

Workout #3988 - Thursday, 27 May 2010
Zone Select Camp - Stroke
2 minutes rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
	3:30 PM	1 on 5:00 set-up, review WU				
1,200	3:35 PM	8 x 150 on 3:15 Odd- Fr DPS + 10 Prisoner Squats Even-Stk/Free/Stk x 50s + 20 Crunches Vertical Kick until sendoff for all 150s	REC	S	MIX	2:10
2,200	4:03 PM	2x{6 x 50 on 1:00 2 Drill, 1 Build {4 x 100 on 1:30 Free IM or Bk {2 x 200 on 3:40 Kick	EN1 EN1 EN2	D S K	CH FRM CH	2:00 1:30 1:50
2,600	4:44 PM	1x{6 x 150 on 2:20 Free: 1-2 Rt pad only, {3-4 2 Left pad only, 5-6 DPS no paddles {4 x 200 on 3:00 Strong Pull (HR 170) {6 x 150 on 2:50 Drill: 50F1/50Bk/50Br	EN1 EN2 REC	D P D	FR FR STK	1:33 1:30 1:53
	5:27 PM	6,000 Meters - Stress Value = 121				

Workout #3989 - Friday, 28 May 2010
Zone Select Camp - Distance
2 minutes rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
	8:00 AM	1 on 2:00 set-up lanes			M	
1,200	8:02 AM	24 x 50 on 1:00 8 DPS S, 8K, 8 Hyp P (3-5)	EN1	S	MIX	2:00
1,200	8:28 AM	1x{8 x 100 on 2:15 Kick, Desc 1-4, 5-8	EN2	K	CH	2:15
		{8 x 50 on 1:00 1-4 EZ Ch, 5-8 Free Drill	EN1	S	CH	2:00
4,000	8:56 AM	1x{4 x 400 on 5:50 1 Swim, 3 Pull	EN1	P	FR	1:28
		{3 x 400 on 5:40 1 Swim, 2 Pull	EN2	P	FR	1:25
		{2 x 400 on 5:30 1 Swim, 1 Pull	EN2	S	FR	1:22
		{1 x 400 on 5:20 Swim	EN2	S	FR	1:20
200	9:55 AM	1 x 200 on 3:30 Rev IM Drill	REC	D	IM	1:45
	9:59 AM	6,600 Meters - Stress Value = 211				

Workout #3090 - Friday, 28 May 2010
Zone Select Camp - Middle Distance
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,200	8:00 AM	24 x 50 on 1:00 8 dps, 8 K, 8 hyp(3-5)	2:00
1,200	8:26 AM	1x(8 x 100 on 2:15 Kick des 1-4, 5-8 {8 x 50 on 1:00 1-4 EZ CH, 5-8 free drill	2:15 2:00
600	8:54 AM	1x(4 x 50 on 1:20 Bouy at Ankles { 6 out sculls/6 cycle FS(Breath on FS only) {1 x 100 on 1:45 25m BLAST Kick 25m cruise sw {4 x 50 on :50 pull br 9,7,5,3 by strokes {1 x 100 on 1:45 50M blast kick 50 M cruise SW	2:40 1:45 1:40 1:45
2,400	9:09 AM	2x{2 x 300 on 4:20 2nd round 4:10 { 1. descend to strong threshold { 2. Hold Strong Threshold {4 x 50 on 1:00 paddles { 25 high temp sw fs, 25 cruise SW {1 x 200 on 4:20 2nd Round 410 { 100 Fast, 50 DK STRL on BK, 50 Drill FS {4 x 50 on 1:00 paddles { 25 highTemp SW FS, 25 Cruise SW {1 on 1:00 rest	1:27 2:00 2:10 2:00
200	9:55 AM 9:59 AM	4 x 50 on 1:00 drill CH 5,600 Meters	2:00

Workout #3089 - Friday, 28 May 2010
Zone Select Camp - Butterfly
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,200	8:00 AM	24 x 50 on 1:00 8 dps, 8 K, 8 hyp(3-5)	2:00
1,200	8:26 AM	1x{8 x 100 on 2:15 Kick des 1-4, 5-8	2:15
		{8 x 50 on 1:00 1-4 EZ CH, 5-8 free drill	2:00
500	8:54 AM	10 x 50 on 1:15 kick w/fins	2:30
		25 underwater - 25fly kick on back every 3rd 50 strong	
900	9:09 AM	12 x 75 on 1:15 25 dr, 25 1. enter pinky first	1:40
		2. enter thumb first 3. enter palm first 25 free	
1,400	9:26 AM	2x{1 x 50 on 1:00 25 fly w/free kick 25 fly	2:00
		{2 x 100 on 1:40 50 drill fly 50 free	1:40
		{3 x 150 on 2:25 free HR = 25 fly HR=27/28	1:37
		{ 1. 50 fly - 100 free	
		{ 2. 50 free - 50 fly 50 free	
		{ 3. 50 free 100 fly	
300	9:52 AM	3 x 100 on 1:50 breath 3/5/7/9 by 25	1:50
	9:58 AM	5,500 Meters	

Workout #3091 - Friday, 28 May 2010
Zone Select Camp - Breaststroke
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,200	8:00 AM	24 x 50 on 1:00 8 dps, 8 K, 8 hyp(3-5)	2:00
1,200	8:26 AM	1x{8 x 100 on 2:15 Kick des 1-4, 5-8 {8 x 50 on 1:00 1-4 EZ CH, 5-8 free drill	2:15 2:00
200	8:54 AM	1 x 200 on 4:00 Free Recovery	2:00
1,100	9:00 AM	2x{4 x 50 on 1:00 BR D/K x 50 in Dive well {10 x 25 on :35 IMO Swim {1 x 100 on 2:00 free recovery	2:00 2:20 2:00
1,400	9:26 AM	4x{3 x 50 on 1:00 BR D1-3 {1 x 200 on 3:15 IM moderat fly/bk/fr fast BR	2:00 1:38
600	9:53 AM	6 x 100 on 2:00 50 no free/free	2:00
	10:05 AM	5,700 Meters	

Workout #2692 - Friday, 28 May 2010

Generic - Backstrokers

2 minutes rest between sets

Meters	Time	Set Description	EGY	WORK	STK	P
	8:00 AM	1 on 2:00 Set up Lanes				
1,200	8:02 AM	24 x 50 on 1:00 8 DPS S, 8K, 8 Hyp P (3-5)	EN1	S		1
1,200	8:28 AM	1x{8 x 100 on 2:15 Kick, Des 1-4, 5-8	EN2	K	CH	1
		{8 x 50 on 1:00 1-4 EZ Ch, 5-8 Free Drill	REC	S	CH	1
600	8:56 AM	4x{3 x 50 on 1:10 Back Drills	EN1	D	BK	1
		#1: Saddle / #2: 25R, 25L / #3: 25 Smooth, 25 Fast				
2,000	9:12 AM	1x{1 x 400 on 5:40 free	EN1	S	FR	0
		{1 x 100 on 1:45 Back 80%	EN2	S	BK	0
		{1 x 300 on 4:15 free	EN1	S	FR	0
		{2 x 100 on 1:40 Back (Des 1-2)	EN2	S	BK	0
		{1 x 200 on 2:50 free	EN1	S	FR	0
		{3 x 100 on 1:35 Back (Des 1-3)	EN2	S	BK	0
		{1 x 100 on 1:25 free	EN1	S	FR	0
		{4 x 100 on 1:30 Back (Des 1-4)	EN2	S	BK	0
100	9:44 AM	1 x 100 on 1:50 Loosen CH	REC	S	CH	0
600	9:48 AM	4 x 150 on 3:00 Recovery / swim-down	REC	S	FC	1
		25 Under Fly Kick / 25 Back (Perfect Stroke / 100 Free				
	10:00 AM	5,700 Meters - Stress Value = 70				

Workout #3993 - Friday, 28 May 2010
Zone Select Camp - Distance
2 minutes rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
	3:30 PM	1 on 2:00 Announcements/Grp Lanes				
1,000	3:32 PM	1x{1 x 400 on 6:15 Free DPS low stk count	REC	S	FR	1:34
		{4 x 100 on 1:45 50K no Bd/50D	EN1	D	PRM	1:45
		{4 x 50 on 1:00 25D/25Perf	EN1	D	PRM	2:00
1,500	3:52 PM	1 x 1500 on 25:00 Free D/S x 25s w/ Snork & Fins	EN1	D	FR	1:40
4,600	4:19 PM	2x{1 x 400 on 5:40 Smooth Pull	EN1	P	FR	1:25
		{2 x 300 on 4:00 Strong Pull or Sw (HR160 range)	EN2	P	FR	1:20
		{3 x 200 on 2:40 FAST Swim (HR 170-180)	EN2	S	FR	1:20
		{4 x 100 on 1:30 PACE/Best Avg (HR 190+)	SP1	S	FR	1:30
		{6 x 50 on 1:00 Easy Choice	REC	S	CH	2:00
		{1 on 1:00 Rest				
	5:29 PM	7,100 Meters - Stress Value = 223				

Workout #3994 - Friday, 28 May 2010
Zone Select Camp - Stroke
2 minutes rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
	3:30 PM	1 on 2:00 Announcements/Grp Lanes				
1,000	3:32 PM	1x{1 x 400 on 6:15 Free DPS low stk count	REC	S	FR	1:34
		{4 x 100 on 1:45 50K no Bd/50D	EN1	D	PRM	1:45
		{4 x 50 on 1:00 25D/25Perf	EN1	D	PRM	2:00
1,500	3:52 PM	10 x 150 on 2:30 Stk/Free x 25s Cruise	EN1	S	MIX	1:40
3,600	4:19 PM	4x{4 x 50 on 1:00 2 Kick, 2 Drill	EN1	D	PRM	2:00
		{6 x 50 on 1:00 2 Pace +2, 2 Pace +1, 2 PACE	SP1	S	PRM	2:00
		{4 x 100 on 1:45 Easy Choice	EN1	S	CH	1:45
		{1 on 1:00 Rest				
	5:31 PM	6,100 Meters - Stress Value = 178				

Workout #3092 - Saturday, 29 May 2010
Zone Select Camp - Middle Distance
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,400	8:00 AM	1x{4 x 200 on 3:20 Odd Free dps, Ev -fr IM {4 x 100 on 2:00 50 K /50 D {4 x 50 on 1:00 D/B	1:40 2:00 2:00
1,800	8:28 AM	1x{6 x 50 on 1:15 1-3 Sail kick(20), 3 stroke swit { 4-6 Streamline Flutter FS Stroke Breathing {4 x 100 on 1:35 50 DPS Strong K, 50 DR FS {4 x 50 on 1:15 1-2 Sail K(20), 3 Stroke Switch { 3-4 Streamline Flutter FS Stroke Breathing {2 x 200 on 3:10 100 build 3rd 50 over kick { 4th 50 FAST {2 x 50 on 1:15 1 Sail K(20), 3 Stroke Switch { 2 Streamline Flutter FS Stroke Beathing {1 x 400 on 6:20 Pull Smooth Good Technique	2:30 1:35 2:30 1:35 2:30 1:35
2,000	9:04 AM	1x{4 x 50 on :45 Des 1-4 and decrease { Stroke count {1 x 200 on 3:30 IM Everything get flutter Kick {4 x 100 on 1:30 hold number 4(50) Stroke { Count and Speed {1 x 200 on 3:30 IM Everything gets Dolphin kick {4 x 200 on 3:00 Opt. Pull or swim strong good { Technique {1 x 200 on 3:30 IM normal	1:30 1:45 1:30 1:45 1:30 1:45
500	9:38 AM	1x{6 x 50 on 1:10 25m no breath Swim { or kick (flip) - 4 breaths - 25m build ch {1 x 100 on 1:50 drill CH {1 x 50 on 1:00 kick choice {1 x 50 on 1:00 swim choice	2:20 1:50 2:00 2:00
	9:49 AM	5,700 Meters	

Workout #3095 - Tuesday, 01 June 2010
Zone Select Camp - Breast/IM
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,400	8:00 AM	1x{4 x 200 on 3:20 Odd Free dps, Ev -fr IM {4 x 100 on 2:00 50 K /50 D {4 x 50 on 1:00 D/B	1:40 2:00 2:00
400	8:28 AM	8 x 50 on 1:00 IMO switcher 10 meters 1st 10 underwater fl = 10 M under/flutter fly BK= 10 M under/spin/db arm/20 M build Br=10 M underwater/5 glide/up tempo/s.l.k/R.F Fr= 10m underwater/DPS/Surf kick/Fists/R.P(race pace)	2:00
1,000	8:38 AM	4 x 250 on 4:30 IM 100 quality rotates through IM 50 CH drill	1:48
100	8:58 AM	1 x 100 on 2:00 choice recovery	2:00
600	9:02 AM	6 x 100 on 2:00 im odd - kick/dr even dr/kick	2:00
200	9:16 AM	1 x 200 on 4:00 choice recovery	2:00
1,200	9:22 AM	2x{6 x 100 on 1:50 STK or Pro. IM 25 dr/ 75 build	1:50
400	9:46 AM	4 x 100 on 2:00 25 no fr, 50 fr,25 no fr	2:00
200	9:56 AM	1 x 200 on 4:00 choice	2:00
	10:00 AM	5,500 Meters	

Workout #3094 - Tuesday, 01 June 2010
Zone Select Camp - Backstroke
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,400	8:00 AM	1x{4 x 200 on 3:20 Odd Free dps, Ev -fr IM {4 x 100 on 2:00 50 K /50 D {4 x 50 on 1:00 D/B	1:40 2:00 2:00
1,200	8:28 AM	2x{1 x 200 on 3:10 pull free br 3/5 {2 x 100 on 1:30 Swim {4 x 50 on :45 faster tempo	1:35 1:30 1:30
1,500	8:49 AM	with fins 10 x 150 on 2:40 50 kick 25 underwater 25 mod 50 drill 50 swim	1:47
1,600	9:18 AM	2x{4 x 50 on 1:10 IM order 25 d/ 25 s {1 x 200 on 4:00 IM 2 bottom turns each 50 {4 x 50 on 1:10 IM order 25 s 25 build {1 x 200 on 4:00 IM 3 bottom turns each 50	2:20 2:00 2:20 2:00
400	9:55 AM	4 x 100 on 1:40 loosen	1:40
	10:02 AM	6,100 Meters	

Workout #3093 - Saturday, 29 May 2010
Zone Select Camp - Butterfly
2 minutes rest between sets

Meters	Time	Set Description	PACE
1,400	8:00 AM	1x{4 x 200 on 3:20 Odd Free dps, Ev -fr IM {4 x 100 on 2:00 50 K /50 D {4 x 50 on 1:00 D/B	1:40 2:00 2:00
1,500	8:28 AM	3x{3 x 100 on 2:15 kick { 50 press t- 25 Right side - 25 left side {4 x 50 on 1:10 105/100 by round { 1. finish scull 2. underwater recover 3,4 swim	2:15 2:20
2,200	9:05 AM	2x{2 x 50 on 1:15 Pause fly {3 x 100 on 1:30 breath 3/5 {4 x 50 on 1:00 15m underwater fast break {5 x 100 on 1:45 75 free aerobic- 25 strong fly { no breath last 5 seconds	2:30 1:30 2:00 1:45
100	9:47 AM	5 x 20 on 1:00 kicks w/tube in dive well	5:00
	9:52 AM	2 on 1:30 vertical kick 30 s large kick 30 s small fast kick 30s regular powerful kick	
	9:55 AM	5,200 Meters	

Workout #3996 - Saturday, 29 May 2010
Zone Select Camp - Stroke
2 minutes rest between sets

Meters	Time	Set Description	EGY	WORK	STK	PACE
	3:30 PM	1 on 10:00 Announce Meet set-up, lanes, etc			M	
1,800	3:40 PM	1 x 1800 on 30:00 PreMeet Warm Up	EN1	S	MIX	1:40
	4:12 PM	1 on 5:00 Teams Meet/Cheer				
1,800	4:17 PM	3x{1 x 100 on 10:00 Race (range 100-400)	SP1	S	PRM	10:00
		{1 x 500 on 10:00 Warm Down Post Race	REC	S	CH	2:00
	5:17 PM	1 on 15:00 Meet Wrap Up/Scores				
	5:32 PM	3,600 Meters - Stress Value = 60				