

Workout #33988 - Friday, 28 November 2025**FINS - IM'ers****1 minute rest between sets**

11:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :30 USRPT-100 Your Choice
1,050	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Kick SL on back
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Breast Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :55 Free Kick
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,800	1x{1 x 200 on 3:00 Butterfly
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:50 Backstroke
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 3:30 Breaststroke
	{4 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:45 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1:00 PM 4,275 Yards - Stress Value = 125

Workout #33989 - Friday, 28 November 2025**FINS - Gold****1 minute rest between sets**

11:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :30 USRPT-100 Your Choice
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on 1:00 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on 1:00 Kick SL on back
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on 1:00 Breast Kick
	{4 x 25 on :30 Kick no board BSLR
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,750	1x{1 x 200 on 3:10 Butterfly
	{3 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:00 Backstroke
	{3 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:40 Breaststroke
	{3 x 100 on 1:35 Mystery Medley
	{1 x 250 on 3:35 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1:00 PM 4,175 Yards - Stress Value = 123

Workout #33990 - Friday, 28 November 2025**FINS - Silver****1 minute rest between sets**

11:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :35 USRPT-100 Your Choice
850	1x{4 x 25 on :35 Kick no board BSLR

{3 x 50 on 1:05 Fly Kick
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Kick SL on back
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Breast Kick
 {4 x 25 on :35 Kick no board BSLR
 150 1x{6 x 25 on 1:00 1-3 sculling drills
 {4-6 underwaters, count kicks
 1,550 1x{1 x 150 on 2:45 Butterfly
 {3 x 100 on 1:45 Mystery Medley
 {1 x 150 on 2:40 Backstroke
 {3 x 100 on 1:45 Mystery Medley
 {1 x 150 on 3:00 Breaststroke
 {3 x 100 on 1:45 Mystery Medley
 {1 x 200 on 3:20 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 1:00 PM 3,750 Yards - Stress Value = 109

Workout #33991 - Friday, 28 November 2025**FINS - Silver/Bronze****1 minute rest between sets**

11:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :35 USRPT-100 Your Choice
850	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:10 Kick SL on back
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:10 Breast Kick
	{4 x 25 on :35 Kick no board BSLR
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,400	1x{1 x 150 on 3:00 Butterfly
	{3 x 100 on 1:55 Mystery Medley
	{1 x 150 on 2:55 Backstroke
	{3 x 100 on 1:55 Mystery Medley
	{1 x 100 on 2:05 Breaststroke
	{3 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	1:00 PM 3,600 Yards - Stress Value = 106

Workout #33992 - Friday, 28 November 2025**FINS - Bronze****1 minute rest between sets**

11:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
475	19 x 25 on :40 USRPT-100 Your Choice
700	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Fly Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Kick SL on back
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Breast Kick
	{4 x 25 on :45 Kick no board BSLR
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{ 4-6 underwaters, count kicks
1,200	1x{1 x 100 on 2:30 Butterfly
	{3 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:20 Backstroke
	{3 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:30 Breaststroke
	{2 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1:00 PM 3,225 Yards - Stress Value = 92

Workout #33993 - Friday, 28 November 2025**FINS - Copper****1 minute rest between sets**

11:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
425	17 x 25 on :45 USRPT-100 Your Choice
650	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Kick SL on back
	{2 x 25 on :45 Kick no board BS
	{2 x 50 on 1:30 Breast Kick
	{2 x 25 on :45 Kick no board LR
	{1 x 50 on 1:30 Free Kick
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{ 4-6 underwaters, count kicks
1,100	1x{1 x 100 on 3:00 Butterfly
	{2 x 100 on 2:30 Mystery Medley
	{1 x 100 on 2:45 Backstroke
	{2 x 100 on 2:30 Mystery Medley
	{1 x 100 on 3:00 Breaststroke
	{2 x 100 on 2:30 Mystery Medley
	{2 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	1:00 PM 3,025 Yards - Stress Value = 83