

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