

**Workout #34094 - Friday, 19 December 2025****FINS - IM'ers****1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :30 USRPT-100 Your Choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,200	1x{1 x 200 on 3:10 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 3:05 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 3:00 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:55 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:30 Mystery Medley
150	{1 x 200 on 2:50 Individual Medley
	1 x 150 on 3:00 Stroke Drills
6:30 PM	3,575 Yards - Stress Value = 112

**Workout #34095 - Friday, 19 December 2025****FINS - Gold****1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :35 USRPT-100 Your Choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,000	1x{1 x 200 on 3:20 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:40 Mystery Medley
	{1 x 200 on 3:15 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:40 Mystery Medley
	{1 x 200 on 3:10 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:40 Mystery Medley
	{1 x 200 on 3:05 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:40 Mystery Medley
150	1 x 150 on 3:00 Stroke Drills
6:30 PM	3,300 Yards - Stress Value = 101

**Workout #34096 - Friday, 19 December 2025****FINS - Silver****1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :35 USRPT-100 Your Choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 200 on 3:50 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 1:50 Mystery Medley

{1 x 200 on 3:45 Individual Medley  
 {1 on :30 Roll the Dice!!  
 {3 x 100 on 1:50 Mystery Medley  
 {1 x 200 on 3:40 Individual Medley  
 {1 on :30 Roll the Dice!!  
 {4 x 100 on 1:50 Mystery Medley  
 {1 x 200 on 3:35 Individual Medley  
 150 1 x 150 on 3:00 Stroke Drills  
 6:30 PM 3,100 Yards - Stress Value = 97

**Workout #34097 - Thursday, 18 December 2025****FINS - Silver/Bronze****1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
475	19 x 25 on :40 USRPT-100 Your Choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	1x{1 x 200 on 4:10 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 2:00 Mystery Medley
	{1 x 200 on 4:05 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 2:00 Mystery Medley
	{1 x 200 on 4:00 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 2:00 Mystery Medley
	{1 x 200 on 3:55 Individual Medley
150	1 x 150 on 3:00 Stroke Drills
6:31 PM	2,925 Yards - Stress Value = 88

**Workout #34098 - Friday, 19 December 2025****FINS - Bronze****1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
425	17 x 25 on :45 USRPT-100 Your Choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 5:00 Individual Medley
	{1 on :30 Roll the Dice!!
	{3 x 100 on 2:30 Mystery Medley
	{1 x 200 on 4:55 Individual Medley
	{1 on :30 Roll the Dice!!
	{2 x 100 on 2:30 Mystery Medley
	{1 x 200 on 4:50 Individual Medley
	{1 on :30 Roll the Dice!!
	{2 x 100 on 2:30 Mystery Medley
150	1 x 150 on 3:00 Stroke Drills
6:29 PM	2,475 Yards - Stress Value = 74

**Workout #34099 - Friday, 19 December 2025****FINS - Copper****1 minute rest between sets**

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
200	1 x 200 on 5:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :50 USRPT-100 Your Choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 6:00 Individual Medley
	{1 on :30 Roll the Dice!!
	{2 x 100 on 3:00 Mystery Medley
	{1 x 200 on 6:00 Individual Medley
	{1 on :30 Roll the Dice!!
	{2 x 100 on 3:00 Mystery Medley
	{1 x 200 on 6:00 Individual Medley
	{1 on :30 Roll the Dice!!
	{1 x 100 on 3:00 Mystery Medley
150	1 x 150 on 3:00 Stroke Drills
6:30 PM	2,125 Yards - Stress Value = 66