

Workout #33970 - Monday, 24 November 2025

FINS - Fly

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :30 USRPT 100 Fly Pace
800	1 x 800 on 12:00 Vertical Kicking
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750 1x{	1 x 100 on 1:35 2 strokes fly off walls
	{ 1 x 75 on 1:10 3 strokes fly off walls
	{ 1 x 50 on :50 4 strokes fly off walls
	{ 1 x 25 on :30 5 strokes fly off walls
	{ 1 x 250 on 5:00 Fly Broken at 50's :15sec
	{ 2 x 100 on 1:35 3 strokes fly off walls
	{ 2 x 75 on 1:10 4 strokes fly off walls
	{ 2 x 50 on :50 5 strokes fly off walls
	{ 2 x 25 on :30 6 strokes fly off walls
	{ 1 x 250 on 5:00 Fly Broken at 50's :10sec
	{ 1 x 100 on 1:35 4 strokes fly off walls
	{ 1 x 75 on 1:10 5 strokes fly off walls
	{ 1 x 50 on :50 6 strokes fly off walls
	{ 1 x 25 on :30 7 strokes fly off walls
	{ 1 x 250 on 5:00 Fly Broken at 50's :5sec
	1 on 10:00 Game
7:30 PM 3,775 Yards - Stress Value = 164	

Workout #33971 - Monday, 24 November 2025

FINS - Gold

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :35 USRPT 100 Fly Pace
800	1 x 800 on 12:00 Vertical Kicking
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550 1x{	1 x 100 on 1:40 2 strokes fly off walls
	{ 1 x 75 on 1:15 3 strokes fly off walls
	{ 1 x 50 on :55 4 strokes fly off walls
	{ 1 x 25 on :35 5 strokes fly off walls
	{ 1 x 200 on 5:00 Fly Broken at 50's :15sec
	{ 2 x 100 on 1:40 3 strokes fly off walls
	{ 2 x 75 on 1:15 4 strokes fly off walls
	{ 2 x 50 on :55 5 strokes fly off walls
	{ 2 x 25 on :35 6 strokes fly off walls
	{ 1 x 200 on 5:00 Fly Broken at 50's :10sec
	{ 1 x 100 on 1:40 4 strokes fly off walls
	{ 1 x 75 on 1:15 5 strokes fly off walls
	{ 1 x 25 on :35 6 strokes fly off walls
	{ 1 x 200 on 5:00 Fly Broken at 50's :5sec
	1 on 10:00 Game
7:30 PM 3,500 Yards - Stress Value = 144	

Workout #33972 - Monday, 24 November 2025

FINS - Silver

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters

550	22 x 25 on :35 USRPT 100 Fly Pace
800	1 x 800 on 12:00 Vertical Kicking
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450 1x{	1 x 100 on 1:55 2 strokes fly off walls
	{ 1 x 75 on 1:25 3 strokes fly off walls
	{ 1 x 50 on 1:00 4 strokes fly off walls
	{ 1 x 25 on :40 5 strokes fly off walls
	{ 1 x 200 on 5:00 Fly Broken at 50's :15sec
	{ 2 x 100 on 1:55 3 strokes fly off walls
	{ 1 x 75 on 1:25 4 strokes fly off walls
	{ 1 x 50 on 1:00 5 strokes fly off walls
	{ 1 x 25 on :40 6 strokes fly off walls
	{ 1 x 200 on 5:00 Fly Broken at 50's :10sec
	{ 1 x 100 on 1:55 4 strokes fly off walls
	{ 1 x 75 on 1:25 5 strokes fly off walls
	{ 1 x 50 on 1:00 6 strokes fly off walls
	{ 1 x 25 on :40 7 strokes fly off walls
	{ 1 x 200 on 5:00 Fly Broken at 50's :5sec
	1 on 10:00 Game
7:30 PM 3,400 Yards - Stress Value = 142	

Workout #33973 - Monday, 24 November 2025

FINS - Silver/Bronze

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
475	19 x 25 on :40 USRPT 100 Fly Pace
800	1 x 800 on 12:00 Vertical Kicking
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250 1x{	1 x 100 on 2:05 2 strokes fly off walls
	{ 1 x 75 on 1:35 3 strokes fly off walls
	{ 1 x 50 on 1:05 4 strokes fly off walls
	{ 1 x 25 on :45 5 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :15sec
	{ 1 x 100 on 2:05 3 strokes fly off walls
	{ 1 x 75 on 1:35 4 strokes fly off walls
	{ 2 x 50 on 1:05 5 strokes fly off walls
	{ 1 x 25 on :45 6 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :10sec
	{ 1 x 100 on 2:05 4 strokes fly off walls
	{ 1 x 75 on 1:35 5 strokes fly off walls
	{ 1 x 50 on 1:05 6 strokes fly off walls
	{ 1 x 25 on :45 7 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :5sec
	1 on 10:00 Game
7:30 PM 3,125 Yards - Stress Value = 104	

Workout #33974 - Monday, 24 November 2025**FINS - Bronze****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
425	17 x 25 on :45 USRPT 100 Fly Pace
800	1 x 800 on 12:00 Vertical Kicking
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200 1x{	1 x 100 on 2:30 2 strokes fly off walls
	{ 1 x 75 on 1:50 3 strokes fly off walls
	{ 1 x 50 on 1:15 4 strokes fly off walls
	{ 1 x 25 on :50 5 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :15sec
	{ 2 x 100 on 2:30 3 strokes fly off walls
	{ 2 x 75 on 1:50 4 strokes fly off walls
	{ 2 x 50 on 1:15 5 strokes fly off walls
	{ 2 x 25 on :50 6 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :10sec
	{ 1 x 100 on 2:30 4 strokes fly off walls
	{ 1 x 50 on 1:00 5 strokes fly off walls
	1 on 10:00 Game
7:30 PM	3,025 Yards - Stress Value = 106

Workout #33975 - Monday, 24 November 2025**FINS - Copper****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on :50 USRPT 100 Fly Pace
800	1 x 800 on 12:00 Vertical Kicking
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900 1x{	1 x 100 on 3:30 2 strokes fly off walls
	{ 1 x 75 on 2:40 3 strokes fly off walls
	{ 1 x 50 on 1:45 4 strokes fly off walls
	{ 1 x 25 on 1:00 5 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :15sec
	{ 1 x 100 on 3:30 3 strokes fly off walls
	{ 1 x 75 on 2:40 4 strokes fly off walls
	{ 1 x 50 on 1:45 5 strokes fly off walls
	{ 1 x 25 on 1:00 6 strokes fly off walls
	{ 1 x 150 on 4:30 Fly Broken at 50's :10sec
	{ 1 x 100 on 3:30 4 strokes fly off walls
	1 on 10:00 Game
7:29 PM	2,675 Yards - Stress Value = 96