

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

Yards	12:00 PM Start	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.12y {2 x 225 on 3:05 Free 12.5yds under off last {3 x 50 on :45 Free 1st12u/12uoffTurn/HBL.12y {2 x 225 on 3:00 Free 12.5yds under off last {3 x 50 on :45 Free 1st12u/12uoffTurn/HBL.12y {1 x 225 on 2:55 Free 12.5yds under off last {3 x 50 on :45 Free 1st12u/12uoffTurn/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 3,185 Yards - Stress Value = 109	

{ 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**

Yards	12:00 PM Start	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.12y {2 x 225 on 3:50 Free 12.5yds under off last {3 x 50 on 1:00 Free 1st12u/12uoffTurn/HBL.12y {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 #34352 - Sunday, 01 February 2026****FINS - Gold****1 minute rest between sets**

Yards	12:00 PM Start	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.12y {2 x 225 on 3:15 Free 12.5yds under off last {3 x 50 on :50 Free 1st12u/12uoffTurn/HBL.12y {2 x 225 on 3:10 Free 12.5yds under off last {3 x 50 on :50 Free 1st12u/12uoffTurn/HBL.12y {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 #34355 - Sunday, 01 February 2026****FINS - Bronze****1 minute rest between sets**

Yards	12:00 PM Start	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.12y {2 x 200 on 3:50 Free 12.5yds under off last {3 x 50 on 1:10 Free 1st12u/12uoffTurn/HBL.12y {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	
	1:59 PM 2,510 Yards - Stress Value = 91	

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

Yards	12:00 PM Start	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.12y {2 x 225 on 3:30 Free 12.5yds under off last {3 x 50 on :55 Free 1st12u/12uoffTurn/HBL.12y {2 x 225 on 3:25 Free 12.5yds under off last {3 x 50 on :55 Free 1st12u/12uoffTurn/HBL.12y {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	

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

Yards	12:00 PM Start	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 f]
	{ kick to other side	
	{ every line you don't make = 5 pu	
	1:58 PM	2,235 Yards - Stress Value = 80