

**Workout #287 - Monday, 07 April 2008**  
**GOLD - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	4:00 PM	1 on 30:00 stretch/dryland	EN1	
600	4:30 PM	6 x 100 on 2:00 75 free/25 back	REC	2:00
600	4:44 PM	4x{3 x 50 on 1:05 kick hard	EN3	2:10
		{1 on 1:00 Rest	REC	
400	5:03 PM	8 x 50 on :55 Deep=uwsl dk	SP3	1:50
3,000	5:13 PM	6x{4 x 125 on 2:00 Traveling 50 IM	EN3	1:36
		#1=50fly/25bk-br-fr, #2=25fly/50bk/25br&fr etc		
	6:01 PM	4,600 Meters - Stress Value = 256		

**Workout #288 - Monday, 07 April 2008**  
**SILVER - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	4:30 PM	1 on 20:00 stretch/dryland	EN1	
600	4:50 PM	1x{3 x 200 on 3:00 S-K-P bc 3535	REC	1:30
450	5:01 PM	3x{3 x 50 on 1:30 kick hard @ 10sr	EN3	3:00
		{1 on 1:00 Rest	REC	
200	5:20 PM	8 x 25 on 1:00 Deep=uwsl dk	SP3	4:00
1,500	5:30 PM	3x{4 x 125 on 3:00 Traveling 50 IM	EN3	2:24
		#1=50fly/25bk-br-fr, #2=25fly/50bk/25br-fr		
		#3=25fl-bk-50br-25fr #4=25fl-bk-br/50fr		
	6:06 PM	2,750 Meters - Stress Value = 138		

**Workout #289 - Tuesday, 08 April 2008**  
**GOLD - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	4:00 PM	1 on 30:00 stretch/dryland	EN1	
900	4:30 PM	3 x 300 on 6:00 #1free, #2kick #3 pull	REC	2:00
600	4:50 PM	4x{3 x 50 on 1:05 kick hard	EN3	2:10
		{1 on 1:00 Rest	REC	
1,000	5:09 PM	1 x 1000 on 18:00 pull BC 35753x2	EN2	1:48
400	5:29 PM	8 x 50 on :55 Deep=uwsl dk	SP3	1:50
1,000	5:39 PM	10 x 100 on 1:45 free	EN3	1:45
	5:57 PM	3,900 Meters - Stress Value = 146		

Main Set: 10x100 should try to come in at your 100's club time or faster. Your interval time is your 100's club time +10 seconds.

**Workout #290 - Tuesday, 08 April 2008**  
**SILVER - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	4:30 PM	1 on 20:00 stretch/dryland	EN1	
600	4:50 PM	1x{3 x 200 on 3:00 S-K-P bc 3535	REC	1:30
600	5:01 PM	4x{3 x 50 on 1:05 kick hard	EN3	2:10
		{1 on 1:00 Rest	REC	
500	5:20 PM	1 x 500 on 10:00 pull BC 35753 by 50's	EN2	2:00
200	5:32 PM	8 x 25 on 1:00 Deep=uwslkd	SP3	4:00
500	5:42 PM	5 x 100 on 2:00 free	EN3	2:00
	5:52 PM	2,400 Meters - Stress Value = 93		

Your 5x100:

Heart Rate 18 or higher  
 Take 10 seconds rest

Good Turns, Streamline, and a fast kick

**Workout #291 - Thursday, 10 April 2008**  
**GOLD - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	3:30 PM	1 on 30:00 stretch/dryland		
1,000	4:00 PM	1 x 1000 on 18:00 straight swim	REC	1:48
400	4:20 PM	8 x 50 on 1:10 d/s IM order		2:20
		This entire circuit below: HR 14-17 @ 30sr		
		DO NOT pay attention to the intervals...USE THE HR		
1,500	4:32 PM	1x{1 x 500 on 8:00 Free Bilateral Breathe	EN2	1:36
		{1 x 400 on 8:00 IM neg split by 50's	EN2	2:00
		{1 x 300 on 6:00 backstroke swim good walls	EN2	2:00
		{1 x 200 on 5:00 breast work pullouts	EN2	2:30
		{1 x 100 on 2:00 Fly 6 dol kick every wall	EN2	2:00
	5:01 PM	2,900 Meters - Stress Value = 33		

**Workout #292 - Thursday, 10 April 2008**  
**SILVER - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	3:30 PM	1 on 30:00 stretch/dryland		
600	4:00 PM	1x{3 x 200 on 3:00 S-K-P bc 3535	REC	1:30
400	4:11 PM	8 x 50 on 1:10 d/s IM order		2:20
		This entire circuit below: HR 14-17 @ 30sr		
		DO NOT pay attention to the intervals...USE THE HR		
1,500	4:23 PM	1x{1 x 500 on 8:00 Free Bilateral Breathe	EN2	1:36
		{1 x 400 on 8:00 IM neg split by 50's	EN2	2:00
		{1 x 300 on 6:00 backstroke swim good walls	EN2	2:00
		{1 x 200 on 5:00 breast work pullouts	EN2	2:30
		{1 x 100 on 2:00 Fly 6 dol kick every wall	EN2	2:00
	4:52 PM	2,500 Meters - Stress Value = 33		

**Workout #293 - Friday, 11 April 2008**  
**GOLD - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	4:00 PM	1 on 30:00 stretch/dryland	REC	
1,000	4:30 PM	1x{1 x 400 on 8:00 swim	REC	2:00
		{1 x 300 on 7:00 pull	REC	2:20
		{1 x 200 on 6:00 kick	REC	3:00
		{1 x 100 on 2:30 drill		2:30
600	4:56 PM	8 x 75 on 1:30 KDS IM order	EN1	2:00
400	5:10 PM	8 x 50 on :55 deep=uwsl dk	SP3	1:50
450	5:20 PM	3x{3 x 50 on 1:00 kick hard	EN3	2:00
		{1 on 1:00 Rest	REC	
1,500	5:34 PM	1x{5 x 100 on 1:35 free	EN1	1:35
		{4 x 100 on 1:30 free	EN1	1:30
		{3 x 100 on 1:25 free	EN2	1:25
		{2 x 100 on 1:20 free	EN2	1:20
		{1 x 100 on 1:15 free	EN3	1:15
	5:57 PM	3,950 Meters - Stress Value = 83		

Adjust your intervals on the decending 100's set. Your fastest interval should be your 100's club time or faster.

**Workout #294 - Friday, 11 April 2008**  
**SILVER - Senior (Gold)**  
**2 minutes rest between sets**

Meters	Time	Set Description	EGY	PACE
	4:30 PM	1 on 20:00 stretch/dryland	REC	
600	4:50 PM	1x{3 x 200 on 3:00 S-K-P bc 3535	REC	1:30
600	5:01 PM	8 x 75 on 1:30 KDS IM order	EN1	2:00
200	5:15 PM	8 x 25 on :45 deep=uwsl dk	SP3	3:00
450	5:23 PM	3x{3 x 50 on 1:30 kick hard @ 10sr	EN3	3:00
		{1 on 1:00 Rest	REC	
1,000	5:42 PM	1x{4 x 100 on :30 SR HR 14-17	EN1	0:30
		{3 x 100 on :20 SR HR 14-17	EN2	0:20
		{2 x 100 on :15 SR HR 18+	EN2	0:15
		{1 x 100 on :10 SR HR18+	EN3	0:10
	5:46 PM	2,850 Meters - Stress Value = 68		

Adjust your intervals on the decending 100's set. Your fastest interval should be your 100's club time or faster.