

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

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	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

FINS - Silver/Bronze**1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	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
1,800	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	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 #34195 - Friday, 09 January 2026**FINS - Gold****1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	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 #34198 - Friday, 09 January 2026**FINS - Bronze****1 minute rest between sets**

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Free Shooters
425	17 x 25 on :45 USRPT 100 Free Pace
1,550	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	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
5:00 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	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

Yards	Set Description
5:00 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Free Shooters
425	17 x 25 on :45 USRPT 100 Free Pace
1,300	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	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

Workout #34197 - Friday, 09 January 2026