

Workout #34406 - Friday, 13 February 2026

6:30 PM 2,850 Yards - Stress Value = 61

FINS - Fly**1 minute rest between sets**

Yards	Set Description	EC
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	1 on 15:00 Dynamic Stretch/Showers	RE
300	1 x 300 on 5:00 Top Hat Drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
625	25 x 25 on :30 USRPT-100 Fly Pace	SE
2,475	1x{3 x 100 on 1:35 Fly 2-3-4-5 SOW	EN
	{3 x 100 on 1:30 Fly 2-3-4-5 SOW	EN
	{3 x 100 on 1:25 Fly 2-3-4-5 SOW	EN
	{3 x 100 on 1:20 Fly 2-3-4-5 SOW	EN
	{1 x 150 on 3:00 Stroke Drills	RE
	{3 x 75 on 1:00 Fly 3-4-5 SOW	EN
	{3 x 75 on :55 Fly 3-4-5 SOW	EN
	{3 x 75 on :50 Fly 3-4-5 SOW	EN
	{1 x 150 on 3:00 Stroke Drills	RE
	{3 x 50 on :45 Fly 4-5 SOW	EN
	{3 x 50 on :40 Fly 4-5 SOW	EN
	1 on 10:00 Underwater Racing	EN
6:30 PM	3,550 Yards - Stress Value = 73	

Workout #34407 - Friday, 13 February 2026**FINS - Gold****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
300	1 x 300 on 5:00 Top Hat Drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
625	25 x 25 on :30 USRPT-100 Fly Pace	SE
2,200	1x{3 x 100 on 1:45 Fly 2-3-4-5 SOW	EN
	{3 x 100 on 1:40 Fly 2-3-4-5 SOW	EN
	{3 x 100 on 1:35 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 1:30 Fly 2-3-4-5 SOW	EN
	{1 x 150 on 3:00 Stroke Drills	RE
	{3 x 75 on 1:10 Fly 3-4-5 SOW	EN
	{3 x 75 on 1:05 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:00 Fly 3-4-5 SOW	EN
	{1 x 150 on 3:00 Stroke Drills	RE
	{2 x 50 on :55 Fly 4-5 SOW	EN
	{2 x 50 on :50 Fly 4-5 SOW	EN
	1 on 10:00 Underwater Racing	EN
6:30 PM	3,275 Yards - Stress Value = 68	

Workout #34408 - Friday, 13 February 2026**FINS - Silver****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
300	1 x 300 on 5:00 Top Hat Drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
550	22 x 25 on :35 USRPT-100 Fly Pace	SE
1,850	1x{3 x 100 on 1:55 Fly 2-3-4-5 SOW	EN
	{3 x 100 on 1:50 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 1:45 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 1:40 Fly 2-3-4-5 SOW	EN
	{1 x 100 on 3:15 Stroke Drills	RE
	{2 x 75 on 1:20 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:15 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:10 Fly 3-4-5 SOW	EN
	{1 x 100 on 3:15 Stroke Drills	RE
	{2 x 50 on 1:05 Fly 4-5 SOW	EN
	{2 x 50 on 1:00 Fly 4-5 SOW	EN
	1 on 10:00 Underwater Racing	EN

Workout #34409 - Friday, 13 February 2026**FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
300	1 x 300 on 5:00 Top Hat Drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
475	19 x 25 on :40 USRPT-100 Fly Pace	SE
1,600	1x{2 x 100 on 2:10 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 2:05 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 2:00 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 1:55 Fly 2-3-4-5 SOW	EN
	{1 x 100 on 3:15 Stroke Drills	RE
	{2 x 75 on 1:35 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:30 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:25 Fly 3-4-5 SOW	EN
	{1 x 100 on 3:15 Stroke Drills	RE
	{2 x 50 on 1:20 Fly 4-5 SOW	EN
	{1 x 50 on 1:15 Fly 4-5 SOW	EN
	1 on 10:00 Underwater Racing	EN
6:29 PM	2,525 Yards - Stress Value = 53	

Workout #34410 - Friday, 13 February 2026**FINS - Bronze****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
300	1 x 300 on 5:00 Top Hat Drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
425	17 x 25 on :45 USRPT-100 Fly Pace	SE
1,300	1x{2 x 100 on 2:30 Fly 2-3-4-5 SOW	EN
	{2 x 100 on 2:25 Fly 2-3-4-5 SOW	EN
	{1 x 100 on 2:20 Fly 2-3-4-5 SOW	EN
	{1 x 100 on 2:15 Fly 2-3-4-5 SOW	EN
	{1 x 50 on 2:30 Stroke Drills	RE
	{2 x 75 on 1:55 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:50 Fly 3-4-5 SOW	EN
	{2 x 75 on 1:45 Fly 3-4-5 SOW	EN
	{1 x 50 on 2:30 Stroke Drills	RE
	{2 x 50 on 1:40 Fly 4-5 SOW	EN
	{1 x 50 on 1:35 Fly 4-5 SOW	EN
	1 on 10:00 Underwater Racing	EN
6:29 PM	2,175 Yards - Stress Value = 47	

Workout #34411 - Friday, 13 February 2026**FINS - Copper****1 minute rest between sets**

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5:00 PM Start
Yards Set Description EC
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1 on 15:00 Dynamic Stretch>Showers RE
300 1 x 300 on 5:00 Top Hat Drill RE
150 10 x 15 on :45 Racing Skills-Fly Shooters SE
375 15 x 25 on :50 USRPT-100 Fly Pace SE
1,100 1x{1 x 100 on 3:00 Fly 2-3-4-5 SOW EN
      {1 x 100 on 2:55 Fly 2-3-4-5 SOW EN
      {1 x 100 on 2:50 Fly 2-3-4-5 SOW EN
      {1 x 100 on 2:45 Fly 2-3-4-5 SOW EN
      {1 x 50 on 2:30 Stroke Drills RE
      {2 x 75 on 2:25 Fly 3-4-5 SOW EN
      {2 x 75 on 2:20 Fly 3-4-5 SOW EN
      {2 x 75 on 2:15 Fly 3-4-5 SOW EN
      {1 x 50 on 2:30 Stroke Drills RE
      {2 x 50 on 1:45 Fly 4-5 SOW EN
      {1 x 50 on 1:40 Fly 4-5 SOW EN
      1 on 10:00 Underwater Racing EN
6:29 PM 1,925 Yards - Stress Value = 41

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