

**Workout #34250 - Tuesday, 20 January 2026****FINS - Breast****1 minute rest between sets**

5:30 PM Start	
Yards	Set Description
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	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
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 :55 Breast Pull
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,300	1x{1 x 200 on 3:50 Breast 2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast-3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:50 Breast-2k1p
	{4 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast 3-4-5-6 glide
	1 on 10:00 Racing Skills- Relay Starts
7:30 PM	3,475 Yards - Stress Value = 105

**Workout #34251 - Tuesday, 20 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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :35 USRPT 100 Breast Pace
900	1x{1 x 50 on 1:00 Breast Kick w/board
	{4 x 50 on 1:05 Breast Pull
	{2 x 75 on 1:30 Breast Kick w/board
	{4 x 50 on 1:05 Breast Pull
	{3 x 100 on 2:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,200	1x{1 x 200 on 4:00 Breast 2K1P
	{3 x 50 on 1:00 Breast descend
	{1 x 200 on 4:10 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:00 Breast-2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 150 on 3:10 Breast-3-4-5-6 sec glide
	1 on 10:00 Racing Skills- Relay Starts
7:30 PM	3,250 Yards - Stress Value = 96

**Workout #34252 - Tuesday, 20 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 SunYangFree-Count strokes
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

150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,100	1x{1 x 200 on 4:30 Breast 2K1P
	{3 x 50 on 1:10 Breast descend
	{1 x 200 on 4:30 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 200 on 4:30 Breast-2k1p
	{4 x 50 on 1:00 Breast-descend
	1 on 10:00 Racing Skills- Relay Starts
7:30 PM	3,050 Yards - Stress Value = 93

**Workout #34253 - Tuesday, 20 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 SunYangFree-Count strokes
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
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
950	1x{1 x 150 on 4:00 Breast 2K1P
	{3 x 50 on 1:20 Breast descend
	{1 x 150 on 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:15 Breast-descend
	{1 x 150 on 4:00 Breast-2K1P
	{4 x 50 on 1:10 Breast-descend
	1 on 10:00 Racing Skills- Relay Starts
7:30 PM	2,775 Yards - Stress Value = 85

**Workout #34254 - Tuesday, 20 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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast 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
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
850	1x{1 x 150 on 4:15 Breast 2K1P
	{3 x 50 on 1:30 Breast descend
	{1 x 150 on 4:15 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:25 Breast-descend
	{1 x 150 on 4:15 Breast-2K1P
	{2 x 50 on 1:20 Breast-descend
	1 on 10:00 Racing Skills- Relay Starts
7:30 PM	2,525 Yards - Stress Value = 75

**Workout #34255 - Tuesday, 20 January 2026****FINS - Copper****1 minute rest between sets**

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5:30 PM Start
Yards Set Description E
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1 on 30:00 DS/Dryland F
300 1 x 300 on 5:00 SunYangFree-Count strokes F
150 10 x 15 on :45 Racing Skills-Back Shooters S
375 15 x 25 on :50 USRPT 100 Back Pace S
450 1x{1 x 50 on 2:00 Breast Kick w/board E
      {2 x 50 on 2:00 Breast Pull E
      {2 x 75 on 3:00 Breast Kick w/board E
      {1 x 50 on 2:00 Breast Pull E
      {1 x 100 on 4:00 Breast Kick w/board E
150 1x{6 x 25 on 1:00 1-3 sculling drills F
      { 4-6 underwaters, count kicks
700 1x{1 x 100 on 4:00 Breast 2K1P E
      {3 x 50 on 2:00 Breast descend E
      {1 x 100 on 4:00 Breast 3-4-5-6 sec glide E
      {1 x 50 on 1:55 Breast-descend E
      {1 x 150 on 4:00 Breast-Kick on back E
      {3 x 50 on 1:50 Breast-descend E
      1 on 10:00 Racing Skills- Relay Starts F
7:30 PM 2,125 Yards - Stress Value = 64

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