

Workout #34082 - Wednesday, 17 December 2025
FINS - Back
1 minute rest between sets

5:30 PM	Start
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :30 USRPT-100 Back Pace
150	3x{1 on 1:00 Vertical Kick
	{1 x 25 on :30 Back 10KOW +1
	{1 x 25 on 2:00 Feet First Sculling Drill
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,150	1x{4 x 50 on :45 Back-descend
	{5 x 125 on 1:55 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{4 x 100 on 1:30 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{3 x 75 on 1:10 Back atl 25's 10KOW
	{6 x 50 on :45 Back-descend in 3's
	1 on 10:00 Racing Skills-back finishes
7:31 PM	3,425 Yards - Stress Value = 116

Workout #34083 - Wednesday, 17 December 2025
FINS - Gold
1 minute rest between sets

5:30 PM	Start
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :35 USRPT-100 Back Pace
150	3x{1 on 1:00 Vertical Kick
	{1 x 25 on :30 Back 10KOW +1
	{1 x 25 on 2:00 Feet First Sculling Drill
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,950	1x{4 x 50 on :50 Back-descend
	{5 x 125 on 2:05 Back alt 25's 10KOW
	{4 x 50 on :50 Back-descend
	{4 x 100 on 1:40 Back alt 25's 10KOW
	{4 x 50 on :50 Back-descend
	{3 x 75 on 1:15 Back alt 25's 10KOW
	{2 x 50 on :50 Back-descend
	1 on 10:00 Racing Skills-back finishes
7:31 PM	3,150 Yards - Stress Value = 105

Workout #34084 - Wednesday, 17 December 2025
FINS - Silver
1 minute rest between sets

5:30 PM	Start
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :35 USRPT-100 Back Pace
150	3x{1 on 1:00 Vertical Kick
	{1 x 25 on :30 Back 10KOW +1
	{1 x 25 on 2:00 Feet First Sculling Drill
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{3 x 50 on :55 Back-descend
	{5 x 125 on 2:20 Back alt 25's 10KOW
	{3 x 50 on :55 Back-Descend
	{4 x 100 on 1:50 Back alt 25's 10KOW
	{4 x 50 on :55 Back-descend

{3 x 75 on 1:20 Back alt 25's 10KOW
1 on 10:00 Racing Skills-back finishes
7:31 PM 2,950 Yards - Stress Value = 101

Workout #34085 - Wednesday, 17 December 2025
FINS - Silver/Bronze
1 minute rest between sets

5:30 PM	Start
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
475	19 x 25 on :40 USRPT-100 Back Pace
150	3x{1 on 1:00 Vertical Kick
	{1 x 25 on :30 Back 10KOW +1
	{1 x 25 on 2:00 Feet First Sculling Drill
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{4 x 50 on 1:05 Back-descend
	{3 x 125 on 2:45 Back alt 25's 10KOW
	{3 x 50 on 1:05 Back-descend
	{4 x 100 on 2:10 Back alt 25's 10KOW
	{3 x 50 on 1:05 Back-descend
	{3 x 75 on 1:40 Back alt 25's 10KOW
	1 on 10:00 Racing Skills-back finishes
7:31 PM	2,625 Yards - Stress Value = 90

Workout #34086 - Wednesday, 17 December 2025
FINS - Bronze
1 minute rest between sets

5:30 PM	Start
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
425	17 x 25 on :45 USRPT-100 Back Pace
150	3x{1 on 1:00 Vertical Kick
	{1 x 25 on :30 Back 10KOW +1
	{1 x 25 on 2:00 Feet First Sculling Drill
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,225	1x{4 x 50 on 1:20 Back-descend
	{3 x 125 on 3:00 Back at 25's 10KOW
	{4 x 50 on 1:20 Back-descend
	{4 x 100 on 2:40 Back alt 25's 10KOW
	{1 x 50 on 1:20 Back-FAST
	1 on 10:00 Racing Skills-back finishes
7:30 PM	2,300 Yards - Stress Value = 79

Workout #34087 - Wednesday, 17 December 2025**FINS - Copper****1 minute rest between sets**

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :50 USRPT-100 Back Pace
150	3x{1 on 1:00 Vertical Kick
	{1 x 25 on :30 Back 10KOW +1
	{1 x 25 on 2:00 Feet First Sculling Drill
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{3 x 50 on 1:30 Back-descend
	{3 x 125 on 3:25 Back alt 25's 10KOW
	{3 x 50 on 1:30 Back-descend
	{4 x 100 on 3:00 Back alt 25's 10KOW
	{1 x 50 on 1:30 Back-FAST
	1 on 10:00 Racing Skills-back finishes
7:31 PM	2,150 Yards - Stress Value = 73