

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	

{6 x 25 on :35 Back 4 KOW +1

{3 x 100 on 1:50 Backstroke

{2 x 100 on 1:45 Backstroke

{1 x 100 on 1:40 Backstroke

{6 x 25 on :35 Back 4 KOW +1

{3 x 100 on 1:45 Backstroke

{2 x 100 on 1:40 Backstroke

{1 x 100 on 1:35 Backstroke

{4 x 25 on :35 Back 4 KOW+1

{1 x 100 on 1:40 Backstroke

{1 x 100 on 1:35 Backstroke

{1 x 50 on :50 Backstroke

{4 x 25 on :35 Back 4 KOW+1

200 1 x 200 on 10:00 200 Back For Time

7:13 PM 3,750 Yards - Stress Value = 132

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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	E
	7:13 PM 2,825 Yards - Stress Value = 87	

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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
	{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 4,125 Yards - Stress Value = 145	

{6 x 25 on :35 Back 4 KOW +1

{3 x 100 on 1:50 Backstroke

{2 x 100 on 1:45 Backstroke

{1 x 100 on 1:40 Backstroke

{6 x 25 on :35 Back 4 KOW+1

{1 x 100 on 1:40 Backstroke

{1 x 100 on 1:35 Backstroke

{1 x 50 on :50 Backstroke

{4 x 25 on :35 Back 4 KOW+1

{1 x 100 on 1:40 Backstroke

{1 x 200 on 10:00 200 Back For Time

7:13 PM 2,825 Yards - Stress Value = 87

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

5:30 PM Start

Yards	Set Description	
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	E	
{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	E	
{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	
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	
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	
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	
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	
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**

Yards	5:30 PM Start	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