

Workout #34188 - Thursday, 08 January 2026**FINS - Fly****1 minute rest between sets**

5:30 PM	Start	
Yards	Set Description	EC
=====	=====	=====
1	on 15:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 23:00 TEACH DAY-Fly	RE
625	25 x 25 on :30 USRPT-100 Fly Pace	SI
1,200	1x{4 x 25 on :30 Kick no board BSLR	EN
	{4 x 50 on :55 Butterfly	EN
	{4 x 25 on :30 Kick no board BSLR	EN
	{4 x 75 on 1:25 Butterfly	EN
	{4 x 25 on :30 Kick no board BSLR	EN
	{4 x 100 on 1:55 Butterfly	EN
	1 on 15:00 Start/Shooter/Finish Relah	RE
7:15 PM	2,275 Yards - Stress Value = 92	

Workout #34189 - Thursday, 08 January 2026**FINS - Gold****1 minute rest between sets**

5:30 PM	Start	
Yards	Set Description	EC
=====	=====	=====
1	on 15:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 23:00 TEACH DAY-Fly	RE
550	22 x 25 on :35 USRPT-100 Fly Pace	SI
1,050	1x{6 x 25 on :35 Kick no board BSLRBS	EN
	{4 x 50 on 1:05 Butterfly	EN
	{4 x 25 on :35 Kick no board BSLR	EN
	{4 x 75 on 1:35 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board BSLR	EN
	{2 x 100 on 2:10 Fly Kick w/board	EN
	1 on 15:00 Start/Shooter/Finish Relay	RE
7:15 PM	2,050 Yards - Stress Value = 82	

Workout #34190 - Thursday, 08 January 2026**FINS - Silver****1 minute rest between sets**

5:30 PM	Start	
Yards	Set Description	
=====	=====	=====
1	on 15:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Racing Skills-Crossover Turns	
	1 on 23:00 TEACH DAY-Fly	
550	22 x 25 on :35 USRPT-100 Fly Pace	
950	1x{4 x 25 on :40 Kick no board BSLR	
	{3 x 50 on 1:10 Butterfly	
	{4 x 25 on :40 Kick no board BSLR	
	{4 x 75 on 1:45 Butterfly	
	{4 x 25 on :40 Kick no board BSLR	
	{2 x 100 on 2:20 Butterfly	
	1 on 15:00 Start/Shooter/Finish Relay	
7:15 PM	1,950 Yards - Stress Value = 80	

Workout #34191 - Thursday, 08 January 2026**FINS - Silver/Bronze****1 minute rest between sets**

5:30 PM	Start	
Yards	Set Description	
=====	=====	=====
1	on 15:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	

150	10 x 15 on :45 Racing Skills-Crossover Turns	
	1 on 23:00 TEACH DAY-Fly	
475	19 x 25 on :40 USRPT-100 Fly Pace	
900	1x{4 x 25 on :40 Kick no board BSLR	
	{4 x 50 on 1:20 Butterfly	
	{4 x 25 on :40 Kick no board BSLR	
	{4 x 75 on 2:00 Butterfly	
	{4 x 25 on :40 Kick no board BSLR	
	{1 x 100 on 2:40 Butterfly	
	1 on 15:00 Start/Shooter/Finish Relay	
7:16 PM	1,825 Yards - Stress Value = 72	

Workout #34192 - Thursday, 08 January 2026**FINS - Bronze****1 minute rest between sets**

5:30 PM	Start	
Yards	Set Description	
=====	=====	=====
1	on 15:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Racing Skills-Crossover Turns	
	1 on 23:00 TEACH DAY-Fly	
425	17 x 25 on :45 USRPT-100 Fly Pace	
800	1x{4 x 25 on :45 Kick no board BSLR	
	{4 x 50 on 1:30 Butterfly	
	{4 x 25 on :45 Kick no board BSLR	
	{4 x 75 on 2:15 Butterfly	
	{4 x 25 on :45 Kick no board BSLR	
	1 on 15:00 Start/Shooter/Finish Relay	
7:16 PM	1,675 Yards - Stress Value = 64	

Workout #34193 - Thursday, 08 January 2026**FINS - Copper****1 minute rest between sets**

5:30 PM	Start	
Yards	Set Description	
=====	=====	=====
1	on 15:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Racing Skills-Crossover Turns	
	1 on 23:00 TEACH DAY-Fly	
225	15 x 15 on :50 USRPT-100 Fly Pace	
550	1x{4 x 25 on 1:00 Kick no board BSLR	
	{4 x 50 on 2:00 Butterfly	
	{4 x 25 on 1:00 Kick no board BSLR	
	{2 x 75 on 3:00 Butterfly	
	1 on 15:00 Start/Shooter/Finish Relay	
7:14 PM	1,225 Yards - Stress Value = 39	