

**Workout #34088 - Thursday, 18 December 2025****FINS - Breast****1 minute rest between sets**

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 22:00 TEACH DAY-Breaststroke
625	25 x 25 on :30 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:45 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:15 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{3 x 150 on 2:45 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,725 Yards - Stress Value = 94

**Workout #34089 - Thursday, 18 December 2025****FINS - Gold****1 minute rest between sets**

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 22:00 TEACH DAY-Breaststroke
550	22 x 25 on :35 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 200 on 4:00 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:30 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{3 x 150 on 3:00 Breast Kick w/board
	{2 x 25 on :40 Breast Kick-streamline on back
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,600 Yards - Stress Value = 86

**Workout #34090 - Thursday, 18 December 2025****FINS - Silver****1 minute rest between sets**

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 22:00 TEACH DAY-Breaststroke
475	19 x 25 on :40 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,075	1x{1 x 200 on 4:40 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:05 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 150 on 3:30 Breast Kick w/board
	{1 x 25 on :45 Breast Kick-streamline on back
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,350 Yards - Stress Value = 75

**Workout #34091 - Wednesday, 17 December 2025****FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 22:00 TEACH DAY-Breaststroke
475	19 x 25 on :40 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 200 on 5:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:25 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 125 on 3:10 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,275 Yards - Stress Value = 74

**Workout #34092 - Thursday, 18 December 2025****FINS - Bronze****1 minute rest between sets**

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 22:00 TEACH DAY-Breaststroke
425	17 x 25 on :45 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 5:30 Breast Kick w/board
	{4 x 25 on 1:00 Breast Kick-streamline on back
	{2 x 175 on 4:50 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on back
	{2 x 100 on 2:45 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,125 Yards - Stress Value = 66

**Workout #34093 - Thursday, 18 December 2025****FINS - Copper****1 minute rest between sets**

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 22:00 TEACH DAY-Breaststroke
375	15 x 25 on :50 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 200 on 6:00 Breast Kick w/board
	{4 x 25 on 1:00 Breast Kick-streamline on back
	{2 x 150 on 4:30 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on back
	{2 x 100 on 3:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,025 Yards - Stress Value = 61