

**Workout #34331 - Thursday, 05 February 2026****FINS - Fly****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 DS/Animal Flow/Crawls/Showers  
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3  
 150 10 x 15 on :45 Racing Skills-Fly Shooters  
 1 on 23:00 TEACH DAY-Fly  
 625 25 x 25 on :30 USRPT-100 Fly Pace  
 1,350 1x{1 x 100 on 1:30 Fly 1st 25-12,5yds under  
 {1 x 100 on 1:30 Fly 2nd 25-12,5yds under  
 {1 x 100 on 1:30 Fly 3rd 25-12,5yds under  
 {1 x 150 on 3:00 Freestyle  
 {1 x 100 on 1:30 Fly 1st 25 no breath L12.5  
 {1 x 100 on 1:30 Fly 2nd 25 no breath L12.5  
 {1 x 100 on 1:30 Fly 3rd 25 no breath L12.5  
 {1 x 150 on 3:00 Freestyle  
 {1 x 100 on 1:30 Fly 1st 25 100%  
 {1 x 100 on 1:30 Fly 2nd 25 100%  
 {1 x 100 on 1:30 Fly 3rd 25 100%  
 {1 x 150 on 3:00 Freestyle  
 140 7x{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  
 7:15 PM 2,290 Yards - Stress Value = 82

{1 x 100 on 1:55 Fly 2nd 25-12,5yds under  
 {1 x 100 on 1:55 Fly 3rd 25-12,5yds under  
 {1 x 100 on 2:30 Freestyle  
 {1 x 100 on :55 Fly 1st 25 no breath L12.5  
 {1 x 100 on 1:55 Fly 2nd 25 no breath L12.5  
 {1 x 100 on 1:55 Fly 3rd 25 no breath L12.5  
 {1 x 100 on 2:30 Freestyle  
 {1 x 100 on 1:55 Fly 1st 25 100%  
 {1 x 100 on 1:50 Fly 2nd 25 100%  
 {1 x 100 on 1:50 Fly 3rd 25 100%  
 {1 x 50 on 1:50 Freestyle  
 140 7x{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  
 7:15 PM 2,290 Yards - Stress Value = 82

**Workout #34334 - Thursday, 05 February 2026****FINS - Silver/Bronze****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 DS/Showers  
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3  
 150 10 x 15 on :45 Racing Skills-Fly Shooters  
 1 on 23:00 TEACH DAY-Fly  
 475 19 x 25 on :40 USRPT-100 Fly Pace  
 900 1x{1 x 50 on 1:10 Fly 1st 25-12,5yds under  
 {1 x 100 on 2:20 Fly 2nd 25-12,5yds under  
 {1 x 100 on 2:20 Fly 3rd 25-12,5yds under  
 {1 x 50 on 2:00 Freestyle  
 {1 x 50 on 1:10 Fly 1st 25 no breath L12.5  
 {1 x 100 on 2:20 Fly 2nd 25 no breath L12.5  
 {1 x 100 on 2:20 Fly 3rd 25 no breath L12.5  
 {1 x 50 on 2:00 Freestyle  
 {1 x 50 on 1:10 Fly 1st 25 100%  
 {1 x 100 on 2:20 Fly 2nd 25 100%  
 {1 x 100 on 2:20 Fly 3rd 25 100%  
 {1 x 50 on 1:15 Freestyle  
 140 7x{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  
 7:15 PM 1,965 Yards - Stress Value = 72

**Workout #34332 - Thursday, 05 February 2026****FINS - Gold****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 DS/Showers  
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3  
 150 10 x 15 on :45 Racing Skills-Fly Shooters  
 1 on 23:00 TEACH DAY-Fly  
 625 25 x 25 on :30 USRPT-100 Fly Pace  
 1,200 1x{1 x 100 on 1:40 Fly 1st 25-12,5yds under  
 {1 x 100 on 1:40 Fly 2nd 25-12,5yds under  
 {1 x 100 on 1:40 Fly 3rd 25-12,5yds under  
 {1 x 100 on 2:30 Freestyle  
 {1 x 100 on 1:40 Fly 1st 25 no breath L12.5  
 {1 x 100 on 1:40 Fly 2nd 25 no breath L12.5  
 {1 x 100 on 1:40 Fly 3rd 25 no breath L12.5  
 {1 x 100 on 2:30 Freestyle  
 {1 x 100 on 1:40 Fly 1st 25 100%  
 {1 x 100 on 1:40 Fly 2nd 25 100%  
 {1 x 100 on 1:40 Fly 3rd 25 100%  
 {1 x 100 on 2:30 Freestyle  
 140 7x{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  
 7:15 PM 2,415 Yards - Stress Value = 89

**Workout #34333 - Thursday, 05 February 2026****FINS - Silver****1 minute rest between sets**

5:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 DS/Showers  
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3  
 150 10 x 15 on :45 Racing Skills-Fly Shooters  
 1 on 23:00 TEACH DAY-Fly  
 550 22 x 25 on :35 USRPT-100 Fly Pace  
 1,150 1x{1 x 100 on 1:55 Fly 1st 25-12,5yds under

**Workout #34335 - Thursday, 05 February 2026****FINS - Bronze****1 minute rest between sets**

5:30 PM Start

Yards	Set	Description
		=====
1	on 15:00	DS>Showers
300	1 x 300	on 5:00 Free 3KOW to 10 back to 3
150	10 x 15	on :45 Racing Skills-Fly Shooters
	1	on 23:00 TEACH DAY-Fly
425	17 x 25	on :45 USRPT-100 Fly Pace
750	1x{1 x 50	on 1:20 Fly 1st 25-12,5yds under
	{1 x 50	on 1:20 Fly 2nd 25-12,5yds under
	{1 x 100	on 2:40 Fly 3rd 25-12,5yds under
	{1 x 50	on 2:30 Freestyle
	{1 x 50	on 1:20 Fly 1st 25 no breath L12.5
	{1 x 50	on 1:20 Fly 2nd 25 no breath L12.5
	{1 x 100	on 2:40 Fly 3rd 25 no breath L12.5
	{1 x 50	on 2:30 Freestyle
	{1 x 50	on 1:20 Fly 1st 25 100%
	{1 x 50	on 1:20 Fly 2nd 25 100%
	{1 x 100	on 2:40 Fly 3rd 25 100%
	{1 x 50	on 1:15 Freestyle
140	7x{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	
	7:15 PM	1,765 Yards - Stress Value = 63

**Workout #34336 - Thursday, 05 February 2026****FINS - Copper****1 minute rest between sets**

5:30 PM Start

Yards	Set	Description
		=====
1	on 15:00	DS>Showers
300	1 x 300	on 5:00 Free 3KOW to 10 back to 3
150	10 x 15	on :45 Racing Skills-Fly Shooters
	1	on 23:00 TEACH DAY-Fly
375	15 x 25	on :50 USRPT-100 Fly Pace
700	1x{1 x 50	on 1:45 Fly 1st 25-12,5yds under
	{1 x 50	on 1:45 Fly 2nd 25-12,5yds under
	{1 x 100	on 3:30 Fly 3rd 25-12,5yds under
	{1 x 50	on 1:15 Rest
	{1 x 50	on 1:45 Fly 1st 25 no breath L12.5
	{1 x 50	on 1:45 Fly 2nd 25 no breath L12.5
	{1 x 100	on 3:30 Fly 3rd 25 no breath L12.5
	{1 x 50	on 1:15 Rest
	{1 x 50	on 1:45 Fly 1st 25 100%
	{1 x 50	on 1:45 Fly 2nd 25 100%
	{1 x 100	on 3:00 Fly 3rd 25 100%
140	7x{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	
	7:15 PM	1,665 Yards - Stress Value = 59