

Workout #34011 - Tuesday, 02 December 2025**FINS - Breast****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :35 USRPT-100 Breast Pace
850	1x{1 x 200 on 3:50 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:20 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 100 on 1:50 Breast Kick w/board
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,600	1x{2 x 200 on 3:30 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:35 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
	{2 x 100 on 1:40 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
100	1 x 100 on 2:00 Stroke Drills
	7:15 PM 3,700 Yards - Stress Value = 110

Workout #34012 - Tuesday, 02 December 2025**FINS - Gold****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :35 USRPT-100 Breast Pace
800	1x{1 x 200 on 4:10 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:35 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 50 on 1:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,550	1x{2 x 200 on 3:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
	{2 x 100 on 1:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 50 on 1:00 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on :30 Breast TO Drill w/fins
100	1 x 100 on 2:00 Stroke Drills
	7:15 PM 3,600 Yards - Stress Value = 108

Workout #34013 - Tuesday, 02 December 2025**FINS - Silver****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====

1 on 15:00 DS/Dryland

300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
475	19 x 25 on :40 USRPT-100 Breast Pace
700	1x{1 x 200 on 4:35 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:00 Breast Kick w/board
	{2 x 25 on :45 Breast Kick-streamline on back
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,350	1x{2 x 200 on 4:25 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :35 Breast TO Drill w/fins
	{2 x 125 on 2:45 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :35 Breast TO drill w/fins
	{2 x 100 on 2:10 Breaststroke
	{1 on :30 Put fins on
	{8 x 25 on :35 Breast TO Drill w/fins
100	1 x 100 on 2:00 Stroke Drills
	7:15 PM 3,225 Yards - Stress Value = 95

Workout #34014 - Tuesday, 02 December 2025**FINS - Silver/Bronze****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
475	19 x 25 on :40 USRPT-100 Breast Pace
650	1x{1 x 200 on 5:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 125 on 3:10 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{4-6 underwaters, count kicks
1,200	1x{2 x 200 on 4:55 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :40 Breast TO Drill w/fins
	{2 x 100 on 2:25 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :40 Breast TO drill w/fins
	{2 x 75 on 1:45 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :40 Breast TO Drills w/fins
100	1 x 100 on 2:00 Stroke Drills
	7:15 PM 3,025 Yards - Stress Value = 91

Workout #34015 - Tuesday, 02 December 2025**FINS - Bronze****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
425	17 x 25 on :45 USRPT-100 Breast Pace
600	1x{1 x 200 on 5:30 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 100 on 2:50 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{ 4-6 underwaters, count kicks
1,050	1x{2 x 150 on 4:15 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :45 Breast TO Drill w/fins
	{2 x 100 on 2:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :40 Breast TO drill w/fins
	{2 x 50 on 1:20 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :45 Breast TO Drill w/fins
100	1 x 100 on 2:00 Stroke Drills
	7:15 PM 2,775 Yards - Stress Value = 81

Workout #34016 - Tuesday, 02 December 2025**FINS - Copper****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :50 USRPT-100 Breast Pace
525	1x{1 x 200 on 7:00 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on back
	{2 x 100 on 3:30 Breast Kick w/board
	{3 x 25 on 1:00 Breast Kick-streamline on back
150	1x{6 x 25 on 1:00 1-3 sculling drills
	{ 4-6 underwaters, count kicks
800	1x{1 x 200 on 7:00 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on 1:00 Breast TO Drill w/fins
	{2 x 100 on 3:30 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on 1:00 Breast TO drill w/fins
	{2 x 50 on 1:40 Breaststroke
100	1 x 100 on 2:00 Stroke Drills
	7:15 PM 2,400 Yards - Stress Value = 71