

Workout #34070 - Monday, 15 December 2025**FINS - Freestylers****1 minute rest between sets**

Yards	Set Description	E
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	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
625	25 x 25 on :30 USRPT-100 Free Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
2,750	1x{1 x 500 on 7:05 Freestyle	E
	{3 x 100 on 1:25 Freestyle	E
	{1 x 400 on 5:40 Freestyle	E
	{3 x 100 on 1:25 Freestyle	E
	{1 x 300 on 4:15 Freestyle	E
	{3 x 100 on 1:25 Freestyle	E
	{1 x 200 on 2:50 Freestyle	E
	{3 x 100 on 1:25 Freestyle	E
	{1 x 50 on 2:00 Freestyle	F
	{1 x 100 on 3:00 Free-100%	E
	1 on 14:00 Racing Skills-Relay Starts	S
7:31 PM	3,975 Yards - Stress Value = 122	

Workout #34071 - Monday, 15 December 2025**FINS - Gold****1 minute rest between sets**

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
625	25 x 25 on :30 USRPT-100 Free Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
2,600	1x{1 x 500 on 7:30 Freestyle	E
	{3 x 100 on 1:30 Freestyle	E
	{1 x 400 on 6:00 Freestyle	E
	{3 x 100 on 1:30 Freestyle	E
	{1 x 300 on 4:30 Freestyle	E
	{3 x 100 on 1:30 Freestyle	E
	{1 x 200 on 3:00 Freestyle	E
	{3 x 50 on :45 Freestyle	E
	{1 x 50 on 2:00 Freestyle	F
	{1 x 100 on 3:00 Free-100%	E
	1 on 14:00 Racing Skills-Relay Starts	F
7:31 PM	3,825 Yards - Stress Value = 109	

Workout #34072 - Monday, 15 December 2025**FINS - Silver****1 minute rest between sets**

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
550	22 x 25 on :35 USRPT-100 Free Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
2,350	1x{1 x 500 on 7:20 Freestyle	E
	{3 x 100 on 1:40 Freestyle	E
	{1 x 400 on 6:40 Freestyle	E
	{3 x 100 on 1:40 Freestyle	E
	{1 x 300 on 5:00 Freestyle	E

{2 x 100 on 1:40 Freestyle	E
{1 x 200 on 3:20 Freestyle	E
{1 x 50 on 2:00 Freestyle	F
{1 x 100 on 3:00 Free-100%	E
1 on 14:00 Racing Skills-Finishes	S
7:30 PM	3,450 Yards - Stress Value = 107

Workout #34073 - Monday, 15 December 2025**FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
550	22 x 25 on :35 USRPT-100 Free Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
2,050	1x{1 x 500 on 9:35 Freestyle	E
	{3 x 100 on 1:55 Freestyle	E
	{1 x 400 on 7:40 Freestyle	E
	{3 x 100 on 1:55 Freestyle	E
	{1 x 300 on 5:45 Freestyle	E
	{1 x 100 on 1:55 Freestyle	E
	{1 x 50 on 2:00 Freestyle	F
	{1 x 100 on 3:00 Free-100%	E
	1 on 14:00 Racing Skills-Relay Starts	S
7:31 PM	3,150 Yards - Stress Value = 101	

Workout #34074 - Monday, 15 December 2025**FINS - Bronze****1 minute rest between sets**

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
475	19 x 25 on :40 USRPT-100 Free Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
1,750	1x{1 x 400 on 9:00 Freestyle	E
	{3 x 100 on 2:30 Freestyle	E
	{1 x 300 on 6:45 Freestyle	E
	{3 x 100 on 2:15 Freestyle	E
	{1 x 200 on 4:30 Freestyle	E
	{1 x 100 on 2:15 Freestyle	E
	{1 x 50 on 2:00 Freestyle	F
	{1 x 100 on 3:00 Free-100%	E
	1 on 14:00 Racing Skills-Finishes	S
7:31 PM	2,725 Yards - Stress Value = 88	

Workout #34075 - Monday, 15 December 2025
FINS - Copper
1 minute rest between sets

5:30 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
425	17 x 25 on :45 USRPT-100 Free Pace	S
150	1x{6 x 25 on 1:00 1-3 sculling drills	F
	{ 4-6 underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
1,550	1x{1 x 400 on 10:00 Freestyle	E
	{3 x 100 on 2:45 Freestyle	E
	{1 x 300 on 7:30 Freestyle	E
	{2 x 100 on 2:45 Freestyle	E
	{1 x 200 on 5:00 Freestyle	E
	{1 x 50 on 2:00 Freestyle	F
	{1 x 100 on 3:00 Free-100%	E
	1 on 14:00 Racing Skills-Relay Starts	S
7:31 PM 2,475 Yards - Stress Value = 78		