

Workout #34345 - Saturday, 31 January 2026**FINS - Back****1 minute rest between sets**

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
300	1 x 300 on 5:00 HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :30 USRPT-100 Back Pace
1,300	1x{4 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmlne/hands by sic
	{8 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :50 Kick-alt strmlne/hands by sic
	{10 x 25 on :30 Kick no board B-10KOW+1
2,000	2x{1 x 150 on 2:15 Backstroke
	{2 x 125 on 1:50 Backstroke
	{2 x 100 on 1:25 Backstroke
	{2 x 75 on 1:05 Backstroke
	{1 x 50 on :45 Backstroke
	{1 x 100 on 2:20 100 EZ
	{1 x 100 on 3:30 100 Back For Time
	11:00 AM 4,375 Yards - Stress Value = 146

Workout #34346 - Saturday, 31 January 2026**FINS - Gold****1 minute rest between sets**

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
300	1 x 300 on 5:00 HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :30 USRPT-100 Back Pace
1,250	1x{4 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on 1:05 Kick-alt strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on 1:00 Kick-alt strmlne/hands by si
	{8 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmlne/hands by sic
	{8 x 25 on :30 Kick no board B-10KOW+1
1,800	2x{1 x 150 on 2:30 Backstroke
	{2 x 125 on 2:05 Backstroke
	{2 x 100 on 1:40 Backstroke
	{2 x 75 on 1:15 Backstroke
	{1 x 50 on 1:30 EZ Free
	{1 x 100 on 3:30 100 Back for Time
	11:00 AM 4,125 Yards - Stress Value = 143

Workout #34347 - Saturday, 31 January 2026**FINS - Silver****1 minute rest between sets**

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
300	1 x 300 on 5:00 HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :35 USRPT-100 Back Pace
1,050	1x{4 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:15 Kick-alt strmlne/hands by si
	{6 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si
	{8 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:05 Kick-alt strmlne/hands by si
1,800	2x{1 x 150 on 2:30 Backstroke
	{2 x 125 on 2:05 Backstroke
	{2 x 100 on 1:40 Backstroke

{2 x 75 on 1:15 Backstroke
 {1 x 50 on 1:30 EZ Free
 {1 x 100 on 3:30 100 Back for Time
 11:00 AM 3,850 Yards - Stress Value = 132

Workout #34348 - Saturday, 31 January 2026**FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
300	1 x 300 on 5:00 HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Back Shooters
475	19 x 25 on :40 USRPT-100 Back Pace
950	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:20 Kick-alt strmlne/hands by si
	{6 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:15 Kick-alt strmlne/hands by si
	{8 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:10 Kick-alt strmlne/hands by si
1,600	2x{1 x 150 on 3:05 Backstroke
	{2 x 125 on 2:30 Backstroke
	{2 x 100 on 1:55 Backstroke
	{1 x 50 on :55 Backstroke
	{1 x 50 on 1:10 EZ Free
	{1 x 100 on 3:30 100 Back for Time
	11:00 AM 3,475 Yards - Stress Value = 119

Workout #34349 - Saturday, 31 January 2026**FINS - Bronze****1 minute rest between sets**

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
300	1 x 300 on 5:00 HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Back Shooters
425	17 x 25 on :45 USRPT-100 Back Pace
800	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{4 x 50 on 1:35 Kick-alt strmlne/hands by si
	{6 x 25 on :45 Kick no board B-10KOW+1
	{4 x 50 on 1:30 Kick-alt strmlne/hands by si
	{6 x 25 on :45 Kick no board B-10KOW+1
1,200	2x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 50 on 1:20 Backstroke
	{1 x 50 on 1:40 EZ Free
	{1 x 100 on 3:30 100 Back for Time
	11:00 AM 2,875 Yards - Stress Value = 102

Workout #34350 - Saturday, 31 January 2026**FINS - Copper****1 minute rest between sets**

9:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland>Showers
300	1 x 300 on 5:00 HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Back Shooters
425	17 x 25 on :45 USRPT-100 Back Pace
625	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{4 x 50 on 2:00 Kick-alt strmlne/hands by si
	{6 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmlne/hands by si
	{3 x 25 on 1:00 Kick no board B-10KOW+1
1,100	2x{1 x 150 on 4:30 Backstroke
	{2 x 100 on 2:55 Backstroke
	{1 x 50 on 1:25 Backstroke
	{1 x 50 on 2:15 EZ Free
	{1 x 100 on 3:30 100 Back for Time
	11:00 AM 2,600 Yards - Stress Value = 97