

**Workout #34313 - Monday, 02 February 2026****FINS - IM'ers****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 Underwater trn drill         |
| 150   | 10 x 15 on :45 Racing Skills-Crossover Turns |
| 625   | 25 x 25 on :30 USRPT-100 Free Pace           |
| 2,800 | 1x{1 x 200 on 2:55 Individual Medley         |
|       | {6 x 25 on :30 Fly lup+ldown                 |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 100 on 1:35 Individual Medley           |
|       | {1 x 100 on 1:30 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
|       | {1 x 200 on 2:50 Individual Medley           |
|       | {6 x 25 on :30 Back 5KOW+2                   |
|       | {1 x 100 on 1:35 Individual Medley           |
|       | {1 x 100 on 1:30 Individual Medley           |
|       | {1 x 100 on 1:25 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
|       | {1 x 200 on 2:45 Individual Medley           |
|       | {6 x 25 on :30 Breast 2X Pullouts            |
|       | {1 x 100 on 1:30 Individual Medley           |
|       | {1 x 100 on 1:25 Individual Medley           |
|       | {1 x 100 on 1:20 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
|       | {1 x 200 on 2:40 Individual Medley           |
|       | {6 x 25 on :30 Free HB-4SOW/InsdFlgs         |
|       | {1 x 100 on 1:25 Individual Medley           |
|       | {1 x 100 on 1:20 Individual Medley           |
|       | {1 x 100 on 1:15 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
| 400   | 1x{4 x 25 on :45 Kick no board BSLR KYA+1    |
|       | {4 x 25 on :40 Kick no board BSLR KYA+2      |
|       | {4 x 25 on :35 Kick no board BSLR KYA+3      |
|       | {4 x 25 on :30 Kick no board BSLR KYA+4      |
| 200   | 1 x 200 on 4:00 Stroke Drills                |
|       | 7:30 PM 4,475 Yards - Stress Value = 126     |

**Workout #34314 - Monday, 02 February 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 Underwater trn drill         |
| 150   | 10 x 15 on :45 Racing Skills-Crossover Turns |
| 625   | 25 x 25 on :30 USRPT-100 Free Pace           |
| 2,600 | 1x{1 x 200 on 3:10 Individual Medley         |
|       | {6 x 25 on :30 Fly lup+ldown                 |
|       | {1 x 100 on 1:50 Individual Medley           |
|       | {1 x 100 on 1:45 Individual Medley           |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
|       | {1 x 200 on 3:05 Individual Medley           |
|       | {6 x 25 on :30 Back 5KOW+2                   |
|       | {1 x 100 on 1:45 Individual Medley           |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 100 on 1:35 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
|       | {1 x 200 on 3:00 Individual Medley           |
|       | {6 x 25 on :35 Breast 2X Pullouts            |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 100 on 1:35 Individual Medley           |
|       | {1 x 100 on 1:30 Individual Medley           |
|       | {1 x 50 on 1:00 Easy Free                    |
|       | {1 x 200 on 2:55 Individual Medley           |
|       | {4 x 25 on :30 Free HB-4SOW/InsdFlgs         |
|       | {1 x 100 on 1:35 Individual Medley           |

|     |                                           |
|-----|-------------------------------------------|
|     | {1 x 100 on 1:30 Individual Medley        |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR KYA+1 |
|     | {4 x 25 on :40 Kick no board BSLR KYA+2   |
|     | {4 x 25 on :35 Kick no board BSLR KYA+3   |
|     | {4 x 25 on :30 Kick no board BSLR KYA+4   |
| 200 | 1 x 200 on 4:00 Stroke Drills             |
|     | 7:30 PM 4,275 Yards - Stress Value = 123  |

**Workout #34315 - Monday, 02 February 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 Underwater trn drill         |
| 150   | 10 x 15 on :45 Racing Skills-Crossover Turns |
| 550   | 22 x 25 on :35 USRPT-100 Free Pace           |
| 2,400 | 1x{1 x 200 on 3:30 Individual Medley         |
|       | {4 x 25 on :35 Fly lup+ldown                 |
|       | {1 x 100 on 1:55 Individual Medley           |
|       | {1 x 100 on 1:50 Individual Medley           |
|       | {1 x 50 on 1:15 Easy Free                    |
|       | {1 x 200 on 3:25 Individual Medley           |
|       | {4 x 25 on :35 Back 5KOW+2                   |
|       | {1 x 100 on 1:50 Individual Medley           |
|       | {1 x 100 on 1:45 Individual Medley           |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 50 on 1:15 Easy Free                    |
|       | {1 x 200 on 3:20 Individual Medley           |
|       | {4 x 25 on :40 Breast 2X Pullouts            |
|       | {1 x 100 on 1:45 Individual Medley           |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 100 on 1:35 Individual Medley           |
|       | {1 x 50 on 1:15 Easy Free                    |
|       | {1 x 200 on 3:15 Individual Medley           |
|       | {6 x 25 on :30 Free HB-4SOW/InsdFlgs         |
|       | {1 x 100 on 1:40 Individual Medley           |
|       | {1 x 100 on 1:35 Individual Medley           |
| 400   | 1x{4 x 25 on :45 Kick no board BSLR KYA+1    |
|       | {4 x 25 on :40 Kick no board BSLR KYA+2      |
|       | {4 x 25 on :35 Kick no board BSLR KYA+3      |
|       | {4 x 25 on :30 Kick no board BSLR KYA+4      |
| 200   | 1 x 200 on 4:00 Stroke Drills                |
|       | 7:30 PM 4,000 Yards - Stress Value = 112     |

**Workout #34316 - Monday, 02 February 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 Underwater trn drill         |
| 150                                     | 10 x 15 on :45 Racing Skills-Crossover Turns |
| 475                                     | 19 x 25 on :40 USRPT-100 Free Pace           |
| 2,100 1x                                | {1 x 200 on 4:15 Individual Medley           |
|                                         | {4 x 25 on :35 Fly lup+ldown                 |
|                                         | {1 x 100 on 2:05 Individual Medley           |
|                                         | {1 x 100 on 2:00 Individual Medley           |
|                                         | {1 x 50 on 1:15 Easy Free                    |
|                                         | {1 x 200 on 4:10 Individual Medley           |
|                                         | {4 x 25 on :35 Back 5KOW+2                   |
|                                         | {1 x 100 on 2:00 Individual Medley           |
|                                         | {1 x 100 on 1:55 Individual Medley           |
|                                         | {1 x 50 on 1:15 Easy Free                    |
|                                         | {1 x 200 on 4:05 Individual Medley           |
|                                         | {4 x 25 on :40 Breast 2X Pullouts            |
|                                         | {1 x 100 on 1:55 Individual Medley           |
|                                         | {1 x 100 on 1:50 Individual Medley           |
|                                         | {1 x 50 on 1:15 Easy Free                    |
|                                         | {1 x 200 on 4:00 Individual Medley           |
|                                         | {4 x 25 on :30 Free HB-4SOW/InsdFlgs         |
|                                         | {1 x 100 on 1:50 Individual Medley           |
|                                         | {1 x 50 on 1:15 Easy Free                    |
| 400 1x                                  | {4 x 25 on :45 Kick no board BSLR KYA+1      |
|                                         | {4 x 25 on :40 Kick no board BSLR KYA+2      |
|                                         | {4 x 25 on :35 Kick no board BSLR KYA+3      |
|                                         | {4 x 25 on :30 Kick no board BSLR KYA+4      |
| 200                                     | 1 x 200 on 4:00 Stroke Drills                |
| 7:30 PM 3,625 Yards - Stress Value = 98 |                                              |

| 5:30 PM Start                           |                                              |
|-----------------------------------------|----------------------------------------------|
| Yards                                   | Set Description                              |
| =====                                   | =====                                        |
|                                         | 1 on 30:00 DS/Dryland                        |
| 300                                     | 1 x 300 on 5:00 Underwater trn drill         |
| 150                                     | 10 x 15 on :45 Racing Skills-Crossover Turns |
| 375                                     | 15 x 25 on :50 USRPT-100 Free Pace           |
| 1,400 1x                                | {1 x 200 on 6:00 Individual Medley           |
|                                         | {4 x 25 on 1:00 Fly lup+ldown                |
|                                         | {1 x 100 on 3:00 Individual Medley           |
|                                         | {1 x 50 on 1:30 Easy Free                    |
|                                         | {1 x 200 on 5:55 Individual Medley           |
|                                         | {4 x 25 on 1:00 Back 5KOW+2                  |
|                                         | {1 x 100 on 2:55 Individual Medley           |
|                                         | {1 x 50 on 1:30 Easy Free                    |
|                                         | {1 x 200 on 5:50 Individual Medley           |
|                                         | {4 x 25 on 1:00 Breast 2X Pullouts           |
|                                         | {1 x 100 on 2:50 Individual Medley           |
|                                         | {1 x 50 on 1:30 Easy Free                    |
|                                         | {2 x 25 on :40 Free HB-4SOW/InsdFlgs         |
| 400 1x                                  | {4 x 25 on :45 Kick no board BSLR KYA+1      |
|                                         | {4 x 25 on :40 Kick no board BSLR KYA+2      |
|                                         | {4 x 25 on :35 Kick no board BSLR KYA+3      |
|                                         | {4 x 25 on :30 Kick no board BSLR KYA+4      |
| 200                                     | 1 x 200 on 4:00 Stroke Drills                |
| 7:30 PM 2,825 Yards - Stress Value = 75 |                                              |

**Workout #34317 - Monday, 02 February 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 Underwater trn drill         |
| 150                                     | 10 x 15 on :45 Racing Skills-Crossover Turns |
| 475                                     | 19 x 25 on :40 USRPT-100 Free Pace           |
| 1,750 1x                                | {1 x 200 on 5:00 Individual Medley           |
|                                         | {4 x 25 on :40 Fly lup+ldown                 |
|                                         | {1 x 100 on 2:30 Individual Medley           |
|                                         | {1 x 50 on 1:30 Easy Free                    |
|                                         | {1 x 200 on 4:55 Individual Medley           |
|                                         | {4 x 25 on :40 Back 5KOW+2                   |
|                                         | {1 x 100 on 2:25 Individual Medley           |
|                                         | {1 x 50 on 1:30 Easy Free                    |
|                                         | {1 x 200 on 4:50 Individual Medley           |
|                                         | {4 x 25 on :40 Breast 2X Pullouts            |
|                                         | {1 x 100 on 2:20 Individual Medley           |
|                                         | {1 x 50 on 1:30 Easy Free                    |
|                                         | {1 x 200 on 4:45 Individual Medley           |
|                                         | {6 x 25 on :40 Free HB-4SOW/InsdFlgs         |
|                                         | {1 x 50 on 1:00 Easy Free                    |
| 400 1x                                  | {4 x 25 on :45 Kick no board BSLR KYA+1      |
|                                         | {4 x 25 on :40 Kick no board BSLR KYA+2      |
|                                         | {4 x 25 on :35 Kick no board BSLR KYA+3      |
|                                         | {4 x 25 on :30 Kick no board BSLR KYA+4      |
| 200                                     | 1 x 200 on 4:00 Stroke Drills                |
| 7:30 PM 3,275 Yards - Stress Value = 91 |                                              |

**Workout #34318 - Monday, 02 February 2026****FINS - Copper****1 minute rest between sets**