

**Workout #1605 - Tuesday, 01 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 8:00 FR SP LAST 25 OF EACH 100	EN2	S	FR	1:
400	5:09 AM	1 x 400 on 8:00 IM SP LAST 25 OF EACH 100	EN2	S	IM	1:
600	5:18 AM	4x { 1 x 50 on 1:00 K FLY/BK BY 25'S	EN2	K	FLY	1:
		{ 1 x 50 on 1:00 K FLY/BR BY 25'S	EN2	K	FLY	1:
		{ 1 x 50 on 1:00 K FLY FR BY 25'S	EN2	K	FLY	1:
800	5:31 AM	8 x 100 on 2:00 STROKE SWIM AS NOTE INDICATES	SP1	S	STK	1:
		75 STROKE SWIM SPRINT, :05 REST, 25 FLY K SL ON BK SP				
400	5:48 AM	1 x 400 on 9:00 CH K w FINS	EN1	K	FIN	1:
1,500	5:58 AM	6x { 1 x 100 on 2:00 STROKE K	EN2	K	STK	1:
		{ 2 x 50 on :50 STROKE MAX EFFORT	SP2	S	STK	0:
		{ 1 x 25 on :50 STROKE SP + STS	SP1	S	STK	1:
		{ 1 x 25 on 1:30 CH RECOVERY	REC	S	CH	3:
300	6:35 AM	6 x 50 on :50 FR P w PADS ON :45/:50	EN2	P	PAD	0:
300	6:41 AM	6 x 50 on :55 BK P w PADS ON :50/:55	EN2	P	PAD	0:
	6:47 AM	4,700 Meters - Stress Value = 210				

JOKE OF THE DAY

WIFE SAYS, "THE CAR WON'T START, THERE'S WATER IN THE CARBURETTOR". HER HUSBAND LAUGHS, "YOU DON'T EVEN KNOW WHERE THE CARBURETTOR IS". "I'M TELLING YOU THERE IS" SHE SAYS. "WE'LL SEE - WHERE'S THE CAR?" HE ASKS. "IN THE SWIMMING POOL..."

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,600 55.31%	50.5 50.75%
LACTATE TOLERANCE	950 20.21%	21.0 21.10%
PEAK LACTATE	600 12.76%	10.0 10.05%
AEROBIC BASE	400 8.51%	9.0 9.04%
WARM-UP-RECOVERY	150 3.19%	9.0 9.04%

Stroke Categories	Meters	Minutes
STROKE	2,150 45.74%	43.0 43.21%
BUTTERFLY	600 12.76%	12.0 12.06%
PADDLES	600 12.76%	10.5 10.55%
FREESTYLE	400 8.51%	8.0 8.04%
FINS	400 8.51%	9.0 9.04%
IM	400 8.51%	8.0 8.04%
CHOICE	150 3.19%	9.0 9.04%

Type of Work	Meters	Minutes
SWIM	2,500 53.19%	56.0 56.28%
KICK	1,600 34.04%	33.0 33.16%
PULL	600 12.76%	10.5 10.55%

**Workout #1606 - Tuesday, 01 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
4:30-6:30PM @ DOV					
COMPETITION PHASE - AEROBIC TECHNIQUE/RACE PACE					
MEET DRYLAND WARMUP					
600	4:30 PM	6 x 100 on 1:55 IM SC 8-12-8-12 THEN FLY K	EN1	S	IM
ONCE FINISHED SC FOR STROKE CHANGE TO NEXT STROKE					
WHEN FINISHED 12TH STROKE OF FR THEN SL FLY K UNDER H2O					
800	4:43 PM	4 x 200 on 4:00 FR K ON 3:50/3:55/4:00	EN2	K	FR
1,000	5:00 PM	20 x 50 on 1:00 IM	EN2	S	IM
1-5 FLY, 6-10 BK, 11-15 BR, 16-20 FR					
FOCUS ON FOLLOW THROUGH ON ENTRY AND POWER TO FINISH					
600	5:21 PM	6 x 100 on 2:05 STROKE K ON 1:55/2:00/2:05	EN2	K	STK
300	5:35 PM	3x{ 1 x 50 on 1:10 STROKE BO + 6 OR 9	SP3	S	STK
{ 1 x 50 on 1:10 STROKE BUILD TO FINISH					
600	5:43 PM	12 x 50 on 1:30 STROKE @ GOAL RACE PACE	SP2	S	STK
200	6:02 PM	1 x 200 on 5:00 CH RECOVERY SWIM	REC	S	CH
500	6:08 PM	5 x 100 on 1:55 K w FINS FLY/CH BY 50'S	EN1	K	FLY
6:18 PM	4,600 Meters - Stress Value = 142				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,550 55.43%	52.0 52.21%
AEROBIC BASE	1,100 23.91%	21.0 21.17%
PEAK LACTATE	600 13.04%	18.0 18.07%
WARM-UP-RECOVERY	200 4.34%	5.0 5.02%
ALACTIC	150 3.26%	3.5 3.51%

Stroke Categories	Meters	Minutes
IM	1,600 34.78%	31.5 31.63%
STROKE	1,500 32.60%	37.5 37.65%
FREESTYLE	800 17.39%	16.0 16.06%
BUTTERFLY	500 10.86%	9.5 9.62%
CHOICE	200 4.34%	5.0 5.02%

Type of Work	Meters	Minutes
SWIM	2,700 58.69%	61.5 61.75%
KICK	1,900 41.30%	38.0 38.24%

**Workout #1607 - Wednesday, 02 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - VO2 MAX/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
1,400	5:00 AM	7 x 200 on 3:20 FR DESCEND 1-7 ON 3:10/3:20	EN2	S	FR	0:50
600	5:25 AM	1 x 600 on 12:00 K w FINS BY 100'S SEE NOTE	EN1	K	FIN	1:00
FLY K ON BK, BK K, FR K, FLY K, BK K, FLY K ON BK						
2,000	5:38 AM	4x { 2 x 25 on :45 STROKE SP	SP2	S	STK	1:30
		{ 3 x 50 on :55 STROKE SP SEE NOTE FOR PACE	EN3	S	STK	0:55
		{ FR ON :40, BK ON :45, BR+FLY ON :50/:55				
		{ 1 x 200 on 5:00 STROKE K	EN2	K	STK	1:15
		{ 1 x 100 on 2:30 STROKE TECH	EN1	S	STK	1:15
EACH ROUND IS ON 12:00 TOTAL						
ATHLETES CAN CHANGE STROKES AFTER 2 X						
300	6:26 AM	3 x 100 on 2:05 CH K DESCEND 1-3 ON 1:55/2:05	EN2	K	CH	1:02
400	6:34 AM	1 x 400 on 9:00 CH K FOR TIME	EN3	K	CH	1:08
200	6:44 AM	1 x 200 on 5:00 CH RECOVERY SWIM	REC	S	CH	1:15
	6:49 AM	4,900 Meters - Stress Value = 155				

JOKE OF THE DAY

I WAS WALKING HOME LAST NIGHT, WHEN A MAN THREW HYDROCHLORIC ACID OVER ME. THEN A WOMAN SPRAYED BICARBONATE OF SODA ON ME, AND TO TOP IT OFF, A MAN STARTED HOSING ME DOWN WITH SULPHURIC ACID. I JUST DIDN'T KNOW HOW TO REACT

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,500 51.02%	49.5 48.33%
AEROBIC BASE	1,000 20.40%	22.0 21.44%
VO2 MAX	1,000 20.40%	20.0 19.49%
WARM-UP-RECOVERY	200 4.08%	5.0 4.87%
PEAK LACTATE	200 4.08%	6.0 5.84%

Stroke Categories	Meters	Minutes
STROKE	2,000 40.81%	47.0 45.81%
FREESTYLE	1,400 28.57%	23.3 22.74%
CHOICE	900 18.36%	20.2 19.74%
FINS	600 12.24%	12.0 11.69%

Type of Work	Meters	Minutes
SWIM	2,800 57.14%	55.3 53.93%
KICK	2,100 42.85%	47.2 46.06%

**Workout #1608 - Thursday, 03 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - AEROBIC/ANAEROBIC THRESHOLD TECH						
MEET DRYLAND WARMUP						
600	5:00 AM	6 x 100 on 1:50 FR/BK BY 50'S ON 1:40/1:50	EN1	S	FR	0:5
600	5:12 AM	6 x 100 on 1:55 IM ON 1:45/1:55 FAST TURNS	EN2	S	IM	0:5
600	5:25 AM	6 x 100 on 2:00 STROKE SEE NOTE FOR PACE	EN2	S	STK	1:0
600	5:38 AM	4 x 150 on 2:30 K w FINS CH/SL FLY K ON BK SP/CH	EN2	K	FIN	0:5
600	5:49 AM	3 x 200 on 4:05 IM K ON 3:55/4:05	EN2	K	IM	1:0
600	6:03 AM	3 x 200 on 3:30 IM ON 3:20/3:50	EN2	S	IM	0:5
600	6:15 AM	3 x 200 on 4:05 STROKE K ON 3:55/4:05	EN2	K	STK	1:0
600	6:29 AM	3 x 200 on 3:50 STROKE SEE NOTE FOR PACE TIMES	EN2	S	STK	0:5
FR 3:00/3:10, BK 3:20/3:30, BR+FLY 3:40/3:50						
900	6:42 AM	6x{ 1 x 50 on :55 FR P w PADS	EN2	P	PAD	0:5
		{ 1 x 50 on :55 BK P w PADS	EN2	P	PAD	0:5
		{ 1 x 50 on 1:00 BR P w PADS	EN2	P	PAD	1:0
	6:59 AM	5,700 Meters - Stress Value = 119				

JOKE OF THE DAY

HOW DO YOU KNOW IF THERE'S A CONSULTANT AT YOUR PARTY? HE'LL TELL YOU.

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	5,100 89.47%	97.0 89.81%
AEROBIC BASE	600 10.52%	11.0 10.18%

Stroke Categories	Meters	Minutes
IM	1,800 31.57%	34.2 31.71%
STROKE	1,800 31.57%	35.7 33.10%
PADDLES	900 15.78%	17.0 15.74%
FINS	600 10.52%	10.0 9.25%
FREESTYLE	600 10.52%	11.0 10.18%

Type of Work	Meters	Minutes
SWIM	3,000 52.63%	56.5 52.31%
KICK	1,800 31.57%	34.5 31.94%
PULL	900 15.78%	17.0 15.74%

**Workout #1609 - Thursday, 03 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====	=====	=====	===	====	===
		4:30-6:30PM @ DOV			
		COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE			
		MEET DRYLAND WARMUP			
400	4:30 PM	1 x 400 on 8:00 FR/IM/FR/IM BY 100'S	EN1	S	FRM
400	4:39 PM	1 x 400 on 8:00 FR/4TH BEST STROKE BY 100'S	EN1	S	FR
400	4:48 PM	1 x 400 on 8:00 FR/3RD BEST STROKE BY 100'S	EN1	S	FR
2,400	4:57 PM	12x { 1 x 50 on 1:05 STROKE BO + 6 OR 8	SP3	S	STK
		{ 1 x 50 on 1:05 STROKE SP/DPS BY 25'S	SP2	S	STK
		{ 1 x 50 on 1:05 STROKE BO + 6 OR 8	SP3	S	STK
		{ 1 x 50 on 1:05 STROKE SPRINT MAX EFFORT	SP2	S	STK
		3 ROUNDS OF EACH STROKE IMO			
400	5:50 PM	8 x 50 on :55 STROKE FAST S/R	EN2	S	STK
		PACE TIME ADJUSTED SO THAT SWIMMER GETS APPROX :05			
		REST PER 50 & MAINTAIN HIGH S/R + HR > 28 BT FOR 10 SEC			
1,000	5:59 PM	5x { 1 x 100 on 2:30 STROKE K	EN1	K	STK
		{ 1 x 50 on 1:00 STROKE SP MAX EFFORT	SP2	S	STK
		{ 1 x 50 on 1:00 CH RECOVERY SWIM	REC	S	CH
	6:22 PM	5,000 Meters - Stress Value = 239			

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,700 34.00%	36.5 34.48%
PEAK LACTATE	1,450 29.00%	31.0 29.29%
ALACTIC	1,200 24.00%	26.0 24.56%
ANAEROBIC THRESHOLD	400 8.00%	7.3 6.92%
WARM-UP-RECOVERY	250 5.00%	5.0 4.72%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	3,550 71.00%	76.8 72.59%
FREESTYLE	800 16.00%	16.0 15.11%
FR-IM	400 8.00%	8.0 7.55%
CHOICE	250 5.00%	5.0 4.72%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	4,500 90.00%	93.3 88.18%
KICK	500 10.00%	12.5 11.81%



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

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

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

**Workout #1611 - Friday, 04 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY	
	4:40 PM	1 on 15:00 LIGHT RUN	EN1	L	DRY	
	4:55 PM	1 on 6:00 RUNNING DRILLS A'S, B'S & C'S	EN1	L	DRY	
	5:01 PM	1 on 15:00 STRETCHCORDZ	EN2	L	STZ	
	5:16 PM	1 on 10:00 STRETCHING MAJOR MUSCLE GROUPS	REC	L	DRY	
	5:26 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC	L	DRY	
		GENERAL PREP PHASE - AEROBIC SKILLS/FR TURNS/ALACTIC MEET DRYLAND WARMUP				
800	6:01 PM	1 x 800 on 16:00 FR/CH BY 100'S	EN1	S	FR	1:0
400	6:18 PM	1 x 400 on 9:00 FR K SPLASH/NO SPLASH BY 50'S	EN1	K	FR	1:0
900	6:28 PM	2x { 3 x 50 on 1:10 FLY/BK BY 25'S FAST TURN	EN1	S	IM	1:1
		{ 3 x 50 on 1:10 BK/BR BY 25'S FAST TURN	EN1	S	IM	1:1
		{ 3 x 50 on 1:10 BR/FR BY 25'S FAST TURN	EN1	S	IM	1:1
500	6:50 PM	5 x 100 on 1:45 FR P ON 1:35/1:45	EN2	P	FR	0:5
	6:59 PM	2,600 Meters - Stress Value = 33				

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

BUTTERFLY PULLS TECHNICAL INFORMATION AND PRACTICE

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

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,100 80.76%	46.0 84.01%
ANAEROBIC THRESHOLD	500 19.23%	8.7 15.98%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	1,700 65.38%	33.7 61.64%
IM	900 34.61%	21.0 38.35%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,700 65.38%	37.0 67.57%
PULL	500 19.23%	8.7 15.98%
KICK	400 15.38%	9.0 16.43%

**Workout #1612 - Saturday, 05 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW						
COMPETITION PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR AN EVENT 200M OR ABOVE						
400	6:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0:56
400	6:09 AM	4 x 100 on 3:00 FR K	EN2	K	FR	1:30
400	6:22 AM	1 x 400 on 8:30 FR DR/S BY 25'S	EN1	D	FR	1:04
400	6:32 AM	8 x 50 on :50 FR INCREASE HR ON :45/:50	EN2	S	FR	0:50
400 FR RACE PREP						
300	6:40 AM	3 x 100 on 1:40 FR @ RACE PACE :10 REST	EN2	S	FR	0:50
EACH 100 COMPLETED AT AVERAGE RACE PACT TO THE FEET						
200	6:46 AM	1 x 200 on 4:00 LAST CHANCE PREP	EN2	S	CH	1:00
PRACTICING S/R, PACE WORK, BO, FINISHES, TURNS....						
200	6:51 AM	1 x 200 on 4:00 STRONG K	EN2	K	STK	1:00
200	6:56 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1:00
400	7:01 AM	1 x 400 on 8:00 FR TIME TRIAL	EN3	S	FR	1:00
THOSE GOING TO MEET DO AS 4 X 100 :10 REST						
POST RACE RECOVERY						
200	7:10 AM	1 x 200 on 4:00 FR/BK BY 50'S	REC	S	FR	1:00
100	7:15 AM	1 x 100 on 2:00 FR/BK K BY 50'S	EN1	K	FR	1:00
200	7:18 AM	4 x 50 on 1:00 FR STRONG/EZ BY 25'S	EN2	S	FR	1:00
100	7:23 AM	1 x 100 on 2:00 CH K	EN1	K	CH	1:00
200	7:26 AM	1 x 200 on 4:00 FR/BK BY 50'S	EN1	S	FR	1:00
PREPARATION FOR 400 IM TIME TRIAL						
600	7:31 AM	12 x 50 on 1:00 IM SEE NOTE FAST TURNS FOCUS	EN2	S	IM	1:00
1 - FLY,2 - FLY/BK,3 - BK,4 - BK/BR,5 - BR,6 - BR/FR						
400	7:44 AM	1 x 400 on 8:00 IM TIME TRIAL	EN3	S	IM	1:00
THOSE GOING TO ATTEND MEET DO AS 8 X 50 :10 REST						
100	7:53 AM	1 x 100 on 2:00 RECOVERY	REC	S	CH	1:00
7:55 AM 4,800 Meters - Stress Value = 114						

JOKE OF THE DAY

A WOMAN GOES INTO A BANK AND SAYS TO THE CASHIER, "EXCUSE ME, BUT WOULD YOU MIND CHECKING MY BALANCE?" SO HE GOT UP AND PUSHED HER

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,300 47.91%	47.6 48.80%
AEROBIC BASE	1,200 25.00%	24.0 24.57%
V02 MAX	800 16.66%	16.0 16.38%
WARM-UP-RECOVERY	500 10.41%	10.0 10.23%

Stroke Categories	Meters	Minutes
FREESTYLE	2,600 54.16%	54.1 55.46%
IM	1,000 20.83%	20.0 20.47%
CHOICE	600 12.50%	12.0 12.28%
MIXED	400 8.33%	7.5 7.67%
STROKE	200 4.16%	4.0 4.09%

Type of Work	Meters	Minutes
SWIM	3,600 75.00%	69.1 70.81%
KICK	800 16.66%	20.0 20.47%
DRILL	400 8.33%	8.5 8.70%

**Workout #1613 - Monday, 07 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - PEAK LACTATE/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
600	5:00 AM	1 x 600 on 12:00 FR/BK/FR/BR/FR/FLY BY 100'S	EN1	S	IM	1:00
200	5:13 AM	8 x 25 on :45 FR 10 FLY K + BO SP THEN SC	SP3	S	FR	1:30
250	5:20 AM	10 x 25 on :45 FLY SP	SP2	S	FLY	1:30
300	5:29 AM	3 x 100 on 1:55 FLY ON 1:45/1:55	SP1	S	FLY	0:58
800	5:36 AM	4 x 200 on 4:00 FR K ON 3:50/4:00	EN2	K	FR	1:00
1,500	5:53 AM	3x { 3 x 75 on 1:05 FR FAST ON 1:00/1:05	SP1	S	FR	0:43
		{ 1 x 25 on 1:00 CH RECOVERY SWIM	REC	S	CH	2:00
		{ 1 x 200 on 4:00 FR K MAX EFFORT	SP1	S	FR	1:00
		{ 1 x 50 on 1:25 CH RECOVERY SWIM	REC	S	CH	1:25
EACH SET TAKES 9:30						
200	6:23 AM	8 x 25 on :45 FR 10 FLY K + BO SP THEN SC	SP3	S	FR	1:30
250	6:30 AM	10 x 25 on :45 FR SP TO 25 & 8 FLY K	SP2	S	FR	1:30
500	6:39 AM	1 x 500 on 9:00 BK/BR BY 100'S	EN1	S	IM	0:54
	6:48 AM	4,600 Meters - Stress Value = 243				

JOKE OF THE DAY

A PENGUIN WALKS INTO A BAR AND ASKS THE BARMAN "HAVE YOU SEEN MY BROTHER?" THE BARMAN SAYS, "I DON'T KNOW, WHAT DOES HE LOOK LIKE?"

Energy Levels	Meters	Minutes
LACTATE TOLERANCE	1,575 34.23%	27.5 27.84%
AEROBIC BASE	1,100 23.91%	21.0 21.26%
ANAEROBIC THRESHOLD	800 17.39%	16.0 16.20%
PEAK LACTATE	500 10.86%	15.0 15.18%
ALACTIC	400 8.69%	12.0 12.15%
WARM-UP-RECOVERY	225 4.89%	7.2 7.34%

Stroke Categories	Meters	Minutes
FREESTYLE	2,725 59.23%	57.2 57.97%
IM	1,100 23.91%	21.0 21.26%
BUTTERFLY	550 11.95%	13.2 13.41%
CHOICE	225 4.89%	7.2 7.34%

Type of Work	Meters	Minutes
SWIM	3,800 82.60%	82.7 83.79%
KICK	800 17.39%	16.0 16.20%

**Workout #1614 - Monday, 07 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
4:30-6:30PM @ DOV						
COMPETITION PHASE - AEROBIC TECHNIQUE/RACE PACE						
MEET DRYLAND WARMUP						
800	4:30 PM	1 x 800 on 15:00 FR/BK BY 200'S :30 REST	EN1	S	FR	0
800	4:46 PM	1 x 800 on 15:00 BK/IM BY 200'S :30 REST	EN1	S	IM	0
800	5:02 PM	1 x 800 on 15:00 FLY/IMO BY 25'S	EN1	S	IM	0
2,400	5:18 PM	4x { 1 x 200 on 5:00 IMO K	EN1	K	IMO	1
		{ 8 x 50 on 1:15 IMO STROKE TECH FOCUS	EN1	S	IMO	1
FLY TECH FOCUS POINTS						
1-2 TIMING POWER OF PULL FINISH WITH 2ND K						
3-4 ENTRY TO RIGID SL POSITION TO MAINTAIN VELOCITY						
5-6 HEAD INTO WATER FIRST THEN HANDS ENTRY						
7-8 LOW BREATH + NO SPLASH ON SNAPPING K						
BK TECH FOCUS POINTS						
1-2 FOLLOW THROUGH ON ENTRY DEEP SAME PLANE AS REC						
3-4 SPLASH ENTRY SHOULDER OUT						
5-6 THUMB OUT LAST SECOND SWITCH						
7-8 POWER TO FINSH OF STROKE + RAINBOW RECOVERY						
BR TECH FOCUS POINTS						
1-2 STRAIGHT ARM RIGID ABDOMINALS SL						
3-4 QUICK BREATH LONG GLIDE NO UP DOWN IN GLIDE						
5-6 JUMP TO SL AND SNAP K HIGH FOOT SPEED						
7-8 SNAP K FOR HIPS UP AND HANDS DOWN						
FR TECH FOCUS POINTS						
1-2 RECOVERY HIGH ACCELERATE ENTRY DOWN IN SAME PLANE						
3-4 ENTRY DEEP BUBBLES OFF DRILL						
5-6 FINGERS DOWN STRAIGHT LINE PULL						
7-8 ACCELERATE HAND ACTION UNDER WATER TO THIGH FINISH						
200	6:19 PM	4 x 50 on 1:20 STROKE @ GOAL RP	SP2	S	STK	1
	6:25 PM	5,000 Meters - Stress Value = 76				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
AEROBIC BASE	4,800 96.00%	105.0 95.16%
PEAK LACTATE	200 4.00%	5.3 4.83%

Stroke Categories	Meters	Minutes
IM ORDER	2,400 48.00%	60.0 54.38%
IM	1,600 32.00%	30.0 27.19%
FREESTYLE	800 16.00%	15.0 13.59%
STROKE	200 4.00%	5.3 4.83%

Type of Work	Meters	Minutes
SWIM	4,200 84.00%	90.3 81.87%
KICK	800 16.00%	20.0 18.12%

**Workout #1615 - Tuesday, 08 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
800	5:00 AM	2x { 1 x 50 on 1:00 FR 6 FLY K OFF EACH WALL	EN1	S	FR	1:
		{ 1 x 50 on :55 FR 6 FLY K OFF 2ND WALL	EN1	S	FR	0:
		{ 1 x 50 on :50 FR 6 FLY K OFF 1ST WALL	EN1	S	FR	0:
		{ 1 x 50 on :45 FR BREATHE 5/3 BY 25'S	EN1	S	FR	0:
		{ 1 x 50 on :40 FR SPRINT 1ST 25	EN2	S	FR	0:
		{ 1 x 50 on :35 FR MAKE THE PACE	SP2	S	FR	0:
		{ 1 x 100 on 2:25 FR K	EN1	K	FR	1:
EACH ROUND OF THIS SET TAKES 7:30						
1,600	5:16 AM	2x { 2 x 200 on 4:00 STROKE K ON 3:50/4:00	EN2	K	STK	1:
		{ 2 x 100 on 1:50 STROKE SEE NOTES FOR PACE	EN2	S	STK	0:
		{ FR ON 1:30/1:35, BK ON 1:35/1:40, BR+FLY ON 1:45/1:50				
		{ 2 x 100 on 1:45 STROKE SEE NOTES FOR PACE	SP1	S	STK	0:
		{ FR ON 1:25/1:30, BK ON 1:30/1:35, BR+FLY ON 1:40/1:45				
1,000	5:48 AM	5x { 3 x 50 on 1:00 STROKE	EN1	S	STK	1:
		{ 1 x 50 on :55 STROKE	EN2	S	STK	0:
ROUND 1 - FLY, 2 - BK, 3 - BR, 4 - FR, 5 - CH						
600	6:09 AM	6 x 100 on 2:00 STROKE P w PADS SEE NOTE	EN2	P	PAD	1:
BK ON 1:35/1:40, BR+FLY ON 1:55/2:00						
500	6:22 AM	5 x 100 on 1:35 FR P w PADS ON 1:30/1:35	EN2	P	PAD	0:
400	6:31 AM	1 x 400 on 8:00 CH RECOVERY	REC	S	CH	1:
	6:39 AM	4,900 Meters - Stress Value = 120				

JOKE OF THE DAY

A TERMITE WALKS INTO A BAR AND SAYS "IS THE BAR TENDER HERE?"

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,650 54.08%	49.1 53.34%
AEROBIC BASE	1,350 27.55%	26.8 29.11%
LACTATE TOLERANCE	400 8.16%	7.0 7.59%
WARM-UP-RECOVERY	400 8.16%	8.0 8.67%
PEAK LACTATE	100 2.04%	1.1 1.26%

Stroke Categories	Meters	Minutes
STROKE	2,600 53.06%	49.9 54.15%
PADDLES	1,100 22.44%	19.9 21.60%
FREESTYLE	800 16.32%	14.3 15.55%
CHOICE	400 8.16%	8.0 8.67%

Type of Work	Meters	Minutes
SWIM	2,800 57.14%	51.4 55.78%
PULL	1,100 22.44%	19.9 21.60%
KICK	1,000 20.40%	20.8 22.60%

**Workout #1616 - Tuesday, 08 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
COMPETITION PHASE - AEROBIC TECHNIQUE/RACE PACE						
MEET DRYLAND WARMUP						
1,500	4:30 PM	1 x 1500 on 28:00 FR DESCEND 500'S	EN2	S	FR	0:56
WORK TURNS OFF EVERY WALL SL PAST FLAGS						
NO BREATHING ON FIRST STROKE						
400	4:59 PM	4 x 100 on 2:00 FLY DESCEND 1-4	EN2	S	FLY	1:00
400	5:08 PM	4 x 100 on 1:50 BK DESCEND 1-4	EN2	S	BK	0:55
400	5:17 PM	4 x 100 on 2:00 BR DESCEND 1-4	EN2	S	BR	1:00
600	5:26 PM	3 x 200 on 4:00 STROKE K ON 3:50/4:00	EN2	K	STK	1:00
300	5:39 PM	3x{ 1 x 50 on :55 STROKE SP/SC BY 25'S	SP3	S	STK	0:55
		{ 1 x 50 on :55 STROKE SC/BUILD TO FINISH BY 25	EN2	S	STK	0:55
600	5:46 PM	12 x 50 on 1:30 STROKE @ GOAL RP	SP2	S	STK	1:30
400	6:05 PM	1 x 400 on 9:00 50 HU BR SCULL/50 FR w PADS	EN1	D	PAD	1:08
200	6:15 PM	1 x 200 on 5:00 CH RECOVERY SWIM	REC	S	CH	1:15
	6:20 PM	4,800 Meters - Stress Value = 153				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,450 71.87%	66.0 65.53%
PEAK LACTATE	600 12.50%	18.0 17.85%
AEROBIC BASE	400 8.33%	9.0 8.92%
WARM-UP-RECOVERY	200 4.16%	5.0 4.95%
ALACTIC	150 3.12%	2.7 2.72%

Stroke Categories	Meters	Minutes
FREESTYLE	1,500 31.25%	28.0 27.76%
STROKE	1,500 31.25%	35.5 35.20%
BREASTSTROKE	400 8.33%	8.0 7.93%
PADDLES	400 8.33%	9.0 8.92%
BUTTERFLY	400 8.33%	8.0 7.93%
BACKSTROKE	400 8.33%	7.3 7.27%
CHOICE	200 4.16%	5.0 4.95%

Type of Work	Meters	Minutes
SWIM	3,800 79.16%	79.8 79.17%
KICK	600 12.50%	12.0 11.90%
DRILL	400 8.33%	9.0 8.92%

**Workout #1617 - Wednesday, 09 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
		6:00-8:00AM @ ROW COMPETITION PHASE - VO2 MAX MEET DRYLAND WARMUP			
600	5:00 AM	3x{ 3 x 50 on 1:00 FR VARIABLE PACE { 1 x 50 on 1:00 IMO VARIABLE PACE	EN2	S	FR
		EEFAS - EVERY EVENT FROM A START	EN2	S	IMO
4,800	5:13 AM	1 x 4800 on 59:59 FR+IM SEE NOTES 1500 FR, 4 X 50 IMO, 100 IM, 800 FR 4 X 100 IMO, 200 IM 4 X 200 IMO, 400 IM, 400 FR	EN3	S	IM
200	6:44 AM	1 x 200 on 5:00 CH RECOVERY	REC	S	CH
	6:49 AM	5,600 Meters - Stress Value = 330			

JOKE OF THE DAY

TWO FONTS WALK INTO A BAR. THE BARMAN SAYS, "SORRY WE DON'T WANT YOUR TYPE IN HERE".

EEFAS TIMES (IN TM DATABASE AS 4800 IM)

Energy Levels	Meters	Minutes
VO2 MAX	4,800 85.71%	90.0 84.11%
ANAEROBIC THRESHOLD	600 10.71%	12.0 11.21%
WARM-UP-RECOVERY	200 3.57%	5.0 4.67%

Stroke Categories	Meters	Minutes
IM	4,800 85.71%	90.0 84.11%
FREESTYLE	450 8.03%	9.0 8.41%
CHOICE	200 3.57%	5.0 4.67%
IM ORDER	150 2.67%	3.0 2.80%

Type of Work	Meters	Minutes
SWIM	5,600 100.00%	107.0 100.00%

**Workout #1618 - Thursday, 10 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====	=====	=====	===	====	===	==
		5:00-7:00AM @ NW				
		COMPETITION PHASE - AEROBIC/ANAEROBIC THRESHOLD TECH				
		MEET DRYLAND WARMUP				
600	5:00 AM	4x{ 6 x 25 on :40 MIO (6'S) BO + 4 OR 6	SP3	S	MIO	1
800	5:17 AM	8 x 100 on 1:45 K w FINS FLY/CH BY 50 1:40/1:45	EN2	K	FIN	0
200	5:32 AM	4 x 50 on :55 STROKE TECH	EN1	D	STK	0
1,200	5:37 AM	6 x 200 on 3:55 STROKE SEE NOTES FOR PACE TIMES	EN2	S	STK	0
		FR ON 2:55/3:05, BK ON 3:05/3:15, BR+FLY ON 3:45/3:55				
800	6:02 AM	8 x 100 on 1:45 STROKE w FINS SEE NOTE	EN2	S	FIN	0
		FR ON 1:20/1:25, BK ON 1:25/1:30, BR+FLY ON 1:40/1:45				
600	6:17 AM	1 x 600 on 12:00 BK/BY BY 100'S	EN1	S	BK	1
500	6:30 AM	10x{ 1 x 25 on :45 STROKE SCULL/FINISH	EN2	D	STK	1
		{ 1 x 25 on :35 STROKE PWR FINISHES VERY STRONG	EN2	S	STK	1
	6:44 AM	4,700 Meters - Stress Value = 109				

JOKE OF THE DAY

HOW DOES PETE BURNS PICK HIS NOSE? FROM A CATALOGUE.

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,300 70.21%	64.8 67.18%
AEROBIC BASE	800 17.02%	15.6 16.23%
ALACTIC	600 12.76%	16.0 16.58%

Stroke Categories	Meters	Minutes
STROKE	1,900 40.42%	40.5 41.96%
FINS	1,600 34.04%	28.0 29.01%
BACKSTROKE	600 12.76%	12.0 12.43%
REV IM ORDER	600 12.76%	16.0 16.58%

Type of Work	Meters	Minutes
SWIM	3,450 73.40%	71.3 73.92%
KICK	800 17.02%	14.0 14.50%
DRILL	450 9.57%	11.1 11.57%

**Workout #1619 - Thursday, 10 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
4:30-6:30PM @ DOV						
COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
1,200	4:30 PM	4 x 300 on 5:20 BK/IM/FR BY 100'S ON 5:00/5:20	EN2	S	IM	0:
1,200	4:53 PM	4x{ 1 x 200 on 4:40 IMO K	EN1	K	IMO	1:
		{ 2 x 50 on :50 IMO MAX EFFORT SPRINT	SP2	S	IMO	0:
600	5:20 PM	3x{ 3 x 50 on :55 STROKE SPRINT K	SP1	K	STK	0:
		{ 1 x 50 on 1:45 CH K RECOVERY	REC	K	CH	1:
800	5:35 PM	8 x 100 on 1:55 STROKE SEE NOTES FOR PACE TIMES	EN2	S	STK	0:
FR ON 1:35/1:40, BK ON 1:40/1:45, BR+FLY ON 1:50/1:55						
400	5:52 PM	8 x 50 on 1:15 STROKE SP/REC BY 25'S	SP2	S	STK	1:
400	6:03 PM	1 x 400 on 9:00 CH RECOVERY SWIM	REC	S	CH	1:
	6:12 PM	4,600 Meters - Stress Value = 181				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	2,000 43.47%	36.6 38.80%
AEROBIC BASE	800 17.39%	18.6 19.75%
PEAK LACTATE	800 17.39%	16.6 17.63%
WARM-UP-RECOVERY	550 11.95%	14.2 15.07%
LACTATE TOLERANCE	450 9.78%	8.2 8.73%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	1,650 35.86%	33.5 35.53%
IM ORDER	1,200 26.08%	25.3 26.80%
IM	1,200 26.08%	21.3 22.57%
CHOICE	550 11.95%	14.2 15.07%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	3,200 69.56%	62.3 65.96%
KICK	1,400 30.43%	32.1 34.03%

**Workout #1620 - Friday, 11 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR 800 FR						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
800	6:43 AM	1 x 800 on 14:00 FAS FOR TIME	EN3	S	FR	0
KEYS TO FAST 800 FR						
FAST S/R, K HARD AFTER 400M, PUSH OFF EVERY WALL HARD						
FAST ROTATION OF TURNS						
800	6:58 AM	1 x 800 on 16:00 MIXED RECOVERY SEE NOTE	EN1	S	MIX	1
200 FR/BK BY 50'S, 200 FR K (SP/EZ BY 25'S), 400 CH						
100	7:15 AM	1 x 100 on 2:00 FR w FINS MAX EFFORT SEE NOTE	SP2	S	FR	1
BOYS GOAL SUB 1:00, GIRLS GOAL SUB 1:05						
IF NO FINS FINISH SUB 1:15						
	7:17 AM	5,900 Meters - Stress Value = 161				

NAME - 800 PB - GOAL PACE - PREP PACE - 800 TIME - ACTUAL PACE

ASHLEE - 10:17.15 - 1:17 - 1:20 - 12:28.14 - 1:33  
 GLENN - 10:24.08 - 1:17 - 1:20 - 11:01.89 - 1:23  
 NATHAN - 10:33.64 - 1:19 - 1:19 - 10:56.76 - 1:22  
 LUKE - 11:07.57 - 1:23 - 1:27 - 12:21.15 - 1:33  
 SARAH - 11:17.44 - 1:24 - 1:30 - 11:59.08 - 1:30  
 LAUREN - 11:26.99 - 1:25 - 1:24 - 11:06.57 - 1:23  
 KEELY - 11:36.94 - 1:26 - 1:28 - 12:32.04 - 1:34  
 MIKAYLA - 400 FR - 1:48 - 6:24.01 - 1:38

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 50.84%	64.0 53.48%
AEROBIC BASE	1,900 32.20%	38.0 31.75%

V02 MAX	800	13.55%	14.0	11.69%
PEAK LACTATE	200	3.38%	3.6	3.06%

Stroke Categories	Meters		Minutes	
=====	=====		=====	
FREESTYLE	2,100	35.59%	40.0	33.42%
STROKE	1,600	27.11%	36.8	30.77%
MIXED	1,200	20.33%	23.5	19.63%
CHOICE	600	10.16%	12.0	10.02%
IM	400	6.77%	7.3	6.12%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	4,900	83.05%	95.1	79.52%
KICK	600	10.16%	16.0	13.37%
DRILL	400	6.77%	8.5	7.10%

**Workout #1621 - Friday, 11 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
		4:30-7:30PM @ CD				
		4:30-6:00PM DRYLAND AT OVAL				
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY	
	4:40 PM	1 on 25:00 LIGHT RUN	EN1	L	DRY	
	5:05 PM	1 on 15:00 STRETCHCORDZ	EN2	L	STZ	
	5:20 PM	1 on 10:00 STRETCHING MAJOR MUSCLE GROUPS	REC	L	DRY	
	5:30 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC	L	DRY	
		GENERAL PREP PHASE - AEROBIC SKILLS/FR TURNS/ALACTIC MEET DRYLAND WARMUP				
600	6:05 PM	1 x 600 on 13:00 CH LOOSEN	EN1	S	CH	1:0
500	6:19 PM	5 x 100 on 2:10 K 1-4 IMO 5 CH	EN1	K	IMO	1:0
800	6:31 PM	4 x 200 on 3:10 FR MODERATELY FAST PACE	EN2	S	FR	0:4
		GOAL IS TO HAVE AT LEAST 25 SECONDS REST EACH REPEAT				
	6:43 PM	1 on 8:00 FR TURN TIMING	SP3	D	FR	
		GOAL IS TO HAVE TURN TIME SUB 1.00 SECONDS				
		ALSO ENSURING PUSHOFFS ARE HARD AND SL TIGHT PAST FLAGS				
	6:51 PM	1,900 Meters - Stress Value = 31				

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

BUTTERFLY PULLS TECHNICAL INFORMATION AND PRACTICE

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

Energy Levels	Meters	Minutes
AEROBIC BASE	1,100 57.89%	23.8 65.29%
ANAEROBIC THRESHOLD	800 42.10%	12.6 34.70%

Stroke Categories	Meters	Minutes
FREESTYLE	800 42.10%	12.6 34.70%
CHOICE	600 31.57%	13.0 35.61%
IM ORDER	500 26.31%	10.8 29.68%

Type of Work	Meters	Minutes
SWIM	1,400 73.68%	25.6 70.31%
KICK	500 26.31%	10.8 29.68%

**Workout #1622 - Saturday, 12 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW						
COMPETITION PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR 800/1500 FR						
400	6:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0:56
400	6:09 AM	4 x 100 on 3:00 FR K	EN2	K	FR	1:30
400	6:22 AM	1 x 400 on 8:30 FR DR/S BY 25'S	EN1	D	FR	1:04
400	6:32 AM	8 x 50 on :50 FR INCREASE HR ON :45/:50	EN2	S	FR	0:50
1500 FR RACE PREP						
500	6:40 AM	5 x 100 on 1:40 FR @ RACE PACE :10 REST	EN2	S	FR	0:50
EACH 100 COMPLETED AT AVERAGE RACE PACT TO THE FEET						
200	6:50 AM	1 x 200 on 4:00 LAST CHANCE PREP	EN2	S	CH	1:00
PRACTICING S/R, PACE WORK, BO, FINISHES, TURNS....						
200	6:55 AM	1 x 200 on 4:00 STRONG K	EN2	K	STK	1:00
200	7:00 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1:00
400	7:05 AM	1 x 400 on 8:00 FR TIME TRIAL	EN3	S	FR	1:00
THOSE GOING TO MEET DO AS 4 X 100 :10 REST						
POST RACE RECOVERY						
200	7:14 AM	1 x 200 on 4:00 FR/BK BY 50'S	REC	S	FR	1:00
100	7:19 AM	1 x 100 on 2:00 FR/BK K BY 50'S	EN1	K	FR	1:00
200	7:22 AM	4 x 50 on 1:00 FR STRONG/EZ BY 25'S	EN2	S	FR	1:00
100	7:27 AM	1 x 100 on 2:00 CH K	EN1	K	CH	1:00
200	7:30 AM	1 x 200 on 4:00 FR/BK BY 50'S	EN1	S	FR	1:00
STARTS 15 MINUTES						
300	7:35 AM	1 on 15:00 STARTS FROM BLOCKS	SP3	D	CH	
300	7:50 AM	3 x 100 on 1:30 FR P w PADS	EN2	P	PAD	0:45
7:55 AM 4,200 Meters - Stress Value = 86						

JOKE OF THE DAY

A MAN PHONED THE HOSPITAL IN A STATE OF EXCITEMENT. "MY WIFE IS IN LABOUR, HER CONTRACTIONS ARE ONLY TWO MINUTES APART!" THE DOCTOR ASKS, "IS THIS THE FIRST CHILD?" "NO, YOU IDIOT - THIS IS HER HUSBAND".

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 52.38%	43.5 52.09%
AEROBIC BASE	1,200 28.57%	24.0 28.74%
WARM-UP-RECOVERY	400 9.52%	8.0 9.58%
V02 MAX	400 9.52%	8.0 9.58%

Stroke Categories	Meters	Minutes
FREESTYLE	2,800 66.66%	57.5 68.86%
CHOICE	500 11.90%	10.0 11.97%
MIXED	400 9.52%	7.5 8.98%
PADDLES	300 7.14%	4.5 5.38%
STROKE	200 4.76%	4.0 4.79%

Type of Work	Meters	Minutes
SWIM	2,700 64.28%	50.5 60.47%
KICK	800 19.04%	20.0 23.95%
DRILL	400 9.52%	8.5 10.17%
PULL	300 7.14%	4.5 5.38%

**Workout #1623 - Tuesday, 15 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
5:00-7:00AM @ NW						
COMPETITION PHASE - LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
800	5:00 AM	2x { 1 x 50 on 1:00 FR 6 FLY K OFF EACH WALL	EN1	S	FR	1:
		{ 1 x 50 on :55 FR 6 FLY K OFF 2ND WALL	EN1	S	FR	0:
		{ 1 x 50 on :50 FR 6 FLY K OFF 1ST WALL	EN1	S	FR	0:
		{ 1 x 50 on :45 FR BREATHE 5/3 BY 25'S	EN1	S	FR	0:
		{ 1 x 50 on :40 FR SPRINT 1ST 25	EN2	S	FR	0:
		{ 1 x 50 on :35 FR MAKE THE PACE	SP2	S	FR	0:
		{ 1 x 100 on 2:25 FR K	EN1	K	FR	1:
EACH ROUND OF THIS SET TAKES 7:30						
1,600	5:16 AM	2x { 2 x 200 on 4:00 STROKE K ON 3:50/4:00	EN2	K	STK	1:
		{ 2 x 100 on 1:50 STROKE SEE NOTES FOR PACE	EN2	S	STK	0:
		{ FR ON 1:30/1:35, BK ON 1:35/1:40, BR+FLY ON 1:45/1:50				
		{ 2 x 100 on 1:45 STROKE SEE NOTES FOR PACE	SP1	S	STK	0:
		{ FR ON 1:25/1:30, BK ON 1:30/1:35, BR+FLY ON 1:40/1:45				
1,000	5:48 AM	5x { 3 x 50 on 1:00 STROKE	EN1	S	STK	1:
		{ 1 x 50 on :55 STROKE	EN2	S	STK	0:
ROUND 1 - FLY, 2 - BK, 3 - BR, 4 - FR, 5 - CH						
600	6:09 AM	6 x 100 on 2:00 STROKE P w PADS SEE NOTE	EN2	P	PAD	1:
BK ON 1:35/1:40, BR+FLY ON 1:55/2:00						
500	6:22 AM	5 x 100 on 1:35 FR P w PADS ON 1:30/1:35	EN2	P	PAD	0:
400	6:31 AM	1 x 400 on 8:00 CH RECOVERY	REC	S	CH	1:
	6:39 AM	4,900 Meters - Stress Value = 120				

JOKE OF THE DAY

A HUSBAND ASKS HIS WIFE WHAT SHE WANTS FOR HER BIRTHDAY. EXCITED, SHE SAYS "SOMETHING WITH DIAMONDS!" SHE WASN'T BEST PLEASED WITH HER PACK OF PLAYING CARDS.

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,650 54.08%	49.1 53.34%
AEROBIC BASE	1,350 27.55%	26.8 29.11%
LACTATE TOLERANCE	400 8.16%	7.0 7.59%
WARM-UP-RECOVERY	400 8.16%	8.0 8.67%
PEAK LACTATE	100 2.04%	1.1 1.26%

Stroke Categories	Meters	Minutes
STROKE	2,600 53.06%	49.9 54.15%
PADDLES	1,100 22.44%	19.9 21.60%
FREESTYLE	800 16.32%	14.3 15.55%
CHOICE	400 8.16%	8.0 8.67%

Type of Work	Meters	Minutes
SWIM	2,800 57.14%	51.4 55.78%
PULL	1,100 22.44%	19.9 21.60%
KICK	1,000 20.40%	20.8 22.60%

**Workout #1624 - Tuesday, 15 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANAEROBIC THRESHOLD						
MEET DRYLAND WARMUP						
300	4:30 PM	1 x 300 on 6:00 FR/BK/BR BY 50'S	EN1	S	IM	1:00
PUSH OFF WALLS HARD SL PAST FLAGS						
400	4:37 PM	1 x 400 on 9:00 K w FINS BY 100'S SEE NOTE	EN1	K	FIN	1:08
FLY K ON BK/BK K/FLY K ON FR/FR K						
400	4:47 PM	8 x 50 on :45 FR 1ST WALL STS	EN2	S	FR	0:45
300	4:54 PM	3 x 100 on 1:25 FR 1ST 50 BR3	EN2	S	FR	0:42
200	5:00 PM	1 x 200 on 5:00 FR K NO SPLASH	EN1	K	FR	1:15
200	5:06 PM	2 x 100 on 1:20 FR 1ST 50 BR3	EN2	S	FR	0:40
200	5:10 PM	1 x 200 on 5:00 FR K NO SPLASH	EN1	K	FR	1:15
100	5:16 PM	1 x 100 on 1:15 FR 1ST 50 BR3	EN2	S	FR	0:38
400	5:19 PM	1 x 400 on 8:00 FR/BK BY 100'S w PADS	EN1	S	PAD	1:00
FR BR 3/5 BY 50'S						
300	5:28 PM	1 x 300 on 7:00 BR/BK BY 25'S FAST IM TURN	EN1	S	IM	1:10
600	5:36 PM	3 x 200 on 3:55 BK K LAST WALL 6 FLY K	EN2	K	BK	0:59
300	5:49 PM	6 x 50 on :55 BK DESCEND 1-3 STS 1ST WALL	EN2	S	BK	0:55
400	5:56 PM	4 x 100 on 1:30 BK 6 FLY K 1ST & 4TH 25	EN2	S	BK	0:45
400	6:03 PM	4 x 100 on 1:25 BK w FINS AS PREVIOUS SET	EN2	S	FIN	0:42
300	6:10 PM	1 x 300 on 7:00 25 FLY 75 BR	EN1	S	IM	1:10
6:17 PM 4,800 Meters - Stress Value = 81						

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,700 56.25%	43.0 47.82%
AEROBIC BASE	2,100 43.75%	47.0 52.17%

Stroke Categories	Meters	Minutes
FREESTYLE	1,400 29.16%	24.1 26.82%
BACKSTROKE	1,300 27.08%	23.2 25.80%
IM	900 18.75%	20.0 22.20%
FINS	800 16.66%	14.6 16.28%
PADDLES	400 8.33%	8.0 8.88%

Type of Work	Meters	Minutes
SWIM	3,400 70.83%	59.3 65.86%
KICK	1,400 29.16%	30.7 34.13%

**Workout #1625 - Wednesday, 16 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		6:00-8:00AM @ ROW				
		COMPETITION PHASE - VO2 MAX/ANAEROBIC THRESHOLD (S/R)				
		MEET DRYLAND WARMUP				
800	5:00 AM	4x{1 x 100 on 1:50 MIO	EN1	S	MIO	0:
		{1 x 100 on 2:00 IM	EN1	S	IM	1:
500	5:17 AM	20 x 25 on :40 FLY SP	EN3	S	FLY	1:
400	5:32 AM	1 x 400 on 9:00 CH K w FINS	EN1	K	FIN	1:
3,300	5:42 AM	3x{3 x 200 on 3:20 BK S/R > 35 ON 3:10/320	EN2	S	BK	0:
		{1 x 400 on 7:40 IM NEG SPLIT BK ON 7:20/7:40	EN2	S	IM	0:
		{1 x 100 on 3:00 BR K	EN1	K	BR	1:
	6:44 AM	5,000 Meters - Stress Value = 114				

S/R FOR 100'S - 50 SPLITS IN 400 IM

ASHLEE

27.5, 24.5, 23.0 - 50.36, 55.69  
 22.5, 23.0, 22.3

CASEY

23.5, 23.4, 22.1  
 26.3

NATHAN

29.8, 30.1, 31.9 - 49.36, 47.16  
 35.0, 29.4, 30.1  
 39.0

SARAH

28.9, 26.7, 21.9 - 48.97, 53.60  
 28.5, 28.4, 26.4  
 25.8, 25.0

LAUREN

28.3, 28.3, 30.0 - 47.65, 46.73  
 26.4, 28.8, 29.3  
 29.8, 31.3, 32.0

KEELY

33.1, 31.6, 31.8 - 50.99, 53.66  
 32.6, 32.0, 31.8  
 28.9, 27.1

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 60.00%	53.0 53.17%
AEROBIC BASE	1,500 30.00%	33.3 33.44%
VO2 MAX	500 10.00%	13.3 13.37%

Stroke Categories	Meters	Minutes
BACKSTROKE	1,800 36.00%	30.0 30.10%
IM	1,600 32.00%	31.0 31.10%
BUTTERFLY	500 10.00%	13.3 13.37%
FINS	400 8.00%	9.0 9.03%
REV IM ORDER	400 8.00%	7.3 7.35%
BREASTSTROKE	300 6.00%	9.0 9.03%

Type of Work	Meters	Minutes
SWIM	4,300 86.00%	81.6 81.93%
KICK	700 14.00%	18.0 18.06%



**Workout #1626 - Thursday, 17 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW						
COMPETITION PHASE - AEROBIC/ANAEROBIC THRESHOLD TECH						
MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 6:40 FR ON 6:20/6:40	EN1	S	FR	0:50
400	5:08 AM	1 x 400 on 7:00 FR/BK BY 100'S ON 6:40/7:00	EN1	S	BK	0:52
400	5:16 AM	1 x 400 on 6:40 FR ON 6:20/6:40	EN1	S	FR	0:50
400	5:24 AM	1 x 400 on 7:20 BK/BR BY 100'S ON 7:00/7:20	EN1	S	IM	0:55
FAST BK->BR TURNS						
400	5:33 AM	1 x 400 on 6:40 FR ON 6:20/6:40	EN1	S	FR	0:50
400	5:41 AM	1 x 400 on 7:10 BR/FR BY 100'S ON 6:50/7:10	EN1	S	BR	0:54
FAST BR->FR TURNS						
400	5:50 AM	1 x 400 on 6:30 FR ON 6:10/6:30	EN1	S	FR	0:49
300	5:58 AM	6 x 50 on 1:05 BR DESCEND 1-3	EN2	S	BR	1:05
300	6:06 AM	12 x 25 on :45 BR SP	SP1	S	BR	1:30
100	6:16 AM	1 x 100 on 3:00 BR K	EN1	K	BR	1:30
400	6:20 AM	4 x 100 on 2:05 BR S/R GOAL > 28	EN2	S	BR	1:02
200	6:30 AM	1 x 200 on 5:00 IM NEGATIVE SPLIT BR	EN2	S	IM	1:15
200	6:36 AM	1 x 200 on 5:00 BR K	EN1	K	BR	1:15
200	6:42 AM	2 x 100 on 2:05 BR S/R GOAL BEST S/R FROM PREV	EN2	S	BR	1:02
6:47 AM 4,500 Meters - Stress Value = 81						

SARAH  
 25.2, 31.9, 30.9, 34.6 - 28.52, 28.36  
 30.0

KEELY  
 34.5, 30.7, 28.8, 36.1 - 31.49, 30.17  
 34.2

LUKE  
 34.1, 35.0, 30.8, 34.5 - 28.38, 25.64  
 40.9, 35.0

LAUREN  
 27.7, 29.2, 32.5, 32.6 - 26.83, 27.05  
 29.6, 30.2

GLENN  
 34.8, 34.2, 36.4, 39.0 - 29.24, 26.66  
 30.1, 29.8

Energy Levels	Meters	Minutes
AEROBIC BASE	3,100 68.88%	56.0 62.92%
ANAEROBIC THRESHOLD	1,100 24.44%	24.0 26.96%
LACTATE TOLERANCE	300 6.66%	9.0 10.11%

Stroke Categories	Meters	Minutes
BREASTSTROKE	1,900 42.22%	43.1 48.50%
FREESTYLE	1,600 35.55%	26.5 29.77%
IM	600 13.33%	12.3 13.85%
BACKSTROKE	400 8.88%	7.0 7.86%

Type of Work	Meters	Minutes
SWIM	4,200 93.33%	81.0 91.01%
KICK	300 6.66%	8.0 8.98%

**Workout #1627 - Thursday, 17 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
500	4:30 PM	10 x 50 on :55 FR FOCUS ON SL AND HARD PUSHOFF	EN1	S	FR	0:5
600	4:41 PM	3 x 200 on 4:20 FR K	EN2	K	FR	1:0
600	4:55 PM	2x { 2 x 50 on 1:15 BR SCULL/FR FINISHES BY 25'S	EN1	D	FR	1:1
		{ 4 x 50 on 1:10 FR SP	SP2	S	FR	1:1
400	5:11 PM	1 x 400 on 9:00 BK/BR BY 100'S	EN1	S	IM	1:0
500	5:21 PM	5 x 100 on 1:50 FR P	EN2	P	FR	0:5
400	5:32 PM	4 x 100 on 1:35 FR P w PADS	EN2	P	PAD	0:4
800	5:40 PM	1 x 800 on 18:00 K w FINS	EN1	K	FIN	1:0
FLY ON BK/BK/FLY ON FR/FR BY 50'S						
600	5:59 PM	3 x 200 on 4:30 STROKE K (ATHLETE CHOOSES PACE)	EN2	K	STK	1:0
600	6:14 PM	2x { 2 x 50 on 1:15 BR SCULL/STROKE FINISHES-SCULL	EN1	D	STK	1:1
		{ 4 x 50 on 1:10 STROKE SP	SP2	S	STK	1:1
200	6:30 PM	1 x 200 on 4:00 CH RECOVERY	REC	S	CH	1:0
	6:34 PM	5,200 Meters - Stress Value = 157				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,100 40.38%	46.1 41.65%
ANAEROBIC THRESHOLD	2,100 40.38%	42.0 37.89%
PEAK LACTATE	800 15.38%	18.6 16.84%
WARM-UP-RECOVERY	200 3.84%	4.0 3.60%

Stroke Categories	Meters	Minutes
FREESTYLE	2,200 42.30%	45.6 41.20%
STROKE	1,200 23.07%	27.8 25.11%
FINS	800 15.38%	18.0 16.24%
PADDLES	400 7.69%	6.3 5.71%
IM	400 7.69%	9.0 8.12%
CHOICE	200 3.84%	4.0 3.60%

Type of Work	Meters	Minutes
KICK	2,000 38.46%	44.5 40.15%
SWIM	1,900 36.53%	40.8 36.84%
PULL	900 17.30%	15.5 13.98%
DRILL	400 7.69%	10.0 9.02%

**Workout #1628 - Friday, 18 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
5:00-7:00AM @ ROW						
COMPETITION PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR 800 FR						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
800	6:43 AM	1 x 800 on 14:00 FAS FOR TIME	EN3	S	FR	0
KEYS TO FAST 800 FR						
FAST S/R, K HARD AFTER 400M, PUSH OFF EVERY WALL HARD						
FAST ROTATION OF TURNS						
800	6:58 AM	1 x 800 on 16:00 MIXED RECOVERY SEE NOTE	EN1	S	MIX	1
200 FR/BK BY 50'S, 200 FR K (SP/EZ BY 25'S), 400 CH						
100	7:15 AM	1 x 100 on 2:00 FR w FINS MAX EFFORT SEE NOTE	SP2	S	FR	1
BOYS GOAL SUB 1:00, GIRLS GOAL SUB 1:05						
IF NO FINS FINISH SUB 1:15						
	7:17 AM	5,900 Meters - Stress Value = 161				

NAME - 800 PB - GOAL PACE - PREP PACE - 800 TIME - ACTUAL PACE  
 ASHLEE - 10:17.15 - 1:17 - 1:20 - 12:28.14 - 1:33  
 GLENN - 10:24.08 - 1:17 - 1:20 - 11:01.89 - 1:23  
 NATHAN - 10:33.64 - 1:19 - 1:19 - 10:56.76 - 1:22  
 LUKE - 11:07.57 - 1:23 - 1:27 - 12:21.15 - 1:33  
 SARAH - 11:17.44 - 1:24 - 1:30 - 11:59.08 - 1:30  
 LAUREN - 11:26.99 - 1:25 - 1:24 - 11:06.57 - 1:23  
 KEELY - 11:36.94 - 1:26 - 1:28 - 12:32.04 - 1:34  
 MIKAYLA - 400 FR - 1:48 - 6:24.01 - 1:38

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,000 50.84%	64.0 53.48%
AEROBIC BASE	1,900 32.20%	38.0 31.75%

V02 MAX	800	13.55%	14.0	11.69%
PEAK LACTATE	200	3.38%	3.6	3.06%

Stroke Categories	Meters		Minutes	
=====	=====		=====	
FREESTYLE	2,100	35.59%	40.0	33.42%
STROKE	1,600	27.11%	36.8	30.77%
MIXED	1,200	20.33%	23.5	19.63%
CHOICE	600	10.16%	12.0	10.02%
IM	400	6.77%	7.3	6.12%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	4,900	83.05%	95.1	79.52%
KICK	600	10.16%	16.0	13.37%
DRILL	400	6.77%	8.5	7.10%

**Workout #1629 - Friday, 18 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-7:30PM @ CD						
4:30-6:00PM DRYLAND AT OVAL						
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC		L DRY	
	4:40 PM	1 on 20:00 LIGHT RUN	EN1		L DRY	
	5:00 PM	1 on 10:00 STRETCHING MAJOR MUSCLE GROUPS	REC		L DRY	
	5:10 PM	1 on 15:00 FRISBEE TECHNICAL	EN1		L DRY	
	5:25 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC		L DRY	
GENERAL PREP PHASE - ANAEROBIC THRESHOLD/POWER						
MEET DRYLAND WARMUP						
400	6:00 PM	1 x 400 on 9:00 BK/BR BY 50'S	EN1	S	IM	1:08
400	6:10 PM	8 x 50 on 1:05 FR K	EN2	K	FR	1:05
900	6:20 PM	9x{1 x 50 on 1:10 BR SCULL/BR P w PADS	EN2	P	PAD	1:10
		{1 x 50 on 1:05 IMO P w PADS (NO FLY)	EN2	P	PAD	1:05
BR SCULL - FAST HANDS ESPECIALLY ON INSWEEP						
BR PULL - NO FLY K HEAD STILL SP						
BK PULL - STRETCH BK SHOULDER OUT DEEP PULL						
FR PULL - HAND CONTINUES TO MOVE NO DECELERATION						
300	6:42 PM	1 x 300 on 7:00 BK/BR BY 25'S	EN1	S	IM	1:10
100	6:50 PM	4 x 25 on 2:00 STROKE FAS FOR TIME	SP2	S	STK	4:00
	6:58 PM	2,100 Meters - Stress Value = 47				

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

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,300 61.90%	28.9 54.64%
AEROBIC BASE	700 33.33%	16.0 30.23%
PEAK LACTATE	100 4.76%	8.0 15.11%

Stroke Categories	Meters	Minutes
PADDLES	900 42.85%	20.2 38.26%
IM	700 33.33%	16.0 30.23%
FREESTYLE	400 19.04%	8.6 16.37%
STROKE	100 4.76%	8.0 15.11%

Type of Work	Meters	Minutes
PULL	900 42.85%	20.2 38.26%
SWIM	800 38.09%	24.0 45.35%
KICK	400 19.04%	8.6 16.37%

**Workout #1630 - Saturday, 19 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
6:00-8:00AM @ NW						
COMPETITION PHASE - AEROBIC/RACE PREP/TT						
MEET DRYLAND WARMUP						
AFTER EACH 200 :15 REST AND FOCUS ON SL OFF WALLS & SC						
200	6:00 AM	1 x 200 on 3:30 FR	EN1	S	FR	0
200	6:05 AM	1 x 200 on 4:00 BK	EN1	S	BK	1
200	6:10 AM	1 x 200 on 4:00 IM	EN1	S	IM	1
200	6:15 AM	1 x 200 on 4:00 BK	EN1	S	BK	1
200	6:20 AM	1 x 200 on 4:10 BR	EN1	S	BR	1
200	6:26 AM	1 x 200 on 4:00 IM	EN1	S	IM	1
200	6:31 AM	1 x 200 on 4:15 FLY	EN1	S	FLY	1
200	6:37 AM	1 x 200 on 3:30 FR	EN1	S	FR	0
200	6:42 AM	1 x 200 on 4:00 IM	EN1	S	IM	1
600	6:47 AM	6 x 100 on 2:15 STROKE K (ATHLETE CHOOSE PACE)	EN2	K	STK	1
400	7:02 AM	4x { 1 x 50 on 1:15 STROKE SP STS ONLY + SC	SP3	S	STK	1
		{ 1 x 50 on 1:15 STROKE NEG SPLIT STRONG	EN2	S	STK	1
200	7:13 AM	4x { 1 x 25 on :45 STROKE SP	SP2	S	STK	1
		{ 1 x 25 on :45 STROKE SC	EN1	S	STK	1
TT OF STROKE (EVENT YOU WERE SUPPOSED TO HAVE SUN)						
100	7:20 AM	1 x 100 on 5:00 STROKE TT FAS	SP2	S	STK	2
600	7:26 AM	1 x 600 on 12:00 CH K w FINS/S w FINS+PADS BY 100	EN1	S	FIN	1
	7:38 AM	3,700 Meters - Stress Value = 74				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,500 67.56%	50.4 61.54%
ANAEROBIC THRESHOLD	800 21.62%	18.5 22.58%
ALACTIC	200 5.40%	5.0 6.10%
PEAK LACTATE	200 5.40%	8.0 9.76%

Stroke Categories	Meters	Minutes
STROKE	1,300 35.13%	34.5 42.11%
IM	600 16.21%	12.0 14.64%
FINS	600 16.21%	12.0 14.64%
FREESTYLE	400 10.81%	7.0 8.54%
BACKSTROKE	400 10.81%	8.0 9.76%
BUTTERFLY	200 5.40%	4.2 5.18%
BREASTSTROKE	200 5.40%	4.1 5.08%

Type of Work	Meters	Minutes
SWIM	3,100 83.78%	68.4 83.51%
KICK	600 16.21%	13.5 16.48%

**Workout #1631 - Monday, 21 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ CD						
COMPETITION PHASE - PEAK LACTATE						
MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 7:00 FR BR3 + SL PAST FLAGS	EN1	S	FR	0:52
400	5:08 AM	1 x 400 on 7:30 IM NEG SPLIT 100'S	EN1	S	IM	0:56
400	5:17 AM	2 x 200 on 4:00 BK DESCEND 1-2 :15 REST	EN2	S	BK	1:00
FOCUS ON S/R + DEEP CATCH						
400	5:26 AM	1 x 400 on 7:30 IM SP 1ST 25 OF EACH 100	EN2	S	IM	0:56
400	5:35 AM	4 x 100 on 2:05 BR DESCEND 1-4 ON 1:55/2:05	EN2	S	BR	1:02
EACH 100 + 25 SP - DRIVING TO SL						
400	5:45 AM	1 x 400 on 7:30 IM 25 BUILD 25 SP 50 SC	EN2	S	IM	0:56
400	5:54 AM	8 x 50 on 1:00 FLY DESCEND 1-4	EN2	S	FLY	1:00
1 - PUSH HARD OFF WALLS, 2 - AS #1 + 6 FLY K SP						
3 - AS #2 + 3 STROKES SP, 4 - AS #3 + 2ND 25 SP						
400	6:03 AM	1 x 400 on 7:30 IM SC 1ST 25 AND MAINTAIN	EN1	S	IM	0:56
2,000	6:12 AM	4x { 3 x 100 on 2:00 IMO K BY SET SP/EZ BY 25'S	EN2	K	IMO	1:00
		{ 4 x 25 on :45 IMO SP	SP2	S	IMO	1:30
		{ 1 x 50 on 1:30 CH EZ	REC	S	CH	1:30
		{ 1 x 50 on 1:30 IMO SP	SP2	S	IMO	1:30
ADD UP 50 TIMES AND GOAL IS TO BE SUB 200 IM PB						
	7:00 AM	5,200 Meters - Stress Value = 149				

NAME - 200 IM PB - IMO SPLITS - TOTAL TIME

BROOKE - 2:33.21 - 36.7, 36.6, 43.1, 32.4 - 2:28.8  
 NARELLE - NT - 39.8, 37.5, 43.2, 33.3 - 2:33.8  
 LUKE - 2:41.25 - 37.3, 39.5, 43.7, 33.1 - 2:33.6  
 GLENN - 2:41.16 - 38.4, 34.0, 43.2, 31.7 - 2:27.3  
 LAUREN - 3:02.78 - 44.7, 42.4, 48.9, NS  
 SARAH - 2:47.83 - 43.7, 44.0, 51.0, NS  
 ASHLEE - 2:52.37 - 54.9, 52.9, 1:04.7, NS  
 KEELY - 3:26.76 - 45.2, 43.0, 53.0, NS

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,200 61.53%	63.3 57.92%
AEROBIC BASE	1,200 23.07%	22.0 20.12%
PEAK LACTATE	600 11.53%	18.0 16.46%
WARM-UP-RECOVERY	200 3.84%	6.0 5.48%

Stroke Categories	Meters	Minutes
IM ORDER	1,800 34.61%	42.0 38.41%
IM	1,600 30.76%	30.0 27.43%
BREASTSTROKE	400 7.69%	8.3 7.62%
BUTTERFLY	400 7.69%	8.0 7.31%
FREESTYLE	400 7.69%	7.0 6.40%
BACKSTROKE	400 7.69%	8.0 7.31%
CHOICE	200 3.84%	6.0 5.48%

Type of Work	Meters	Minutes
SWIM	4,000 76.92%	85.3 78.04%
KICK	1,200 23.07%	24.0 21.95%

**Workout #1632 - Monday, 21 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - PEAK LACTATE/ALACTIC						
MEET DRYLAND WARMUP						
200	4:30 PM	1 x 200 on 4:00 BK	EN1	S	BK	1:00
200	4:35 PM	1 x 200 on 4:00 IM	EN1	S	IM	1:00
200	4:40 PM	1 x 200 on 4:00 BR	EN1	S	BR	1:00
400	4:45 PM	4 x 100 on 1:50 IM	EN1	S	IM	0:55
800	4:54 PM	4x{1 x 50 on 1:05 FR K MAX EFFORT	SP2	K	FR	1:05
		{3 x 50 on 1:05 FR K ASCEND 1-3	EN2	K	FR	1:05
1,200	5:13 PM	3x{1 x 100 on 1:40 FR w PADS MAX EFFORT	SP2	S	PAD	0:50
		{3 x 100 on 1:40 FR ASCEND 1-3	EN2	S	FR	0:50
400	5:34 PM	4 x 100 on 1:55 IM	EN1	S	IM	0:58
300	5:43 PM	6 x 50 on 1:05 STROKE SP/SC BY 25'S	SP3	S	STK	1:05
200	5:51 PM	1 x 200 on 5:00 STROKE K	EN1	K	STK	1:15
1,000	5:57 PM	2x{1 x 100 on 2:00 STROKE w FINS MAX EFFORT	SP2	S	FIN	1:00
		{4 x 50 on 1:05 STROKE BO+ 6 OR 8/REC BY 25'S	SP3	S	STK	1:05
		{1 x 200 on 5:00 STROKE K	EN1	K	STK	1:15
200	6:21 PM	1 x 200 on 4:00 CH RECOVERY	REC	S	CH	1:00
	6:25 PM	5,100 Meters - Stress Value = 161				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,000 39.21%	42.0 40.97%
ANAEROBIC THRESHOLD	1,500 29.41%	28.0 27.31%
ALACTIC	700 13.72%	15.1 14.79%
PEAK LACTATE	700 13.72%	13.3 13.00%
WARM-UP-RECOVERY	200 3.92%	4.0 3.90%

Stroke Categories	Meters	Minutes
FREESTYLE	1,700 33.33%	32.3 31.54%
STROKE	1,300 25.49%	30.1 29.43%
IM	1,000 19.60%	19.0 18.53%
PADDLES	300 5.88%	5.0 4.87%
FINS	200 3.92%	4.0 3.90%
BREASTSTROKE	200 3.92%	4.0 3.90%
BACKSTROKE	200 3.92%	4.0 3.90%
CHOICE	200 3.92%	4.0 3.90%

Type of Work	Meters	Minutes
SWIM	3,700 72.54%	70.1 68.45%
KICK	1,400 27.45%	32.3 31.54%

**Workout #1633 - Tuesday, 22 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
COMPETITION PHASE - ALACTIC/PEAK LACTATE					
MEET DRYLAND WARMUP					
600	5:00 AM	1 x 600 on 12:00 CH S w FINS	EN1	S	FIN
500	5:13 AM	5 x 100 on 2:00 25 SP MAX EFFORT 75 REC	SP3	S	IMO
1-4 IMO #5 STROKE					
300	5:24 AM	2x{1 x 50 on :50 STROKE K MAX EFFORT	SP2	K	STK
		{2 x 50 on 1:10 STROKE K MODERATE	EN2	K	STK
THOSE THAT MADE 2 X 50 ON :50 COMPLETE 400 FR/BK w PADS					
THOSE THAT WERE UNSUCCESSFUL REPEAT THE SET					
400	5:32 AM	1 x 400 on 7:30 FR/BK w PADS TECH	EN1	S	FR
1,000	5:41 AM	5 x 200 on 3:30 BK DESCEND 1-5 :20 REST	EN2	S	BK
EACH REPEAT THE NUMBER OF FLY K'S OFF WALLS INCREASES					
1 - 2 FLY K OFF WALLS, 2 - 3 FLY K OFF WALLS,					
3 - 4 FLY K OFF WALLS, 4 - 5 FLY K OFF WALLS,					
5 - 6 FLY K OFF WALLS					
400	6:00 AM	1 x 400 on 8:30 K w FINS SEE NOTE	SP2	K	FIN
1ST 25 OF EACH 200 SWUM UNDER WATER WITH KB NO BREATH					
600	6:10 AM	6x{1 x 75 on 3:00 CH RECOVERY	REC	S	CH
		{1 x 25 on :30 STROKE FAS SP FOR TIME	SP2	S	STK
	6:31 AM	3,800 Meters - Stress Value = 131			

25 FOR TIME RESULTS

NAME - STROKE - GOAL - TIMES

BROOKE - FLY - 14.75 - 14.69, 14.73, 14.61, 14.63, 14.57, 14.78  
 ADRIANNA - FR - 16.00 - 15.72, 15.68, 15.50, 15.70  
 LUKE - FLY - 16.00 - 15.44, 15.84, 15.32, 14.97, 14.74, 15.71  
 MONIQUE - FLY - 15.75 - 16.37, 16.14, 16.02  
 ASHLEE - BK - 18.00 - 18.39, 20.01, 20.77, 20.31, 19.18, 21.98  
 GLENN - BK - 15.75 - 16.79, 17.31, 16.36, 16.75, 16.08, 15.92  
 NATHAN - FR - 14.75 - 14.48, 13.82

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,200 31.57%	22.1 26.76%
AEROBIC BASE	1,000 26.31%	19.5 23.54%
PEAK LACTATE	650 17.10%	13.1 15.89%
ALACTIC	500 13.15%	10.0 12.07%
WARM-UP-RECOVERY	450 11.84%	18.0 21.73%

Stroke Categories	Meters	Minutes
FINS	1,000 26.31%	20.5 24.74%
BACKSTROKE	1,000 26.31%	17.5 21.12%
IM ORDER	500 13.15%	10.0 12.07%
CHOICE	450 11.84%	18.0 21.73%
STROKE	450 11.84%	9.3 11.26%
FREESTYLE	400 10.52%	7.5 9.05%

Type of Work	Meters	Minutes
SWIM	3,100 81.57%	68.0 82.09%
KICK	700 18.42%	14.8 17.90%

**Workout #1635 - Tuesday, 22 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====	=====	=====	===	=====	===
		4:30-6:30PM @ ROW COMPETITION PHASE - AEROBIC DRYLAND DRYLAND SESSION			
	4:30 PM	6 on 5:00 RUN/ACTIVITY ALTERNATE BETWEEN THE FOLLOWING 2 ACTIVITIES RUN LENGTH OF FIELD 10 SWIMSITS/5 PUSHUPS RUN WIDTH OF FIELD & BACK PLYOMETRIC JUMPS X 3/10 DIPS	EN1		L DRY
	5:00 PM	1 on 15:00 BALANCE BEAM WALK FORWARD, SIDE, CROSSOVER, BACKWARDS	EN1		L DRY
	5:15 PM	1 on 20:00 STRETCHING	REC		L DRY
	5:35 PM	1 on 20:00 STRETCHCORDZ INTRO ROTATORS ABDUCTIONS, ADDUCTIONS, REVERSE ROTATION, ROWS ELBOWS IN ROWS ELBOWS IN LINE WITH SHOULDER, FLYS, REV FLYS T - Y - I	EN1		L STZ
	5:55 PM	4 on 6:00 IMO STROKE INSTRUCTION	EN1		L STZ
	6:19 PM	8x { 1 on :20 FLY PULLS 1 on :20 RECOVERY	EN2		L STZ
	6:24 PM	1 on :45 FLY FINISHES SPRINT (50 REPS)	REC		L STZ
	6:25 PM	0 Meters	SP1		L STZ

**Workout #1634 - Wednesday, 23 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
COMPETITION PHASE - ALACTIC/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	5:00 AM	2x { 1 x 100 on 1:45 FR P	EN1	P	FR	0:52
		{ 1 x 100 on 1:55 BK P	EN1	P	BK	0:58
		{ 1 x 100 on 2:05 BR P	EN2	P	BR	1:02
1,600	5:13 AM	4x { 1 x 200 on 4:00 IMO K w FINS	EN1	K	FIN	1:00
		{ BR K IS REPLACED WITH FLY K ON BK				
		{ 1 x 200 on 4:00 IMO K 100 SL 100 ARMS DOWN	EN2	K	IMO	1:00
		THE NEXT SET IS SWUM AS 1-4 IMO THEN 5-6 STROKE				
1,800	5:46 AM	6x { 1 x 50 on 1:15 STROKE K	EN1	K	STK	1:15
		{ 1 x 50 on 1:15 STROKE TECH	EN1	D	STK	1:15
		{ 2 x 25 on :45 STROKE BO + 3 OR 4 SP THEN REC	SP3	S	STK	1:30
		{ 1 x 50 on 2:00 CH REC	REC	S	CH	2:00
		{ 1 x 50 on :40 STROKE MAX EFFORT FOR TIME	SP2	S	STK	0:40
		GOAL IS TO SWIM TIME OF PB + :02				
		{ 1 x 50 on 1:20 CH REC	REC	S	CH	1:20
6:34 AM		4,000 Meters - Stress Value = 87				

50 SP MAX EFFORT TIMES

NAME - FLY, BK, BR, FR - STROKE - TIME, TIME

KEELY - 48.26, 42.98, 55.84, 40.18 - FR - 39.92, 40.97

LAUREN - 41.76, 39.97, 47.62, 33.43 - FR - 31.76, 32.75

SARAH - 40.37, 40.17, 52.82, 39.70 - BK - 39.65, 40.95

BROOKE - 36.56, 38.61, 44.28, 35.21 - FLY - 38.31, 37.14

ASHLEE - 39.40, 44.01, 54.56, 33.43 - FLY - 39.15, 39.63

NATHAN - 36.37, 36.59, 45.67, 32.63

Energy Levels	Meters	Minutes
AEROBIC BASE	1,800 45.00%	38.3 41.89%
ANAEROBIC THRESHOLD	1,000 25.00%	20.1 22.04%
WARM-UP-RECOVERY	600 15.00%	20.0 21.85%
PEAK LACTATE	300 7.50%	4.0 4.37%
ALACTIC	300 7.50%	9.0 9.83%

Stroke Categories	Meters	Minutes
STROKE	1,200 30.00%	28.0 30.60%
IM ORDER	800 20.00%	16.0 17.48%
FINS	800 20.00%	16.0 17.48%
CHOICE	600 15.00%	20.0 21.85%
BACKSTROKE	200 5.00%	3.8 4.18%
FREESTYLE	200 5.00%	3.5 3.82%
BREASTSTROKE	200 5.00%	4.1 4.55%

Type of Work	Meters	Minutes
KICK	1,900 47.50%	39.5 43.16%
SWIM	1,200 30.00%	33.0 36.06%
PULL	600 15.00%	11.5 12.56%
DRILL	300 7.50%	7.5 8.19%

**Workout #1636 - Thursday, 24 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		5:00-7:00AM @ NW				
		COMPETITION PHASE - PEAK LACTATE/LACTATE TOLERANCE				
		MEET DRYLAND WARMUP				
800	5:00 AM	4x{ 3 x 50 on :55 FR	EN1	S	FR	0:
		{ 1 x 50 on :55 IMO	EN1	S	IMO	0:
		WHAT ARE YOU DOING DURING THIS SET TECHNICALLY				
		TO ENSURE YOUR CONTINUED DEVELOPMENT AND IMPROVEMENT?				
		CHOOSE ONE ASPECT TO FOCUS ON				
		** ATHLETE CHOOSES ONE OF THE FOLLOWING 2 SETS				
400	5:16 AM	4 x 100 on 1:55 FR K	EN2	K	FR	0:
		OR				
350	5:25 AM	7 x 50 on 1:05 FR K	EN1	K	FR	1:
		** ATHLETE CHOOSES ONE OF THE FOLLOWING 2 SETS				
400	5:34 AM	8 x 50 on :50 FLY K w FINS ON :45/:50	EN2	K	FIN	0:
		OR				
350	5:42 AM	14 x 25 on :30 FLY K w FINS ON :25/:30	EN1	K	FIN	1:
		DISCUSSION WITH ATHLETES ABOUT MAKING GOOD CHOICES				
400	5:50 AM	4 x 100 on 1:30 FR ON 1:25/1:30 GET AT LEAST :05	EN2	S	FR	0:
250	5:57 AM	10 x 25 on :45 FLY SP SP SP :)	SP2	S	FLY	1:
200	6:06 AM	1 x 200 on 5:00 CH RECOVERY SWIM	REC	S	CH	1:
250	6:12 AM	10 x 25 on :40 FLY SP SP SP :D	SP1	S	FLY	1:
200	6:20 AM	1 x 200 on 5:00 CH RECOVERY SWIM	REC	S	CH	1:
500	6:26 AM	10 x 50 on 1:20 FLY SP SP SP	SP1	S	FLY	1:
400	6:41 AM	1 x 400 on 8:00 CH RECOVERY SWIM	REC	S	CH	1:
	6:49 AM	4,500 Meters - Stress Value = 138				

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,500 33.33%	29.2 30.76%
ANAEROBIC THRESHOLD	1,200 26.66%	20.3 21.38%
WARM-UP-RECOVERY	800 17.77%	18.0 18.93%
LACTATE TOLERANCE	750 16.66%	20.0 21.03%
PEAK LACTATE	250 5.55%	7.5 7.88%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	1,750 38.88%	32.2 33.91%
BUTTERFLY	1,000 22.22%	27.5 28.92%
CHOICE	800 17.77%	18.0 18.93%
FINS	750 16.66%	13.6 14.37%
IM ORDER	200 4.44%	3.6 3.85%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	3,000 66.66%	66.1 69.58%
KICK	1,500 33.33%	28.9 30.41%

**Workout #1637 - Thursday, 24 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
=====						
4:30-6:30PM @ FWY						
COMPETITION PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	4:30 PM	1 x 600 on 12:00 MIXED SWIM	EN1	S MIX	1:0	
600	4:43 PM	3 x 200 on 4:20 IM :20 REST SEE NOTE	EN2	S IM	1:0	
1 - STS, 2 - SC, 3 - NEG SPLIT						
1,200	4:57 PM	4x{ 3 x 50 on 1:05 IMO P SEE NOTES	EN2	P IMO	1:0	
+ :30 REST						
3 x 50 on 1:05 IMO P w PADS SEE NOTES						
ROUND 1 - FLY 1-3 P, 4-6 PwPADS + FINS ON 1:05						
ROUND 2 - BK ON :55						
ROUND 3 - BR ON 1:05						
ROUND 4 - FR ON :50						
2,000	5:24 PM	5x{ 1 x 100 on 2:00 STROKE SC	EN1	S STK	1:0	
1 x 100 on 1:40 STROKE MAX EFFORT SP						
1 x 100 on 2:00 CH RECOVERY SWIM						
1 x 100 on 2:30 STROKE K						
600	6:06 PM	4x{ 1 x 50 on 1:10 IMO SCULL-FINISHES	EN1	D IMO	1:1	
1 x 100 on 2:20 IMO K						
	6:20 PM	5,000 Meters - Stress Value = 119	EN1	K IMO	1:1	

Energy Levels	Meters	Minutes
AEROBIC BASE	2,200 44.00%	48.5 45.82%
ANAEROBIC THRESHOLD	1,800 36.00%	39.0 36.85%
PEAK LACTATE	500 10.00%	8.3 7.87%
WARM-UP-RECOVERY	500 10.00%	10.0 9.44%

Stroke Categories	Meters	Minutes
STROKE	1,500 30.00%	30.8 29.13%
IM ORDER	1,200 24.00%	27.0 25.51%
MIXED	600 12.00%	12.0 11.33%
PADDLES	600 12.00%	13.0 12.28%
IM	600 12.00%	13.0 12.28%
CHOICE	500 10.00%	10.0 9.44%

Type of Work	Meters	Minutes
SWIM	2,700 54.00%	53.3 50.39%
PULL	1,200 24.00%	26.0 24.56%
KICK	900 18.00%	21.8 20.62%
DRILL	200 4.00%	4.6 4.40%

**Workout #1639 - Friday, 25 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	P
=====						
5:00-7:00AM @ ROW						
COMPETITION PHASE - MEET WARMUP/RACE PACE WORK						
MEET DRYLAND WARMUP						
PREPARING FOR ATHLETE'S CHOICE 50 < EVENT <= 1500						
400	5:00 AM	1 x 400 on 7:30 CH MIXED SWIM	EN1	S	MIX	0
400	5:09 AM	4 x 100 on 3:00 STROKE K	EN2	K	STK	1
400	5:22 AM	1 x 400 on 8:30 STROKE DR/S BY 25'S	EN1	D	STK	1
400	5:32 AM	8 x 50 on 1:00 STROKE INCREASE HR	EN2	S	STK	1
PACE TIMES FR :45/:50, BK :50/:55, BR + FLY :55/1:00						
SPECIFIC RACE PREP - ATHLETE DOES ONE OF THE FOLLOWING						
100M EVENT RACE PREP						
200	5:41 AM	2x{ 1 x 50 on 1:00 STROKE GOOD TECHNIQUE	EN1	S	STK	1
		{ 1 x 50 on :50 STROKE @ RACE PACE 2ND 50	SP2	S	STK	0
FINISH TO A HAND TOUCH						
200M EVENT RACE PREP						
200	5:46 AM	4 x 50 on 1:10 STROKE @ RACE PACE AVE 50	EN2	S	STK	1
FINISH TO A FOOT TOUCH :15 REST AFTER EACH 50						
400 FR RACE PREP						
300	5:52 AM	3 x 100 on 2:00 FR @ RACE PACE AVE 100 :10 REST	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
400 IM RACE PREP						
400	5:59 AM	8 x 50 on :55 IMO @ RACE PACE :10 REST	EN2	S	IM	0
EACH 50 COMPLETED AT RACE PACE						
IN BK, BR AND FR 2ND 50 FASTER THAN 1ST :10 REST						
800 FR RACE PREP						
400	6:08 AM	4 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
1500 FR RACE PREP						
500	6:17 AM	5 x 100 on 2:00 FR @ RACE PACE AVE 100 :10	EN2	S	FR	1
FINISH TO A FOOT TOUCH :10 REST AFTER EACH 100						
ALL ATHLETES FOLLOWING SPECIFIC RACE PREP COMPLETE						
200	6:28 AM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1
BREAKOUTS, FINISHES, SC FLAGS TO WALL, PACE WORK.. ETC						
200	6:33 AM	1 x 200 on 4:00 CH K	EN2	K	CH	1
200	6:38 AM	1 x 200 on 4:00 CH LOOSEN	EN1	S	CH	1
MEET WARMUP IS NOW COMPLETE						
400	6:43 AM	8 x 50 on 1:30 STROKE @ GOAL PACE	SP2	S	STK	1
200	6:56 AM	1 x 200 on 4:00 CH RECOVERY SWIM	REC	S	CH	1
100	7:01 AM	1 x 100 on 3:00 CH RECOVERY K	REC	K	CH	1
100	7:05 AM	1 x 100 on 5:00 BROKEN SWIM :10/50	SP2	S	STK	2
200	7:11 AM	1 x 200 on 4:00 FR/STROKE BY 50'S	EN2	S	STK	1
200	7:16 AM	1 x 200 on 5:00 FR/STROKE K BY 50'S	EN2	K	STK	1
200	7:22 AM	4 x 50 on 1:00 STROKE STRONG/CH REC BY 25'S	EN2	S	STK	1
200	7:27 AM	1 x 200 on 4:00 CH RECOVERY SWIM	EN1	S	CH	1
	7:31 AM	5,800 Meters - Stress Value = 157				

NAME - EVENT - GOAL PACE  
 GOAL PACE SPLITS - ACTUAL SPLITS - TIME

ASHLEE - 100 FR - 1:07.00S - 34.25  
 32.75, 34.25 - 33.04, 35.53 - 1:08.57

KEELY - 200 FR - 2:40.00S - 40.00  
 40.00 - 37.60, 41.62, 40.88, 39.49 - 2:39.59

SARAH - 100 FR - 1:11.00S - 36.75  
 34.75, 36.25 - 34.60, 36.39 - 1:10.99

LUKE - 100 FLY - 1:16.00S - 39.00  
 37.00, 39.00 - 35.35, 41.44 - 1:16.79

GLENN - 100 BK - 1:14.00L (1:12.54S) - 37.02  
 35.52, 37.02 - 35.46, 38.54 - 1:14.00

BROOKE - 100 FLY - 1:07.00L (1:05.69S) - 33.84  
 31.85, 33.84 - 33.31, 38.72 - 1:12.03

LAUREN - 100 FR - 1:08.00S - 34.75  
 33.25, 34.75 - 32.68, 33.90 - 1:06.58

NATHAN - 100 FLY - 1:16.00 - 39.00  
 37.00, 39.00 - 36.16, 38.85 - 1:15.01

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,600 62.06%	77.0 59.84%
AEROBIC BASE	1,300 22.41%	26.0 20.20%
PEAK LACTATE	600 10.34%	18.6 14.50%
WARM-UP-RECOVERY	300 5.17%	7.0 5.44%

Stroke Categories	Meters	Minutes
STROKE	2,700 46.55%	66.8 51.94%
FREESTYLE	1,200 20.68%	24.0 18.65%
CHOICE	1,100 18.96%	23.0 17.87%
IM	400 6.89%	7.3 5.69%
MIXED	400 6.89%	7.5 5.82%

Type of Work	Meters	Minutes
SWIM	4,500 77.58%	96.1 74.74%
KICK	900 15.51%	24.0 18.65%
DRILL	400 6.89%	8.5 6.60%

**Workout #1640 - Friday, 25 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
		4:30-7:30PM @ CD			
		4:30-6:00PM DRYLAND AT OVAL			
	4:30 PM	1 on 10:00 GATHER AND OUTLINE SESSION	REC	L	DRY
	4:40 PM	1 on 30:00 LIGHT RUN	EN1	L	DRY
	5:10 PM	1 on 15:00 STRETCHING MAJOR MUSCLE GROUPS	REC	L	DRY
	5:25 PM	1 on 15:00 STRETCHCORDZ	EN1	L	STZ
	5:40 PM	1 on 15:00 ULTIMATE FRISBEE	EN2	L	DRY
	5:55 PM	1 on 35:00 TRAVEL TO CD POOL & SETUP	REC	L	DRY
		COMPETITION PHASE - ALACTIC/DRILLS AWARENESS			
		MEET DRYLAND WARMUP			
600	6:30 PM	6 x 100 on 2:00 FR/IM/BK/IM/BR/IM BY 100'S :10	EN1	S	MIX
400	6:43 PM	8x{1 x 25 on 1:00 CH RECOVERY SWIM	REC	S	CH
		{1 x 25 on :45 STROKE FAS SP TO 15M	SP3	S	STK
		STARTS FOCUS - TENSION, COG, PUSH w ARMS			
		BK START FOCUS -LEG ANGLE, LOOK TO WATER, FLICK FEET UP			
		PLAY WITH EQUIPMENT			
		LANE 3 - PADDLES			
300	6:58 PM	3x{1 x 50 on 1:15 PADDLES ON	EN1	S	PAD
		{1 x 50 on 1:15 PADDLES OFF FOCUS ON FEEL	EN1	S	CH
		ANTI PADDLE - FOCUS ON PULL WITH ARMS			
		FINGER PADDLES - PULL IN STRAIGHT LINE LEAD WITH FINGER			
		BIG PADDLES - FINGERS DEEP ON ENTRY AND FINISH STRONG			
		LANE 2 - TECH TOC/ROTATION RESISTANCE			
300	7:07 PM	3x{1 x 50 on 1:15 CH EQUIPMENT ON	EN1	D	CH
		{1 x 50 on 1:15 CH FOCUS ON FEEL OF PREV	EN1	D	CH
		TECH TOC - FOCUS ON BODY ROLL FR/BK & TIP FLY/BR			
		ROTATION RESISTANCE - BODY ROLL FR/BK			
		LANE 1 - SPEED ASSIST STRECHCORD			
100	7:16 PM	4 x 25 on 1:00 20M SL POSITION UNDER H2O	EN1	D	CH
	7:20 PM	1,700 Meters - Stress Value = 25			

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

Energy Levels	Meters	Minutes
AEROBIC BASE	1,300 76.47%	31.0 68.88%
WARM-UP-RECOVERY	200 11.76%	8.0 17.77%
ALACTIC	200 11.76%	6.0 13.33%

Stroke Categories	Meters	Minutes
CHOICE	750 44.11%	23.2 51.66%
MIXED	600 35.29%	12.0 26.66%
STROKE	200 11.76%	6.0 13.33%
PADDLES	150 8.82%	3.7 8.33%

Type of Work	Meters	Minutes
SWIM	1,300 76.47%	33.5 74.44%
DRILL	400 23.52%	11.5 25.55%

**Workout #1641 - Saturday, 26 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
6:00-8:00AM @ NW COMPETITION PHASE - TECH/ANAEROBIC THRESHOLD/PK LACTATE MEET DRYLAND WARMUP						
400	6:00 AM	8 x 50 on 2:00 SCULLING SCULLING IS MOVEMENT OF HANDS TO REDIRECT WATER WITHOUT PUMPING/BENDING ELBOWS 1 - HEAD FIRST ON FR ARMS UP 2 - HEAD FIRST ON FR ARMS DOWN 3 - FEET FIRST ON FR ARMS UP 4 - FEET FIRST ON FR ARMS DOWN 5 - HEAD FIRST ON BK ARMS UP 6 - HEAD FIRST ON BK ARMS DOWN 7 - FEET FIRST ON BK ARMS UP 8 - FEET FIRST ON BK ARMS DOWN	EN1	D	MIX	2:0
	6:17 AM	1 on 15:00 SOCIAL ACTIVITY PLANNING 1000 STEPS AND AMF BOWLING/MOVIE	REC	L	DRY	
800	6:32 AM	4 x 200 on 4:00 IM K ON 3:45/4:00 IF MAKE THE PACE FOR PREVIOUS SET NEXT SET WITH FINS	EN2	K	IM	1:0
200	6:49 AM	1 x 200 on 4:00 IM K ON 3:45/4:00	EN2	K	IM	1:0
1,000	6:54 AM	5 x 200 on 6:50 FR/BK ON 6:30/6:50 SEE NOTE 1 - FR/BK BY 25'S, 2 - FR/BK BY 50'S, 3 - FR/BK BY 100 4 - FR/BK BY 200'S, 5 - FR/BK BY ATHLETE CHOICE	EN2	S	FR	1:4
300	7:30 AM	4 x 75 on 1:45 IMO PARTNER SWIM SWIMMER 1 - 50 SP 25 REC, SWIMMER 2 - 25 REC 50 SP SWIMMER 2 STARTS 50 SP WHEN #1 FINISHES 50 SP SWIMMER 1 STARTS 50 SP WHEN #2 FINISHES 50 SP 25 REC STARTS IMMEDIATELY AFTER SP IS FINISHED	SP2	S	IMO	1:1
	7:37 AM	2,700 Meters - Stress Value = 81				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 74.07%	54.1 70.19%
AEROBIC BASE	400 14.81%	16.0 20.73%
PEAK LACTATE	300 11.11%	7.0 9.07%

Stroke Categories	Meters	Minutes
IM	1,000 37.03%	20.0 25.91%
FREESTYLE	1,000 37.03%	34.1 44.27%
MIXED	400 14.81%	16.0 20.73%
IM ORDER	300 11.11%	7.0 9.07%

Type of Work	Meters	Minutes
SWIM	1,300 48.14%	41.1 53.34%
KICK	1,000 37.03%	20.0 25.91%
DRILL	400 14.81%	16.0 20.73%

**Workout #1642 - Monday, 28 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ CD						
PEAK/TAPER PHASE - PEAK LACTATE/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 7:30 FR BR 3/5 BY 50'S	EN1	S	FR	0:56
SL PAST FLAGS EVERY WALL						
400	5:09 AM	1 x 400 on 8:20 BR SL EVERY STROKE SC <=9	EN1	S	BR	1:02
400	5:19 AM	1 x 400 on 8:00 BK SL PAST FLAGS EVERY WALL	EN1	S	BK	1:00
OFF WALLS MAKE SURE UNDER H2O FLY K'S COUNT						
400	5:28 AM	1 x 400 on 8:00 IM MAINT SC FROM 1ST 25	EN1	S	IM	1:00
DURING NEXT SET SP = BREATHING THROUGH EYEBALLS						
DURING NEXT SET SP = LEGS WEIGHING YOU DOWN ....						
200	5:37 AM	1x { 1 x 50 on 1:10 STROKE SP	SP2	S	STK	1:10
		{ 3 x 50 on 1:10 CH RECOVERY	REC	S	CH	1:10
200	5:43 AM	1x { 2 x 50 on 1:10 STROKE SP	SP2	S	STK	1:10
		{ 2 x 50 on 1:10 CH RECOVERY	REC	S	CH	1:10
200	5:49 AM	1x { 3 x 50 on 1:10 STROKE SP	SP1	S	STK	1:10
		{ 1 x 50 on 1:10 CH RECOVERY	REC	S	CH	1:10
200	5:55 AM	1x { 4 x 50 on 1:10 STROKE SP	SP1	S	STK	1:10
300	6:01 AM	1 x 300 on 7:00 CH K/S BY 50'S	EN1	K	CH	1:10
100	6:09 AM	1 x 100 on 2:00 IM MAX EFFORT SP FOR TIME	SP2	S	IM	1:00
300	6:12 AM	6 x 50 on 1:05 STROKE K SP/REC BY 25'S	SP2	K	STK	1:05
100	6:20 AM	1 x 100 on 2:00 IM MAX EFFORT SP FOR TIME	SP2	S	IM	1:00
TO GET OUT OF PRACTICE BEAT YOUR PREVIOUS TIME						
	6:22 AM	3,200 Meters - Stress Value = 122				

100 IM FOR TIME

LUKE - 1:25.31, 1:23.82  
 BROOKE - 1:30.35, 1:22.80  
 GLENN - 1:17.40, 1:15.11  
 ASHLEE - 1:43.67, 1:38.11  
 SARAH - 1:25.54, 1:23.53  
 KEELY - 1:38.50, 1:37.26  
 LAUREN - 1:26.07, 1:19.13

Energy Levels	Meters	Minutes
AEROBIC BASE	1,900 59.37%	38.8 57.10%
PEAK LACTATE	650 20.31%	14.0 20.58%
LACTATE TOLERANCE	350 10.93%	8.1 12.00%
WARM-UP-RECOVERY	300 9.37%	7.0 10.29%

Stroke Categories	Meters	Minutes
STROKE	800 25.00%	18.1 26.71%
IM	600 18.75%	12.0 17.64%
CHOICE	600 18.75%	14.0 20.58%
BACKSTROKE	400 12.50%	8.0 11.76%
FREESTYLE	400 12.50%	7.5 11.02%
BREASTSTROKE	400 12.50%	8.3 12.25%

Type of Work	Meters	Minutes
SWIM	2,600 81.25%	54.5 80.14%
KICK	600 18.75%	13.5 19.85%

**Workout #1643 - Monday, 28 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ FWY						
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/ALACTIC						
MEET DRYLAND WARMUP						
800	4:30 PM	4x{1 x 50 on 1:00 CH S MIXED	EN1	S	CH	1:00
		{1 x 50 on :55 CH S MIXED	EN1	S	CH	0:55
		{1 x 50 on :50 CH S MIXED	EN2	S	CH	0:50
		{1 x 50 on :45 CH S MIXED	EN2	S	CH	0:45
200	4:45 PM	1 x 200 on 5:00 K w FINS FLY/CH BY 50'S	EN1	K	FLY	1:15
1,600	4:51 PM	4x{1 x 200 on 4:15 STROKE K	EN2	K	STK	1:04
		{1 x 200 on 3:45 STROKE S NEG SPLIT SEE NOTE	EN2	S	STK	0:56
FR ON 3:00, BK ON 3:15, BR+FLY ON 3:45						
600	5:24 PM	3x{1 x 100 on 1:55 IM STS	EN1	S	IM	0:58
		{1 x 100 on 1:55 IM SC	EN1	S	IM	0:58
600	5:37 PM	12 x 50 on :55 STROKE BO+6 OR 8/SC BY 25'S	SP3	S	STK	0:55
400	5:49 PM	4 x 100 on 1:40 FR OR BK ON 1:30/1:40	EN2	S	FR	0:50
600	5:57 PM	6 x 100 on 2:05 STROKE w PADS DESCEND 25'S :20	EN2	S	PAD	1:02
25 LONG, 25 INCREASE S/R, 25 KICK HARD, 25 SP						
400	6:11 PM	1 x 400 on 8:00 CH S LOOSEN	REC	S	CH	1:00
	6:19 PM	5,200 Meters - Stress Value = 104				

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	3,000 57.69%	57.5 57.11%
AEROBIC BASE	1,200 23.07%	24.1 24.00%
ALACTIC	600 11.53%	11.0 10.92%
WARM-UP-RECOVERY	400 7.69%	8.0 7.94%

Stroke Categories	Meters	Minutes
=====	=====	=====
STROKE	2,200 42.30%	43.0 42.71%
CHOICE	1,200 23.07%	22.0 21.85%
PADDLES	600 11.53%	12.5 12.41%
IM	600 11.53%	11.5 11.42%
FREESTYLE	400 7.69%	6.6 6.62%
BUTTERFLY	200 3.84%	5.0 4.96%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	4,200 80.76%	78.6 78.14%
KICK	1,000 19.23%	22.0 21.85%

**Workout #1644 - Tuesday, 29 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
5:00-7:00AM @ NW PEAK/TAPER PHASE - AEROBIC/PEAK LACTATE MEET DRYLAND WARMUP						
400	5:00 AM	1 x 400 on 6:20 FR ON 6:00/6:20 MAKE THE PACE	EN1	S	FR	0:48
FOCUS ON TIGHT SL'S AND PUSHOFFS						
400	5:08 AM	1 x 400 on 7:00 IM ON 6:40/7:00 MAKE THE PACE	EN1	S	IM	0:52
FOCUS ON TIGHT SL'S AND PUSHOFFS						
400	5:16 AM	1 x 400 on 6:20 FR ON 6:00/6:20 MAKE THE PACE	EN1	S	FR	0:48
400	5:24 AM	1 x 400 on 7:00 IM ON 6:40/7:00 MAKE THE PACE	EN1	S	IM	0:52
400	5:32 AM	1 x 400 on 7:00 BK ON 6:40/7:00	EN1	S	BK	0:52
400	5:40 AM	1 x 400 on 7:00 IM ON 6:40/7:00	EN1	S	IM	0:52
2,400	5:48 AM	8x { 3 x 50 on 1:10 STROKE DESCEND 1-3	EN2	S	STK	1:10
		{ 1 x 25 on 1:00 STROKE BUILD TO FINISH	EN2	S	STK	2:00
		{ 1 x 25 on :40 STROKE FAS SP FOR TIME	SP2	S	STK	1:20
		{ 1 x 50 on 1:20 CH S RECOVERY	REC	S	CH	1:20
		{ 1 x 50 on 1:00 STROKE K	EN2	S	STK	1:00
WHEN SET IS COMPLETE PLAY WITH TOYS STRETCHCORDZ, ANTIPADDLES, TECH TOC, ROTATION BELT						
	6:48 AM	4,800 Meters - Stress Value = 85				

Energy Levels	Meters	Minutes
AEROBIC BASE	2,400 50.00%	40.6 40.39%
ANAEROBIC THRESHOLD	1,800 37.50%	44.0 43.70%
WARM-UP-RECOVERY	400 8.33%	10.6 10.59%
PEAK LACTATE	200 4.16%	5.3 5.29%

Stroke Categories	Meters	Minutes
STROKE	2,000 41.66%	49.3 49.00%
IM	1,200 25.00%	21.0 20.86%
FREESTYLE	800 16.66%	12.6 12.58%
CHOICE	400 8.33%	10.6 10.59%
BACKSTROKE	400 8.33%	7.0 6.95%

Type of Work	Meters	Minutes
SWIM	4,800 100.00%	100.6 100.00%

**Workout #1645 - Tuesday, 29 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PAC
		4:30-6:30PM @ ROW				
		PEAK/TAPER PHASE - AEROBIC DRYLAND				
		DRYLAND SESSION				
4:30	PM 1	on 15:00 BRISK RUN	EN2		L	DRY
4:45	PM 2	on 2:00 SPRINT LENGTH OF FIELD SUB :18	SP2		L	DRY
4:49	PM 1	on 15:00 BALANCE BEAM WALK	EN1		L	DRY
		FORWARD, SIDE, CROSSOVER, BACKWARDS				
5:04	PM 1	on 20:00 STRETCHING	REC		L	DRY
5:24	PM 1	on 20:00 GYMNASTICS DRYLAND	EN1		L	DRY
5:44	PM 1	on 15:00 ABDOMINALS ROUTINE	SP1		L	DRY
5:59	PM 1	on 20:00 STRETCHCORDZ ROTATORS	EN1		L	STZ
		ABDUCTIONS, ADDUCTIONS, REVERSE ROTATION, ROWS ELBOWS IN				
		ROWS ELBOWS IN LINE WITH SHOULDER, FLYS, REV FLYS				
		T - Y - I				
6:19	PM 1	on :45 FLY FINISHES SPRINT (50 REPS)	SP1		L	STZ
6:20	PM 0	Meters				

**Workout #1646 - Wednesday, 30 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ ROW					
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/LACTATE TOLERANC					
MEET DRYLAND WARMUP					
1,200	5:00 AM	16 x 75 on 1:20 IM ROTATE DROPPED STROKE	EN2	S	IM
1-4 DROP 4TH BEST STROKE, 5-8 DROP 3RD BEST STROKE					
9-12 DROP 2ND BEST STROKE, 13-16 DROP BEST STROKE					
400	5:23 AM	1x { 1 x 100 on 2:05 STROKE K	EN1	K	STK
{ 1 x 100 on 2:00 STROKE K					
{ 1 x 100 on 1:55 STROKE K					
{ 1 x 100 on 1:50 STROKE K					
200	5:32 AM	4 x 50 on 1:10 STROKE TECH FOCUS	EN1	D	STK
1,100	5:38 AM	2x { 4 x 100 on 1:50 STROKE DESCEND 1-4 SEE NOTE	EN2	S	STK
{ FR ON 1:30/1:40, BK ON 1:35/1:40, BR ON 1:50/1:55					
{ FLY ON 1:45/1:50 AS FLY/FR/FLY/BK BY 25'S					
{ 1 x 50 on 1:15 STROKE SP MAX EFFORT					
{ 1 x 50 on 1:15 STROKE w FINS SP MAX EFFORT					
{ 1 x 50 on 1:15 STROKE w FINS+PADS SP MAX EFFORT					
300	6:02 AM	1 x 300 on 7:00 MIXED RECOVERY SWIM	REC	S	MIX
1,200	6:10 AM	4x { 3 x 50 on 1:05 STROKE P	EN2	P	STK
{ 3 x 50 on 1:05 STROKE P w PADS					
FLY ON 1:05 1-3 P, 4-6 P w PADS + FINS					
BK ON :55, BR ON 1:05, FR ON :50					
	6:36 AM	4,400 Meters - Stress Value = 147			

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 63.63%	52.7 59.26%
LACTATE TOLERANCE	800 18.18%	18.0 20.22%
AEROBIC BASE	400 9.09%	8.7 9.83%
WARM-UP-RECOVERY	300 6.81%	7.0 7.86%
PEAK LACTATE	100 2.27%	2.5 2.80%

Stroke Categories	Meters	Minutes
STROKE	2,100 47.72%	42.6 47.94%
IM	1,200 27.27%	21.3 23.97%
PADDLES	700 15.90%	15.5 17.41%
MIXED	300 6.81%	7.0 7.86%
FINS	100 2.27%	2.5 2.80%

Type of Work	Meters	Minutes
SWIM	2,600 59.09%	50.5 56.74%
PULL	1,200 27.27%	26.0 29.21%
KICK	400 9.09%	7.8 8.80%
DRILL	200 4.54%	4.6 5.24%

**Workout #1647 - Thursday, 31 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ NW					
PEAK/TAPER PHASE - AEROBIC ENDURANCE/PEAK LACTATE					
MEET DRYLAND WARMUP					
1,500	5:00 AM	6x{ 1 x 50 on :50 IM/IMO ON :45/:50 SEE NOTE	EN2	S	IMO
		{ 1 -FLY, 2 -FLY/BK, 3 -BK, 4 -BK/BR, 5 -BR, 6 -BR/FR			
		{ 4 x 50 on :50 FR ON :45/:50	EN2	S	FR
IF YOU GET BEHIND PACE YOU MUST 'KETCHUP' BY END OF SET					
1,000	5:26 AM	5x{ 3 x 50 on 1:10 CH K	EN2	K	CH
		{ 1 x 50 on 1:00 CH K FAST HIT TARGET TIMES	SP2	K	CH
ROUND 1 SUB 1:00, ROUND 2 SUB :55, ROUND 3 SUB :50					
ROUND 4 SUB :45, ROUND 5 SUB :40					
200	5:50 AM	1 x 200 on 4:00 BK FLY K OFF WALLS	EN1	S	BK
200	5:55 AM	1 x 200 on 4:20 BR FULL SL EACH STROKE	EN1	S	BR
200	6:01 AM	1 x 200 on 3:30 FR FINGERS DEEP SC 14/15	EN1	S	FR
200	6:06 AM	1 x 200 on 4:20 FLY BR2 NO GLIDE	EN1	S	FLY
1,200	6:12 AM	2x{ 1 x 25 on :45 STROKE SP MAX EFFORT	SP2	S	STK
		{ 1 x 75 on 1:45 CH RECOVERY	REC	S	CH
		{ 1 x 25 on :45 STROKE SP MAX EFFORT	SP2	S	STK
		{ 1 x 75 on 1:45 CH RECOVERY	REC	S	CH
		{ 1 x 50 on :55 STROKE SP MAX EFFORT	SP2	S	STK
		{ 1 x 150 on 3:35 CH RECOVERY	REC	S	CH
		{ 1 x 50 on :55 STROKE SP MAX EFFORT	SP2	S	STK
		{ 1 x 150 on 3:35 CH RECOVERY	REC	S	CH
PLAYTIME WITH EQUIPMENT					
6:40 AM	4,500 Meters - Stress Value = 120				

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,250 50.00%	42.5 46.36%
WARM-UP-RECOVERY	900 20.00%	21.3 23.27%
AEROBIC BASE	800 17.77%	16.1 17.63%
PEAK LACTATE	550 12.22%	11.6 12.72%

Stroke Categories	Meters	Minutes
CHOICE	1,900 42.22%	43.8 47.81%
FREESTYLE	1,400 31.11%	23.5 25.63%
STROKE	300 6.66%	6.6 7.27%
IM ORDER	300 6.66%	5.0 5.45%
BREASTSTROKE	200 4.44%	4.3 4.72%
BUTTERFLY	200 4.44%	4.3 4.72%
BACKSTROKE	200 4.44%	4.0 4.36%

Type of Work	Meters	Minutes
SWIM	3,500 77.77%	69.1 75.45%
KICK	1,000 22.22%	22.5 24.54%

**Workout #1648 - Thursday, 31 March 2011**  
**SSC NATIONAL ELITE SQUAD - PETER HOWES**  
**1 minute rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE	
=====							
4:30-6:30PM @ FWY							
PEAK/TAPER PHASE - ANAEROBIC THRESHOLD/ALACTIC							
MEET DRYLAND WARMUP							
600	4:30 PM	3 x 200 on 3:30 FR/BK BY 100'S	EN2	S	FR	0:52	
FOCUS ON SL + PUSHOFF							
300	4:42 PM	3 x 100 on 2:10 FLY K	EN2	K	FLY	1:05	
FOCUS UNDER H2O PUSHOFFS, HIGH KICK RATE							
300	4:50 PM	3 x 100 on 2:00 BR DRIVE EACH K FINISH HARD	EN1	S	BR	1:00	
750	4:57 PM	5x{3 x 50 on 1:05 IMO P + CH SEE NOTE	EN2	P	IMO	1:05	
FLY ON 1:05, BK ON :55, BR ON 1:05, FR ON :50							
CHOICE USE APPROPRIATE PACE							
200	5:15 PM	1 x 200 on 4:30 CH LOOSEN SWIM	REC	S	CH	1:08	
750	5:21 PM	5x{3 x 50 on 1:05 IMO P w PADS + CH AS PREV SET	EN2	P	PAD	1:05	
200	5:39 PM	1 x 200 on 4:30 CH LOOSEN SWIM	REC	S	CH	1:08	
400	5:45 PM	4 x 100 on 1:50 IM	EN2	S	IM	0:55	
500	5:54 PM	10 x 50 on 1:15 STROKE SP/REC BY 25'S	SP3	S	STK	1:15	
STS FOCUS							
400	6:08 PM	1 x 400 on 7:45 BK	EN1	S	BK	0:58	
300	6:17 PM	1 x 300 on 6:00 BR	EN1	S	BR	1:00	
200	6:24 PM	1 x 200 on 5:00 CH K	EN1	K	CH	1:15	
	6:29 PM	4,900 Meters - Stress Value = 97					

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,800 57.14%	56.8 55.13%
AEROBIC BASE	1,200 24.48%	24.7 24.00%
ALACTIC	500 10.20%	12.5 12.12%
WARM-UP-RECOVERY	400 8.16%	9.0 8.73%

Stroke Categories	Meters	Minutes
IM ORDER	750 15.30%	16.2 15.76%
PADDLES	750 15.30%	16.2 15.76%
FREESTYLE	600 12.24%	10.5 10.18%
CHOICE	600 12.24%	14.0 13.58%
BREASTSTROKE	600 12.24%	12.0 11.64%
STROKE	500 10.20%	12.5 12.12%
IM	400 8.16%	7.3 7.11%
BACKSTROKE	400 8.16%	7.7 7.51%
BUTTERFLY	300 6.12%	6.5 6.30%

Type of Work	Meters	Minutes
SWIM	2,900 59.18%	59.0 57.31%
PULL	1,500 30.61%	32.5 31.52%
KICK	500 10.20%	11.5 11.15%