

Workout #33994 - Saturday, 29 November 2025**FINS - Freestylers****1 minute rest between sets**

9:00 AM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :30 USRPT 100 Free Pace
1,000	1x{1 x 100 on 1:40 Free Kick w/board {1 x 100 on 2:00 Free Kick w/board {2 x 100 on 1:45 Free Kick w/board {1 x 100 on 2:00 Free Kick w/board {3 x 100 on 1:50 Free Kick w/board {1 x 200 on 2:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,050	1x{1 x 100 on 1:30 Free L.25 6BK {1 x 100 on 1:30 Free L.25 2 breaths {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:30 Easy Free {2 x 100 on 1:25 Free L.25 6BK {2 x 100 on 1:25 Free L.25 2 breaths {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:30 Easy Free {3 x 100 on 1:20 Free L.25 6bk {3 x 100 on 1:20 Free L.25 2 breaths {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:30 Easy Free {1 x 100 on 2:00 Free-100%
150	1 x 150 on 3:00 Stroke Drills
11:00 AM 4,425 Yards - Stress Value = 130	

9:00 AM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :35 USRPT-100 Free Pace
750	1x{1 x 100 on 2:05 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {2 x 100 on 2:10 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {2 x 100 on 2:15 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{1 x 100 on 1:50 Free L.25 6BK {1 x 100 on 1:50 Free L.25 2 breaths {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:45 Easy Free {2 x 100 on 1:45 Free L.25 6BK {2 x 100 on 1:45 Free L.25 2 breaths {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:45 Easy Free {2 x 100 on 1:40 Free L.25 6bk {2 x 100 on 1:40 Free L.25 2 breaths {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:45 Easy Free {1 x 100 on 2:00 Free-100%
150	1 x 150 on 3:00 Stroke Drills
11:00 AM 3,700 Yards - Stress Value = 116	

Workout #33997 - Saturday, 29 November 2025**FINS - Silver/Bronze****1 minute rest between sets**

9:00 AM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :30 USRPT 100 Free Pace
800	1x{1 x 100 on 1:50 Free Kick w/board {1 x 100 on 2:15 Free Kick w/board {2 x 100 on 1:55 Free Kick w/board {1 x 100 on 2:15 Free Kick w/board {3 x 100 on 2:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,950	1x{1 x 100 on 1:40 Free L.25 6BK {1 x 100 on 1:40 Free L.25 2 breaths {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:30 Easy Free {2 x 100 on 1:35 Free L.25 6BK {2 x 100 on 1:35 Free L.25 2 breaths {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:00 Easy Free {2 x 100 on 1:30 Free L.25 6bk {3 x 100 on 1:30 Free L.25 2 breaths {3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:30 Easy Free {1 x 100 on 2:00 Free-100%
150	1 x 150 on 3:00 Stroke Drills
11:01 AM 4,125 Yards - Stress Value = 126	

9:00 AM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :35 USRPT 100 Free Pace
650	1x{1 x 100 on 2:20 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 100 on 2:05 Free L.25 6BK {1 x 100 on 2:05 Free L.25 2 breaths {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:45 Easy Free {2 x 100 on 2:00 Free L.25 6BK {2 x 100 on 2:00 Free L.25 2 breaths {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:45 Easy Free {1 x 100 on 1:55 Free L.25 6bk {1 x 100 on 1:55 Free L.25 2 breaths {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:45 Easy Free {1 x 100 on 2:00 Free-100%
150	1 x 150 on 3:00 Stroke Drills
11:00 AM 3,400 Yards - Stress Value = 108	

Workout #33996 - Saturday, 29 November 2025**FINS - Silver****1 minute rest between sets**

Workout #33998 - Saturday, 29 November 2025**FINS - Bronze****1 minute rest between sets**

9:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Free Shooters
425	17 x 25 on :45 USRPT-100 Free Pace
600	1x{1 x 100 on 2:35 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board
	{2 x 100 on 2:40 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 2:00 Easy Free
	{2 x 100 on 2:25 Free L.25 6BK
	{1 x 100 on 2:25 Free L.25 2 breaths
	{1 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 2:00 Easy Free
	{1 x 100 on 2:20 Free L.25 6bk
	{1 x 100 on 2:20 Free L.25 2 breaths
	{1 x 100 on 2:20 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 2:00 Easy Free
	{1 x 100 on 2:00 Free-100%
150	1 x 150 on 3:00 Stroke Drills
	11:01 AM 3,025 Yards - Stress Value = 89

Workout #33999 - Saturday, 29 November 2025**FINS - Copper****1 minute rest between sets**

9:00 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free HB2SOW to 7 back to 2
150	10 x 15 on :45 Racing Skills-Free Shooters
425	17 x 25 on :45 USRPT-100 Free Pace
500	1x{1 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 4:00 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 4:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 2:00 Easy Free
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 2:00 Easy Free
	{1 x 100 on 2:00 Free-100%
150	1 x 150 on 3:00 Stroke Drills
	11:01 AM 2,775 Yards - Stress Value = 85