

**Workout #34351 - Sunday, 01 February 2026****FINS - Freestylers****1 minute rest between sets**

12:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland>Showers  
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim  
 1 on 15:00 TN Turn Drills  
 150 10 x 15 on :45 Racing Skills-Free Shooters  
 625 25 x 25 on :30 USRPT-100 Free Pace  
 1,950 1x{1 x 225 on 3:10 Free 12.5yds under off last  
 {3 x 50 on :45 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:05 Free 12.5yds under off last  
 {3 x 50 on :45 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:00 Free 12.5yds under off last  
 {3 x 50 on :45 Free 1st12u/12uoffTurn/HBL.12}  
 {1 x 225 on 2:55 Free 12.5yds under off last  
 {3 x 50 on :45 Free 1st12u/12uoffTurn/HBL.12}  
 160 8x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side  
 { every line you don't make = 5 pu  
 1:59 PM 3,185 Yards - Stress Value = 109

**Workout #34352 - Sunday, 01 February 2026****FINS - Gold****1 minute rest between sets**

12:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland>Showers  
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim  
 1 on 15:00 TN Turn Drills  
 150 10 x 15 on :45 Racing Skills-Free Shooters  
 625 25 x 25 on :30 USRPT-100 Free Pace  
 1,800 1x{1 x 225 on 3:20 Free 12.5yds under off last  
 {3 x 50 on :50 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:15 Free 12.5yds under off last  
 {3 x 50 on :50 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:10 Free 12.5yds under off last  
 {3 x 50 on :50 Free 1st12u/12uoffTurn/HBL.12}  
 {1 x 225 on 3:05 Free 12.5yds under off last  
 160 8x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side  
 { every line you don't make = 5 pu  
 1:58 PM 3,035 Yards - Stress Value = 106

**Workout #34353 - Sunday, 01 February 2026****FINS - Silver****1 minute rest between sets**

12:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland>Showers  
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim  
 1 on 15:00 TN Turn Drills  
 150 10 x 15 on :45 Racing Skills-Free Shooters  
 625 25 x 25 on :30 USRPT-100 Free Pace  
 1,650 1x{1 x 225 on 3:35 Free 12.5yds under off last  
 {3 x 50 on :55 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:30 Free 12.5yds under off last  
 {3 x 50 on :55 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:25 Free 12.5yds under off last  
 {3 x 50 on :55 Free 1st12u/12uoffTurn/HBL.12}  
 {1 x 75 on 1:10 Free 12.5yds under off last v  
 160 8x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side

{ every line you don't make = 5 pu  
 1:58 PM 2,885 Yards - Stress Value = 104

**Workout #34354 - Sunday, 01 February 2026****FINS - Silver/Bronze****1 minute rest between sets**

12:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland>Showers  
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim  
 1 on 15:00 TN Turn Drills  
 150 10 x 15 on :45 Racing Skills-Free Shooters  
 550 22 x 25 on :35 USRPT-100 Free Pace  
 1,525 1x{1 x 225 on 3:55 Free 12.5yds under off last  
 {3 x 50 on 1:00 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:50 Free 12.5yds under off last  
 {3 x 50 on 1:00 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 225 on 3:45 Free 12.5yds under off last  
 {2 x 50 on 1:00 Free 1st12u/HBL.12y  
 160 8x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side  
 { every line you don't make = 5 pu  
 1:59 PM 2,685 Yards - Stress Value = 94

**Workout #34355 - Sunday, 01 February 2026****FINS - Bronze****1 minute rest between sets**

12:00 PM Start  
 Yards Set Description  
 =====  
 1 on 30:00 DS/Dryland>Showers  
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim  
 150 10 x 15 on :45 Racing Skills-Free Shooters  
 550 22 x 25 on :35 USRPT-100 Free Pace  
 1,350 1x{1 x 200 on 3:55 Free 12.5yds under off last  
 {3 x 50 on 1:10 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 200 on 3:50 Free 12.5yds under off last  
 {3 x 50 on 1:10 Free 1st12u/12uoffTurn/HBL.12}  
 {2 x 200 on 3:45 Free 12.5yds under off last  
 {1 x 50 on 1:10 HBL.12y  
 160 8x{1 on :30 Flutter Kick on Wall  
 {1 x 20 on 1:30 Flip on whistle underwater fl  
 { kick to other side  
 { every line you don't make = 5 pu  
 1 on 15:00 TN Turn Drills  
 1:59 PM 2,510 Yards - Stress Value = 91

**Workout #34356 - Sunday, 01 February 2026****FINS - Copper****1 minute rest between sets**

```
12:00 PM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland>Showers
300 1 x 300 on 5:00 Swim-Kick-Drill-Swim
1 on 15:00 TN Turn Drills
150 10 x 15 on :45 Racing Skills-Free Shooters
475 19 x 25 on :40 USRPT-100 Free Pace
1,150 1x{1 x 200 on 4:30 Free 12.5yds under off last
      {3 x 50 on 1:20 Free 1st12u/HBL.12y/12uoffTur
      {2 x 200 on 4:25 Free 12.5yds under off last
      {3 x 50 on 1:20 Free 1st12u/HBL.12y/12uoffTur
      {1 x 200 on 4:20 Free 12.5yds under off last
      {1 x 50 on 1:20 HBL.12y
160 8x{1 on :30 Flutter Kick on Wall
      {1 x 20 on 1:30 Flip on whistle underwater fl
      { kick to other side
      { every line you don't make = 5 pu
1:58 PM 2,235 Yards - Stress Value = 80
```