

Workout #34182 - Wednesday, 07 January 2026**FINS - Breast****1 minute rest between sets**

Yards	Set	Description
1	on 30:00	DS/Dryland
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
625	25 x 25	on :30 USRPT 100 Breast Pace
950	1x{1	x 50 on :55 Breast Kick w/board
	{4 x 50	on 1:00 Breast Pull
	{2 x 75	on 1:25 Breast Kick w/board
	{3 x 50	on 1:00 Breast Pull
	{3 x 100	on 1:50 Breast Kick w/board
	{2 x 50	on 1:00 Breast Pull
1,250	1x{1	x 100 on 1:45 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/10 pushups
	{2 x 100	on 1:40 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/10 pushups
	{3 x 100	on 1:35 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/10 pushups
	{2 x 100	on 1:30 Breaststroke
	1	on 10:00 Racing Skills-Starts
7:30 PM	3,175	Yards - Stress Value = 111

Workout #34183 - Wednesday, 07 January 2026**FINS - Gold****1 minute rest between sets**

Yards	Set	Description
1	on 30:00	DS/Dryland
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
550	22 x 25	on :35 USRPT 100 Breast Pace
850	1x{1	x 50 on 1:05 Breast Kick w/board
	{4 x 50	on 1:05 Breast Pull
	{2 x 75	on 1:35 Breast Kick w/board
	{3 x 50	on 1:05 Breast Pull
	{3 x 100	on 2:10 Breast Kick w/board
1,150	1x{1	x 100 on 1:50 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/9 pushups
	{2 x 100	on 1:45 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/9 pushups
	{3 x 100	on 1:40 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/9 pushups
	{1 x 100	on 1:35 Breaststroke
	1	on 10:00 Racing Skills-Starts
7:29 PM	2,900	Yards - Stress Value = 100

Workout #34184 - Wednesday, 07 January 2026**FINS - Silver****1 minute rest between sets**

Yards	Set	Description
1	on 30:00	DS/Dryland
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
550	22 x 25	on :35 USRPT 100 Breast Pace
800	1x{1	x 50 on 1:10 Breast Kick w/board
	{3 x 50	on 1:10 Breast Pull
	{2 x 75	on 1:45 Breast Kick w/board
	{3 x 50	on 1:10 Breast Pull
	{3 x 100	on 2:20 Breast Kick w/board
1,150	1x{1	x 100 on 2:00 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/8 pushups
	{2 x 100	on 1:55 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/8 pushups

{3 x 100 on 1:50 Breaststroke

{6 x 25 on 1:00 Breast from a dive/8 pushups

{1 x 100 on 1:45 Breaststroke

1 on 10:00 Racing Skills-Starts

7:31 PM 2,850 Yards - Stress Value = 99

Workout #34185 - Wednesday, 07 January 2026**FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set	Description
1	on 30:00	DS/Dryland
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
475	19 x 25	on :40 USRPT 100 Breast Pace
750	1x{1	x 50 on 1:15 Breast Kick w/board
	{4 x 50	on 1:15 Breast Pull
	{2 x 75	on 1:55 Breast Kick w/board
	{3 x 50	on 1:15 Breast Pull
	{1 x 100	on 2:30 Breast Kick w/board
	{2 x 50	on 1:15 Breast Pull
1,100	1x{1	x 100 on 2:10 Breaststroke
	{4 x 25	on 1:15 Breast from a dive/7 pushups
	{2 x 100	on 2:05 Freestyle
	{6 x 25	on 1:00 Breast from a dive/7 pushups
	{3 x 100	on 1:55 Breaststroke
	{6 x 25	on 1:00 Breast from a dive/7 pushups
	{1 x 100	on 1:50 Breaststroke
	1	on 10:00 Racing Skills-Starts
7:30 PM	2,675	Yards - Stress Value = 90

Workout #34186 - Wednesday, 07 January 2026**FINS - Bronze****1 minute rest between sets**

Yards	Set	Description
1	on 30:00	DS/Dryland
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Back Shooters
425	17 x 25	on :45 USRPT 100 Breast Pace
650	1x{1	x 50 on 1:25 Breast Kick w/board
	{3 x 50	on 1:25 Breast Pull
	{2 x 75	on 2:05 Breast Kick w/board
	{2 x 50	on 1:25 Breast Pull
	{2 x 100	on 2:50 Breast Kick w/board
900	1x{1	x 100 on 2:30 Breaststroke
	{4 x 25	on 1:20 Breast from a dive/6 pushups
	{2 x 100	on 2:25 Freestyle
	{6 x 25	on 1:20 Breast from a dive/6 pushups
	{3 x 100	on 2:20 Breaststroke
	{2 x 25	on 1:20 Breast from a dive/6 pushups
	1	on 10:00 Racing Skills-Starts
7:30 PM	2,325	Yards - Stress Value = 78

Workout #34187 - Wednesday, 14 January 2026**FINS - Copper****1 minute rest between sets**

5:30 PM Start

Yards	Set	Description
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1	on 30:00	DS/Dryland
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
375	15 x 25	on :50 USRPT 100 Breast Pace
450	1x{1 x 50	on 2:00 Breast Kick w/board
	{2 x 50	on 2:00 Breast Pull
	{2 x 75	on 3:00 Breast Kick w/board
	{1 x 50	on 2:00 Breast Pull
	{1 x 100	on 4:00 Breast Kick w/board
850	1x{1 x 100	on 2:45 Breaststroke
	{4 x 25	on 1:30 Breast from a dive/5 pushups
	{2 x 100	on 2:40 Freestyle
	{4 x 25	on 1:30 Breast from a dive/5 pushups
	{3 x 100	on 2:35 Breaststroke
	{2 x 25	on 1:30 Breast from a dive/5 pushups
	1	on 10:00 Racing Skills-Starts
7:29 PM	2,025 Yards	- Stress Value = 69