

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

Yards	9:00 AM Start	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 strmline/hands by si {6 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on :55 Kick-alt strmline/hands by sic {8 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on :50 Kick-alt strmline/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	9:00 AM Start	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 strmline/hands by si {6 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmline/hands by si {8 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on :55 Kick-alt strmline/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	9:00 AM Start	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 strmline/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmline/hands by si {8 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:05 Kick-alt strmline/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	9:00 AM Start	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 strmline/hands by si {6 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmline/hands by si {8 x 25 on :40 Kick no board B-10KOW+1 {2 x 50 on 1:10 Kick-alt strmline/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	9:00 AM Start	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 strmline/hands by si {6 x 25 on :45 Kick no board B-10KOW+1 {4 x 50 on 1:30 Kick-alt strmline/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**

Yards	9:00 AM Start	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 strmline/hands by si {6 x 25 on 1:00 Kick no board B-10KOW+1 {2 x 50 on 1:55 Kick-alt strmline/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	