS OR KNEES ON EDGE | | | | | | |
| | | 1 x 25 on :30 STROKE FAS SP | SP2 | S | IMO | 1 |
| 50 | 5:26 AM | 1 x 50 on :55 FLY K ON BRD | SP2 | K | FLY | 0 |
| 50 | 5:28 AM | 1 x 50 on 1:30 CH K REC | REC | K | CH | 1 |
| 100 | 5:31 AM | 2 x 50 on :55 FLY K ON BRD | SP2 | K | FLY | 0 |
| 50 | 5:34 AM | 1 x 50 on 1:30 CH K REC | REC | K | CH | 1 |
| 150 | 5:37 AM | 3 x 50 on :55 FLY K ON BRD | SP1 | K | FLY | 0 |
| 50 | 5:41 AM | 1 x 50 on 1:30 CH K REC | REC | K | CH | 1 |
| 200 | 5:44 AM | 4 x 50 on :55 FLY K ON BRD | SP1 | K | FLY | 0 |
| 50 | 5:49 AM | 1 x 50 on 1:30 CH K REC | REC | K | CH | 1 |
| 250 | 5:52 AM | 5 x 50 on :55 FLY K ON BRD | SP1 | K | FLY | 0 |
| 50 | 5:58 AM | 1 x 50 on 1:30 CH K REC | REC | K | CH | 1 |
| 300 | 6:01 AM | 6 x 50 on :55 FLY K ON BRD | SP1 | K | FLY | 0 |
| 100 | 6:08 AM | 1 x 100 on 3:00 CH K REC | REC | K | CH | 1 |
| ATHLETES NOW MOVE INTO LANE 2+3 ONLY | | | | | | |
| LANE 2 SWIM DOWN THE RIGHT BACK THE LEFT | | | | | | |
| LANE 3 SWIM DOWN THE LEFT BACK THE RIGHT | | | | | | |
| 400 | 6:12 AM | 8 x 50 on :45 FR | EN2 | S | FR | 0 |
| 50 | 6:19 AM | 1 x 50 on 1:30 CH REC | REC | S | CH | 1 |
| 400 | 6:22 AM | 8 x 50 on :45 FR P | EN2 | S | FR | 0 |
| 50 | 6:29 AM | 1 x 50 on 1:30 CH REC | REC | S | CH | 1 |
| 400 | 6:32 AM | 8 x 50 on :45 FR P w PADS | EN2 | P | PAD | 0 |
| 50 | 6:39 AM | 1 x 50 on 1:30 CH REC | REC | S | CH | 1 |
| 400 | 6:42 AM | 8 x 50 on :45 FR P w PADS + FINS | EN2 | P | PAD | 0 |
| 50 | 6:49 AM | 1 x 50 on 1:30 CH REC | REC | S | CH | 1 |
| 400 | 6:52 AM | 8 x 50 on :40 FR w PADS + FINS | EN3 | S | PAD | 0 |
| | 6:58 AM | 4,600 Meters - Stress Value = 189 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 1,600 34.78% | 24.0 26.94% |
| LACTATE TOLERANCE | 900 19.56% | 16.5 18.52% |
| AEROBIC BASE | 800 17.39% | 20.0 22.45% |
| WARM-UP-RECOVERY | 550 11.95% | 16.5 18.52% |
| V02 MAX | 400 8.69% | 5.3 5.98% |
| PEAK LACTATE | 350 7.60% | 6.7 7.57% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| FREESTYLE | 1,400 30.43% | 24.0 26.94% |
| PADDLES | 1,200 26.08% | 17.3 19.45% |
| BUTTERFLY | 1,050 22.82% | 19.2 21.60% |
| CHOICE | 550 11.95% | 16.5 18.52% |
| IM ORDER | 400 8.69% | 12.0 13.47% |

| Type of Work | Meters | | Minutes | |
|--------------|--------|--------|---------|--------|
| ===== | ===== | | ===== | |
| SWIM | 2,200 | 47.82% | 39.3 | 44.15% |
| KICK | 1,400 | 30.43% | 29.7 | 33.39% |
| PULL | 800 | 17.39% | 12.0 | 13.47% |
| DRILL | 200 | 4.34% | 8.0 | 8.98% |

Workout #1438 - Thursday, 21 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|--|---------|---|-----|------|-----|-----|
| ===== | | | | | | |
| 5:30-8:00PM @ NW | | | | | | |
| DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM | | | | | | |
| GENERAL PREP PHASE - DRYLAND POWER/SWIM REC-TECH | | | | | | |
| | 5:30 PM | 1 on 40:00 AEROBIC RUN 3KM | EN1 | L | DRY | |
| | 6:10 PM | 1 on 15:00 STRETCHING | EN1 | D | DRY | |
| | 6:25 PM | 1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC | EN1 | L | DRY | |
| | 6:45 PM | 1 on 5:00 STRETCHCORDZ FLY PULLS | EN2 | L | DRY | |
| 15 ON 15 OFF 15 ON 15 OFF 30 ON 30 OFF 30 ON 30 OFF | | | | | | |
| 60 ON | | | | | | |
| 50 FINISHES | | | | | | |
| | 6:50 PM | 1 on 5:00 MEET DRYLAND WARMUP | EN1 | L | DRY | |
| 100 | 6:55 PM | 1 x 100 on 2:00 FR STS + SC TURNS MAINTAIN SC | EN1 | S | FR | 1:0 |
| 100 | 6:58 PM | 1 x 100 on 2:00 FR K | EN1 | K | FR | 1:0 |
| 100 | 7:01 PM | 1 x 100 on 2:00 BK STS + SC TURNS MAINTAIN SC | EN1 | S | BK | 1:0 |
| 100 | 7:04 PM | 1 x 100 on 2:00 BK K | EN1 | K | BK | 1:0 |
| | 7:07 PM | 1 on 12:00 FR/BK TURNWORK | EN1 | D | FR | |
| FOCUS FOR TURNWORK | | | | | | |
| - SL ARM ACTION LAST STROKE FINISH AT LEGS | | | | | | |
| - WHAT HAPPENS AFTER LAST STROKE | | | | | | |
| - FEET PLACEMENT ON WALL (POSITION FOR PUSH) | | | | | | |
| - TURN STRAIGHT OVER PUSHING OFF ON BACK (NO TWISTS) | | | | | | |
| 200 | 7:19 PM | 4 x 50 on 1:00 FR STS HOLD PACE FOR 200 GOAL | EN2 | S | FR | 1:0 |
| 200 | 7:24 PM | 1 x 200 on 8:00 FR FOR TIME | SP1 | S | FR | 2:0 |
| 100 | 7:33 PM | 2x { 1 x 25 on :25 FR STS | EN1 | S | FR | 0:5 |
| | | { 1 x 25 on :25 BK STS | EN1 | S | BK | 0:5 |
| 50 | 7:36 PM | 1 x 50 on :50 FR STS + TURN | EN1 | S | FR | 0:5 |
| 50 | 7:38 PM | 1 x 50 on 1:00 BK STS + TURN | EN1 | S | BK | 1:0 |
| 100 | 7:40 PM | 1 x 100 on 2:00 FLY K | EN1 | K | FLY | 1:0 |
| 200 | 7:43 PM | 4 x 50 on 2:00 FR FAS SP MAINTAIN STS | SP2 | S | FR | 2:0 |
| | 7:51 PM | 1,300 Meters - Stress Value = 49 | | | | |

NAME - 200 FR PB - 200 TT TIME - SPLITS
 GLENN - 2:22.22 - 2:24.06 - 32.76, 36.73, 38.04, 36.53
 BROOKE - 2:17.75 - 2:30.67 - 33.35, 38.33, 39.74, 39.25
 LUKE - 2:31.48 - 2:47.86 - 37.83, 42.46, 44.36, 43.21

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

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

STRETCH CORDS INTRODUCTION
 ABDUCTORS

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

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

| Energy Levels | Meters | Minutes |
|---------------------|------------|-------------|
| AEROBIC BASE | 700 53.84% | 13.5 40.29% |
| LACTATE TOLERANCE | 200 15.38% | 8.0 23.88% |
| PEAK LACTATE | 200 15.38% | 8.0 23.88% |
| ANAEROBIC THRESHOLD | 200 15.38% | 4.0 11.94% |

| Stroke Categories | Meters | Minutes |
|-------------------|------------|-------------|
| FREESTYLE | 900 69.23% | 25.6 76.61% |
| BACKSTROKE | 300 23.07% | 5.8 17.41% |
| BUTTERFLY | 100 7.69% | 2.0 5.97% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 1,000 76.92% | 27.5 82.08% |
| KICK | 300 23.07% | 6.0 17.91% |

Workout #1439 - Friday, 22 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK |
|---|---------|---|-----|------|-----|
| ===== | | | | | |
| 5:00-7:00AM @ ROW | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD/ALACTIC | | | | | |
| MEET DRYLAND WARMUP | | | | | |
| 800 | 5:00 AM | 4x{ 1 x 50 on 1:00 STROKE K | EN1 | K | IMO |
| | | { 1 x 50 on 1:10 STROKE SCULL/FINISHES (PB) | EN1 | D | IMO |
| | | { 1 x 50 on 1:05 STROKE DRILL | EN1 | D | IMO |
| | | { 1 x 50 on :55 STROKE S | EN1 | S | IMO |
| 400 | 5:18 AM | 2 x 200 on 3:20 BK ON 3:10/3:20 | EN2 | S | BK |
| 200 | 5:26 AM | 1 x 200 on 3:40 IM ON 3:30/3:40 | EN2 | S | IM |
| 400 | 5:31 AM | 2 x 200 on 3:40 BR ON 3:30/3:40 | EN2 | S | BR |
| 200 | 5:40 AM | 1 x 200 on 3:40 IM ON 3:30/3:40 | EN2 | S | IM |
| 400 | 5:45 AM | 2 x 200 on 3:00 FR ON 2:50/3:00 | EN2 | S | FR |
| 200 | 5:52 AM | 1 x 200 on 3:40 IM ON 3:30/3:40 | EN2 | S | IM |
| 800 | 5:57 AM | 16 x 50 on 1:00 FLY K w FINS SEE NOTES | EN2 | K | FIN |
| 1-4 SL ON FRONT, 5-8 SL ON SIDE FACING VIEWING ROOM | | | | | |
| 9-12 SL ON SIDE FACING ROAD, 13-16 SL ON BK | | | | | |
| ATHLETES MUST DO A MINIMUM OF 10 FAST KICKS | | | | | |
| WITHOUT TAKING A BREATH | | | | | |
| ALL KICK IS COMPLETED UNDER THE SURFACE | | | | | |
| 200 | 6:14 AM | 1 x 200 on 5:00 IM SC | EN1 | S | IM |
| 500 | 6:20 AM | 5x{ 1 x 25 on :40 STROKE SP | SP3 | S | STK |
| | | { 1 x 25 on :40 STROKE SC | EN1 | S | STK |
| | | { 1 x 25 on :40 STROKE SP | SP3 | S | STK |
| | | { 1 x 25 on :40 STROKE SP | SP3 | S | STK |
| ROUND 1 - FLY, ROUND 2 - BK, ROUND 3 - BR, ROUND 4 - FR | | | | | |
| ROUND 5 - ATHLETE CHOICE | | | | | |
| 500 | 6:35 AM | 10 x 50 on :50 FR P w PADS | EN2 | P | PAD |
| | 6:44 AM | 4,600 Meters - Stress Value = 97 | | | |

REMINDER OF MEET THIS WEEKEND AND TRAINING SESSIONS
 SATURDAY AM PRACTICE AS NORMAL
 MONDAY AM PRACTICE AS NORMAL
 SAT + SUN MEET AT WYNDHAM

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 3,100 67.39% | 55.3 61.25% |
| AEROBIC BASE | 1,125 24.45% | 25.0 27.67% |
| ALACTIC | 375 8.15% | 10.0 11.07% |

| Stroke Categories | Meters | Minutes |
|-------------------|------------|-------------|
| IM ORDER | 800 17.39% | 16.6 18.45% |
| IM | 800 17.39% | 16.0 17.71% |
| FINS | 800 17.39% | 16.0 17.71% |
| PADDLES | 500 10.86% | 8.3 9.22% |
| STROKE | 500 10.86% | 13.3 14.76% |
| FREESTYLE | 400 8.69% | 6.0 6.64% |
| BACKSTROKE | 400 8.69% | 6.6 7.38% |
| BREASTSTROKE | 400 8.69% | 7.3 8.11% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 2,700 58.69% | 53.0 58.67% |
| KICK | 1,000 21.73% | 20.0 22.14% |
| PULL | 500 10.86% | 8.3 9.22% |
| DRILL | 400 8.69% | 9.0 9.96% |

Workout #1441 - Friday, 22 October 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/RUN TO POOL SWIM SESSION TECH/SKILL WORK MEET DRYLAND WARM UP | EN1 | D | DRY | |
| 500 | 6:30 PM | 1 x 500 on 12:00 CH MUST HAVE 100 K | EN1 | S | CH | 1:12 |
| 900 | 6:43 PM | 18 x 50 on 4:00 STROKE SEE NOTES ATHLETE COMPLETES 50 STROKE FROM A START SPRINTING FROM THE START THOUGH TO 35M SWIMMER IS TIMED FOR 'TURN TIME' AND 35M TIME FR/BK TURN TIME FROM HEAD MOVING DOWN TO FEET PUSH BR/FLY TURN TIME HAND TOUCH TO FEET PUSH ONCE ATHLETE GETS FEEDBACK ON 35M SPRINT THEN SWIMMER COMPLETES RACE FINISH GETTING 5M FINISH TIME | SP3 | S | STK | 4:00 |
| | 7:55 PM | 1,400 Meters - Stress Value = 46 | | | | |

| Energy Levels | Meters | Minutes |
|---------------|------------|-------------|
| ALACTIC | 900 64.28% | 72.0 85.71% |
| AEROBIC BASE | 500 35.71% | 12.0 14.28% |

| Stroke Categories | Meters | Minutes |
|-------------------|------------|-------------|
| STROKE | 900 64.28% | 72.0 85.71% |
| CHOICE | 500 35.71% | 12.0 14.28% |

| Type of Work | Meters | Minutes |
|--------------|---------------|--------------|
| SWIM | 1,400 100.00% | 84.0 100.00% |

Workout #1442 - Saturday, 23 October 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 GENERAL PREP PHASE - AEROBIC/ALACTIC TURNS/FINISHES MEET DRYLAND WARMUP | | | | |
| 400 | 6:00 AM | 1 x 400 on 7:30 FR/BK BY 100'S FAST TURNS w FLY K OFF WALLS | EN1 | S | FR | 0:5 |
| 300 | 6:09 AM | 1 x 300 on 7:00 FR/BK K BY 150'S SL + FLY K OFF WALLS | EN1 | K | FR | 1:1 |
| 1,600 | 6:17 AM | 16x { 1 x 50 on 1:15 CH FAST TURN + BO + 6 OR 9 1 x 50 on 1:15 CH BO + 6 OR 9, BUILD TO FINISH BUILD 2ND 25 TO RACE FINISH | SP3 | S | CH | 1:1 |
| 600 | 6:58 AM | 1 x 600 on 12:00 CH S/K BY 200'S | EN1 | S | CH | 1:0 |
| | 7:10 AM | 2,900 Meters - Stress Value = 84 | | | | |

REVIEW OF MEETS AND HOW EVENTS ARE SELECTED

OCT 9 - MVC - 100, 100, 200
 OCT 10 - MLC - 100, 100, 200
 OCT 16-17 - OWC - 5KM OR 10KM
 OCT 23-24 - WYN - ONE OF 400/800/1500 + 2 X 200 + 2 X 50 + 1-2 X 100
 NOV 6-7 - SV LC DIST - 400 IM/FR 800/1500 FR (CHOOSE 2) + 2 X 200
 NOV 20 - NUN - 400 FR + 2 EVENTS SWUM EITHER MVC/MLC
 NOV 21 - CAA - EVENTS SWUM AT MVC/MLC TO SWIM AGAIN
 NOV 27-28 - SV DEC - NECESSARY? RACE PATTERNING
 DEC 5 - BAL - FUN SPEED MEET MINIMUM 50'S
 DEC 17-22 - SV LC STATE

| Energy Levels | Meters | Minutes |
|---------------|--------------|-------------|
| ALACTIC | 1,600 55.17% | 40.0 60.15% |
| AEROBIC BASE | 1,300 44.82% | 26.5 39.84% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| CHOICE | 2,200 75.86% | 52.0 78.19% |
| FREESTYLE | 700 24.13% | 14.5 21.80% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 2,600 89.65% | 59.5 89.47% |
| KICK | 300 10.34% | 7.0 10.52% |

Workout #1443 - Monday, 25 October 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 | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD/VO2 MAX | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 200 | 5:00 AM | 1 x 200 on 3:30 FR w FINS TECH FOCUS ROBOT CATCH | EN1 | S | FIN | 0:52 |
| 200 | 5:05 AM | 1 x 200 on 3:30 FR wFINS TECH FOCUS POWER FINISH | EN1 | S | FIN | 0:52 |
| 600 | 5:10 AM | 6 x 100 on 1:30 FR ON 1:25/1:30 | EN2 | S | FR | 0:45 |
| FAST TURNS AND SL OFF WALLS | | | | | | |
| 500 | 5:20 AM | 10 x 50 on 1:00 FR K SEE NOTES | EN2 | K | FR | 1:00 |
| 1 - 25 SP 25 MOD, 2 - 25 MOD 25 SP, 3 - SP | | | | | | |
| 300 | 5:31 AM | 4 x 75 on 1:05 FR ON :55/1:05 | EN3 | S | FR | 0:43 |
| 200 | 5:37 AM | 1 x 200 on 5:00 STROKE REC/TECH | REC | D | STK | 1:15 |
| 600 | 5:43 AM | 6 x 100 on 1:55 STROKE BK 1:35/1:40 BR 1:45/1:55 | EN2 | S | STK | 0:58 |
| 500 | 5:56 AM | 10 x 50 on 1:00 STROKE K SEE NOTES | EN2 | K | STK | 1:00 |
| 1 - 25 SP 25 MOD, 2 - 25 MOD 25 SP, 3 - SP | | | | | | |
| 300 | 6:07 AM | 4 x 75 on 1:25 BK 1:05/1:15, FLY/BR 1:15/1:25 | EN3 | S | STK | 0:57 |
| 200 | 6:14 AM | 1 x 200 on 5:00 CH REC | REC | S | CH | 1:15 |
| 600 | 6:20 AM | 6 x 100 on 1:50 IM ON 1:140/1:50 | EN2 | S | IM | 0:55 |
| 400 | 6:32 AM | 1 x 400 on 7:30 IM FAST | EN3 | S | IM | 0:56 |
| NATIONAL ELITE MUST FINISH SUB 6:20.00 | | | | | | |
| NATIONAL MUST FINISH SUB 7:00 | | | | | | |
| 6:39 AM 4,600 Meters - Stress Value = 131 | | | | | | |

- 400 IM TIME
 BROOKE - 6:04.37
 NARELLE - 6:09.63
 GLENN - 6:10.59
 LUKE - 6:34.45
 KEELY - 7:20.37
 ASHLEE - 8:50.56

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 2,800 60.86% | 51.5 59.88% |
| VO2 MAX | 1,000 21.73% | 17.5 20.34% |
| WARM-UP-RECOVERY | 400 8.69% | 10.0 11.62% |
| AEROBIC BASE | 400 8.69% | 7.0 8.13% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,600 34.78% | 32.1 37.40% |
| FREESTYLE | 1,400 30.43% | 23.3 27.13% |
| IM | 1,000 21.73% | 18.5 21.51% |
| FINS | 400 8.69% | 7.0 8.13% |
| CHOICE | 200 4.34% | 5.0 5.81% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,400 73.91% | 61.0 70.93% |
| KICK | 1,000 21.73% | 20.0 23.25% |
| DRILL | 200 4.34% | 5.0 5.81% |

Workout #1444 - Monday, 25 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PACE |
|--|---------|--|-----|------|-----|------|
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD/VO2 MAX | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| MEET WARM UP PREPARE FOR 400 IM | | | | | | |
| 400 | 4:30 PM | 1 x 400 on 7:30 MIXED S | EN1 | S | MIX | 0:56 |
| 400 | 4:39 PM | 4 x 100 on 2:00 IMO K | EN2 | K | IMO | 1:00 |
| 400 | 4:48 PM | 1 x 400 on 8:00 IM DR/S BY 25'S | EN1 | D | IM | 1:00 |
| 400 | 4:57 PM | 8 x 50 on :55 IMO BY 2'S INCREASE HR | EN2 | S | IMO | 0:55 |
| 400 | 5:06 PM | 8 x 50 on :50 IMO BY 2'S @ RACE PACE NEG SPLIT | EN2 | S | IM | 0:50 |
| 200 | 5:14 PM | 1 x 200 on 4:00 CH LAST CHANCE PREP | SP3 | S | CH | 1:00 |
| 200 | 5:19 PM | 1 x 200 on 4:00 CH K | EN2 | K | CH | 1:00 |
| 200 | 5:24 PM | 1 x 200 on 4:00 CD S LOOSEN | EN1 | S | CH | 1:00 |
| 600 | 5:29 PM | 6 x 100 on 1:50 IM ON 1:140/1:50 | EN2 | S | IM | 0:55 |
| 400 | 5:41 PM | 1 x 400 on 7:30 IM FAST | EN3 | S | IM | 0:56 |
| NATIONAL ELITE MUST FINISH SUB 6:20.00 | | | | | | |
| NATIONAL MUST FINISH SUB 7:00 | | | | | | |
| 200 | 5:50 PM | 1 x 200 on 3:30 FR w FINS TECH FOCUS ROBOT CATCH | EN1 | S | FIN | 0:52 |
| 200 | 5:55 PM | 1 x 200 on 3:30 FR wFINS TECH FOCUS POWER FINISH | EN1 | S | FIN | 0:52 |
| 600 | 6:00 PM | 6 x 100 on 1:30 FR ON 1:25/1:30 | EN2 | S | FR | 0:45 |
| FAST TURNS AND SL OFF WALLS | | | | | | |
| 500 | 6:10 PM | 10 x 50 on 1:00 FR K SEE NOTES | EN2 | K | FR | 1:00 |
| 1 - 25 SP 25 MOD, 2 - 25 MOD 25 SP, 3 - SP | | | | | | |
| 6:20 PM 5,100 Meters - Stress Value = 117 | | | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 3,100 60.78% | 56.0 59.57% |
| AEROBIC BASE | 1,400 27.45% | 26.5 28.19% |
| VO2 MAX | 400 7.84% | 7.5 7.97% |
| ALACTIC | 200 3.92% | 4.0 4.25% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| IM | 1,800 35.29% | 33.1 35.28% |
| FREESTYLE | 1,100 21.56% | 19.0 20.21% |
| IM ORDER | 800 15.68% | 15.3 16.31% |
| CHOICE | 600 11.76% | 12.0 12.76% |
| FINS | 400 7.84% | 7.0 7.44% |
| MIXED | 400 7.84% | 7.5 7.97% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,600 70.58% | 64.0 68.08% |
| KICK | 1,100 21.56% | 22.0 23.40% |
| DRILL | 400 7.84% | 8.0 8.51% |

Workout #1445 - Tuesday, 26 October 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 | | | | | | |
| GENERAL PREP PHASE - AEROBIC/VO2 MAX | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| 600 | 5:00 AM | 4x{ 1 x 50 on :50 FR | EN1 | S | FR | 0:50 |
| | | { 1 x 50 on :55 BK | EN1 | S | BK | 0:55 |
| | | { 1 x 50 on 1:00 BR | EN1 | S | BR | 1:00 |
| 600 | 5:12 AM | 2x{ 2 x 50 on :55 STROKE K | EN2 | K | STK | 0:55 |
| | | { 2 x 50 on 1:15 STROKE 25 SCULL/FINISH 25 DRILL | EN1 | D | STK | 1:15 |
| | | { 2 x 50 on 1:00 STROKE S | EN1 | S | STK | 1:00 |
| 27 X 100 FOR BEST AVERAGE | | | | | | |
| EVERY 100 MAX EFFORT | | | | | | |
| 900 | 5:26 AM | 9 x 100 on 1:50 STROKE FR/BK 1:40 BR/FLY 1:50 | EN2 | S | STK | 0:55 |
| 900 | 5:44 AM | 9 x 100 on 2:00 STROKE FR/BK 1:50 BR/FLY 2:00 | EN3 | S | STK | 1:00 |
| 900 | 6:03 AM | 9 x 100 on 2:10 STROKE FR/BK 2:00 BR/FLY 2:10 | EN3 | S | STK | 1:05 |
| 300 | 6:24 AM | 1 x 300 on 6:00 CH RECOVERY | REC | S | CH | 1:00 |
| BEFORE YOU GIO WHAT WAS YOUR AVERAGE? | | | | | | |
| 6:30 AM | 4,200 Meters - Stress Value = 152 | | | | | |

LUKE - FR - 1:05.50

1:26.3, 1:29.6, 1:31.9, 1:33.3, 1:36.9, 1:37.2, 1:36.8, 1:36.1, 1:36.4
 1:33.9, 1:33.6, 1:27.2, 1:27.2, 1:29.7, 1:30.4, 1:34.2, 1:28.8, 1:31.7
 1:34.2, 1:33.0, 1:34.6, 1:34.9, 1:37.3, 1:36.8, 1:36.3, 1:36.6, 1:34.6

GLENN - FR - 1:03.89

1:20.2, 1:23.9, 1:23.9, 1:22.8, 1:24.0, 1:25.0, 1:23.8, 1:21.6, 1:22.7
 1:18.6, 1:20.0, 1:21.8, 1:21.7, 1:20.0, 1:24.7, 1:18.8, 1:18.7, 1:21.3
 1:20.2, 1:23.2, 1:22.8, 1:22.8, 1:20.9, 1:22.9, 1:24.0, 1:18.8, 1:17.1

BROOKE - FLY - 1:08.56

1:26.7, 1:28.0, 1:27.5, 1:29.7, 1:31.7, 1:33.3, 1:34.0, 1:33.8, 1:33.2
 1:27.0, 1:29.5, 1:29.7, 1:29.8, 1:29.9, 1:29.2, 1:28.9, 2:28.8, 1:29.7
 1:29.1, 1:28.3, 1:28.2, 1:28.7, 1:29.8, 1:28.3, 1:28.2, 1:28.9, 1:25.2

CASEY - FLY - 1:20.41

1:31.5, 1:35.9, 1:38.1, 1:39.5, 1:40.5, 1:42.3, 1:43.2, 1:40.8, 1:41.4
 1:31.3, 1:35.2, 1:37.0, 1:37.3, 1:34.9, 1:36.9, 1:36.9, 1:36.0, 1:33.4

NARELLE - BR - 1:25.31

1:35.4, 1:34.9, 1:34.1, 1:34.4, 1:34.5, 1:34.5, 1:35.3, 1:34.8, 1:35.2
 1:33.8, 1:35.2, 1:37.2, 1:35.9, 1:34.2, 1:35.7, 1:34.9, 1:34.0, 1:34.3
 1:35.0, 1:33.5, 1:33.3, 1:33.5, 1:33.7, 1:35.3, 1:34.7, 1:33.1, 1:32.1

EMILY - FR - 1:06.19

1:25.5, 1:34.1, 1:34.1, 1:36.1, 1:39.1, 1:41.9, 1:36.2, 1:43.2, 1:44.1
 1:32.0, 1:31.9, 1:34.9, 1:33.4, 1:37.2, 1:40.5, 1:39.8, 1:39.4, 1:38.6

ASHLEE - FR - 1:05.07

1:25.7, 1:28.4, 1:25.3, 1:23.7, 1:24.7, 1:25.3, 1:24.9, 1:22.0, 1:23.8
 1:18.7, 1:20.2, 1:23.6, 1:18.4, 1:19.8, 1:24.5, 1:17.8, 1:18.9, 1:16.9
 1:18.8, 1:26.0, 1:20.2, 1:24.6, 1:23.5, 1:29.7, 1:23.4, 1:27.1, 1:23.2

MONIQUE - FR - 1:09.60

1:33.7, 1:32.4, 1:36.0, 1:41.5, 1:37.5, 1:39.4, 1:41.9, 1:37.9, 1:39.9
 1:32.3, 1:35.1, 1:35.2, 1:36.7, 1:40.1, 1:37.5, 1:35.5, 1:38.8, 1:40.8
 1:30.2, 1:38.4, 1:37.8, 1:34.6, 1:41.2, 1:38.1, 1:38.8, 1:35.6, 1:37.7

KEELY - FR - 1:18.31

1:27.2, 1:32.5, 1:33.5, 1:33.2, 1:38.4, 1:38.5, 1:38.6, 1:40.5, 1:38.0
 1:30.0, 1:34.6, 1:34.0, 1:33.6, 1:35.7, 1:34.3, 1:31.9, 1:29.6, 1:29.9
 1:28.1, 1:34.3, 1:31.0, 1:28.7, 1:25.1, 1:24.7, 1:26.8, 1:25.9, 1:30.4

ADRIANNA - FR - 1:12.17

1:36.7, 1:35.3, 1:38.5, 1:39.0, 1:43.4, 1:45.2, 1:49.7, 1:48.9
 1:39.4, 1:44.3, 1:45.6, 1:46.2, 1:49.1, 1:50.0, 1:49.1, 1:55.3, 1:55.5
 1:34.8, 1:43.7, 1:45.3, 1:44.7, 1:49.9, , 1:47.4, 1:49.1, 1:54.8

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ===== | ===== | ===== |
| VO2 MAX | 1,800 42.85% | 37.5 44.82% |
| ANAEROBIC THRESHOLD | 1,100 26.19% | 20.1 24.10% |

| | | | | |
|------------------|-------|--------|------|--------|
| AEROBIC BASE | 1,000 | 23.80% | 20.0 | 23.90% |
| WARM-UP-RECOVERY | 300 | 7.14% | 6.0 | 7.17% |

| Stroke Categories | Meters | | Minutes | |
|-------------------|--------|--------|---------|--------|
| ===== | ===== | | ===== | |
| STROKE | 3,300 | 78.57% | 66.6 | 79.68% |
| CHOICE | 300 | 7.14% | 6.0 | 7.17% |
| BREASTSTROKE | 200 | 4.76% | 4.0 | 4.78% |
| FREESTYLE | 200 | 4.76% | 3.3 | 3.98% |
| BACKSTROKE | 200 | 4.76% | 3.6 | 4.38% |

| Type of Work | Meters | | Minutes | |
|--------------|--------|--------|---------|--------|
| ===== | ===== | | ===== | |
| SWIM | 3,800 | 90.47% | 75.0 | 89.64% |
| KICK | 200 | 4.76% | 3.6 | 4.38% |
| DRILL | 200 | 4.76% | 5.0 | 5.97% |

Workout #1446 - Tuesday, 26 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PACE |
|---|-----------------------------------|--|-----|------|-----|------|
| ===== | | | | | | |
| 4:30-6:30PM @ FWY | | | | | | |
| GENERAL PREP PHASE - AEROBIC/VO2 MAX | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| 600 | 4:30 PM | 4x { 1 x 50 on :50 FR | EN1 | S | FR | 0:50 |
| | | { 1 x 50 on :55 BK | EN1 | S | BK | 0:55 |
| | | { 1 x 50 on 1:00 BR | EN1 | S | BR | 1:00 |
| 600 | 4:42 PM | 2x { 2 x 50 on :55 STROKE K | EN2 | K | STK | 0:55 |
| | | { 2 x 50 on 1:15 STROKE 25 SCULL/FINISH 25 DRILL | EN1 | D | STK | 1:15 |
| | | { 2 x 50 on 1:00 STROKE S | EN1 | S | STK | 1:00 |
| 27 X 100 FOR BEST AVERAGE | | | | | | |
| EVERY 100 MAX EFFORT | | | | | | |
| THOSE AT AM DO 4-5 X 100 ON SAME PACE AS RECOVERY | | | | | | |
| EACH ROUND FOCUS ON TECH | | | | | | |
| 900 | 4:56 PM | 9 x 100 on 1:50 STROKE FR/BK 1:40 BR/FLY 1:50 | EN2 | S | STK | 0:55 |
| 900 | 5:14 PM | 9 x 100 on 2:00 STROKE FR/BK 1:50 BR/FLY 2:00 | EN3 | S | STK | 1:00 |
| 900 | 5:33 PM | 9 x 100 on 2:10 STROKE FR/BK 2:00 BR/FLY 2:10 | EN3 | S | STK | 1:05 |
| 300 | 5:54 PM | 1 x 300 on 6:00 CH RECOVERY | REC | S | CH | 1:00 |
| BEFORE YOU GIO WHAT WAS YOUR AVERAGE? | | | | | | |
| 6:00 PM | 4,200 Meters - Stress Value = 152 | | | | | |

NATHAN - FLY - 1:17.54

1:38.92, 1:39.33, 1:35.40, 1:38.41, 1:35.44, 1:41.15, 1:39.02, 1:37.56, 1:47.08
 1:43.71, 1:44.86, 1:42.63, 1:45.41, 1:43.63, 1:41.75, 1:39.39, 1:43.59, 1:44.27
 1:45.33, 1:39.32, 1:39.68, 1:40.78, 1:43.88, 1:48.95, 1:44.18, 1:42.41, 1:30.80

EMMA - BK - 1:13.63

1:25.61, 1:29.21, 1:30.41, 1:31.82, 1:34.37, 1:34.12, 1:34.33, 1:36.73, 1:35.68
 1:26.16, 1:27.80, 1:27.33, 1:27.59, 1:28.72, 1:30.59, 1:29.35, 1:28.45, 1:27.05
 1:30.96, 1:29.62, 1:29.68, 1:31.41, 1:32.55, 1:31.87, 1:30.96, 1:28.80, 1:28.09

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ===== | ===== | ===== |
| VO2 MAX | 1,800 42.85% | 37.5 44.82% |
| ANAEROBIC THRESHOLD | 1,100 26.19% | 20.1 24.10% |
| AEROBIC BASE | 1,000 23.80% | 20.0 23.90% |
| WARM-UP-RECOVERY | 300 7.14% | 6.0 7.17% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| ===== | ===== | ===== |
| STROKE | 3,300 78.57% | 66.6 79.68% |
| CHOICE | 300 7.14% | 6.0 7.17% |
| BREASTSTROKE | 200 4.76% | 4.0 4.78% |
| FREESTYLE | 200 4.76% | 3.3 3.98% |
| BACKSTROKE | 200 4.76% | 3.6 4.38% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| ===== | ===== | ===== |
| SWIM | 3,800 90.47% | 75.0 89.64% |
| KICK | 200 4.76% | 3.6 4.38% |
| DRILL | 200 4.76% | 5.0 5.97% |

Workout #1447 - Wednesday, 27 October 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 | | | | | | |
| GENERAL PREP PHASE - VO2 MAX/LACTATE TOLERANCE | | | | | | |
| MEET DRYLAND WARM UP | | | | | | |
| 400 | 5:00 AM | 1 x 400 on 8:30 IM ON 8:00/8:30 | EN1 | S | IM | 1:04 |
| 400 | 5:10 AM | 1 x 400 on 8:20 IM ON 7:50/8:20 | EN1 | S | IM | 1:02 |
| 400 | 5:20 AM | 1 x 400 on 8:10 IM ON 7:40/8:10 | EN1 | S | IM | 1:01 |
| 400 | 5:30 AM | 1 x 400 on 8:00 IM ON 7:30/8:00 | EN1 | S | IM | 1:00 |
| 400 | 5:39 AM | 1 x 400 on 7:50 IM ON 7:20/7:50 | EN1 | S | IM | 0:59 |
| 400 | 5:48 AM | 1 x 400 on 7:40 IM ON 7:10/7:40 | EN1 | S | IM | 0:58 |
| 400 | 5:57 AM | 1 x 400 on 7:30 IM ON 7:00/7:30 | EN1 | S | IM | 0:56 |
| 400 | 6:06 AM | 1 x 400 on 7:20 IM ON 6:50/7:20 | EN2 | S | IM | 0:55 |
| 400 | 6:15 AM | 1 x 400 on 7:10 IM ON 6:40/7:10 | EN2 | S | IM | 0:54 |
| 400 | 6:24 AM | 1 x 400 on 7:00 IM ON 6:30/7:00 | EN2 | S | IM | 0:52 |
| 400 | 6:32 AM | 1 x 400 on 6:50 IM ON 6:20/6:50 | EN2 | S | IM | 0:51 |
| 400 | 6:40 AM | 1 x 400 on 6:40 IM ON 6:10/6:40 | EN3 | S | IM | 0:50 |
| 400 | 6:48 AM | 1 x 400 on 6:30 IM ON 6:00/6:30 | EN3 | S | IM | 0:49 |
| 400 | 6:56 AM | 1 x 400 on 6:20 IM w FINS ON 5:50/6:20 | EN2 | S | FIN | 0:48 |
| 400 | 7:04 AM | 1 x 400 on 6:10 IM w FINS ON 5:40/6:10 | EN2 | S | FIN | 0:46 |
| 400 | 7:12 AM | 1 x 400 on 6:00 IM w FINS ON 5:30/6:00 | EN2 | S | FIN | 0:45 |
| 7:18 AM 6,400 Meters - Stress Value = 143 | | | | | | |

| NAME | EVENT | PB | PB+2% | TIME 1 | TIME 2 | TIME 3 | TIME 4 | TIME 5 | TIME 6 |
|----------|---------|---------|---------|---------|---------|---------|---------|---------|--------|
| BROOKE | 400 IM | 5:27.70 | 5:34.25 | 5:38.63 | 6:16.97 | 5:57.15 | wFINS | | |
| NARELLE | 400 FR | 5:25.19 | 5:31.69 | 5:24.36 | | | | | |
| SARAH | 400 FR | 5:38.99 | 5:45.77 | 5:27.95 | | | | | |
| KEELY | 400 FR | 5:52.71 | 5:59.76 | 5:56.38 | | | | | |
| MONIQUE | 200 FLY | 2:52.99 | 2:56.45 | 3:10.48 | 3:08.70 | DNF | | | |
| DAVID | 200 BK | 2:48.44 | 2:51.81 | 2:45.00 | 2:45.81 | | | | |
| NATHAN | 200 BR | 3:17.07 | 3:21.01 | 3:14.49 | 3:19.98 | | | | |
| ADRIANNA | 100 IM | 1:22.80 | 1:24.46 | 1:26.98 | 1:26.31 | 1:26.32 | 1:31.19 | 1:29.74 | |
| | | 1:29.61 | 1:28.14 | 1:17.14 | wFINS | | | | |
| LEAH | 100 IM | 1:15.35 | 1:16.86 | 1:21.41 | 1:21.34 | 1:27.98 | 1:24.89 | 1:29.64 | |
| | | 1:25.66 | 1:24.46 | 1:14.71 | wFINS | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| AEROBIC BASE | 2,800 43.75% | 56.0 48.27% |
| ANAEROBIC THRESHOLD | 2,800 43.75% | 46.8 40.37% |
| VO2 MAX | 800 12.50% | 13.1 11.35% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| IM | 5,200 81.25% | 97.5 84.05% |
| FINS | 1,200 18.75% | 18.5 15.94% |

| Type of Work | Meters | Minutes |
|--------------|---------------|---------------|
| SWIM | 6,400 100.00% | 116.0 100.00% |

Workout #1448 - Thursday, 28 October 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 | | | | | | |
| GENERAL PREP PHASE - LACTATE TOLERANCE/ANAEROBIC THRES | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| IF ATHLETE NOT AT WED AM PRACTICE | | | | | | |
| THEN ATHLETE COMPLETES WED AM PRACTICE 16 X 400 IM | | | | | | |
| 400 | 5:00 AM | 1 x 400 on 8:00 MI w FINS | EN1 | D | MI | 1:00 |
| ONE TECH FOCUS FOR EACH STROKE | | | | | | |
| 400 | 5:09 AM | 2 x 200 on 4:00 IM K ON 3:50/4:00 | EN1 | K | IM | 1:00 |
| 400 | 5:18 AM | 8 x 50 on 1:00 IMO BY 2'S 25 SP, 25 SC | SP3 | S | IMO | 1:00 |
| 200 | 5:27 AM | 2 x 100 on 1:40 FR ON 1:30/1:40 | EN1 | D | FR | 0:50 |
| ONE TECH FOCUS | | | | | | |
| 200 | 5:32 AM | 2 x 100 on 2:00 FR K ON 1:50/2:00 | EN2 | K | FR | 1:00 |
| ONE MINUTE REST | | | | | | |
| 300 | 5:37 AM | 6 x 50 on 1:20 FR SP MAX EFFORT | SP2 | S | FR | 1:20 |
| 300 | 5:46 AM | 3 x 100 on 1:40 FR P w PADS ON 1:30/1:40 | EN2 | P | PAD | 0:50 |
| 200 | 5:52 AM | 2 x 100 on 1:55 STROKE TECH FOCUS | EN1 | D | STK | 0:58 |
| BK ON 1:35/1:45, BR/FLY ON 1:45/1:55 | | | | | | |
| 200 | 5:57 AM | 2 x 100 on 2:00 STROKE K | EN2 | K | STK | 1:00 |
| BK ON 1:45/1:55, BR/FLY ON 1:50/2:00 | | | | | | |
| ONE MINUTE REST | | | | | | |
| 300 | 6:02 AM | 6 x 50 on 1:20 STROKE SP | SP2 | S | STK | 1:20 |
| 300 | 6:11 AM | 3 x 100 on 1:55 STROKE P w PADS | EN2 | P | PAD | 0:58 |
| BK ON 1:35/1:45, BR/FLY ON 1:45/1:55 | | | | | | |
| 800 | 6:18 AM | 4 x 200 on 4:20 STROKE (NOT FR OR PREV STROKE) | EN2 | K | STK | 1:05 |
| BEST STROKE NOT FR OR PREVIOUS STROKE ON 4:10/4:20 | | | | | | |
| 300 | 6:37 AM | 6 x 50 on 1:20 STROKE SP | SP2 | S | STK | 1:20 |
| 6:45 AM 4,300 Meters - Stress Value = 169 | | | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 1,800 41.86% | 36.0 39.54% |
| AEROBIC BASE | 1,200 27.90% | 23.1 25.38% |
| PEAK LACTATE | 900 20.93% | 24.0 26.30% |
| ALACTIC | 400 9.30% | 8.0 8.76% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 1,800 41.86% | 41.1 45.11% |
| FREESTYLE | 700 16.27% | 15.3 16.80% |
| PADDLES | 600 13.95% | 10.7 11.78% |
| IM ORDER | 400 9.30% | 8.0 8.76% |
| REV IM | 400 9.30% | 8.0 8.76% |
| IM | 400 9.30% | 8.0 8.76% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| KICK | 1,600 37.20% | 33.3 36.52% |
| SWIM | 1,300 30.23% | 32.0 35.06% |
| DRILL | 800 18.60% | 15.1 16.62% |
| PULL | 600 13.95% | 10.7 11.78% |

Workout #1450 - Thursday, 28 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|--|---------|---|-----|------|-----|-----|
| ===== | | | | | | |
| 5:30-8:00PM @ NW | | | | | | |
| DRYLAND 5:30-7:00PM - SWIM 7:00-8:00PM | | | | | | |
| GENERAL PREP PHASE - DRYLAND POWER/SWIM REC-TECH | | | | | | |
| | 5:30 PM | 1 on 40:00 AEROBIC RUN 6KM | EN1 | L | DRY | |
| | 6:10 PM | 1 on 15:00 STRETCHING | EN1 | D | DRY | |
| | 6:25 PM | 1 on 20:00 STRETCHCORDZ ROTATOR CUFF ETC | EN1 | L | DRY | |
| | 6:45 PM | 1 on 5:00 STRETCHCORDZ FLY PULLS | EN2 | L | DRY | |
| 15 ON 15 OFF 15 ON 15 OFF 30 ON 30 OFF 30 ON 30 OFF | | | | | | |
| 60 ON | | | | | | |
| 50 FINISHES | | | | | | |
| | 6:50 PM | 1 on 5:00 MEET DRYLAND WARMUP | EN1 | L | DRY | |
| 100 | 6:55 PM | 1 x 100 on 2:00 FR STS + SC TURNS MAINTAIN SC | EN1 | S | FR | 1:0 |
| 100 | 6:58 PM | 1 x 100 on 2:00 FR K | EN1 | K | FR | 1:0 |
| 100 | 7:01 PM | 1 x 100 on 2:00 BK STS + SC TURNS MAINTAIN SC | EN1 | S | BK | 1:0 |
| 100 | 7:04 PM | 1 x 100 on 2:00 BK K | EN1 | K | BK | 1:0 |
| | 7:07 PM | 1 on 12:00 FR/BK TURNWORK | EN1 | D | FR | |
| FOCUS FOR TURNWORK | | | | | | |
| - SL ARM ACTION LAST STROKE FINISH AT LEGS | | | | | | |
| - WHAT HAPPENS AFTER LAST STROKE | | | | | | |
| - FEET PLACEMENT ON WALL (POSITION FOR PUSH) | | | | | | |
| - TURN STRAIGHT OVER PUSHING OFF ON BACK (NO TWISTS) | | | | | | |
| 200 | 7:19 PM | 4 x 50 on 1:00 FR STS HOLD PACE FOR 200 GOAL | EN2 | S | FR | 1:0 |
| 200 | 7:24 PM | 1 x 200 on 8:00 FR FOR TIME | SP1 | S | FR | 2:0 |
| 100 | 7:33 PM | 2x { 1 x 25 on :25 FR STS | EN1 | S | FR | 0:5 |
| | | { 1 x 25 on :25 BK STS | EN1 | S | BK | 0:5 |
| 50 | 7:36 PM | 1 x 50 on :50 FR STS + TURN | EN1 | S | FR | 0:5 |
| 50 | 7:38 PM | 1 x 50 on 1:00 BK STS + TURN | EN1 | S | BK | 1:0 |
| 100 | 7:40 PM | 1 x 100 on 2:00 FLY K | EN1 | K | FLY | 1:0 |
| 200 | 7:43 PM | 4 x 50 on 2:00 FR FAS SP MAINTAIN STS | SP2 | S | FR | 2:0 |
| | 7:51 PM | 1,300 Meters - Stress Value = 49 | | | | |

STRETCHES

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

ABDOMINALS

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

STRETCH CORDS INTRODUCTION

- ABDUCTORS
- ADDUCTORS
- REVERSE ROTATIONS
- ROWS
- REVERSE FLYS
- FLYS

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

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

| Energy Levels | Meters | Minutes |
|---------------------|------------|-------------|
| AEROBIC BASE | 700 53.84% | 13.5 40.29% |
| LACTATE TOLERANCE | 200 15.38% | 8.0 23.88% |
| PEAK LACTATE | 200 15.38% | 8.0 23.88% |
| ANAEROBIC THRESHOLD | 200 15.38% | 4.0 11.94% |

| Stroke Categories | Meters | Minutes |
|-------------------|------------|-------------|
| FREESTYLE | 900 69.23% | 25.6 76.61% |
| BACKSTROKE | 300 23.07% | 5.8 17.41% |
| BUTTERFLY | 100 7.69% | 2.0 5.97% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 1,000 76.92% | 27.5 82.08% |
| KICK | 300 23.07% | 6.0 17.91% |

Workout #1451 - Friday, 29 October 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 | | | | |
| | | GENERAL PREP PHASE - PEAK LACTATE/LACTATE TOLERANCE | | | | |
| | | MEET DRYLAND WARMUP | | | | |
| 600 | 5:00 AM | 1 x 600 on 12:00 CH OYO MUST INCL 200 K | EN1 | S | CH | 1:00 |
| 3,500 | 5:13 AM | 5x { 1 x 25 on 1:00 STROKE SP BO + 6 OR 9 | SP3 | S | STK | 2:00 |
| | | { 1 x 75 on 1:15 STROKE FAS SP :05 REST | SP2 | S | STK | 0:50 |
| | | { 1 x 50 on :55 STROKE SP K :05 REST | SP1 | K | STK | 0:55 |
| | | { 1 x 150 on 3:50 CH REC | REC | S | CH | 1:17 |
| | | { 1 x 25 on :45 STROKE SP K | SP2 | K | STK | 1:30 |
| | | { 1 x 25 on :45 STROKE BO + 6 OR 9 | SP3 | S | STK | 1:30 |
| | | { 1 x 25 on 1:00 STROKE BUILD TO FINISH | SP3 | S | STK | 2:00 |
| | | { 1 x 100 on 1:40 STROKE FAS SP | SP2 | S | STK | 0:50 |
| | | { 1 x 225 on 6:00 CH REC | REC | S | CH | 1:20 |
| | 6:39 AM | 4,100 Meters - Stress Value = 157 | | | | |

NOTE RE: UPCOMING MEETS

NOV 6-7 SV LC DIST

NOV 13-14 OFF

NOV 20 NUNA

NOV 21 CA TRITONS

NOV 27-28 SV QUAL MEET - IF NO ENTRIES LISTED ATHLETE CHOICE TO ATTEND - IF ENTRIES LISTED RECOMMENDED

DEC 5 - BALLARAT

| Energy Levels | Meters | Minutes |
|-------------------|--------------|-------------|
| WARM-UP-RECOVERY | 1,875 45.73% | 49.1 50.25% |
| PEAK LACTATE | 1,000 24.39% | 18.3 18.73% |
| AEROBIC BASE | 600 14.63% | 12.0 12.26% |
| ALACTIC | 375 9.14% | 13.7 14.05% |
| LACTATE TOLERANCE | 250 6.09% | 4.5 4.68% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| CHOICE | 2,475 60.36% | 61.1 62.52% |
| STROKE | 1,625 39.63% | 36.6 37.47% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,725 90.85% | 89.5 91.48% |
| KICK | 375 9.14% | 8.3 8.51% |

Workout #1452 - Friday, 29 October 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

| Meters | Time | Set Description | EGY | WORK | STK | PAC |
|--------|---------|--|-----|------|-----|-----|
| ===== | | | | | | |
| | | 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/RUN TO POOL SWIM SESSION TECH/SKILL WORK MEET DRYLAND WARM UP | EN1 | D | DRY | |
| 500 | 6:30 PM | 5 x 100 on 2:00 MIXED MUST HAVE 3 X 100 IM 1 X 100 K AND 1 X 100 CH ANY ORDER | EN1 | S | MIX | 1:0 |
| 200 | 6:41 PM | 1 on 25:00 1-2-3 POOPSIE GAME | EN2 | S | MIX | |
| | 7:06 PM | 1 x 200 on 5:00 FR/BK BY 50'S | EN1 | S | FR | 1:1 |
| 50 | 7:12 PM | 2 x 25 on 3:00 UNDER WATER RELAY BR UNDER WATER PULLOUTS ACROSS POOL NO BREATH AT TURN 2 X RELAY | EN2 | S | BR | 6:0 |
| | 7:18 PM | 750 Meters - Stress Value = 9 | | | | |

| Energy Levels | Meters | Minutes |
|---------------------|------------|-------------|
| ===== | ===== | ===== |
| AEROBIC BASE | 700 93.33% | 15.0 71.42% |
| ANAEROBIC THRESHOLD | 50 6.66% | 6.0 28.57% |

| Stroke Categories | Meters | Minutes |
|-------------------|------------|-------------|
| ===== | ===== | ===== |
| MIXED | 500 66.66% | 10.0 47.61% |
| FREESTYLE | 200 26.66% | 5.0 23.80% |
| BREASTSTROKE | 50 6.66% | 6.0 28.57% |

| Type of Work | Meters | Minutes |
|--------------|-------------|--------------|
| ===== | ===== | ===== |
| SWIM | 750 100.00% | 21.0 100.00% |

Workout #1453 - Saturday, 30 October 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 | | | | | | |
| GENERAL PREP PHASE - ANAEROBIC THRESHOLD | | | | | | |
| MEET DRYLAND WARMUP | | | | | | |
| 600 | 6:00 AM | 6 x 100 on 1:40 FR BR5 1ST 50 ON 1:30/1:40 | EN1 | S | FR | 0:50 |
| 1,200 | 6:11 AM | 3 x 400 on 7:30 IM SP ON 7:00/7:30 | EN2 | S | IM | 0:56 |
| SP 1ST 25 OF EACH STROKE | | | | | | |
| 700 | 6:35 AM | 7 x 100 on 1:40 FR ON 1:30/1:40 | EN2 | S | FR | 0:50 |
| 600 | 6:48 AM | 3 x 200 on 3:50 STROKE SEE NOTES FOR PACE | EN2 | S | STK | 0:58 |
| BK ON 3:20/3:30, BR ON 3:30/3:40, FLY ON 3:40/3:50 | | | | | | |
| 800 | 7:01 AM | 8 x 100 on 1:40 FR/BK BY 50'S ON 1:30/1:40 | EN2 | S | FR | 0:50 |
| VERY FAST TURNS | | | | | | |
| 400 | 7:16 AM | 4 x 100 on 2:05 4TH BEST STROKE K ON 2:00/2:05 | EN2 | K | STK | 1:02 |
| 400 | 7:26 AM | 4 x 100 on 2:00 3RD BEST STROKE K ON 1:55/2:00 | EN2 | K | STK | 1:00 |
| 400 | 7:35 AM | 4 x 100 on 1:55 2ND BEST STROKE K ON 1:50/1:55 | EN2 | K | STK | 0:58 |
| 400 | 7:44 AM | 4 x 100 on 1:50 BEST STROKE K ON 1:45/1:50 | EN2 | K | STK | 0:55 |
| | 7:52 AM | 5,500 Meters - Stress Value = 115 | | | | |

REVIEW OF MEETS AND HOW EVENTS ARE SELECTED

- OCT 9 - MVC - 100, 100, 200
- OCT 10 - MLC - 100, 100, 200
- OCT 16-17 - OWC - 5KM OR 10KM
- OCT 23-24 - WYN - ONE OF 400/800/1500 + 2 X 200 + 2 X 50 + 1-2 X 100
- NOV 6-7 - SV LC DIST - 400 IM/FR 800/1500 FR (CHOOSE 2) + 2 X 200
- NOV 20 - NUN - 400 FR + 2 EVENTS SWUM EITHER MVC/MLC
- NOV 21 - CAA - EVENTS SWUM AT MVC/MLC TO SWIM AGAIN
- NOV 27-28 - SV DEC - NECESSARY? RACE PATTERNING
- DEC 5 - BAL - FUN SPEED MEET MINIMUM 50'S
- DEC 17-22 - SV LC STATE

| Energy Levels | Meters | Minutes |
|---------------------|--------------|-------------|
| ANAEROBIC THRESHOLD | 4,900 89.09% | 90.3 90.03% |
| AEROBIC BASE | 600 10.90% | 10.0 9.96% |

| Stroke Categories | Meters | Minutes |
|-------------------|--------------|-------------|
| STROKE | 2,200 40.00% | 42.8 42.69% |
| FREESTYLE | 2,100 38.18% | 35.0 34.88% |
| IM | 1,200 21.81% | 22.5 22.42% |

| Type of Work | Meters | Minutes |
|--------------|--------------|-------------|
| SWIM | 3,900 70.90% | 69.0 68.77% |
| KICK | 1,600 29.09% | 31.3 31.22% |