

Workout #34200 - Wednesday, 07 January 2026**FINS - USRPT****1 minute rest between sets**

Yards	6:00 AM Start	Set Description
	1 on 15:00 Dynamic/Mobility/Showers	
225	15 x 15 on :45 Racing Skills-Crossover Turns	
1,500	1x{10 x 50 on :55 400 IM Pace	
	{1 on 1:00 Rest	
	{10 x 50 on :55 400 IM Pace	
	{1 on 1:00 Rest	
	{10 x 50 on :55 400 IM Pace	
	Set is over at 29:30	
75	5 x 15 on 3:00 DW UWR OTB	
	7:14 AM 1,800 Yards - Stress Value = 162	

Workout #34201 - Friday, 09 January 2026**FINS - USRPT****1 minute rest between sets**

Yards	6:00 AM Start	Set Description	EGY	WC
	1 on 15:00 Dynamic/Mobility/Showers	REC		
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3		
3,000	30 x 100 on 1:25 1650 Free Pace	SP2		
	1 on 2:00 Your Choice Recovery	REC		
600	30 x 20 on :30 #1 Non Free 100 Pace**	SP2		
	7:29 AM 3,825 Yards - Stress Value = 369			