

Workout #1 - Tuesday, 24 November 2009

Mark Johnston - Individual Medley

1 minute rest between sets

3:15 PM Start

Yards Set Description

```

=====
1,000 1 x 1000 on 15:00 Warm-up
      Divide into Stroke Lanes
  400 8 x 50 on 1:10 Drill-Swim
1,000 1 x 1000 on 35:00 Choice Stroke
      Free: 20 x 75 on 1:45 Best Average
      Breast: 20 x 50s on 1:45 Best Average
      Backstroke: 20 x 50s on 1:45 Best Average
      Butterfly: 20 x 25/25 on 1:45 Best Average
      IM: 20 x 25/25 on 1:45 Best Average
  50 1 x 50 on 1:00 EZ Free
  300 3 x 100 on 2:00 Choice Stroke
  450 6 x 75 on 1:45 Kick
      Odd Fast / Even EZ
4:37 PM 3,200 Yards
  
```

Workout #2 - Monday, 23 November 2009

Mark Johnston - DISTANCE

1 minute rest between sets

3:15 PM Start

Yards Set Description

```

=====
  300 1 x 300 on 6:00 Free
  200 1 x 200 on 4:00 Kick
  100 1 x 100 on 3:00 Stroke Choice
  500 5 x 100 on 2:30 Scull-Swim
  200 1 x 200 on 4:00 Free
  200 1 x 200 on 4:00 Tennis Balls
  200 1 x 200 on 4:00 Pull
  200 1 x 200 on 4:00 Free with Fins
  200 1 x 200 on 4:00 Timed
1,000 5 x 200 on 4:00 Vertical Kicking w/ 100EZ
  250 10 x 25 on :35 EZ-FAST
  200 1 x 200 on 5:00 Warm-Down
4:43 PM 3,550 Yards
  
```

Workout #3 - Friday, 20 November 2009

Mark Johnston - SPRINT

1 minute rest between sets

2:45 PM Start

Yards Set Description

```

=====
  750 10 x 75 on 1:30 Kick-Drill-Swim
  250 10 x 25 on :35 EZ-FAST
  500 1 x 500 on 15:00 Drill
      Drill with Single Paddle
1,000 1x{10 x 25 on :35 Free
      {10 x 25 on :35 Free with Fins
      {10 x 25 on :35 Free with Fins and Paddles
      {5 x 25 on 2:00 Buckets with Fins
      {5 x 25 on 2:00 Buckets
  300 1 x 300 on 6:00 Choice Kick
  300 1 x 300 on 6:00 Free breathe 3-5-7-9
  200 1 x 200 on 4:00 Warm-Down
4:21 PM 3,300 Yards
  
```

Workout #4 - Tuesday, 17 November 2009

Mark Johnston - SPRINT

1 minute rest between sets

3:15 PM Start

Yards Set Description

```

=====
  200 1 x 200 on 4:00 Freestyle
  
```

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  200 1 x 200 on 5:00 Kick
  200 1 x 200 on 4:00 Pull
  200 1 x 200 on 4:00 IM
  100 4 x 25 on :35 Build Free
1,800 6x{1 x 25 on :20 Underwater Dolphin Kick
      {3 x 25 on :25 FAST FREE
      {1 x 200 on 4:00 Recovery Free
  450 6 x 75 on 2:00 Kick
  100 1 x 100 on 3:00 Recovery Free
  100 2 x 50 on 2:00 Choice Off Blocks
4:36 PM 3,350 Yards
  
```

Workout #5 - Monday, 16 November 2009

Mark Johnston - Individual Medley

1 minute rest between sets

3:15 PM Start

Meters Set Description

```

=====
  200 1 x 200 on 4:00 Freestyle
  200 1 x 200 on 5:00 Kick
  200 1 x 200 on 4:00 Pull
  200 1 x 200 on 5:00 Choice Stroke
  300 6 x 50 on 1:10 Drill-Swim
1,500 1 x 1500 on 20:00 Freestyle
  800 1 x 800 on 20:00 Kick
1,500 1 x 1500 on 20:00 Pull
4:47 PM 4,900 Meters
  
```

Workout #6 - Friday, 13 November 2009

Mark Johnston - DISTANCE

1 minute rest between sets

3:15 PM Start

Yards Set Description

```

=====
  300 1 x 300 on 5:00 Freestyle
  250 1 x 250 on 5:00 Choice Kick
  250 1 x 250 on 5:00 Choice Stroke
  600 8 x 75 on 1:30 Board Shuttle: Kick, Drill, Swin
  800 4 x 200 on 3:30 Freestyle
      #1 Fist, #2 Tennis Balls, #3 Time, #4 Recovery
  800 8 x 100 on 1:45 Freestyle
      #1 Fist, #2 Tennis Balls, #3 Time, #4 Recovery
  800 16 x 50 on 1:00 Freestyle
      #1 Fist, #2 Tennis Balls, #3 Time, #4 Recovery
  400 1 x 400 on 8:00 Choice Kick
  100 4 x 25 on :30 Choice Stroke
  200 1 x 200 on 4:00 Warm-Down
4:49 PM 4,500 Yards
  
```

Workout #7 - Tuesday, 20 October 2009

Mark Johnston - DISTANCE

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 300 1 x 300 on 5:00 Warm-Up
 200 1 x 200 on 4:00 Free 50 - Kick 50
 100 1 x 100 on 2:00 Kick
 300 6 x 50 on 2:00 Drill-Swim
 DISTANCE PER STROKE (DPS)
 3,000 10x{1 x 150 on 2:30 Freestyle
 { Distance Per Stroke
 {1 x 100 on 2:00 Odd Free / Even Choice
 { Pace
 {1 x 50 on 1:00 Odd Free / Even Choice
 {1 on 1:00 Rest
 FAST
 200 1 x 200 on 4:00 Warm-Down
 5:07 PM 4,100 Yards

Workout #8 - Monday, 19 October 2009

Mark Johnston - Individual Medley

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 200 1 x 200 on 3:30 Freestyle
 200 1 x 200 on 5:00 Kick
 200 1 x 200 on 5:00 Choice Stroke
 1,200 3x{1 x 100 on 2:00 Freestyle
 {1 x 50 on 1:00 Butterfly
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on 1:00 Breaststroke
 {1 x 50 on 1:00 Freestyle
 {1 x 100 on 2:00 Individual Medley
 300 3 x 100 on 1:45 Freestyle
 300 3 x 100 on 1:40 Freestyle
 300 3 x 100 on 1:35 Freestyle
 500 1 x 500 on 8:00 Freestyle
 Negative Split
 200 2 x 100 on 1:45 Freestyle
 200 2 x 100 on 1:40 Freestyle
 200 2 x 100 on 1:35 Freestyle
 100 1 x 100 on 3:00 Freestyle
 EZ/Recovery
 100 4 x 25 on 2:00 Freestyle
 Sprint From Blocks
 200 1 x 200 on 5:00 Warm-Down
 5:13 PM 4,200 Yards

Workout #9 - Thursday, 15 October 2009

Mark Johnston - Individual Medley

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 x 500 on 10:00 Free-medley
 Every 4th Length Choice Stroke
 200 1 x 200 on 4:00 Kick
 400 8 x 50 on 1:15 Drill-Swim
 400 1 x 400 on 7:00 Pull
 400 2 x 200 on 3:00 Free
 400 4 x 100 on 2:00 Choice Stroke
 400 8 x 50 on 1:00 Choice Stroke
 400 16 x 25 on :45 Choice Stroke
 400 1 x 400 on 10:00 Kick
 300 1 x 300 on 6:00 Warm-Down
 5:00 PM 3,800 Yards

Workout #10 - Wednesday, 14 October 2009

Mark Johnston - SPRINT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 300 1 x 300 on 5:00 Freestyle
 200 1 x 200 on 5:00 Choice Kick
 300 1 x 300 on 5:00 Freestyle
 500 10 x 50 on 1:15 Scull-Swim
 1,500 10 x 150 on 3:00 Choice Stroke
 50 Free - 50 Choice - 50 Free
 500 20 x 25 on :45 free
 Breakout Focus
 500 10 x 50 on 1:00 Drill-Swim
 4:59 PM 3,800 Yards

Workout #11 - Tuesday, 13 October 2009

Mark Johnston - DISTANCE

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 200 1 x 200 on 4:00 Warm-Up
 200 1 x 200 on 4:00 Kick
 200 1 x 200 on 4:00 Freestyle
 200 1 x 200 on 4:00 Individual Medley
 600 8 x 75 on 2:00 Kick-Drill-Swim
 1,800 9 x 200 on 3:30 Free Descend
 400 1 x 400 on 7:00 Free breathe 3-5-7-9
 300 1 x 300 on 6:00 Kick
 200 8 x 25 on :30 Freestyle
 200 1 x 200 on 4:00 Warm-Down
 5:34 PM 4,300 Yards

Workout #12 - Monday, 12 October 2009

Mark Johnston - DISTANCE

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 3,000 1 x 3000 on 59:59 free
 5:00 PM 3,000 Yards

Workout #13 - Friday, 09 October 2009

Mark Johnston - SPRINT

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1,500 1 x 1500 on 30:00 Warm-Up
 400 16 x 25 on :45 Sprint no breath
 1,800 6 x 300 on 6:00 Sprint no breath
 25 Underwater Dolphin
 3 x 25 Sprint with :05 Rest
 200 Recovery
 250 10 x 25 on :40 Kick
 200 1 x 200 on 4:00 Warm-Down
 5:33 PM 4,150 Yards

Workout #14 - Thursday, 08 October 2009

Mark Johnston - Individual Medley

1 minute rest between sets

4:00 PM Start

Yards Set Description

```
=====
600 1 x 600 on 12:00 Swim-kick-pull
300 6 x 50 on 1:30 Scull-Swim
450 6 x 75 on 1:45 Swim-Kick-Pull
1,200 12 x 100 on 1:30 Free-medley
500 5 x 100 on 3:00 Vertical Kicking w/ 100EZ
400 1 x 400 on 6:00 Free breathe 3-5-7-9
200 1 x 200 on 4:00 Warm-Down
5:21 PM 3,650 Yards
```

Workout #15 - Wednesday, 07 October 2009

Mark Johnston - Breaststroke

1 minute rest between sets

3:30 PM Start

Yards Set Description

```
=====
200 1 x 200 on 3:30 Freestyle
200 1 x 200 on 4:00 Kick side-bk-stomach
200 1 x 200 on 3:30 Freestyle
400 8 x 50 on 1:30 Breaststroke
100 4 x 25 on :40 Breaststroke
200 8 x 25 on :40 Breaststroke
750 10 x 75 on 1:30 Breaststroke
200 8 x 25 on 1:00 Breaststroke
400 1 x 400 on 7:00 Free breathe 3-5-7-9
400 1 x 400 on 10:00 Kick side-bk-stomach
200 1 x 200 on 4:00 free
4:57 PM 3,250 Yards
```

Workout #16 - Wednesday, 25 November 2009

Mark Johnston - SPRINT

1 minute rest between sets

10:00 AM Start

Yards Set Description

```
=====
300 4 x 75 on 1:30 Kick-Drill-Swim
200 4 x 50 on 1:15 Kick-Swim
100 4 x 25 on :35 Build
450 6 x 75 on 1:15 Pull
450 6 x 75 on 1:15 Drill 25 - Hard 50
450 6 x 75 on 1:15 Descend
450 6 x 75 on :55 "Make It"
300 6 x 50 on 1:00 Kick
300 6 x 50 on 1:00 Kick - Sprint Free
150 6 x 25 on :30 Descend
150 6 x 25 on :20 "Make It"
Starts & Turns -- Mid-pool 25s
200 1 x 200 on 5:00 Warm-Down
11:17 AM 3,500 Yards
```

Workout #17 - Friday, 27 November 2009

Mark Johnston - SPRINT

1 minute rest between sets

10:00 AM Start

Yards Set Description

```
=====
1,000 1 x 1000 on 15:00 Warm-Up
100 4 x 25 on :30 Build
800 16 x 50 on :50 Free
Every 4th Is Fast
600 12 x 50 on :55 Free
Every 3rd Is Fast
400 8 x 50 on 1:00 Free
```

Every 2nd Is Fast

200 4 x 50 on 1:05 Free

All Four Are Fast

400 1 x 400 on 8:00 Choice Kick

400 1 x 400 on 6:00 Pull 3-4-5-6 by 25

200 1 x 200 on 4:00 Warm-Down

11:21 AM 4,100 Yards

Workout #18 - Monday, 30 November 2009

Mark Johnston - DISTANCE

1 minute rest between sets

3:15 PM Start

Yards Set Description

```
=====
300 1 x 300 on 5:00 Free
200 1 x 200 on 4:00 Choice Kick
300 1 x 300 on 5:00 Pull
200 1 x 200 on 4:00 Choice Swim
400 8 x 50 on 1:10 Drill-Swim
200 8 x 25 on :35 Build
400 1 x 400 on 8:00 Free breathe 3-5-7-9
400 2 x 200 on 3:00 Best Pace Free
400 4 x 100 on 1:45 Descend Free
400 8 x 50 on 1:10 Free-Stroke
4:28 PM 3,200 Yards
```

Workout #19 - Wednesday, 02 December 2009

Mark Johnston - DISTANCE

1 minute rest between sets

3:30 PM Start

Yards Set Description

```
=====
800 1 x 800 on 15:00 Warm-Up
400 8 x 50 on 1:10 Drill-Swim
100 4 x 25 on :35 Build
1,200 6 x 200 on 3:30 Descend
400 8 x 50 on 1:10 Kick Choice
200 1 x 200 on 4:00 Free breathe 3-5-7-9
100 4 x 25 on 1:00 FAST
200 1 x 200 on 5:00 Warm-Down
4:49 PM 3,400 Yards
```

Workout #20 - Thursday, 03 December 2009

Mark Johnston - DISTANCE

1 minute rest between sets

2:15 PM Start

Yards Set Description

```
=====
750 10 x 75 on 2:00 Kick-Drill-Swim
500 1 x 500 on 10:00 Free
500 5 x 100 on 2:00 Free
500 10 x 50 on 1:15 Free
400 1 x 400 on 8:00 Dolphin Kick with Fins
400 1 x 400 on 7:00 Pull
250 10 x 25 on :35 FAST
200 1 x 200 on 4:00 Drill-Swim
3:40 PM 3,500 Yards
```

Workout #21 - Monday, 07 December 2009

Mark Johnston - Individual Medley

1 minute rest between sets

3:15 PM Start

| Yards | Set Description |
|---------------------|---|
| 800 | 4 x 200 on 4:00 Swim-Kick-Pull-Choice |
| 400 | 8 x 50 on 1:10 Drill-Swim Choice |
| 100 | 4 x 25 on :35 Descend |
| 400 | 4 x 100 on 2:00 Free Last One Fast From Blocks |
| 400 | 8 x 50 on 1:10 Choice #4 and #8 Fast From Blocks |
| 300 | 12 x 25 on :45 Choice #4, #8, and #12 Fast From Blocks |
| 500 | 20 x 25 on 1:00 Relay Starts |
| 300 | 1 x 300 on 7:00 Warm-Down |
| 4:45 PM 3,200 Yards | |

Workout #22 - Tuesday, 08 December 2009

Mark Johnston - Individual Medley

1 minute rest between sets

3:15 PM Start

| Yards | Set Description |
|---------------------|---|
| 1,000 | 1 x 1000 on 20:00 5 Swim - 5 Kick - 5 Pull - MOVE TO STROKE LANES |
| 1,500 | 15 x 100 on 1:30 Free 1-5 Free, 6-10 Kick with Fins, 11-15 Swim w |
| 1,000 | 4x{1 x 25 on :40 Breast or Back {1 x 50 on 1:10 Breast/Back- Free {1 x 75 on 1:45 Free-Breast/Back-Free {1 x 100 on 3:00 Breast/Back |
| 1,000 | 4x{1 x 25 on :40 Fly {1 x 50 on 1:00 Free {1 x 75 on 1:45 Free-Fly-Free {1 x 100 on 3:00 4-Stroke Fly |
| 1,000 | 4x{1 x 25 on :40 Fly {1 x 50 on 1:10 Back-Breast {1 x 75 on 1:30 Free {1 x 100 on 3:00 IM |
| 400 | 8 x 50 on 1:15 Kick Stroke |
| 400 | 8 x 50 on 1:00 Pull Stroke Three Strokes from Wall if Butterfly |
| 100 | 4 x 25 on 1:00 Fast Stroke |
| 200 | 1 x 200 on 5:00 Warm Down |
| 5:52 PM 6,600 Yards | |

Workout #23 - Monday, 14 December 2009

Mark Johnston - DISTANCE

1 minute rest between sets

3:15 PM Start

| Yards | Set Description |
|---------------------|--|
| 100 | 1 x 100 on 1:45 Scull |
| 200 | 1 x 200 on 4:00 Kick |
| 300 | 1 x 300 on :40 Free |
| 400 | 1 x 400 on 10:00 400 IM/STR Drill Swim |
| 500 | 1 x 500 on 10:00 Pull 3-4-5-6 |
| 500 | 5 x 100 on 1:45 Free |
| 400 | 4 x 100 on 2:00 Choice |
| 300 | 3 x 100 on 3:00 Fast Free |
| 200 | 1 x 200 on 4:00 Kick |
| 100 | 1 x 100 on 2:00 Catch-Up |
| 250 | 10 x 25 on :45 Mid Pool |
| 250 | 10 x 25 on 1:30 Starts with Breakout |
| 4:48 PM 3,500 Yards | |