

Workout #1499 - Wednesday, 01 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
5:00-7:00AM @ ROW						
COMPETITION PHASE - VO2 MAX/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)						
200	6:13 AM	1 x 200 on 5:00 CH K	REC	K	CH	1:15
200	6:19 AM	1 x 200 on 4:00 CH S TECH	EN1	S	CH	1:00
600	6:24 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						
200	6:39 AM	1 x 200 on 4:00 CH REC	REC	S	CH	1:00
6:43 AM 4,700 Meters - Stress Value = 211						

NAME - PB - TIME - IMPROV
 ASHLEE - 20:50.18 - 35:15.97 - +5.25
 LEAH - 29:55.79 - 30:13.59 - +0.18
 DAVID - 30:43.71 - 31:21.49 - +0.38
 NATHAN - 30:43.89 - 34:18.67 - +3.35
 SARAH - 30:53.22 - 32:06.22 - +3.75
 EMILY - 31:49.56 - 35:33.26 - +3.44
 KEELY - 33:47.65 - 34:31.09 - +0.44
 EMMA - 33:50.27 - 31:39.49 - -2.11
 ADRIANNA - 35:16.25 - 32:33.19 - -2.43

KEYS TO SWIMMING WELL IN 2000 FRIM
 FAST S/R IN FLY
 DEEP CATCH IN BK
 DIVE TO SL FAST BR
 FAST K FR

Energy Levels	Meters	Minutes
=====	=====	=====
VO2 MAX	2,000 42.55%	35.0 38.04%
AEROBIC BASE	1,000 21.27%	22.1 24.09%
ANAEROBIC THRESHOLD	700 14.89%	12.5 13.58%
LACTATE TOLERANCE	600 12.76%	13.3 14.49%
WARM-UP-RECOVERY	400 8.51%	9.0 9.78%

Stroke Categories	Meters	Minutes
=====	=====	=====
FR-IM	2,000 42.55%	35.0 38.04%
FREESTYLE	700 14.89%	14.5 15.76%
PADDLES	600 12.76%	13.3 14.49%
CHOICE	600 12.76%	13.0 14.13%
BUTTERFLY	400 8.51%	8.6 9.42%
IM	400 8.51%	7.5 8.15%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	3,500 74.46%	65.0 70.65%
KICK	600 12.76%	13.6 14.85%
PULL	600 12.76%	13.3 14.49%

Workout #1500 - Thursday, 02 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
600	5:00 AM	1 x 600 on 14:00 CH OYO	EN1	S	CH
3,300	5:15 AM	3x { 4 x 25 on :40 STROKE MAINT SC DESCEND TIME	EN1	S	STK
		{ 1 x 50 on 1:30 STROKE NEGATIVE SPLIT MAINT SC	EN2	S	STK
		{ 4 x 25 on 1:00 STROKE BO + 4 OR 6	SP3	S	STK
		{ SHALLOW FAP TO FINISH, DEEP FAS TO FINISH			
		{ 1 x 50 on 1:30 STROKE SP FOCUS ON BO + 4 OR 6	SP2	S	STK
		{ 4 x 25 on :45 STROKE START MID POOL TURNS + BO	SP3	S	STK
		{ 1 x 50 on 1:30 STROKE START MID POOL TURNS + BO	SP2	S	STK
		{ 4 x 25 on :50 STROKE BUILD TO RACE FINISH	EN2	S	STK
		{ 1 x 50 on 1:30 STROKE SC/SP TO FINISH BY 25'S	SP2	S	STK
		{ 8 x 25 on 1:15 SP TO FINISH ALT FAP/FAS	SP2	S	STK
		{ 1 x 200 on 5:00 CH K	EN1	K	CH
		{ 1 x 100 on 2:00 CH LOOSEN	REC	S	CH
	7:03 AM	3,900 Meters - Stress Value = 170			

2000 FRIM

NAME - PB - TIME - IMPROV
 SARAH - 30:53.22 - 31:54.57 - +1:01
 CASEY - 31:11.47 - 31:34.97 - +0:22
 GLENN - 31:12.62 - 32:07.92 - +0:55
 LUKE - 32:05.46 - 33:50.41 - +1:45
 MONIQUE - 33:47.72 - DNF

Energy Levels	Meters	Minutes
AEROBIC BASE	1,500 38.46%	37.0 30.32%
PEAK LACTATE	1,050 26.92%	43.5 35.65%
ALACTIC	600 15.38%	21.0 17.21%
ANAEROBIC THRESHOLD	450 11.53%	14.5 11.88%
WARM-UP-RECOVERY	300 7.69%	6.0 4.91%

Stroke Categories	Meters	Minutes
STROKE	2,400 61.53%	87.0 71.31%
CHOICE	1,500 38.46%	35.0 28.68%

Type of Work	Meters	Minutes
SWIM	3,300 84.61%	107.0 87.70%
KICK	600 15.38%	15.0 12.29%

Workout #1501 - Thursday, 02 December 2010
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 - ANAEROBIC THRESHOLD/VO2 MAX							
MEET DRYLAND WARMUP							
400	4:30 PM	1 x 400	on 8:00 FR/BK BY 100'S TECH	EN1	S	FR	1:00
300	4:39 PM	1 x 300	on 6:00 BK/BR BY 50'S TECH/TURNS	EN1	S	BK	1:00
200	4:46 PM	1 x 200	on 4:00 FLY/BK BY 50'S TECH/TURNS	EN1	S	FLY	1:00
100	4:51 PM	1 x 100	on 2:00 IM 8-12-8-12 IF NOT DONE FLY K	EN1	S	FLY	1:00
600	4:54 PM	3 x 200	on 4:20 STROKE K ON 4:00/4:10/4:20	EN2	K	STK	1:05
400	5:08 PM	4 x 100	on 2:10 STROKE FAST ON 1:50/2:00/2:10	EN3	S	STK	1:05
500	5:18 PM	5 x 100	on 2:10 FR K ON 2:00/2:05/2:10	EN2	K	FR	1:05
400	5:30 PM	4 x 100	on 1:50 FR FAST ON 1:30/1:40/1:50	EN3	S	FR	0:55
400	5:39 PM	2 x 200	on 4:20 STROKE K ON 4:00/4:10/4:20	EN2	K	STK	1:05
300	5:49 PM	3 x 100	on 2:10 STROKE FAST ON 1:50/2:00/2:10	EN3	S	STK	1:05
300	5:57 PM	3 x 100	on 2:10 FR K ON 2:00/2:05/2:10	EN2	K	FR	1:05
200	6:05 PM	2 x 100	on 1:50 FR FAST ON 1:30/1:40/1:50	EN3	S	FR	0:55
400	6:10 PM	8 x 50	on 1:30 STROKE @ GOAL PACE	EN3	S	STK	1:30
200	6:23 PM	1 x 200	on 4:00 CHH RECOVERY	REC	S	CH	1:00
6:27 PM 4,700 Meters - Stress Value = 161							

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,800 38.29%	39.0 38.55%
VO2 MAX	1,700 36.17%	38.1 37.72%
AEROBIC BASE	1,000 21.27%	20.0 19.76%
WARM-UP-RECOVERY	200 4.25%	4.0 3.95%

Stroke Categories	Meters	Minutes
STROKE	2,100 44.68%	48.8 48.27%
FREESTYLE	1,800 38.29%	36.3 35.91%
BUTTERFLY	300 6.38%	6.0 5.93%
BACKSTROKE	300 6.38%	6.0 5.93%
CHOICE	200 4.25%	4.0 3.95%

Type of Work	Meters	Minutes
SWIM	2,900 61.70%	62.1 61.44%
KICK	1,800 38.29%	39.0 38.55%

Workout #1502 - Friday, 03 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ ROW COMPETITION PHASE - RACE PACE/BROKEN SWIM MEET DRYLAND WARMUP MEET WARMUP PREPARING FOR: 1 - RACE PACE WORK + BROKEN SWIM OR, 2 - RACE PREP WORK FOR TIME TRIAL 1500 FR PRIOR TO STARTING ATHLETES LIST NAME/EVENT/GOAL TIME			
400	5:00 AM	1 x 400 on 8:00 MIXED SWIM	EN1		S MIX
400	5:09 AM	4 x 100 on 2:00 STROKE K	EN2		K STK
400	5:18 AM	1 x 400 on 8:00 STROKE DR/S BY 25'S	EN1		D STK
400	5:27 AM	8 x 50 on 1:00 STROKE INCREASE HR PACE SEE NOTE FR ON :45/:50, BK ON :50/:55, BR/FLY ON :55/1:00 IM ON MIXED PACE ACCORDING TO STROKE SPECIFIC RACE PREP FOR 100/200/400 ATHLETE DOES ONE OF THE FOLLOWING BASED ON EVENT 100 EVENT	EN2		S STK
200	5:36 AM	2x{ 1 x 50 on 1:00 STROKE TECH { 1 x 50 on :45 STROKE @ GOAL PACE 2ND 50 FINISH TO HAND 200 EVENT	EN1		D STK
			SP2		S STK
200	5:41 AM	4 x 50 on 1:00 STROKE @ AVG GOAL PACE :15 REST FINISH TO THE FEET 400 FR	SP1		S STK
300	5:46 AM	3 x 100 on 1:40 FR @ PACE TO THE FEET :10 REST FINISH TO THE FEET 400 IM	EN2		S FR
400	5:52 AM	8 x 50 on 1:00 IMO @ PACE TO THE FEET :10 REST FINISH TO THE FEET (NEGATIVE SPLIT EACH 100 1500 FR	EN2		S IM
500	6:01 AM	5 x 100 on 1:40 FR @ PACE TO THE FEET :10 REST	EN2		S FR
200	6:11 AM	1 x 200 on 4:00 LAST CHANCE PREP	EN2		D STK
200	6:16 AM	1 x 200 on 4:00 STROKE K	EN1		K STK
200	6:21 AM	1 x 200 on 4:00 CH LOOSEN	REC		S CH
400	6:26 AM	8 x 50 on 1:20 STROKE @ RACE PACE IF 100 TO HAND FINISH, IF 200 TO FEET FINISH IF DOING 1500 FR COMPLETE 5 X 100 @ PACE :10 REST	SP2		S STK
125	6:38 AM	1 x 125 on 3:00 CH REC BROKEN SWIM OF EVENT	REC		S CH
200	6:42 AM	4 x 50 on :50 STROKE :10 REST 100 - 1 X 50 FAS TO FEET :10 REST 1 X 50 FAP TO FINISH 200 1 X 50 FAS TO FEET :10 REST 2 X 50 FAP TO FEET :10 REST 1 X 50 FAP TO HAND FINISH 400 FR - 1 X 100 FAS TO FEET :10 REST, 2 X 100 FAP TO FEET :10 REST 1 X 100 FAP TO FINISH 400 IM - 1 X 50 FAS TO FEET :10 REST 6 X 50 FAP TO FEET :10 REST 1 X 50 FAP TO FINISH	SP1		S STK
400	6:47 AM	1 x 400 on 8:00 CH RECOVERY	REC		S CH
50	6:56 AM	5 x 10 on 2:00 STARTS + STS SP RELAY BOYS VS GIRLS	SP3		S STK 1
	7:06 AM	4,975 Meters - Stress Value = 153			

NAME - EVENT - GOAL TIME LC - PACE LC - PACE SC
 LC - SC - GOAL PACE - BROKEN PERFORMANCE

DAVID - 400 FR - 4:59.00 - 1:14.75 - 1:13.28
 4:59.00 - 4:53.13 - 1:13.28 - 1:14.39/1:15.63/1:15.40/1:18.61 - 5:04.03

KEELY - 200 BK - 3:02.00 - 45.50 - 44.59
 3:02.00 - 2:58.43 - 44.59 - 44.66/45.71/46.22/45.46 - 3:02.05

LUKE - 100 BK - 1:15.00 - 38.25 - 37.50

1:15.00 - 1:13.52 - 36.02/37.50 - 38.57/42.25 - 1:20.76

NARELLE - 400 IM - 5:50.00 - 1:21/1:26/1:41/1:21 - 1:19.41/1:24.31/1:39.01/1:19.41
 5:50.00 - 5:42.14 - SEE ABOVE - 1:24.11/1:30.01/1:37.56/1:18.94 - 5:50.62

GLENN - 100 BK - 1:13.50 - 37.00 - 36.51
 1:13.50 - 1:12.05 - 35.54/36.51 - 35.19/36.92 - 1:12.11

NATHAN - 100 FLY - 1:17.00 - 39.50 - 38.72
 1:17.00 - 1:15.49 - 36.77/38.72 - 38.41/40.01 - 1:18.42

ASHLEE - 400 FR - 4:58.00 - 1:14.50 - 1:13.03
 4:58.00 - 4:52.94 - 1:13.03 - 1:12.54/1:16.84/1:17.86/1:26.52

ADRIANNA - 200 IM - 2:54.24 - 37.14/45.27/52.79/39.04 - 36.41/49.38/51.75/38.27
 2:54.24 - 2:50.82 - SEE ABOVE - 38.85/45.13/53.85/38.69 - 2:56.52

LEAH - 200 IM - 2:33.00 - 33.85/39.10/45.74/33.85 - 33.19/38.34/44.85/33.19
 2:33.00 - 2:30.00 - SEE ABOVE - 37.49/41.04/48.97/36.81 - 2:44.31

BROOKE - 200 BR - 3:00.00 - 45.00 - 44.11
 3:00.00 - 2:56.47 - 44.11 - NS

MONIQUE - 100 FLY - 1:15.15 - 38.57 - 37.86
 1:15.15 - 1:13.67 - 35.81/37.86 - 38.00/43.77 - 1:21.77

SARAH - 100 BK - 1:18.00 - 39.75 - 38.97
 1:18.00 - 1:16.47 - 37.50/38.97 - 38.69/41.12 - 1:19.81

NOV 27-28 SV QUAL MEET - IF NO ENTRIES LISTED ATHLETE CHOICE TO ATTEND - IF ENTRIES LISTED RECOMMENDED
 DEC 5 - BALLARAT

STATE SPRINT QT'S NOW AVAILABLE ON SV WEBSITE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 44.22%	41.3 38.33%
AEROBIC BASE	1,100 22.11%	22.0 20.40%
WARM-UP-RECOVERY	725 14.57%	15.0 13.91%
PEAK LACTATE	500 10.05%	12.1 11.28%
LACTATE TOLERANCE	400 8.04%	7.3 6.80%
ALACTIC	50 1.00%	10.0 9.27%

Stroke Categories	Meters	Minutes
STROKE	2,650 53.26%	63.5 58.88%
FREESTYLE	800 16.08%	13.3 12.36%
CHOICE	725 14.57%	15.0 13.91%
IM	400 8.04%	8.0 7.41%
MIXED	400 8.04%	8.0 7.41%

Type of Work	Meters	Minutes
SWIM	3,675 73.86%	81.8 75.88%
DRILL	700 14.07%	14.0 12.98%
KICK	600 12.06%	12.0 11.12%

Workout #1504 - Friday, 03 December 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)						
100	4:30 PM	1 on 59:59 DRYLAND	EN1		L DRY	
100	6:00 PM	1 on 30:00 WALK/RUN TO POOL	EN1		D DRY	
SWIM SESSION TECH/SKILL WORK MEET DRYLAND WARM UP						
100	6:30 PM	1 x 100 on 2:00 MI	EN1	S	MI	1:00
100	6:33 PM	1 x 100 on 2:00 CH	EN1	S	CH	1:00
100	6:36 PM	1 x 100 on 2:00 IM	EN1	S	IM	1:00
EACH ATHLETE IS TO PREPARE A CHALLENGE/ACTIVITY AND PRESENT TO ALL OTHER ATHLETES TO ATTEMPT INCLUDING THEMSELVES						
100	6:38 PM	300 Meters - Stress Value = 3				

Energy Levels	Meters	Minutes
AEROBIC BASE	300 100.00%	6.0 100.00%

Stroke Categories	Meters	Minutes
CHOICE	100 33.33%	2.0 33.33%
IM	100 33.33%	2.0 33.33%
REV IM	100 33.33%	2.0 33.33%

Type of Work	Meters	Minutes
SWIM	300 100.00%	6.0 100.00%

Workout #1505 - Saturday, 04 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
6:00-8:00AM @ NW COMPETITION PHASE - AEROBIC TECH/PEAK LACTATE/ALACTIC MEET DRYLAND WARMUP						
200	6:00 AM	1 x 200 on 4:00 CH K/S BY 50'S SEE NOTE	EN2	S	CH	1:00
12.5M BREAKOUT EZ TO WALL						
400	6:05 AM	1 x 400 on 8:00 FR/BK w PADS SC	EN1	S	PAD	1:00
600	6:14 AM	1 x 600 on 12:00 K w FINS FLY/BK/FR BY 200'S	EN2	K	FIN	1:00
100	6:27 AM	1 x 100 on 3:00 IM STS + SC GET YOUR TIME	EN1	S	IM	1:30
100	6:31 AM	1 x 100 on 2:30 IM STS FOCUS	EN1	S	IM	1:15
100	6:35 AM	1 x 100 on 2:30 IM MAINT STS DESCEND TIME	EN2	S	IM	1:15
100	6:39 AM	1 x 100 on 2:30 IM DESCEND SC + TIME	EN2	S	IM	1:15
ATHLETE CHOICE OF THE FOLLOWING (CHOOSE ONE)						
1,200	6:43 AM	3 x 400 on 5:30 FR w FINS	EN1	S	FIN	0:41
1,050	7:01 AM	3 x 350 on 5:30 FR	EN1	S	FR	0:47
900	7:19 AM	3 x 300 on 5:30 FR P	EN1	P	FR	0:55
750	7:37 AM	3 x 250 on 5:30 FR FINISHES	EN1	D	FR	1:06
ALL ATHLETES CONTINUE WITH THE FOLLOWING						
600	7:55 AM	6 x 100 on 1:35 FR ON 1:30/1:35	EN2	S	FR	0:48
500	8:06 AM	5 x 100 on 1:55 STROKE SEE NOTES	EN2	S	STK	0:58
BK ON 1:40/1:45, BR ON 1:45/1:50, FLY ON 1:50/1:55						
75	8:17 AM	3 x 25 on 2:00 FAS FR SP IF SUB TIME GET OUT	SP2	S	FR	4:00
BOYS IF SUB 14.00 GET OUT, GIRLS SUB 15.00 GET OUT						
8:23 AM 6,675 Meters - Stress Value = 103						

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
AEROBIC BASE	4,500 67.41%	79.5 63.30%
ANAEROBIC THRESHOLD	2,100 31.46%	40.0 31.91%
PEAK LACTATE	75 1.12%	6.0 4.77%

Stroke Categories Meters Minutes

FREESTYLE	3,375	50.56%	65.0	51.75%	
FINS	1,800	26.96%	28.5	22.69%	
STROKE	500	7.49%	9.5	7.63%	
IM	400	5.99%	10.5	8.36%	
PADDLES	400	5.99%	8.0	6.37%	
CHOICE	200	2.99%	4.0	3.18%	

Type of Work	Meters		Minutes	
SWIM	4,425	66.29%	80.5	64.16%
PULL	900	13.48%	16.5	13.13%
DRILL	750	11.23%	16.5	13.13%
KICK	600	8.98%	12.0	9.55%

Workout #1506 - Monday, 06 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set	Description	EGY	WORK	STK	PACE
4:30-6:30PM @ DOV							
TAPER/PEAK PHASE - ANAEROBIC THRESHOLD/VO2 MAX							
MEET DRYLAND WARMUP							
400	4:30	PM 1 x	400 on 8:00 FR/BK BY 100'S TECH	EN1	S	FR	1:00
300	4:39	PM 1 x	300 on 6:00 BK/BR BY 50'S TECH/TURNS	EN1	S	BK	1:00
200	4:46	PM 1 x	200 on 4:00 FLY/BK BY 50'S TECH/TURNS	EN1	S	FLY	1:00
100	4:51	PM 1 x	100 on 2:00 IM 8-12-8-12 IF NOT DONE FLY K	EN1	S	FLY	1:00
600	4:54	PM 3 x	200 on 4:20 STROKE K ON 4:00/4:10/4:20	EN2	K	STK	1:05
400	5:08	PM 4 x	100 on 2:10 STROKE FAST ON 1:50/2:00/2:10	EN3	S	STK	1:05
500	5:18	PM 5 x	100 on 2:10 FR K ON 2:00/2:05/2:10	EN2	K	FR	1:05
400	5:30	PM 4 x	100 on 1:50 FR FAST ON 1:30/1:40/1:50	EN3	S	FR	0:55
400	5:39	PM 2 x	200 on 4:20 STROKE K ON 4:00/4:10/4:20	EN2	K	STK	1:05
300	5:49	PM 3 x	100 on 2:10 STROKE FAST ON 1:50/2:00/2:10	EN3	S	STK	1:05
300	5:57	PM 3 x	100 on 2:10 FR K ON 2:00/2:05/2:10	EN2	K	FR	1:05
200	6:05	PM 2 x	100 on 1:50 FR FAST ON 1:30/1:40/1:50	EN3	S	FR	0:55
400	6:10	PM 8 x	50 on 1:30 STROKE @ GOAL PACE	EN3	S	STK	1:30
200	6:23	PM 1 x	200 on 4:00 CHH RECOVERY	REC	S	CH	1:00
6:27 PM 4,700 Meters - Stress Value = 161							

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NICHOLAS GALILEOS
 CAITLIN WILLIAMS

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,800 38.29%	39.0 38.55%
VO2 MAX	1,700 36.17%	38.1 37.72%
AEROBIC BASE	1,000 21.27%	20.0 19.76%
WARM-UP-RECOVERY	200 4.25%	4.0 3.95%

Stroke Categories	Meters	Minutes
STROKE	2,100 44.68%	48.8 48.27%
FREESTYLE	1,800 38.29%	36.3 35.91%
BUTTERFLY	300 6.38%	6.0 5.93%
BACKSTROKE	300 6.38%	6.0 5.93%
CHOICE	200 4.25%	4.0 3.95%

Type of Work	Meters	Minutes
SWIM	2,900 61.70%	62.1 61.44%
KICK	1,800 38.29%	39.0 38.55%

Workout #1507 - Tuesday, 07 December 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						
TAPER/PEAK PHASE - ANAEROBIC THRESHOLD/VO2 MAX						
MEET DRYLAND WARM UP						
400	5:00 AM	2 x 200 on 3:10 FR ON 3:00/3:10	EN1	S	FR	0:48
400	5:08 AM	2 x 200 on 3:20 50 FLY 150 FR ON 3:10/3:20	EN1	S	FR	0:50
400	5:16 AM	2 x 200 on 3:30 50 FLY 50 BK 100 FR ON 3:20/3:20	EN1	S	IM	0:52
400	5:24 AM	2 x 200 on 3:40 IM ON 3:30/3:40	EN1	S	IM	0:55
3,400	5:33 AM	2x { 6 x 100 on 2:00 STROKE K	EN2	S	STK	1:00
		{ 4 x 50 on 1:10 STROKE SCULL-FINISH/SC BY 25'S	EN1	D	STK	1:10
		{ 4 x 25 on :40 STROKE BO + 4 OR 6	SP3	S	STK	1:20
		{ 4 x 50 on 1:00 STROKE DR/BUILD TO FINISH BY 25	EN2	D	STK	1:00
		{ 4 x 50 on 1:00 STROKE DESCEND 1-4 SC 1ST 25	EN2	S	STK	1:00
		{ 4 x 50 on 1:20 STROKE @ PACE	EN3	S	STK	1:20
		{ 1 x 200 on 5:00 CH RECOVERY	REC	S	CH	1:15
	6:49 AM	5,000 Meters - Stress Value = 99				

Energy Levels	Meters	Minutes
=====		
AEROBIC BASE	2,000 40.00%	36.6 35.71%
ANAEROBIC THRESHOLD	2,000 40.00%	40.0 38.96%
VO2 MAX	400 8.00%	10.6 10.38%
WARM-UP-RECOVERY	400 8.00%	10.0 9.74%
ALACTIC	200 4.00%	5.3 5.19%

Stroke Categories	Meters	Minutes
=====		
STROKE	3,000 60.00%	65.3 63.63%
IM	800 16.00%	14.3 13.96%
FREESTYLE	800 16.00%	13.0 12.66%
CHOICE	400 8.00%	10.0 9.74%

Type of Work	Meters	Minutes
=====		
SWIM	4,200 84.00%	85.3 83.11%
DRILL	800 16.00%	17.3 16.88%

Workout #1508 - Tuesday, 07 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
TAPER/PEAK PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE						
MEET DRYLAND WARM UP						
1,000	4:30 PM	4x{ 4 x 50 on 1:05 FR ON :55/1:00/1:05	EN1	S	FR	1:05
		{ 1 x 50 on 1:05 IMO ON :55/1:00/1:05	EN1	S	IMO	1:05
600	4:53 PM	6 x 100 on 1:50 FR/BK w PADS ON 1:30/1:40/1:50	EN2	S	PAD	0:55
BY 50'S						
1,600	5:05 PM	8 x 200 on 4:30 IM K ON 4:00/4:15/4:30	EN2	K	IM	1:08
NO BOARD FLY/BK (SL)						
1,000	5:42 PM	5x{ 1 x 50 on 1:00 STROKE w FINS SC	EN1	S	FIN	1:00
		{ 1 x 50 on 1:00 STROKE S w OK	EN2	S	FIN	1:00
		{ 2 x 50 on 1:00 STROKE FAST	SP2	S	FIN	1:00
400	6:03 PM	1 x 400 on 9:00 IM SC REC	REC	S	IM	1:08
200	6:13 PM	1 x 200 on 5:00 CH K + CHAT	EN1	K	CH	1:15
FUN + GAMES RACING						
	6:18 PM	4,800 Meters - Stress Value = 124				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,450 51.04%	52.0 50.64%
AEROBIC BASE	1,450 30.20%	31.6 30.84%
PEAK LACTATE	500 10.41%	10.0 9.74%
WARM-UP-RECOVERY	400 8.33%	9.0 8.76%

Stroke Categories	Meters	Minutes
IM	2,000 41.66%	45.0 43.83%
FINS	1,000 20.83%	20.0 19.48%
FREESTYLE	800 16.66%	17.3 16.88%
PADDLES	600 12.50%	11.0 10.71%
CHOICE	200 4.16%	5.0 4.87%
IM ORDER	200 4.16%	4.3 4.22%

Type of Work	Meters	Minutes
SWIM	3,000 62.50%	61.6 60.06%
KICK	1,800 37.50%	41.0 39.93%

Workout #1509 - Wednesday, 08 December 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						
TAPER/PEAK PHASE - AEROBIC/LACTATE TOLERANCE						
MEET DRYLAND WARM UP						
1,200	5:00 AM	4x{1 x 100 on 2:00 SWIM TECH FOCUS SEE NOTES	EN1	D	MIO	1
		{1 x 100 on 2:00 PULL TECH FOCUS SEE NOTES	EN1	P	MIO	1
		{1 x 100 on 2:20 KICK STRONG	EN1	K	MIO	1
FR - CONTROLLED ENTRY/CATCH, PULL IN STRAIGHT LINE						
BR - K HANDS FWD TO SL FAST + HOLD						
BK - SPLASH + STRETCH BACK SHOULDER OUT						
FLY - TIMING OF 2ND K w PWR PHASE OF PULL-QUICK RHYTHM						
400	5:27 AM	4 x 100 on 2:15 STROKE ATHLETE CHOOSES PACE	EN1	S	STK	1
300	5:37 AM	3 x 100 on 2:30 STROKE K ATHLETE CHOOSES PACE	EN2	K	STK	1
200	5:46 AM	2 x 100 on 2:00 STROKE HARD/EZ BY 25'S	EN2	S	STK	1
25	5:51 AM	1 x 25 on 2:00 CH RECOVERY	REC	S	CH	4
BROKEN 200 50 FAS :15 REST, 2 X 75 FAP :10 REST						
50	5:54 AM	1 x 50 on :55 STROKE SP	SP2	S	STK	0
75	5:56 AM	1 x 75 on 1:20 STROKE SP	SP1	S	STK	0
75	5:59 AM	1 x 75 on 1:20 STROKE SP	SP1	S	STK	0
175	6:02 AM	1 x 175 on 4:00 CH RECOVERY	REC	S	CH	1
1,000	6:07 AM	4x{3 x 50 on :55 FR	EN1	S	FR	0
		{2 x 50 on :55 BK	EN1	S	BK	0
	6:26 AM	3,500 Meters - Stress Value = 58				

GOAL TO BE CONSISTENT WITHIN 1 SECOND ON 75'S
 ALSO TO BE FASTER THAN SC PB AIM TO HIT GOAL LC

NAME - EVENT - TIMES 50, 75, 75 - TOTAL - LC CONVERTED

- DAVID - 200 FR - 34.29, 56.32, 56.10 - 2:26.71 - 2:29.64
- NATHAN - 200 FR - 33.23, 56.57, 54.72 - 2:24.52 - 2:27.41
- MONIQUE - 200 FLY - 38.60, 1:08.68, 1:08.45 - 2:55.73 - 2:59.24
- SARAH - 200 BK - 39.68, 1:01.68, 1:01.78 - 2:43.14 - 2:46.40
- KEELY - 200 BK - 41.94, 1:06.66, 1:07.73 - 2:57.33 - 3:00.87
- ASHLEE - 200 FR - 36.35, 1:02.76, 1:06.79 - 2:45.90 - 2:49.21
- CASEY - 200 FR - 36.49, 59.56, 1:00.13 - 2:36.18 - 2:39.30
- BROOKE - 200 BK - 38.68, 1:06.93, 1:05.75 - 2:51.37 - 2:54.79
- EMILY - 200 BK - 42.52, 1:13.00, 1:12.04 - 3:07.56 - 3:11.31
- ADRIANNA - 200 BR - 47.83, 1:17.94, 1:18.08 - 3:23.85 - 3:27.92
- EMMA - 200 BK K - 48.70, 1:15.76, 1:14.82 - 3:19.08 - 3:23.06
- NARELLE - 200 BR - 41.96, 1:08.38, 1:08.83 - 3:00.17, 3:03.77
- LEAH - 200 BR - 42.71, 1:10.47, 1:10.78 - 3:03.96, 3:07.63

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	2,600 74.28%	52.6 71.41%
ANAEROBIC THRESHOLD	500 14.28%	11.5 15.59%
WARM-UP-RECOVERY	200 5.71%	6.0 8.13%
LACTATE TOLERANCE	150 4.28%	2.6 3.61%
PEAK LACTATE	50 1.42%	0.9 1.24%

Stroke Categories	Meters	Minutes
=====	=====	=====
REV IM ORDER	1,200 34.28%	25.3 34.35%
STROKE	1,100 31.42%	24.0 32.65%
FREESTYLE	600 17.14%	11.0 14.91%
BACKSTROKE	400 11.42%	7.3 9.94%
CHOICE	200 5.71%	6.0 8.13%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	2,000 57.14%	40.9 55.48%

KICK	700	20.00%	16.8	22.82%
PULL	400	11.42%	8.0	10.84%
DRILL	400	11.42%	8.0	10.84%

Workout #1510 - Thursday, 09 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
		5:00-7:00AM @ NW				
		TAPER/PEAK PHASE - ANAEROBIC THRESH/LACTATE TOLERANCE				
		MEET DRYLAND WARMUP				
900	5:00 AM	3x { 1 x 100 on 1:40 FR ON 1:30/1:40	EN1	S	FR	0:
		{ 1 x 100 on 1:55 IM ON 1:45/1:55	EN2	S	IM	0:
		{ 1 x 100 on 2:05 STROKE ON 2:00/2:05	EN1	S	STK	1:
3,400	5:18 AM	2x { 4 x 100 on 1:40 FR P ON 1:30/1:40	EN2	P	FR	0:
		{ 4 x 100 on 2:15 STROKE P SEE NOTES FOR PACE	EN2	P	STK	1:
		{ BK ON 1:45/1:55, FLY ON 1:55/2:00, BR ON 2:05/2:15				
		{ FR ON 1:30/1:40				
		{ 8 x 50 on 1:05 STROKE K ON 1:00/1:05	EN2	K	STK	1:
		{ 1 x 25 on :45 STROKE SC	EN1	S	STK	1:
		{ 1 x 25 on :45 STROKE SP BO + 4 OR 6	SP3	S	STK	1:
		{ 1 x 25 on :45 STROKE SC	EN1	S	STK	1:
		{ 1 x 25 on :45 STROKE SP TO FINISH	SP2	S	STK	1:
		{ 1 x 75 on 2:00 REC/TECH	REC	S	CH	1:
		{ 4 x 50 on 2:00 STROKE FAS SP	SP1	S	STK	2:
		{ 1 x 125 on 3:00 CH RECOVERY	REC	S	CH	1:
	6:39 AM	4,300 Meters - Stress Value = 110				

ROUND 1 - 4 X 50 TIMES

LUKE - BK - 39.15, 39.94, 39.97, 39.15
 GLENN - BK - 34.85, 35.10, 34.58, 35.47
 EMMA - BK - 37.09, 36.77, 36.42, 36.46
 LEAH - BK - 36.42, 37.46, 38.11, 37.62
 MONIQUE - FLY - 38.50, 37.99, 37.81, NS
 SARAH - BK - 39.94, 38.80, 38.93, 39.65
 ADRIANNA - BK - 43.02, 43.56, 41.80, 41.90
 KEELY - BK - 41.84, 41.04, 40.30, 40.83

ROUND 2 - 4 X 50 TIMES

EMMA - BK - 38.41, 37.10, 36.92, 36.18
 LEAH - IM - 36.15, 36.86, 42.81, 31.71
 GLENN - BK - 35.62, 35.64, 36.75, 36.01
 DAVID - FR - NS, 35.86, 35.40, 35.47
 LUKE - BK - 42.55, 41.35, 41.80, 41.66
 ADRIANNA - IM - 38.07, 41.87, 50.97, 34.93
 MONIQUE - 37.88, 39.07, 39.16, 37.59
 KEELY - FLY - 44.15, 42.78, 43.72, 43.20
 SARAH - BR - 44.50, 44.69, 43.90, 44.45

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,700 62.79%	54.4 55.71%
AEROBIC BASE	700 16.27%	14.2 14.59%
WARM-UP-RECOVERY	400 9.30%	10.0 10.23%
LACTATE TOLERANCE	400 9.30%	16.0 16.38%
PEAK LACTATE	50 1.16%	1.5 1.53%
ALACTIC	50 1.16%	1.5 1.53%

Stroke Categories	Meters	Minutes
STROKE	2,500 58.13%	63.5 65.10%
FREESTYLE	1,100 25.58%	18.3 18.77%
CHOICE	400 9.30%	10.0 10.23%
IM	300 6.97%	5.7 5.88%

Type of Work	Meters	Minutes
SWIM	1,900 44.18%	49.0 50.17%
PULL	1,600 37.20%	31.3 32.08%

KICK 800 18.60% 17.3 17.74%

Workout #1511 - Thursday, 09 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
TAPER/PEAK PHASE - AEROBIC/RACE PACE/VO2 MAX						
MEET DRYLAND WARMUP						
1,200	4:30 PM	3 x 400 on 7:00 FR ON 6:00/6:30/7:00	EN1	S	FR	0:52
900	4:52 PM	3 x 300 on 6:10 200 IM+100 BK ON 5:30/5:50/6:10	EN1	S	IM	1:02
600	5:12 PM	3 x 200 on 4:30 STROKE SEE NOTES FOR PACE	EN2	S	STK	1:08
FR ON 3:00/3:20/3:40 BK ON 3:20/3:40/4:00,						
BR ON 3:40/4:10/4:30 FLY ON 3:40/4:10/4:30						
IM ON 3:30/3:50/4:10						
400	5:27 PM	1 x 400 on 10:00 CH OYO TECH + PREP	EN1	S	CH	1:15
400	5:38 PM	8 x 50 on 1:30 STROKE @ RACE PACE	SP2	S	STK	1:30
200	5:51 PM	1 x 200 on 5:00 RECOVERY	REC	S	CH	1:15
1,200	5:57 PM	3 x 400 on 6:10 BK/FR w FINS BY 50'S	EN3	S	FIN	0:46
PACE TIME 5:10/5:40/6:10						
6:15 PM 4,900 Meters - Stress Value = 163						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

Energy Levels	Meters	Minutes
AEROBIC BASE	2,500 51.02%	49.5 50.25%
VO2 MAX	1,200 24.48%	18.5 18.78%
ANAEROBIC THRESHOLD	600 12.24%	13.5 13.70%
PEAK LACTATE	400 8.16%	12.0 12.18%
WARM-UP-RECOVERY	200 4.08%	5.0 5.07%

Stroke Categories	Meters	Minutes
FREESTYLE	1,200 24.48%	21.0 21.31%
FINS	1,200 24.48%	18.5 18.78%
STROKE	1,000 20.40%	25.5 25.88%
IM	900 18.36%	18.5 18.78%
CHOICE	600 12.24%	15.0 15.22%

Type of Work	Meters	Minutes
SWIM	4,900 100.00%	98.5 100.00%

Workout #1513 - Friday, 10 December 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						
TAPER/PEAK PHASE - AEROBIC/VO2 MAX						
MEET DRYLAND WARMUP						
400	5:00 AM	4 x 100 on 2:00 IM STS + SC + SEE NOTES	EN1	S	IM	1:00
		1 - 12 FLY K UNDER H20 FLY				
		2 - 12 FLY K UNDER H20 BK				
		3 - 2 UNDER H20 PULLOUTS BR				
		4 - 12 FLY K UNDER H20 FR				
200	5:09 AM	4 x 50 on 1:10 FLY K SP 2ND 25 EACH 50	SP2	K	FLY	1:10
		1-2 SL ON BK, 3-4 w KB ON FR				
400	5:15 AM	16 x 25 on :45 FLY K w FINS	SP2	K	FLY	1:30
		1-4 w KB ON FR, 5-8 SL ON BK, 9-12 w KB ON FR,				
		13-16 SL ON BK				
		GOAL EACH 25 BOYS FINISH SUB :15, GIRLS SUB :16				
300	5:28 AM	1 x 300 on 7:00 FR REC + TECH	EN1	S	FR	1:10
300	5:36 AM	3 x 100 on 1:55 FR K ON 1:50/1:55	EN2	K	FR	0:58
300	5:43 AM	3 x 100 on 1:40 FR P ON 1:30/1:40	EN2	P	FR	0:50
300	5:49 AM	3 x 100 on 1:35 FR w PADS ON 1:25/1:35	EN2	S	PAD	0:48
200	5:55 AM	1 x 200 on 5:00 CH LOOSEN	REC	S	CH	1:15
400	6:01 AM	4 x 100 on 2:00 FR FAP	EN3	S	FR	1:00
		GOAL - TOTAL TIME FINISH UNDER 400 FR PB				
		IF SUCCESSFUL DO THE FOLLOWING				
1,000	6:10 AM	5x{ 2 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
		IF UNSUCCESSFUL REPEAT SET FROM 300 FR REC + TECH				
	6:27 AM	3,800 Meters - Stress Value = 130				

4 X 100 FR GOAL SUB 400 FR PB

NAME - 400 FR PB - 4 X 100 TOTAL - REPEATED TOTAL

ADRIANNA - 5:33.28 - 5:36.2 - 5:24.1
 KEELY - 5:49.39 - 5:13.7
 BROOKE - 4:47.81 - 5:02.4 - 6:15.8
 LEAH - 4:51.70 - 4:50.6
 ASHLEE - 4:55.40 - 5:19.1 - 5:17.2
 GLENN - 4:56.90 - 4:48.7
 DAVID - 5:00.13 - 4:58.8
 NATHAN - 5:04.19 - 4:58.6
 EMILY - 5:09.85 - 5:58.8 - 5:33.8
 MONIQUE - 5:19.92 - 5:58.2 - 5:35.3
 NARELLE - 5:24.36 - 5:05.8
 SARAH - 5:27.95 - 5:21.0

Energy Levels	Meters	Minutes
AEROBIC BASE	1,700 44.73%	32.9 42.15%
ANAEROBIC THRESHOLD	900 23.68%	15.5 19.85%
PEAK LACTATE	600 15.78%	16.6 21.34%
V02 MAX	400 10.52%	8.0 10.24%
WARM-UP-RECOVERY	200 5.26%	5.0 6.40%

Stroke Categories	Meters	Minutes
FREESTYLE	1,800 47.36%	34.0 43.64%
BUTTERFLY	600 15.78%	16.6 21.34%
IM	400 10.52%	8.0 10.24%
PADDLES	300 7.89%	4.7 6.08%
BACKSTROKE	250 6.57%	4.5 5.86%
BREASTSTROKE	250 6.57%	5.0 6.40%
CHOICE	200 5.26%	5.0 6.40%

Type of Work	Meters		Minutes	
=====	=====		=====	
SWIM	2,600	68.42%	50.6	64.88%
KICK	900	23.68%	22.4	28.70%
PULL	300	7.89%	5.0	6.40%

Workout #1514 - Friday, 10 December 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 - PETER (4:30-6:00PM)						
4:30	PM 1	on 59:59 DRYLAND - ULTIMATE FRISBEE	EN1	L	DRY	
5:29	PM 1	on 30:00 WALK/RUN TO POOL	EN1	D	DRY	
SWIM SESSION TECH/SKILL WORK						
MEET DRYLAND WARM UP						
200	5:59	PM 1 x 200 on 4:00 CH S	EN1	S	CH	1:00
200	6:04	PM 1 x 200 on 5:00 IM K	EN1	K	IM	1:15
100	6:10	PM 1 x 100 on 3:00 CH SCULL/FINISHES	EN1	D	CH	1:30
100	6:14	PM 1 x 100 on 6:00 IM TIME TRIAL	SP2	S	IM	3:00
REMAINDER OF PRACTICE SESSION RELAYS						
PRACTICING RELAY TAKEOVERS						
6:20	PM	600 Meters - Stress Value = 16				

100 IM TIME TRIAL

- EMMA - 1:22.13
- GLENN - 1:16.62
- ASHLEE - 1:24.57
- KEELY - 1:39.26
- SARAH - 1:22.71
- NATHAN - 1:25.35
- CASEY - 1:30.09
- MONIQUE - 1:27.11
- LUKE - 1:21.27
- BROOKE - 1:16.78

TEAMS ORGANIZED BY IM TIME MAKING TEAMS AS EVEN AS POSSIBLE

Energy Levels	Meters	Minutes
AEROBIC BASE	500 83.33%	12.0 66.66%
PEAK LACTATE	100 16.66%	6.0 33.33%

Stroke Categories	Meters	Minutes
CHOICE	300 50.00%	7.0 38.88%
IM	300 50.00%	11.0 61.11%

Type of Work	Meters	Minutes
SWIM	300 50.00%	10.0 55.55%
KICK	200 33.33%	5.0 27.77%
DRILL	100 16.66%	3.0 16.66%

Workout #1515 - Saturday, 11 December 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						
TAPER/PEAK PHASE - AEROBIC/PEAK LACTATE						
MEET DRYLAND WARMUP						
500	6:00 AM	1 x 500 on 9:00 FR :20 REST	EN1	S	FR	0:54
500	6:10 AM	1 x 500 on 9:00 BK/BR BY 100'S :20 REST	EN1	S	BK	0:54
500	6:20 AM	1 x 500 on 9:00 IM :20 REST	EN1	S	IM	0:54
400	6:30 AM	4 x 100 on 1:40 FLY K w FINS	SP1	K	FIN	0:50
IF YOU HAVE A SNORKEL SL ON FR IF NOT ON BRD						
300	6:38 AM	3 x 100 on 2:10 IM K DESCEND 1-3	EN2	K	IM	1:05
FLY + BK SL ON BK, BR + FR w BRD						
100	6:46 AM	1 x 100 on 2:30 CH EZ S	REC	S	CH	1:15
100	6:50 AM	1 x 100 on 6:00 IM K RACE GET YOUR TIME	SP2	K	IM	3:00
100	6:57 AM	1 x 100 on 1:40 IM K (RELAY)	SP2	K	IM	0:50
100	7:00 AM	1 x 100 on 1:40 IM K (RELAY)	SP2	K	IM	0:50
100	7:03 AM	1 x 100 on 1:40 IM K (RELAY)	SP2	K	IM	0:50
IM K RELAY EACH TEAM MEMBER DOES 100 IM K						
WHEN KB IS PUT ON EDGE OF POOL NEXT SWIMMER DIVES IN						
FLY + BK K DONE SL ON BK						
TEAM THAT BEATS THEIR TOTAL TIME BY THE MOST WINS						
AND CAN MAKE THEIR OWN SESSION (REST OF PRACTICE)						
1,000	7:06 AM	1 x 1000 on 20:00 ATHLETE CHOICE	EN1	S	CH	1:00
7:26 AM 3,700 Meters - Stress Value = 115						

100 IM K TIME TRIAL

- ADRIANNA - 1:47.15
- KEELY - 1:47.46
- EMILY - 1:40.26
- ASHLEE - 2:01.45
- MONIQUE - 1:47.26
- BROOKE - 1:35.03
- SARAH - 1:39.46
- NATHAN - 1:48.26
- GLENN - 1:41.81
- LUKE - 1:42.89
- EMMA - 1:44.56

Energy Levels	Meters	Minutes
AEROBIC BASE	2,500 67.56%	47.0 63.80%
LACTATE TOLERANCE	400 10.81%	6.6 9.04%
PEAK LACTATE	400 10.81%	11.0 14.93%
ANAEROBIC THRESHOLD	300 8.10%	6.5 8.82%
WARM-UP-RECOVERY	100 2.70%	2.5 3.39%

Stroke Categories	Meters	Minutes
IM	1,200 32.43%	26.5 35.97%
CHOICE	1,100 29.72%	22.5 30.54%
BACKSTROKE	500 13.51%	9.0 12.21%
FREESTYLE	500 13.51%	9.0 12.21%
FINS	400 10.81%	6.6 9.04%

Type of Work	Meters	Minutes
SWIM	2,600 70.27%	49.5 67.19%
KICK	1,100 29.72%	24.1 32.80%

Workout #1516 - Monday, 13 December 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						
TAPER/PEAK PHASE - AEROBIC/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	5:00 AM	3x { 1 x 100 on 1:45 FR	EN1	S	FR	0:52
		{ 1 x 100 on 1:45 FR/IM BY 25'S	EN1	S	IM	0:52
500	5:12 AM	5x { 1 x 50 on 1:15 STROKE DR/SC BY 25'S	EN1	D	STK	1:15
		{ 2 x 25 on :45 STROKE BO + 4 OR 6	SP3	S	STK	1:30
1,000	5:27 AM	4x { 1 x 100 on 2:00 STROKE P w PADS (EXCEPT FLY)	EN2	P	PAD	1:00
		{ 1 x 50 on 1:15 STROKE K	EN1	K	STK	1:15
		{ 1 x 100 on 2:05 STROKE SP 1ST 25	EN2	S	STK	1:02
		PACE FR - P1:30, K1:15, S1:45				
		PACE BK - P1:40, K1:15, S1:55				
		PACE BR - P2:00, K1:15, S2:00				
		PACE FLY - P1:50, K1:15, S2:05				
600	5:50 AM	1 x 600 on 12:00 K w FINS	EN1	K	FIN	1:00
		BY 100'S FLY w BRD, FR w BRD, BK SL, FLY SL ON BK, FR w BRD, BK SL				
150	6:03 AM	3 x 50 on 1:00 FR K ON :55/1:00	EN2	K	FR	1:00
150	6:07 AM	3 x 50 on 1:00 STROKE K ON :55/1:00	EN2	K	STK	1:00
400	6:11 AM	4 x 100 on 2:15 IM FOCUS ON MOMENTUM	EN1	S	IM	1:08
		FOCUS ON DRIVE FORWARD FROM ENTRY/RECOVERY AND HOLD RIGID BODY POSITION BEING SMOOTH				
900	6:21 AM	3x { 4 x 50 on 1:00 STROKE w FINS SC/BUILD TO FINISH	EN2	S	STK	1:00
		{ 1 x 100 on 2:30 STROKE TECH FOCUS	EN1	D	STK	1:15
	6:41 AM	4,300 Meters - Stress Value = 72				

DRINK AT LEAST 1.5L OF WATER BEFORE SLEEP EACH NIGHT

Energy Levels	Meters	Minutes
AEROBIC BASE	2,350 54.65%	50.2 54.57%
ANAEROBIC THRESHOLD	1,700 39.53%	34.3 37.28%
ALACTIC	250 5.81%	7.5 8.14%

Stroke Categories	Meters	Minutes
STROKE	2,150 50.00%	49.5 53.84%
IM	700 16.27%	14.2 15.47%
FINS	600 13.95%	12.0 13.03%
FREESTYLE	450 10.46%	8.2 8.95%
PADDLES	400 9.30%	8.0 8.68%

Type of Work	Meters	Minutes
SWIM	2,250 52.32%	47.3 51.40%
KICK	1,100 25.58%	23.0 24.97%
DRILL	550 12.79%	13.7 14.93%
PULL	400 9.30%	8.0 8.68%

Workout #1517 - Monday, 13 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
=====						
4:30-6:30PM @ DOV						
TAPER/PEAK PHASE - AEROBIC/PEAK LACTATE						
MEET DRYLAND WARMUP						
600	4:30 PM	3 x 200 on 3:45 FR ON 3:00/3:15/3:30/3:45	EN1	S	FR	0:
SHALLOW WALL 6 FLY K						
1,200	4:43 PM	3x { 1 x 200 on 4:10 IM ON 3:40/3:50/4:00/4:10	EN1	S	IM	1:
		{ 1 x 200 on 4:30 IM K ON 4:00/4:10/4:20/4:30	EN1	K	IM	1:
200	5:10 PM	1 x 200 on 5:00 IM SC	EN1	S	IM	1:
NEXT SET IS DEPENDANT ON STROKE COUNT FROM IM						
WHICHEVER STROKE COUNT IS POOREST THAT IS THE STROKE						
400	5:16 PM	4 x 100 on 2:10 STROKE MAINT SC BOTH 50'S	EN1	S	STK	1:
EG. SC 20-34-22-32 STROKE WOULD BE BK						
GOAL SC TO HIT 32 MATCH WITH FR						
FLY ON 2:00/2:10/2:20/2:30, BR ON 1:50/2:00/2:10/2:20						
BK ON 1:45/1:55/2:05/2:15, FR ON 1:40/1:50/2:00/2:10						
1,800	5:26 PM	3x { 1 x 200 on 5:30 STROKE K	EN1	K	STK	1:
		{ 4 x 50 on 1:20 STROKE DESCEND 1-4	EN2	S	STK	1:
		{ 2 x 50 on 1:20 STROKE MAX EFFORT SPRINT	SP2	S	STK	1:
		{ 1 x 100 on 2:30 CH RECOVERY	REC	S	CH	1:
	6:14 PM	4,200 Meters - Stress Value = 80				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NICHOLAS GALILEOS
 CAITLIN WILLIAMS

2 LANES USED

Energy Levels	Meters	Minutes
AEROBIC BASE	3,000 71.42%	67.4 68.15%
ANAEROBIC THRESHOLD	600 14.28%	16.0 16.17%
PEAK LACTATE	300 7.14%	8.0 8.08%
WARM-UP-RECOVERY	300 7.14%	7.5 7.58%

Stroke Categories	Meters	Minutes
STROKE	1,900 45.23%	49.1 49.70%
IM	1,400 33.33%	31.0 31.33%
FREESTYLE	600 14.28%	11.2 11.37%
CHOICE	300 7.14%	7.5 7.58%

Type of Work	Meters	Minutes
SWIM	3,000 71.42%	68.9 69.67%
KICK	1,200 28.57%	30.0 30.32%

Workout #1518 - Tuesday, 14 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		5:00-7:00AM @ NW TAPER/PEAK PHASE - PEAK LACTATE/LACTATE TOLERANCE MEET DRYLAND WARM UP THOSE COMPETING AT SV LC AGE COMPLETE THE FOLLOWING			
1,200	5:00 AM	16 x 75 on 1:30 25 K 50 S SEE NOTES	EN1	S	MIX
		1-4 MIO, 5-8 IMO, 9-12 STROKE, 13-16 2ND STROKE			
3,400	5:25 AM	2x{ 4 x 100 on 2:00 STROKE K DESCEND 1-4	EN2	K	STK
		{ 4 x 50 on 1:00 STROKE DESCEND 1-5	EN2	S	STK
		{ 2 x 50 on 1:15 STROKE TECH	EN1	S	STK
		{ 2 x 50 on 1:20 STROKE @ RACE PACE	SP2	S	STK
		{ 2 x 50 on 1:15 STROKE TECH	EN1	S	STK
		{ 2 x 50 on 1:20 STROKE @ RACE PACE	SP2	S	STK
		{ 2 x 50 on 1:15 STROKE TECH	EN1	S	STK
		{ 2 x 50 on 1:20 STROKE @ RACE PACE	SP2	S	STK
		{ 1 x 100 on 3:00 CH RECOVERY	REC	S	CH
		{ 4 x 50 on :50 STROKE AS 200 BROKEN :10 REST	SP1	S	STK
		{ IF ATHLETES NOT DOING 200 THEN COMPLETE 100			
		{ AS 2 X 50 :10 REST			
		{ 1 x 200 on 5:00 CH RECOVERY	REC	S	CH
		THOSE NOT COMPETING AT SV LC AGE COMPLETE THE FOLLOWING ATHLETES COMPLETE MEET WARMUP AND THEN 1500 FR TT			
400	6:44 AM	1 x 400 on 8:00 FR/BK BY 50'S	EN1	S	FR
400	6:53 AM	4 x 100 on 2:00 FR K	EN2	K	FR
400	7:02 AM	1 x 400 on 8:00 FR DR/S BY 25'S	EN1	D	FR
400	7:11 AM	8 x 50 on :50 FR ON :45/:50	EN2	S	FR
500	7:19 AM	5 x 100 on 1:40 FR@1500 RP TO THE FEET :10 REST	EN2	S	FR
200	7:29 AM	1 x 200 on 5:00 CH LAST CHANCE PREP	EN1	D	CH
200	7:35 AM	1 x 200 on 4:00 CH K	EN1	K	CH
200	7:40 AM	1 x 200 on 4:00 CH LOOSEN	REC	S	CH
1,500	7:45 AM	1 x 1500 on 25:00 FR FOR TIME	EN3	S	FR
		KEYS TO PERFORMANCE IN 1500 FR TT POWER TO EVERY FINISH, MAINTAIN HIGH S/R SP LAST 500, SPPED UP IN TURNS w SL			
1,000	8:11 AM	1 x 1000 on 20:00 CH RECOVERY	REC	S	CH
	8:31 AM	9,800 Meters - Stress Value = 287			

BROKEN SWIM RESULTS

NATHAN - 200 FR - 35.20, 36.78, 38.05, 37.29 - 2:27.27
 NATHAN - 200 FR - 34.16, 35.70, 34.90, 34.07 - 2:28.83
 ADRIANNA - 100 FR - 37.19, 36.99 - 1:14.18
 ADRIANNA - 100 FR - 36.04, 38.87 - 1:14.91
 BROOKE - 100 FLY - 35.66, 42.71 - 1:18.37
 GLENN - 200 BK - 36.99, 40.63, 40.86, 40.36 - 2:38.84
 GLENN - 200 BK - 35.85, 39.21, 39.90, 39.44 - 2:34.40
 MONIQUE - 100 FLY - 38.22, 49.06 - 1:27.28
 MONIQUE - 100 FLY - 39.31, 44.36 - 1:23.67

1500 FR TIME TRIAL

NAME - PB - PACE - TIME
 ASHLEE - 20:20.17 - 1:21 - 24.48.96
 CASEY - 21:16.08 - 1:25 - 22:44.30
 NARELLE - 21:55.91 - 1:27 - 21:44.61
 LUKE - 21:56.05 - 1:27 - 23:51.41
 SARAH - 22:01.45 - 1:28 - 23:58.58
 KEELY - 23:19.44 - 1:33 - 23:58.73

Energy Levels	Meters	Minutes
AEROBIC BASE	3,000 30.61%	64.0 32.21%
ANAEROBIC THRESHOLD	2,500 25.51%	47.0 23.65%

WARM-UP-RECOVERY	1,800	18.36%	40.0	20.13%
V02 MAX	1,500	15.30%	25.0	12.58%
PEAK LACTATE	600	6.12%	16.0	8.05%
LACTATE TOLERANCE	400	4.08%	6.6	3.35%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	3,600 36.73%	64.0 32.21%
STROKE	2,800 28.57%	61.6 31.04%
CHOICE	2,200 22.44%	49.0 24.66%
MIXED	1,200 12.24%	24.0 12.08%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	7,800 79.59%	157.6 79.36%
KICK	1,400 14.28%	28.0 14.09%
DRILL	600 6.12%	13.0 6.54%

Workout #1519 - Tuesday, 14 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
		4:30-6:30PM @ DOV TAPER/PEAK PHASE - ANAEROBIC THRESHOLD/PEAK LACTATE MEET DRYLAND WARM UP			
400	4:30 PM	1 x 400 on 8:00 MI w FINS	EN1	S	FIN
200	4:39 PM	1 x 200 on 5:00 2ND STROKE K	EN1	K	STK
300	4:45 PM	1 x 300 on 6:00 50 FR 100 2ND STROKE	EN1	S	STK
		ATHLETES PROVIDE PRIMARY AND SECONDARY STROKES AND THEIR GOAL TIMES FOR THESE EVENTS (100M) TIMES CALCULATED AS FOLLOWS FLY - TIME/2 + 1.25 BK - TIME/2 + 0.75 BR - TIME/2 + 1.25 FR - TIME/2 + 0.75			
1,400	4:52 PM	2x{ 4 x 50 on 1:15 STROKE DESCEND 1-4 4 x 50 on 2:00 STROKE @ RP (100 EVENT) 1 x 300 on 7:00 CH RECOVERY	EN2	K	STK
		IF ATHLETES ACHIEVE GOAL PACE WITHIN + 0.25 IN AT LEAST 3 REPEATS OF 4 X 50 THEN TASK IS COMPLETE IF LESS THAN 3 UNDER GOAL PACE + 0.25 THEN REPEAT SET			
1,600	5:33 PM	8x{ 2 x 50 on 1:15 IMO K 2 x 50 on 1:15 IMO S	EN1	K	IMO
	6:13 PM	3,900 Meters - Stress Value = 80	EN1	S	IMO

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

1 - LANE USED

NAME - EVENT - GOAL TIME - GOAL PACE - GOAL PACE + 0.25
 PERFORMANCE TIMES

NATHAN - 200 FR - 2:22.50 - 35.62 - 35.87
 33.27, 32.54, 32.48, 35.26

NATHAN - 100 FLY - 1:16.00 - 39.25 - 39.50
 36.58, 39.92, 35.14, 38.46

BROOKE - 100 FLY - 1:07.99 - 35.24 - 35.49
 35.49, 36.51, 40.45, 45.65
 39.61, 43.07, 41.08, 42.65
 41.79, 40.19, 44.24, 45.89

BROOKE - 100 BK - 1:09.99 - 35.74 - 35.99
 DNS

NARELLE - 100 FR - 1:08.00 - 34.75 - 35.00
 33.09, 33.47, 32.29, 33.96

NARELLE - 100 BR - 1:29.49 - 45.99 - 46.24
 42.61, 43.69, 41.92, 44.63

SARAH - 100 BK - 1:18.00 - 39.75 - 40.00
 42.81, 42.17, 43.03, 42.57
 44.75, 49.31, NS, NS
 39.65, 39.19, 39.77, 42.11

SARAH - 100 BR - 1:28.00 - 45.25 - 45.50
 49.27, 52.04, 49.21, 44.12

KEELY - 100 FLY - 1:30.00 - 46.25 - 46.50
 46.92, 44.93, 45.80, 44.06

KEELY - 100 BK - 1:24.00 - 42.75 - 43.00
 43.31, 42.16, 40.6, 41.58

Energy Levels	Meters	Minutes
AEROBIC BASE	2,500 64.10%	59.0 59.59%
WARM-UP-RECOVERY	600 15.38%	14.0 14.14%
PEAK LACTATE	400 10.25%	16.0 16.16%
ANAEROBIC THRESHOLD	400 10.25%	10.0 10.10%

Stroke Categories	Meters	Minutes
IM ORDER	1,600 41.02%	40.0 40.40%
STROKE	1,300 33.33%	37.0 37.37%
CHOICE	600 15.38%	14.0 14.14%
FINS	400 10.25%	8.0 8.08%

Type of Work	Meters	Minutes
SWIM	2,500 64.10%	64.0 64.64%
KICK	1,400 35.89%	35.0 35.35%

Workout #1520 - Wednesday, 15 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PA
5:00-7:00AM @ ROW						
TAPER/PEAK PHASE - ALACTIC STARTS/TURNS/FINISHES/BO'S						
MEET DRYLAND WARM UP						
1,200	5:00 AM	6 x 200 on 4:30 100 K 50 SCULL/FINSHES 50 SC :15	EN1	D	MIO	1:
1-4 MIO, 5-6 CH :15 REST AFTER EACH 200						
2,500	5:28 AM	2x { 4 x 25 on :45 STROKE BO + 4 OR 6	SP3	S	STK	1:
		{ 1 x 100 on 3:00 CH K RECOVERY	REC	K	CH	1:
		{ 4 x 50 on 1:15 STROKE BUILD TO TURN+BO+4 OR 6	EN2	S	STK	1:
		{ 1 x 100 on 3:00 CH K RECOVERY	REC	K	CH	1:
		{ 1 x 25 on 1:30 STROKE BUILD TO RACE FINISH	EN2	S	STK	3:
		{ 1 x 25 on :45 STROKE SP FAS TO FINISH	SP2	S	STK	1:
		{ 1 x 25 on 1:30 STROKE BUILD TO RACE FINISH	EN2	S	STK	3:
		{ 1 x 25 on :45 STROKE SP FAS TO FINISH	SP2	S	STK	1:
		{ 1 x 25 on 1:30 STROKE BUILD TO RACE FINISH	EN2	S	STK	3:
		{ 1 x 25 on :45 STROKE SP FAS TO RACE FINISH	SP2	S	STK	1:
		{ 1 x 25 on 1:30 STROKE BUILD TO RACE FINISH	EN2	S	STK	3:
		{ 1 x 25 on :45 STROKE SP FAS TO RACE FINISH	SP2	S	STK	1:
		{ 1 x 25 on 1:30 STROKE BUILD TO RACE FINISH	EN2	S	STK	3:
		{ 1 x 25 on :45 STROKE SP FAS TO RACE FINISH	SP2	S	STK	1:
		{ 1 x 200 on 5:00 CH S/K BY 50'S RECOVERY	REC	S	CH	1:
		{ 1 x 25 on 1:30 STROKE SC	EN1	D	STK	3:
		{ 1 x 50 on :50 STROKE FAS SP FOR TIME	SP2	S	STK	0:
		{ 1 x 275 on 6:00 CH RECOVERY	REC	S	CH	1:
	6:41 AM	3,700 Meters - Stress Value = 70				

50 FAS FOR TIME RESULTS

NATHAN - FR - 29.54 - 29.68
 NARELLE - BR - 41.95 - 41.00
 SARAH - BK - 39.05 - 38.19
 KEELY - FLY 43.18 - FR 37.57
 ADRIANNA - FR - 37.30 - 36.28

Energy Levels	Meters	Minutes
WARM-UP-RECOVERY	1,350 36.48%	34.0 34.11%
AEROBIC BASE	1,250 33.78%	30.0 30.10%
ANAEROBIC THRESHOLD	600 16.21%	22.0 22.07%
PEAK LACTATE	300 8.10%	7.6 7.69%
ALACTIC	200 5.40%	6.0 6.02%

Stroke Categories	Meters	Minutes
CHOICE	1,350 36.48%	34.0 34.11%
REV IM ORDER	1,200 32.43%	27.0 27.09%
STROKE	1,150 31.08%	38.6 38.79%

Type of Work	Meters	Minutes
SWIM	2,050 55.40%	57.6 57.85%
DRILL	1,250 33.78%	30.0 30.10%
KICK	400 10.81%	12.0 12.04%

Workout #1521 - Thursday, 16 December 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 TAPER/PEAK PHASE - AEROBIC/SP/RELAY TAKEOVERS MEET DRYLAND WARMUP THOSE NOT COMPETING IN SV LC AGE CHAMPS DO AS FOLLOWS				
3,000	5:00 AM	6x { 2 x 100 on 2:10 STROKE K ON 2:00/2:10 3 x 100 on 1:55 STROKE S ON 1:50/1:55 ROUND 1 - FR, 2 - BK, 3 - FLY, 4 - BR, 5 - CH, 6 - CH THOSE COMPETING AT THE SV LC AGE CHAMPS DO AS FOLLOWS	EN1	K	STK	1
			EN1	S	STK	0
	6:02 AM	1 on 59:59 MEET PLANNING ATHELTES PLAN EACH DAY INCLUDING TIMES FOR PRE RACE WARMUPS COOL DOWNS SO THAT THEY ARE WELL PREPARED	REC	M	DRY	
500	7:01 AM	1 x 500 on 10:00 CH S MIXED ALL SWIMMERS TOGETHER	EN1	S	MIX	1
800	7:12 AM	8 x 100 on 2:30 CH 25 MAX SP 75 REC RELAYS 4 X 50 FR AND 4 X 50 MR PRACTICING RELAY XOVERS	EN2	S	CH	1
100	7:33 AM	2 x 50 on 4:00 FR/MR	SP2	S	STK	4
	7:41 AM	4,400 Meters - Stress Value = 68				

Energy Levels	Meters	Minutes
AEROBIC BASE	3,500 79.54%	70.5 71.57%
ANAEROBIC THRESHOLD	800 18.18%	20.0 20.30%
PEAK LACTATE	100 2.27%	8.0 8.12%

Stroke Categories	Meters	Minutes
STROKE	3,100 70.45%	68.5 69.54%
CHOICE	800 18.18%	20.0 20.30%
MIXED	500 11.36%	10.0 10.15%

Type of Work	Meters	Minutes
SWIM	3,200 72.72%	72.5 73.60%
KICK	1,200 27.27%	26.0 26.39%

Workout #1522 - Thursday, 16 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
TAPER/PEAK PHASE - MEET WARMUP BROKEN SWIM 100/200						
MEET DRYLAND WARMUP						
400	4:30 PM	1 x 400 on 8:00 CH S	EN1	S	CH	1:00
400	4:39 PM	4 x 100 on 2:00 CH K	EN2	K	CH	1:00
400	4:48 PM	1 x 400 on 8:00 CH DR/S BY 25'S	EN1	D	CH	1:00
400	4:57 PM	8 x 50 on 1:00 CH INCREASE HR	EN2	S	CH	1:00
SPECIFIC RACE PREP FOR 100M EVENT						
200	5:06 PM	2x{ 1 x 50 on 1:00 CH S TECH	EN1	S	CH	1:00
		{ 1 x 50 on 1:00 CH S @ PACE OF 2ND 50 GOAL TIME	EN2	S	CH	1:00
SPECIFIC RACE PREP FOR 200M EVENT						
200	5:11 PM	4 x 50 on 1:00 CH S @ AVERAGE PACE FOR 200 GOAL	EN2	S	CH	1:00
200	5:16 PM	1 x 200 on 4:00 CH LAST CHANCE PREP	EN2	S	CH	1:00
200	5:21 PM	1 x 200 on 4:00 CH K	EN2	K	CH	1:00
200	5:26 PM	1 x 200 on 4:00 CH S RECOVERY	REC	S	CH	1:00
200	5:31 PM	4 x 50 on 2:00 STROKE @ PACE	SP2	S	STK	2:00
ATHLETES MUST HIT GOAL PACE TO WITHIN + 0.25						
	5:39 PM	2,800 Meters - Stress Value = 63				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	1,500 53.57%	30.0 50.00%
AEROBIC BASE	900 32.14%	18.0 30.00%
WARM-UP-RECOVERY	200 7.14%	4.0 6.66%
PEAK LACTATE	200 7.14%	8.0 13.33%

Stroke Categories	Meters	Minutes
CHOICE	2,600 92.85%	52.0 86.66%
STROKE	200 7.14%	8.0 13.33%

Type of Work	Meters	Minutes
SWIM	1,800 64.28%	40.0 66.66%
KICK	600 21.42%	12.0 20.00%
DRILL	400 14.28%	8.0 13.33%

Workout #1523 - Thursday, 23 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
TRANSITION PHASE - AEROBIC BASE/RECOVERY						
MEET DRYLAND WARMUP						
400	4:30 PM	1 x 400 on 10:00 CH K + CHAT	EN1	K	CH	1:15
400	4:41 PM	1 x 400 on 9:00 CH K w FINS + CHAT	EN1	K	FIN	1:08
1,000	4:51 PM	2x { 3 x 100 on 2:00 FR ON 1:40/1:50/2:00	EN1	S	FR	1:00
		{ 1 x 200 on 4:00 IM ON 3:40/3:50/4:00	EN2	S	IM	1:00
ATHLETES ARE TO ATTEMPT EACH OF THE FOLLOWING						
CAN YOU ?						
1 - SWIM 100 IM SC 8-12-8-12						
2 - SL FLY K PAST 25M						
3 - FINISH 50 FR IN :40 WITHIN 0.50S						
4 - K 100M IN UNDER 1:50						
5 - SWIM 200 IM SC 20-30-20-30						
6 - COMPLETE 50M UNDER H20 FLY K w FINS						
7 - SWIM 50 FR UNDER :30 w FINS						
	5:11 PM	1,800 Meters - Stress Value = 24				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

Energy Levels	Meters	Minutes
=====	=====	=====
AEROBIC BASE	1,400 77.77%	31.0 79.48%
ANAEROBIC THRESHOLD	400 22.22%	8.0 20.51%

Stroke Categories	Meters	Minutes
=====	=====	=====
FREESTYLE	600 33.33%	12.0 30.76%
FINS	400 22.22%	9.0 23.07%
IM	400 22.22%	8.0 20.51%
CHOICE	400 22.22%	10.0 25.64%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	1,000 55.55%	20.0 51.28%
KICK	800 44.44%	19.0 48.71%

Workout #1524 - Friday, 24 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
		7:00-9:00AM @ SEAFORD BEACH				
		TRANSITION PHASE - OPEN WATER TRAINING				
2,000	7:00 AM	1 x 2000 on 59:59 MIXED OPEN WATER SWIMMING	EN2	S	FR	1:30
	8:00 AM	2,000 Meters - Stress Value = 44				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NONE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,000 100.00%	59.9 100.00%

Stroke Categories	Meters	Minutes
FREESTYLE	2,000 100.00%	59.9 100.00%

Type of Work	Meters	Minutes
SWIM	2,000 100.00%	59.9 100.00%

Workout #1525 - Monday, 27 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PAC
5:00-7:00AM @ ROW						
TRANSITION PHASE - AEROBIC MAINTENANCE/SPRINT						
600	5:00 AM	4x{ 1 x 50 on 1:00 FR	EN1	S	FR	1:0
		{ 1 x 50 on 1:00 BK	EN1	S	BK	1:0
		{ 1 x 50 on 1:00 IMO	EN1	S	IMO	1:0
600	5:13 AM	6 x 100 on 2:10 K 25 IMO 75 FR (OR BK)	EN2	K	FR	1:0
1,600	5:27 AM	8x{ 1 x 150 on 2:30 FR PACE DECENDS BY :05 PER SET	EN2	S	FR	0:5
		{ 1 x 50 on 2:00 CH RECOVERY	REC	S	CH	2:0
400	6:04 AM	1 x 400 on 9:00 CH K w FINS	EN1	K	FIN	1:0
600	6:14 AM	4x{ 4 x 25 on :45 FLY K SEE NOTE	SP2	K	FLY	1:3
		{ ROUND 1 - SP 1 X 25, ROUND 2 - SP 2 X 25,				
		{ ROUND 3 - SP 3 X 25, ROUND 4 - SP 4 X 25				
		{ 1 x 50 on 1:30 FLY K SP	SP1	K	FLY	1:3
		GOAL 25'S SUB 17S				
		GOAL 50'S SUB 34S				
400	6:33 AM	1 x 400 on 8:00 CH S REC	REC	S	CH	1:0
400	6:42 AM	4 x 100 on 2:00 IM ON 1:50/2:00	EN1	S	IM	1:0
400	6:51 AM	4 x 100 on 2:00 IM SEE NOTES	EN2	S	IM	1:0
		IF ON 2:00 THEN SWIMMERS MUST FINISH UNDER 1:40/1:45				
		IF ON 1:55 ATHLETES ONLY HAVE TO MAKE THE PACE				
	6:59 AM	5,000 Meters - Stress Value = 124				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NICHOLAS GALILEOS
 CLAIRE BROUGHTON
 CANIS NUGHRO
 MELISSA MOTTEK
 KODILEE STRAHAN
 SANDRA MCALPINE

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	2,200 44.00%	41.0 36.60%
AEROBIC BASE	1,400 28.00%	29.0 25.89%
WARM-UP-RECOVERY	800 16.00%	24.0 21.42%
PEAK LACTATE	400 8.00%	12.0 10.71%
LACTATE TOLERANCE	200 4.00%	6.0 5.35%

Stroke Categories	Meters	Minutes
FREESTYLE	2,000 40.00%	37.0 33.03%
CHOICE	800 16.00%	24.0 21.42%
IM	800 16.00%	16.0 14.28%
BUTTERFLY	600 12.00%	18.0 16.07%
FINS	400 8.00%	9.0 8.03%
BACKSTROKE	200 4.00%	4.0 3.57%
IM ORDER	200 4.00%	4.0 3.57%

Type of Work Meters Minutes

```
=====
SWIM      3,400 68.00% 72.0 64.28%
KICK      1,600 32.00% 40.0 35.71%
```

Workout #1526 - Monday, 27 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	====	===	=====
		4:30-6:30PM @ DOV				
		TRANSITION PHASE - ANAEROBIC THRESHOLD				
		MEET DRYLAND WARMUP				
1,000	4:30 PM	5x{2 x 50 on 1:05 FR ON :50/:55/1:00/1:05	EN1	S	FR	1:05
		{1 x 100 on 2:10 FR ON 1:40/1:50/2:00	EN2	S	FR	1:05
1,000	4:53 PM	5 x 200 on 4:10 BR ON 3:40/3:50/4:00/4:10	EN2	S	BR	1:02
1,000	5:15 PM	10 x 100 on 2:05 BK ON 1:50/1:55/2:00/2:05	EN2	S	BK	1:02
500	5:37 PM	10 x 50 on 1:10 FLY ON :55/1:00/1:05/1:10	EN2	S	FLY	1:10
500	5:50 PM	10 x 50 on 1:10 FLY w FINS ON :55/1:00/1:05/1:10	EN2	S	FIN	1:10
1,200	6:03 PM	6 x 200 on 4:10 IM ON 3:40/3:50/4:00/4:10	EN2	S	IM	1:02
	6:28 PM	5,200 Meters - Stress Value = 109				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NICOLAS GALILEOS
 RACHAEL MCNAMARA
 LILY SMITH-STEPHENS

Energy Levels	Meters	Minutes
=====	=====	=====
ANAEROBIC THRESHOLD	4,700 90.38%	100.8 90.29%
AEROBIC BASE	500 9.61%	10.8 9.70%

Stroke Categories	Meters	Minutes
=====	=====	=====
IM	1,200 23.07%	25.0 22.38%
BREASTSTROKE	1,000 19.23%	20.8 18.65%
BACKSTROKE	1,000 19.23%	20.8 18.65%
FREESTYLE	1,000 19.23%	21.6 19.40%
FINS	500 9.61%	11.6 10.44%
BUTTERFLY	500 9.61%	11.6 10.44%

Type of Work	Meters	Minutes
=====	=====	=====
SWIM	5,200 100.00%	111.6 100.00%

Workout #1527 - Tuesday, 28 December 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						
TRANSITION PHASE - AEROBC BASE/SPRINT						
900	5:00 AM	12 x 75 on 1:30 K/P/S BY 25'S SEE NOTE	EN1	S	MI	1
1-3 FR, 4-6 BR, 7-9 BK, 10-12 FLY						
300	5:19 AM	1 x 300 on 6:00 K w FINS 25 FLY SP 50 FR	EN2	K	FIN	1
200	5:26 AM	2 x 100 on 2:10 FR K	EN1	K	FR	1
200	5:32 AM	2 x 100 on 2:05 FR K	EN1	K	FR	1
200	5:38 AM	2 x 100 on 2:00 FR K	EN1	K	FR	1
200	5:43 AM	2 x 100 on 1:55 FR K	EN2	K	FR	0
600	5:48 AM	3 x 200 on 3:20 FR P w PADS SC 1ST 25	EN2	P	PAD	0
SL PAST FLAGS OFF EVERY WALL						
400	5:59 AM	4 x 100 on 2:30 IM STS + SC	EN1	D	IM	1
200	6:10 AM	2 x 100 on 2:05 STROKE K	EN1	K	STK	1
200	6:16 AM	2 x 100 on 2:00 STROKE K	EN1	K	STK	1
200	6:21 AM	2 x 100 on 1:55 STROKE K	EN2	K	STK	0
400	6:26 AM	4 x 100 on 2:00 STROKE P w PADS SEE NOTE	EN2	P	PAD	1
BK ON 1:50, BR ON 2:00, FLY (NO PADS) ON 2:00						
500	6:35 AM	10x { 1 x 25 on :45 STROKE SC	EN1	S	STK	1
		{ 1 x 25 on :45 STROKE MAX SP	SP2	S	STK	1
1-4 FR,5-8 STROKE,9-12 FR,13-16 STROKE,17-20 4TH BEST						
	6:50 AM	4,500 Meters - Stress Value = 91				

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

- CLAIRE BROUGHTON
- CANIS NUGHRO
- KODILEE STRAHAN
- SANDRA MCALPINE
- LAUREN SOUTHALL
- HOLLY SOUTHALL
- LILY SMITH-STEPHENS
- CATERINA CESTER

Energy Levels	Meters	Minutes
AEROBIC BASE	2,550 56.66%	56.1 58.91%
ANAEROBIC THRESHOLD	1,700 37.77%	31.6 33.21%
PEAK LACTATE	250 5.55%	7.5 7.86%

Stroke Categories	Meters	Minutes
STROKE	1,100 24.44%	27.0 28.32%
PADDLES	1,000 22.22%	18.0 18.88%
REV IM	900 20.00%	18.0 18.88%
FREESTYLE	800 17.77%	16.3 17.13%
IM	400 8.88%	10.0 10.48%
FINS	300 6.66%	6.0 6.29%

Type of Work	Meters	Minutes
=====	=====	=====
KICK	1,700 37.77%	34.3 36.01%
SWIM	1,400 31.11%	33.0 34.61%
PULL	1,000 22.22%	18.0 18.88%
DRILL	400 8.88%	10.0 10.48%

Workout #1528 - Tuesday, 28 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
TRANSITION PHASE - AEROBIC MAINTENANCE						
MEET DRYLAND WARMUP						
800	4:30 PM	1 x 800 on 15:00 FR SC/BR3 BY 50'S	EN1	S	FR	0:56
800	4:46 PM	1 x 800 on 15:00 BR SC/SL EACH STROKE BY 50'S	EN1	S	BR	0:56
800	5:02 PM	1 x 800 on 15:00 BK SC/SPLASH ENTRY BY 50'S	EN1	S	BK	0:56
800	5:18 PM	1 x 800 on 15:00 FLY SC/STROKE RATE BY 50'S	EN2	S	FLY	0:56
1,200	5:34 PM	1 x 1200 on 23:00 IM	EN1	S	IM	0:58
400	5:58 PM	1 x 400 on 10:00 CH K w FINS	EN1	K	FIN	1:15
50	6:09 PM	1 x 50 on 2:00 FR IF SUB :30 FINISHED SESSION	SP2	S	FR	2:00
50	6:12 PM	1 x 50 on 1:00 CH RECOVERY	EN1	S	CH	1:00
6:13 PM 4,900 Meters - Stress Value = 68						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 NICOLAS GALILEOS

Energy Levels	Meters	Minutes
AEROBIC BASE	4,050 82.65%	79.0 82.29%
ANAEROBIC THRESHOLD	800 16.32%	15.0 15.62%
PEAK LACTATE	50 1.02%	2.0 2.08%

Stroke Categories	Meters	Minutes
IM	1,200 24.48%	23.0 23.95%
FREESTYLE	850 17.34%	17.0 17.70%
BACKSTROKE	800 16.32%	15.0 15.62%
BUTTERFLY	800 16.32%	15.0 15.62%
BREASTSTROKE	800 16.32%	15.0 15.62%
FINS	400 8.16%	10.0 10.41%
CHOICE	50 1.02%	1.0 1.04%

Type of Work	Meters	Minutes
SWIM	4,500 91.83%	86.0 89.58%
KICK	400 8.16%	10.0 10.41%

Workout #1529 - Wednesday, 29 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK
=====					
5:00-7:00AM @ ROW					
TRANSITION PHASE - AEROBIC ENDURANCE/PEAK LACTATE					
600	5:00 AM	1 x 600 on 12:00 CH K/P/S BY 200'S	EN1	S	CH
2,100	5:13 AM	3x{ 3 x 100 on 2:00 STROKE K	EN2	K	STK
		{ 8 x 50 on 1:00 STROKE S	EN2	S	STK
100'S ROUND 1 ON 2:00, ROUND 2 ON 1:55, ROUND 3 ON 1:50					
50'S IF FR OR BK ON :55, IF BR OR FLY ON 1:00					
400	5:56 AM	1 x 400 on 9:00 BR SC 0	EN1	S	BR
1,000	6:06 AM	10 x 100 on 2:00 IM SEE NOTE	EN2	S	IM
1-3 SP FLY, 4-6 SP FLY+BK, 7-9 SP FLY+BK+BR, 10 SP					
200	6:27 AM	1 x 200 on 5:00 CH REC S	REC	S	CH
200	6:33 AM	2x{ 1 x 25 on :45 K w FINS RANGE OF MOTION	EN1	K	FIN
		{ 1 x 25 on :45 K w FINS MAX SP	SP2	K	FIN
		{ 1 x 25 on :45 S w FINS SC	EN1	S	FIN
		{ 1 x 25 on :45 S w FINS MAX SP	SP2	S	FIN
ROUND 1 FLY, ROUND 2 FR OR BK					
	6:39 AM	4,500 Meters - Stress Value = 91			

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
ANAEROBIC THRESHOLD	3,100 68.88%	62.0 65.95%
AEROBIC BASE	1,100 24.44%	24.0 25.53%
WARM-UP-RECOVERY	200 4.44%	5.0 5.31%
PEAK LACTATE	100 2.22%	3.0 3.19%

Stroke Categories	Meters	Minutes
STROKE	2,100 46.66%	42.0 44.68%
IM	1,000 22.22%	20.0 21.27%
CHOICE	800 17.77%	17.0 18.08%
BREASTSTROKE	400 8.88%	9.0 9.57%
FINS	200 4.44%	6.0 6.38%

Type of Work	Meters	Minutes
SWIM	3,500 77.77%	73.0 77.65%
KICK	1,000 22.22%	21.0 22.34%

Workout #1530 - Wednesday, 29 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====						
4:30-6:30PM @ DOV						
TRANSITION PHASE - AEROBIC/LACTATE TOLERANCE						
MEET DRYLAND WARMUP						
400	4:30 PM	1 x 400 on 8:00 CH S	EN1	S	CH	1:00
300	4:39 PM	1 x 300 on 7:00 K w FINS FLY/BK/FR BY 100'S	EN1	K	FIN	1:10
200	4:47 PM	1 x 200 on 4:00 FR P SC SUB 40	EN1	P	FR	1:00
100	4:52 PM	1 x 100 on 2:00 4TH BEST SC 20/30	EN1	S	STK	1:00
600	4:55 PM	6 x 100 on 2:30 CH K MUST FINISH SUB 1:55	SP1	K	CH	1:15
ONLY REPEATS COMPLETED UNDER 1:55 COUNT TOWARDS TOTAL						
100	5:11 PM	1 x 100 on 3:00 CH RECOVERY	REC	S	CH	1:30
400	5:15 PM	1 x 400 on 10:00 MIXED S	EN1	S	CH	1:15
50	5:26 PM	1 x 50 on 2:00 FLY w FINS IF SUB GOAL FINISHED	SP2	S	FIN	2:00
BOYS FINISH SUB 32, GIRLS SUB 35						
50	5:29 PM	1 x 50 on 2:00 CH RECOVERY	REC	S	CH	2:00
5:31 PM 2,200 Meters - Stress Value = 73						

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED
 SANDRA MCALPINE

Energy Levels	Meters	Minutes
AEROBIC BASE	1,400 63.63%	31.0 58.49%
LACTATE TOLERANCE	600 27.27%	15.0 28.30%
WARM-UP-RECOVERY	150 6.81%	5.0 9.43%
PEAK LACTATE	50 2.27%	2.0 3.77%

Stroke Categories	Meters	Minutes
CHOICE	1,550 70.45%	38.0 71.69%
FINS	350 15.90%	9.0 16.98%
FREESTYLE	200 9.09%	4.0 7.54%
STROKE	100 4.54%	2.0 3.77%

Type of Work	Meters	Minutes
SWIM	1,100 50.00%	27.0 50.94%
KICK	900 40.90%	22.0 41.50%
PULL	200 9.09%	4.0 7.54%

Workout #1531 - Thursday, 30 December 2010
SSC NATIONAL ELITE SQUAD - PETER HOWES
1 minute rest between sets

Meters	Time	Set	Description	EGY	WORK	STK	PACE
5:00-7:00AM @ ROW							
TRANSITION PHASE - AEROBIC ENDURANCE							
1,200	5:00 AM	3 x 400	on 7:00 FR/BK BY 100'S ON 6:40/7:00	EN1	S	FR	0:52
2010-2011 PRACTICE SESSION CELEBRATION							
500	5:22 AM	20 x 25	on :30 BR	EN1	S	BR	1:00
500	5:33 AM	10 x 50	on :55 BK	EN1	S	BK	0:55
1,000	5:44 AM	20 x 50	on :50 FR	EN1	S	FR	0:50
1,100	6:02 AM	11 x 100	on 3:00 FLY (MAINTAIN HIGH S/R)	EN2	S	FLY	1:30
200	6:36 AM	1 x 200	on 5:00 CH K	EN1	K	CH	1:15
6:41 AM 4,500 Meters - Stress Value = 62							

ADDITIONAL STATE/NATIONAL ATHLETES ATTENDED

Energy Levels	Meters	Minutes
AEROBIC BASE	3,400 75.55%	61.8 65.20%
ANAEROBIC THRESHOLD	1,100 24.44%	33.0 34.79%

Stroke Categories	Meters	Minutes
FREESTYLE	2,200 48.88%	37.6 39.71%
BUTTERFLY	1,100 24.44%	33.0 34.79%
BACKSTROKE	500 11.11%	9.1 9.66%
BREASTSTROKE	500 11.11%	10.0 10.54%
CHOICE	200 4.44%	5.0 5.27%

Type of Work	Meters	Minutes
SWIM	4,300 95.55%	89.8 94.72%
KICK	200 4.44%	5.0 5.27%