

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

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|---------|---|
| 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 |
| 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 |

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|-------|---|
| 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**

| Yards | Set | Description | Time |
|-------|------|---|------|
| | | 5:30 PM Start | |
| 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 | F |
| | {2 | x 50 on 2:00 Breast Pull | F |
| | {2 | x 75 on 3:00 Breast Kick w/board | F |
| | {1 | x 50 on 2:00 Breast Pull | F |
| | {1 | x 100 on 4:00 Breast Kick w/board | F |
| 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 | F |
| | {3 | x 50 on 2:00 Breast descend | F |
| | {1 | x 100 on 4:00 Breast 3-4-5-6 sec glide | F |
| | {1 | x 50 on 1:55 Breast-descend | F |
| | {1 | x 150 on 4:00 Breast-Kick on back | F |
| | {3 | x 50 on 1:50 Breast-descend | F |
| | 1 | on 10:00 Racing Skills- Relay Starts | F |
| | | 7:30 PM 2,125 Yards - Stress Value = 64 | |