

Workout #33982 - Wednesday, 26 November 2025**FINS - Back****1 minute rest between sets**

1:00 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
625	25 x 25 on :30 USRPT-100 Back Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
3,100	2x{8 x 75 on 1:15 Back L.25 11 KOW	E
	{ 6 x 75 on 1:10 Back L.25 9 KOW	E
	{ 4 x 75 on 1:05 Back L.25 7 KOW	E
	{ 2 x 75 on 1:00 Back L 25 5 KOW	E
	{ 1 x 50 on 1:00 EZ Free	F
200	1 x 200 on 4:00 Stroke Drills	F
3:00 PM 4,525 Yards - Stress Value = 128		

Workout #33983 - Wednesday, 26 November 2025**FINS - Gold****1 minute rest between sets**

1:00 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
550	22 x 25 on :35 USRPT-100 Back Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
2,800	2x{8 x 75 on 1:20 Back L. 25 11 KOW	E
	{ 6 x 75 on 1:15 Back L.25 9 KOW	E
	{ 4 x 75 on 1:10 Back L.25 7 KOW	E
	{ 1 x 50 on 1:10 EZ Free	F
200	1 x 200 on 4:00 Stroke Drills	F
2:59 PM 4,150 Yards - Stress Value = 115		

Workout #33984 - Wednesday, 26 November 2025**FINS - Silver****1 minute rest between sets**

1:00 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
550	22 x 25 on :35 USRPT 100 Back Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
2,350	2x{7 x 75 on 1:35 Back L.25 9 KOW	E
	{ 6 x 75 on 1:30 Back L.25 7 KOW	E
	{ 2 x 75 on 1:25 Back L.25 5 KOW	E
	{ 1 x 50 on 1:20 EZ Free	F
200	1 x 200 on 4:00 Stroke Drills	F
3:00 PM 3,700 Yards - Stress Value = 106		

Workout #33985 - Wednesday, 26 November 2025**FINS - Silver/Bronze****1 minute rest between sets**

1:00 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
475	19 x 25 on :40 USRPT-100 Back Pace	S

150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
2,200	2x{6 x 75 on 1:40 Back L.25 9 KOW	E
	{ 5 x 75 on 1:35 Back L.25 7 KOW	E
	{ 3 x 75 on 1:30 Back L.25 5 KOW	E
	{ 1 x 50 on 1:30 EZ Free	F
200	1 x 200 on 4:00 Stroke Drills	F
2:59 PM 3,475 Yards - Stress Value = 96		

Workout #33986 - Wednesday, 26 November 2025**FINS - Bronze****1 minute rest between sets**

1:00 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
425	17 x 25 on :45 USRPT-100 Back Pace	F
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
1,900	2x{6 x 75 on 1:55 Back L.25 7 KOW	E
	{ 4 x 75 on 1:50 Back L.25 5 KOW	E
	{ 2 x 75 on 1:45 Back L.25 3 KOW	E
	{ 1 x 50 on 1:40 EZ Free	F
200	1 x 200 on 4:00 Stroke Drills	F
2:59 PM 3,125 Yards - Stress Value = 42		

Workout #33987 - Wednesday, 26 November 2025**FINS - Copper****1 minute rest between sets**

1:00 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
375	15 x 25 on :50 USRPT-100 Back Pace	F
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
1,300	2x{6 x 50 on 1:55 Back L.25 7 KOW	E
	{ 4 x 50 on 1:50 Back L.25 5 KOW	E
	{ 2 x 50 on 1:45 Back L.25 3 KOW	E
	{ 1 x 50 on 2:00 EZ Free	F
200	1 x 200 on 4:00 Stroke Drills	F
3:00 PM 2,475 Yards - Stress Value = 30		