

**Workout #34170 - Monday, 05 January 2026****FINS - Back****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland  
 300 1 x 300 on 5:00 Underwater trn drill  
 150 10 x 15 on :45 Racing Skills-Back Shooters  
 625 25 x 25 on :30 USRPT-100 Back Pace  
 500 1 x 500 on 10:00 Kick-random 5-10-15 sec spr  
 On the 3rd set each repeat is 5 seconds fas  
 2,700 3x{1 x 150 on 2:15 Backstroke  
 {2 x 125 on 1:50 Backstroke  
 {2 x 100 on 1:25 Backstroke  
 {2 x 75 on 1:05 Backstroke  
 {1 x 50 on :45 Backstroke  
 {1 x 100 on 2:20 EZ Free  
 1 on 8:00 Racing Skills-Relay Starts  
 7:30 PM 4,275 Yards - Stress Value = 126

**Workout #34171 - Monday, 05 January 2026****FINS - Gold****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland  
 300 1 x 300 on 5:00 Underwater trn drill  
 150 10 x 15 on :45 Racing Skills-Back Shooters  
 550 22 x 25 on :35 USRPT-100 Back Pace  
 500 1 x 500 on 10:00 Kick-random 5-10-15 sec spr  
 On the 3rd set each repeat is 5 seconds fas  
 2,400 3x{1 x 150 on 2:30 Backstroke  
 {2 x 125 on 2:05 Backstroke  
 {2 x 100 on 1:40 Backstroke  
 {2 x 75 on 1:15 Backstroke  
 {1 x 50 on 1:30 EZ Free  
 1 on 8:00 Racing Skills-Relay Starts  
 7:30 PM 3,900 Yards - Stress Value = 116

**Workout #34172 - Monday, 05 January 2026****FINS - Silver****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland  
 300 1 x 300 on 5:00 Underwater trn drill  
 150 10 x 15 on :45 Racing Skills-Back Shooters  
 550 22 x 25 on :35 USRPT-100 Back Pace  
 500 1 x 500 on 10:00 Kick-random 5-10-15 sec spr  
 On the 3rd set each repeat is 5 seconds fas  
 2,100 3x{1 x 150 on 3:05 Backstroke  
 {2 x 125 on 2:30 Backstroke  
 {2 x 100 on 1:55 Backstroke  
 {1 x 50 on :55 Backstroke  
 {1 x 50 on 1:10 EZ Free  
 1 on 8:00 Racing Skills-Relay Starts  
 7:30 PM 3,600 Yards - Stress Value = 110

**Workout #34173 - Monday, 05 January 2026****FINS - Silver/Bronze****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland

300 1 x 300 on 5:00 Underwater trn drill  
 150 10 x 15 on :45 Racing Skills-Back Shooters  
 475 19 x 25 on :40 USRPT-100 Back Pace  
 500 1 x 500 on 10:00 Kick-random 5-10-15 sec spr  
 On the 3rd set each repeat is 5 seconds fas  
 1,800 3x{1 x 150 on 3:30 Backstroke  
 {1 x 125 on 2:50 Backstroke  
 {2 x 100 on 2:15 Backstroke  
 {1 x 75 on 1:40 Backstroke  
 {1 x 50 on 1:30 EZ Free  
 1 on 8:00 Racing Skills-Relay Starts  
 7:30 PM 3,225 Yards - Stress Value = 97

**Workout #34174 - Monday, 05 January 2026****FINS - Bronze****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland  
 300 1 x 300 on 5:00 Underwater trn drill  
 150 10 x 15 on :45 Racing Skills-Back Shooters  
 475 19 x 25 on :40 USRPT-100 Back Pace  
 500 1 x 500 on 10:00 Kick-random 5-10-15 sec spr  
 On the 3rd set each repeat is 5 seconds fas  
 1,500 3x{1 x 150 on 4:10 Backstroke  
 {2 x 100 on 2:45 Backstroke  
 {2 x 50 on 1:20 Backstroke  
 {1 x 50 on 1:40 EZ Free  
 1 on 8:00 Racing Skills-Relay Starts  
 7:30 PM 2,925 Yards - Stress Value = 91

**Workout #34175 - Monday, 05 January 2026****FINS - Copper****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland  
 300 1 x 300 on 5:00 Underwater trn drill  
 150 10 x 15 on :45 Racing Skills-Back Shooters  
 425 17 x 25 on :45 USRPT-100 Back Pace  
 500 1 x 500 on 10:00 Kick-random 5-10-15 sec spr  
 On the 3rd set each repeat is 5 seconds fas  
 1,350 3x{1 x 150 on 4:30 Backstroke  
 {2 x 100 on 2:55 Backstroke  
 {1 x 50 on 1:25 Backstroke  
 {1 x 50 on 2:15 EZ Free  
 1 on 8:00 Racing Skills-Relay Starts  
 7:30 PM 2,725 Yards - Stress Value = 82