

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 2,565 Yards - Stress Value = 89

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

{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 #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