

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

Yards	Set	Description
5:30 PM	Start	
1 on 30:00	DS/Dryland	
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
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
1,600	1x{2 x 100	on 1:45 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:15 Breast 2/3/4 PO
	{2 x 100	on 1:40 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:15 Breast 2/3/4 PO
	{2 x 100	on 1:35 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:15 Breast 2/3/4 PO
	{2 x 100	on 1:30 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:15 Breast 2/3/4 PO
	{2 x 100	on 1:25 75-2k1p+1to4 25 TOdrill w/fr
200	1 x 200	on 4:00 Stroke Drills
	1 on 9:00	Racing Skills-Starts/pullouts
7:30 PM	3,825 Yards	- Stress Value = 121

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

Yards	Set	Description
5:30 PM	Start	
1 on 30:00	DS/Dryland	
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
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
1,400	1x{2 x 100	on 1:55 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:20 Breast 2/3/4 PO
	{2 x 100	on 1:50 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:20 Breast 2/3/4 PO
	{2 x 100	on 1:45 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:20 Breast 2/3/4 PO
	{2 x 100	on 1:40 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:20 Breast 2/3/4 PO
200	1 x 200	on 4:00 Stroke Drills
	1 on 10:00	Racing Skills-Starts/pullouts
7:30 PM	3,350 Yards	- Stress Value = 106

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

Yards	Set	Description
5:30 PM	Start	
1 on 30:00	DS/Dryland	
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
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
1,350	1x{2 x 100	on 2:05 75-2k1p+1to4 25 TOdrill w/fr

{2 x 75	on 1:25 Breast 2/3/4 PO
{2 x 100	on 2:00 75-2k1p+1to4 25 TOdrill w/fr
{2 x 75	on 1:10 Breast 2/3/4 PO
{2 x 100	on 1:55 75-2k1p+1to4 25 TOdrill w/fr
{2 x 75	on 1:25 Breast 2/3/4 PO
{2 x 100	on 1:25 75-2k1p+1to4 25 TOdrill w/fr
{2 x 50	on :55 Breast 3/4 PO
1 x 200	on 4:00 Stroke Drills
1 on 10:00	Racing Skills-Starts/pullouts
7:30 PM	3,175 Yards - Stress Value = 97

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

Yards	Set	Description
5:30 PM	Start	
1 on 30:00	DS/Dryland	
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
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
1,250	1x{2 x 100	on 2:10 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:25 Breast 2/3/4 PO
	{2 x 100	on 2:05 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:25 Breast 2/3/4 PO
	{2 x 100	on 1:55 75-2k1p+1to4 25 TOdrill w/fr
200	1 x 200	on 4:00 Stroke Drills
	1 on 10:00	Racing Skills-Starts/pullouts
7:30 PM	3,025 Yards	- Stress Value = 94

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

Yards	Set	Description
5:30 PM	Start	
1 on 30:00	DS/Dryland	
200	8 x 25	on :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
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
1,100	1x{2 x 100	on 2:25 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:35 Breast 2/3/4 PO
	{2 x 100	on 2:20 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 75	on 1:25 Breast 2/3/4 PO
	{2 x 100	on 2:15 75-2k1p+1to4 25 TOdrill w/fr
	{2 x 50	on 1:05 Breast 3/4 PO
200	1 x 200	on 4:00 Stroke Drills
	1 on 10:00	Racing Skills-Starts/pullouts
7:30 PM	2,775 Yards	- Stress Value = 84

**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 :45 Wednesday Warm-up
150	10 x 15	on :45 Racing Skills-Breast Shooters
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
900	1x{2	x 100 on 3:00 75-2k1p+1to4 25 TOdrill w/fr
	{2	x 75 on 2:00 Breast 2/3/4 PO
	{2	x 100 on 2:55 75-2k1p+1to4 25 TOdrill w/fr
	{2	x 75 on 2:00 Breast 2/3/4 PO
	{2	x 100 on 2:50 75-2k1p+1to4 25 TOdrill w/fr
200	1 x 200	on 4:00 Stroke Drills
	1	on 10:00 Racing Skills-starts/pullouts
7:30 PM	2,275	Yards - Stress Value = 71