

Workout #34023 - Wednesday, 03 December 2025

FINS - USRPT

1 minute rest between sets

6:00 AM Start			
Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 15:00 Dynamic/Mobility	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	
	1 on 10:00 Shoulder Hangs/Palm Cooling	REC	
750	30 x 25 on :35 #1 Non Free 100 Pace**	SP2	
7:30 AM 3,225 Yards - Stress Value = 309			

Workout #34024 - Friday, 05 December 2025

FINS - USRPT

1 minute rest between sets

6:00 AM Start			
Yards	Set Description		E
=====	=====		=
	1 on 15:00 Dynamic/Mobility		F
225	15 x 15 on :45 Racing Skills-IM Shooters		S
1,500	1x{10 x 50 on :55 400 IM Pace		S
	{1 on 1:00 Rest		F
	{10 x 50 on :55 400 IM Pace		S
	{1 on 1:00 Rest		F
	{10 x 50 on :55 400 IM Pace		S
	Set is over at 29:30		
	1 on 10:00 Your Choice Recovery		F
500	10x{1 x 25 on :01 1/3 each of streamline kick		F
	{ tarzan, no breath sprint rest 5sec 25		
	{1 x 25 on 1:29 Kick no board BSLR		E
200	1 x 200 on 4:00 Stroke Drills		F
7:29 AM 2,425 Yards - Stress Value = 166			