

Workout #34122 - Tuesday, 23 December 2025**FINS - Fly****1 minute rest between sets**

Yards	Set Description	EC
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	1 on 30:00 DS/Dryland>Showers	RE
300	1 x 300 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
625	25 x 25 on :30 USRPT-100 Fly Pace	SE
1,050	1x{5 x 100 on 1:45 Fly Kick w/board	EN
	{4 x 75 on 1:20 Fly Kick w/board	EN
	{5 x 50 on :50 Fly Kick w/board	EN
150	1x{6 x 25 on 1:00 1-3 sculling drills	RE
	{ 4-6 underwaters, count kicks	
1,400	1x{1 x 50 on :55 Butterfly	EN
	{1 x 50 on :45 Freestyle	EN
	{2 x 50 on :55 Butterfly	EN
	{1 x 50 on :45 Freestyle	EN
	{3 x 50 on :55 Butterfly	EN
	{1 x 50 on :45 Freestyle	EN
	{4 x 50 on :55 Butterfly	EN
	{1 x 50 on :45 Freestyle	EN
	{5 x 50 on :55 Butterfly	EN
	{1 x 50 on :45 Freestyle	EN
	{4 x 50 on :55 Butterfly	EN
	{1 x 50 on :45 Freestyle	EN
	{3 x 50 on :55 Butterfly	EN
	1 on 10:00 Game	RE
11:00 AM 3,675 Yards - Stress Value = 113		

Workout #34123 - Tuesday, 23 December 2025**FINS - Gold****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland>Showers	RE
300	1 x 300 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
550	22 x 25 on :35 USRPT-100 Fly Pace	SE
900	1x{5 x 100 on 2:05 Fly Kick w/board	EN
	{4 x 75 on 1:35 Fly Kick w/board	EN
	{2 x 50 on 1:05 Fly Kick w/board	EN
150	1x{6 x 25 on 1:00 1-3 sculling drills	RE
	{ 4-6 underwaters, count kicks	
1,300	1x{1 x 50 on 1:00 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	{2 x 50 on 1:00 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	{3 x 50 on 1:00 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	{4 x 50 on 1:00 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	{4 x 50 on :55 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	{3 x 50 on :55 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	{2 x 50 on :55 Butterfly	EN
	{1 x 50 on :50 Freestyle	EN
	1 on 10:00 Game	RE
11:00 AM 3,350 Yards - Stress Value = 100		

Workout #34124 - Tuesday, 23 December 2025**FINS - Silver****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland>Showers	RE

300	1 x 300 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
550	22 x 25 on :35 USRPT-100 Fly Pace	SE
750	1x{4 x 100 on 2:25 Fly Kick w/board	EN
	{4 x 75 on 1:50 Fly Kick w/board	EN
	{1 x 50 on 1:15 Fly Kick w/board	EN
150	1x{6 x 25 on 1:00 1-3 sculling drills	RE
	{ 4-6 underwaters, count kicks	
1,150	1x{1 x 50 on 1:05 Butterfly	EN
	{1 x 50 on :55 Freestyle	EN
	{2 x 50 on 1:05 Butterfly	EN
	{1 x 50 on :55 Freestyle	EN
	{3 x 50 on 1:05 Butterfly	EN
	{1 x 50 on :55 Freestyle	EN
	{4 x 50 on 1:05 Butterfly	EN
	{1 x 50 on :55 Freestyle	EN
	{5 x 50 on 1:05 Butterfly	EN
	{1 x 50 on :55 Freestyle	EN
	{3 x 50 on 1:05 Butterfly	EN
	1 on 10:00 Game	RE
11:00 AM 3,050 Yards - Stress Value = 95		

Workout #34125 - Tuesday, 23 December 2025**FINS - Silver/Bronze****1 minute rest between sets**

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland>Showers	RE
300	1 x 300 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
475	19 x 25 on :40 USRPT-100 Fly Pace	SE
700	1x{3 x 100 on 2:40 Fly Kick w/board	EN
	{4 x 75 on 2:00 Fly Kick w/board	EN
	{2 x 50 on 1:20 Fly Kick w/board	EN
150	1x{6 x 25 on 1:00 1-3 sculling drills	RE
	{ 4-6 underwaters, count kicks	
1,100	1x{1 x 50 on 1:10 Butterfly	EN
	{1 x 50 on 1:00 Freestyle	EN
	{2 x 50 on 1:10 Butterfly	EN
	{1 x 50 on 1:00 Freestyle	EN
	{3 x 50 on 1:10 Butterfly	EN
	{1 x 50 on 1:00 Freestyle	EN
	{4 x 50 on 1:10 Butterfly	EN
	{1 x 50 on 1:00 Freestyle	EN
	{5 x 50 on 1:10 Butterfly	EN
	{1 x 50 on 1:00 Freestyle	EN
	{2 x 50 on 1:10 Butterfly	EN
	1 on 10:00 Game	RE
11:00 AM 2,875 Yards - Stress Value = 86		

Workout #34126 - Tuesday, 23 December 2025**FINS - Bronze****1 minute rest between sets**

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9:00 AM Start
Yards Set Description EC
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1 on 30:00 DS/Dryland>Showers RE
300 1 x 300 on 5:00 SunYangFree-Count strokes RE
150 10 x 15 on :45 Racing Skills-Fly Shooters SE
425 17 x 25 on :45 USRPT-100 Fly Pace SE
600 1x{2 x 100 on 3:00 Fly Kick w/board EN
    {4 x 75 on 2:15 Fly Kick w/board EN
    {2 x 50 on 1:30 Fly Kick w/board EN
150 1x{6 x 25 on 1:00 1-3 sculling drills RE
    { 4-6 underwaters, count kicks
900 1x{1 x 50 on 1:30 Butterfly EN
    {1 x 50 on 1:10 Freestyle EN
    {2 x 50 on 1:30 Butterfly EN
    {1 x 50 on 1:10 Freestyle EN
    {3 x 50 on 1:30 Butterfly EN
    {1 x 50 on 1:10 Freestyle EN
    {3 x 50 on 1:25 Butterfly EN
    {1 x 50 on 1:10 Freestyle EN
    {3 x 50 on 1:25 Butterfly EN
    {1 x 50 on 1:10 Freestyle EN
    {1 x 50 on 1:25 Butterfly EN
1 on 10:00 Game RE
10:59 AM 2,525 Yards - Stress Value = 74

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Workout #34127 - Tuesday, 23 December 2025**FINS - Copper****1 minute rest between sets**

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9:00 AM Start
Yards Set Description EC
=====
1 on 30:00 DS/Dryland>Showers RE
300 1 x 300 on 5:00 SunYangFree-Count strokes RE
150 10 x 15 on :45 Racing Skills-Fly Shooters SE
375 15 x 25 on :50 USRPT-100 Fly Pace SE
450 1x{2 x 100 on 4:00 Fly Kick w/board EN
    {2 x 75 on 3:00 Fly Kick w/board EN
    {2 x 50 on 2:00 Fly Kick w/board EN
150 1x{6 x 25 on 1:00 1-3 sculling drills RE
    { 4-6 underwaters, count kicks
600 1x{1 x 50 on 2:15 Butterfly EN
    {1 x 50 on 1:30 Freestyle EN
    {2 x 50 on 2:15 Butterfly EN
    {1 x 50 on 1:30 Freestyle EN
    {3 x 50 on 2:15 Butterfly EN
    {1 x 50 on 1:30 Freestyle EN
    {3 x 50 on 2:15 Butterfly EN
1 on 10:00 Game RE
10:59 AM 2,025 Yards - Stress Value = 63

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