

Workout #34194 - Friday, 09 January 2026**FINS - Frestylers****1 minute rest between sets**

Yards	Set Description
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :30 USRPT 100 Free Pace
2,450	1x{4 x 125 on 1:50 Freestyle {3 x 50 on :45 Free-descend to 5s obt {4 x 125 on 1:45 Freestyle {3 x 50 on :45 Free-descend to 5s obt {4 x 125 on 1:40 Freestyle {3 x 50 on :45 Free-descend to 5s obt {4 x 125 on 1:35 Freestyle
120	6x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:00 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
6:29 PM	3,645 Yards - Stress Value = 119

Workout #34195 - Friday, 09 January 2026**FINS - Gold****1 minute rest between sets**

Yards	Set Description
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :30 USRPT 100 Free Pace
2,250	1x{4 x 125 on 2:00 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 125 on 1:55 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 125 on 1:50 Freestyle {4 x 50 on :50 Free-descend to 5s obt {2 x 125 on 1:45 Freestyle
120	6x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:00 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
6:29 PM	3,445 Yards - Stress Value = 115

Workout #34196 - Friday, 09 January 2026**FINS - Silver****1 minute rest between sets**

Yards	Set Description
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :35 USRPT 100 Free Pace
2,000	1x{4 x 125 on 2:10 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 125 on 2:05 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 125 on 2:00 Freestyle {4 x 50 on :55 Free-descend to 5s obt
120	6x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:00 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
6:29 PM	3,120 Yards - Stress Value = 103

Workout #34197 - Friday, 09 January 2026**FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set Description
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Top Hat Drill
550	10 x 15 on :45 Racing Skills-Free Shooters
1,800	22 x 25 on :35 USRPT 100 Free Pace 1x{4 x 100 on 1:55 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {4 x 100 on 1:55 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {4 x 100 on 1:50 Freestyle {2 x 50 on 1:00 Free-descend to 5s obt {2 x 100 on 1:45 Freestyle
20	20 1x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:00 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
6:22 PM	2,820 Yards - Stress Value = 97

Workout #34198 - Friday, 09 January 2026**FINS - Bronze****1 minute rest between sets**

Yards	Set Description
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Top Hat Drill
425	10 x 15 on :45 Racing Skills-Free Shooters
1,550	425 17 x 25 on :45 USRPT 100 Free Pace 1x{4 x 100 on 2:15 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {4 x 100 on 2:10 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {4 x 100 on 2:05 Freestyle {1 x 50 on 1:10 Free-descend to 5s obt
120	120 6x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:00 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
6:29 PM	2,545 Yards - Stress Value = 81

Workout #34199 - Friday, 09 January 2026**FINS - Copper****1 minute rest between sets**

Yards	Set Description
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Top Hat Drill
425	10 x 15 on :45 Racing Skills-Free Shooters
1,300	425 17 x 25 on :45 USRPT 100 Free Pace 1x{4 x 100 on 2:45 Freestyle {3 x 50 on 1:30 Free-descend to 5s obt {4 x 100 on 2:40 Freestyle {3 x 50 on 1:30 Free-descend to 5s obt {2 x 100 on 2:35 Freestyle
120	120 6x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:00 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
6:30 PM	2,295 Yards - Stress Value = 76