

Workout #34319 - Tuesday, 03 February 2026**FINS - Back****1 minute rest between sets**

| 5:30 PM Start | | |
|--|--|---|
| Yards | Set Description | E |
| ===== | ===== | = |
| | 1 on 15:00 DS/Showers | F |
| 300 | 1 x 300 on 5:00 SunYangFree-Count strokes | F |
| 150 | 10 x 15 on :45 Racing Skills-Back Shooters | S |
| 625 | 25 x 25 on :30 USRPT-100 Back Pace | S |
| 3,000 | 1x{3 x 100 on 1:40 Backstroke | E |
| | {2 x 100 on 1:35 Backstroke | E |
| | {1 x 100 on 1:30 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW +1 | E |
| | {3 x 100 on 1:35 Backstroke | E |
| | {2 x 100 on 1:30 Backstroke | E |
| | {1 x 100 on 1:25 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW +1 | E |
| | {3 x 100 on 1:30 Backstroke | E |
| | {2 x 100 on 1:25 Backstroke | E |
| | {1 x 100 on 1:20 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW+1 | E |
| | {3 x 100 on 1:25 Backstroke | E |
| | {2 x 100 on 1:20 Backstroke | E |
| | {1 x 100 on 1:15 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW+1 | E |
| 200 | 1 x 200 on 10:00 200 Back For Time | S |
| 7:13 PM 4,275 Yards - Stress Value = 148 | | |

Workout #34320 - Tuesday, 03 February 2026**FINS - Gold****1 minute rest between sets**

| 5:30 PM Start | | |
|--|--|---|
| Yards | Set Description | E |
| ===== | ===== | = |
| | 1 on 15:00 DS/Showers | F |
| 300 | 1 x 300 on 5:00 SunYangFree-Count strokes | F |
| 150 | 10 x 15 on :45 Racing Skills-Back Shooters | S |
| 625 | 25 x 25 on :30 USRPT-100 Back Pace | S |
| 2,850 | 1x{3 x 100 on 1:45 Backstroke | E |
| | {2 x 100 on 1:40 Backstroke | E |
| | {1 x 100 on 1:35 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW +1 | E |
| | {3 x 100 on 1:40 Backstroke | E |
| | {2 x 100 on 1:35 Backstroke | E |
| | {1 x 100 on 1:30 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW +1 | E |
| | {3 x 100 on 1:35 Backstroke | E |
| | {2 x 100 on 1:30 Backstroke | E |
| | {1 x 100 on 1:25 Backstroke | E |
| | {6 x 25 on :30 Back 4 KOW+1 | E |
| | {3 x 100 on 1:30 Backstroke | E |
| | {2 x 100 on 1:25 Backstroke | E |
| | {4 x 25 on :30 Back 4 KOW+1 | E |
| 200 | 1 x 200 on 10:00 200 Back For Time | S |
| 7:13 PM 4,125 Yards - Stress Value = 145 | | |

Workout #34321 - Tuesday, 03 February 2026**FINS - Silver****1 minute rest between sets**

| 5:30 PM Start | | |
|---------------|--|---|
| Yards | Set Description | E |
| ===== | ===== | = |
| | 1 on 15:00 DS/Showers | F |
| 300 | 1 x 300 on 5:00 SunYangFree-Count strokes | F |
| 150 | 10 x 15 on :45 Racing Skills-Back Shooters | S |
| 550 | 22 x 25 on :35 USRPT-100 Back Pace | S |
| 2,550 | 1x{3 x 100 on 1:55 Backstroke | E |
| | {2 x 100 on 1:50 Backstroke | E |
| | {1 x 100 on 1:45 Backstroke | E |

| | |
|--|---|
| {6 x 25 on :35 Back 4 KOW +1 | E |
| {3 x 100 on 1:50 Backstroke | E |
| {2 x 100 on 1:45 Backstroke | E |
| {1 x 100 on 1:40 Backstroke | E |
| {6 x 25 on :35 Back 4 KOW +1 | E |
| {3 x 100 on 1:45 Backstroke | E |
| {2 x 100 on 1:40 Backstroke | E |
| {1 x 100 on 1:35 Backstroke | E |
| {4 x 25 on :35 Back 4 KOW+1 | E |
| {1 x 100 on 1:40 Backstroke | E |
| {1 x 100 on 1:35 Backstroke | E |
| {1 x 50 on :50 Backstroke | E |
| {4 x 25 on :35 Back 4 KOW+1 | E |
| 200 1 x 200 on 10:00 200 Back For Time | S |
| 7:13 PM 3,750 Yards - Stress Value = 132 | |

Workout #34322 - Tuesday, 03 February 2026**FINS - Silver/Bronze****1 minute rest between sets**

| 5:30 PM Start | | |
|--|--|---|
| Yards | Set Description | E |
| ===== | ===== | = |
| | 1 on 15:00 DS/Showers | F |
| 300 | 1 x 300 on 5:00 SunYangFree-Count strokes | F |
| 150 | 10 x 15 on :45 Racing Skills-Back Shooters | S |
| 475 | 19 x 25 on :40 USRPT-100 Back Pace | S |
| 2,200 | 1x{3 x 100 on 2:10 Backstroke | E |
| | {2 x 100 on 2:05 Backstroke | E |
| | {1 x 100 on 2:00 Backstroke | E |
| | {6 x 25 on :40 Back 4 KOW +1 | E |
| | {3 x 100 on 2:05 Backstroke | E |
| | {2 x 100 on 2:00 Backstroke | E |
| | {1 x 100 on 1:55 Backstroke | E |
| | {6 x 25 on :40 Back 4 KOW +1 | E |
| | {3 x 100 on 2:00 Backstroke | E |
| | {2 x 100 on 1:55 Backstroke | E |
| | {1 x 100 on 1:50 Backstroke | E |
| | {4 x 25 on :40 Back 4 KOW+1 | E |
| 200 | 1 x 200 on 10:00 200 Back For Time | E |
| 7:13 PM 3,325 Yards - Stress Value = 102 | | |

Workout #34323 - Tuesday, 03 February 2026**FINS - Bronze****1 minute rest between sets**

| 5:30 PM Start | | |
|---|--|---|
| Yards | Set Description | E |
| ===== | ===== | = |
| | 1 on 15:00 DS/Showers | F |
| 300 | 1 x 300 on 5:00 SunYangFree-Count strokes | F |
| 150 | 10 x 15 on :45 Racing Skills-Back Shooters | S |
| 425 | 17 x 25 on :45 USRPT-100 Back Pace | S |
| 1,950 | 1x{3 x 100 on 2:30 Backstroke | E |
| | {2 x 100 on 2:25 Backstroke | E |
| | {1 x 100 on 2:20 Backstroke | E |
| | {6 x 25 on :45 Back 4 KOW +1 | E |
| | {3 x 100 on 2:25 Backstroke | E |
| | {2 x 100 on 2:20 Backstroke | E |
| | {1 x 100 on 2:15 Backstroke | E |
| | {6 x 25 on :45 Back 4 KOW+1 | E |
| | {1 x 100 on 2:20 Backstroke | E |
| | {1 x 100 on 2:15 Backstroke | E |
| | {1 x 100 on 2:10 Backstroke | E |
| | {6 x 25 on :45 Back 4 KOW+1 | E |
| | 1 on 10:00 200 Back For Time | S |
| 7:13 PM 2,825 Yards - Stress Value = 87 | | |

Workout #34324 - Tuesday, 03 February 2026**FINS - Copper****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description | E |
|---------|--|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | F |
| 300 | 1 x 300 on 5:00 SunYangFree-Count strokes | F |
| 150 | 10 x 15 on :45 Racing Skills-Back Shooters | S |
| 375 | 15 x 25 on :50 USRPT-100 Back Pace | S |
| 1,600 | 1x{3 x 100 on 3:15 Backstroke | E |
| | {2 x 100 on 3:10 Backstroke | F |
| | {1 x 100 on 3:00 Backstroke | E |
| | {6 x 25 on :45 Back 4 KOW +1 | E |
| | {3 x 100 on 3:10 Backstroke | E |
| | {2 x 100 on 3:05 Backstroke | E |
| | {1 x 100 on 3:00 Backstroke | F |
| | {6 x 25 on :45 Back 4 KOW+1 | E |
| | {1 x 100 on 3:05 Backstroke | E |
| | 1 on 10:00 200 Back For Time | E |
| 7:13 PM | 2,425 Yards - Stress Value = 76 | |

Workout #34325 - Wednesday, 04 February 2026**FINS - Breast****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description | E |
|---------|--|-------|
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Dryland | |
| 200 | 8 x 25 on :40 Wednesday Warm-up | |
| 150 | 10 x 15 on :45 Racing Skills-Breast Shooters | |
| | 1 on 24:00 Teach Day | |
| 150 | 1x{6 x 25 on 1:00 1-3 sculling drills | |
| | { 4-6 underwaters, count kicks | |
| 625 | 25 x 25 on :30 USRPT-100 Breast Pace | |
| 1,050 | 1x{1 x 200 on 3:40 Breast Kick w/board | |
| | {2 x 175 on 3:10 Breast Kick w/board | |
| | {1 x 150 on 2:40 Breast Kick w/board | |
| | {2 x 125 on 2:10 Breast Kick w/board | |
| | {1 x 100 on 1:40 Breast Kick w/board | |
| | 1 on 11:00 Racing Skills-Starts/pullouts | |
| 7:30 PM | 2,175 Yards - Stress Value = 89 | |

Workout #34326 - Wednesday, 04 February 2026**FINS - Gold****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description | E |
|---------|--|-------|
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Dryland | |
| 200 | 8 x 25 on :40 Wednesday Warm-up | |
| 150 | 10 x 15 on :45 Racing Skills-Breast Shooters | |
| | 1 on 24:00 TEACH DAY-Breast | |
| 150 | 1x{6 x 25 on 1:00 1-3 sculling drills | |
| | { 4-6 underwaters, count kicks | |
| 550 | 22 x 25 on :35 USRPT-100 Breast Pace | |
| 850 | 1x{1 x 200 on 4:20 Breast Kick w/board | |
| | {2 x 175 on 3:45 Breast Kick w/board | |
| | {1 x 150 on 3:10 Breast Kick w/board | |
| | {1 x 100 on 2:05 Breast Kick w/board | |
| | {1 x 50 on 1:00 Breast Kick w/board | |
| | 1 on 11:00 Racing Skills-starts/pullouts | |
| 7:30 PM | 1,900 Yards - Stress Value = 78 | |

Workout #34327 - Wednesday, 04 February 2026**FINS - Silver****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description | E |
|---------|--|-------|
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Dryland | |
| 200 | 8 x 25 on :40 Wednesday Warm-up | |
| 150 | 10 x 15 on :45 Racing Skills-Breast Shooters | |
| | 1 on 24:00 TEACH DAY-Breast | |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills | |
| | { Evens-underwaters, count kicks | |
| 475 | 19 x 25 on :40 USRPT-100 Breast Pace | |
| 800 | 1x{1 x 200 on 4:40 Breast Kick w/board | |
| | {2 x 175 on 4:00 Breast Kick w/board | |
| | {1 x 150 on 3:25 Breast Kick w/board | |
| | {1 x 100 on 2:15 Breast Kick w/board | |
| | 1 on 11:00 Racing Skills-starts/pullouts | |
| 7:30 PM | 1,775 Yards - Stress Value = 70 | |

Workout #34328 - Wednesday, 04 February 2026**FINS - Silver/Bronze****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description | E |
|---------|--|-------|
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Dryland | |
| 200 | 8 x 25 on :40 Wednesday Warm-up | |
| 150 | 10 x 15 on :45 Racing Skills-Breast Shooters | |
| | 1 on 24:00 TEACH DAY-Breast | |
| 150 | 1x{6 x 25 on 1:00 1-3 sculling drills | |
| | { 4-6 underwaters, count kicks | |
| 475 | 19 x 25 on :40 USRPT-100 Breast Pace | |
| 750 | 1x{1 x 200 on 5:00 Breast Kick w/board | |
| | {2 x 175 on 4:20 Breast Kick w/board | |
| | {1 x 150 on 3:40 Breast Kick w/board | |
| | {1 x 50 on 1:15 Breast Kick w/board | |
| | 1 on 11:00 Racing Skills-starts/pullouts | |
| 7:30 PM | 1,725 Yards - Stress Value = 69 | |

Workout #34329 - Wednesday, 04 February 2026**FINS - Bronze****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description | E |
|---------|--|-------|
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Dryland | |
| 200 | 8 x 25 on :40 Wednesday Warm-up | |
| 150 | 10 x 15 on :45 Racing Skills-Breast Shooters | |
| | 1 on 24:00 TEACH DAY-Breast | |
| 150 | 1x{6 x 25 on 1:00 1-3 sculling drills | |
| | { 4-6 underwaters, count kicks | |
| 425 | 17 x 25 on :45 USRPT-100 Breast Pace | |
| 700 | 1x{1 x 200 on 5:30 Breast Kick w/board | |
| | {2 x 175 on 4:45 Breast Kick w/board | |
| | {1 x 150 on 3:50 Breast Kick w/board | |
| | 1 on 11:00 Racing Skills-starts/pullouts | |
| 7:30 PM | 1,625 Yards - Stress Value = 62 | |

Workout #34330 - Wednesday, 04 February 2026**FINS - Copper****1 minute rest between sets**

5:30 PM Start

| Yards | Set Description |
|---------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 200 | 8 x 25 on :40 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Racing Skills-Breast Shooters |
| | 1 on 24:00 TEACH DAY-Breast |
| 150 | 1x{6 x 25 on 1:00 1-3 sculling drills |
| | { 4-6 underwaters, count kicks |
| 375 | 15 x 25 on :50 USRPT-100 Breast Pace |
| 450 | 1x{1 x 200 on 8:00 Breast Kick w/board |
| | {1 x 150 on 6:00 Breast Kick w/board |
| | {1 x 100 on 4:00 Breast Kick w/board |
| | 1 on 11:00 Racing Skills-starts/pullouts |
| 7:30 PM | 1,325 Yards - Stress Value = 53 |