

**Workout #34343 - Wednesday, 04 February 2026****FINS - USRPT****1 minute rest between sets**

Yards	Set	Description	EGY	WC
6:00 AM		Start		
1	on 15:00	Dynamic/Mobility	REC	
225	15 x 15	on :45 Racing Skills-IM Shooters	SP3	
1,875	25 x 75	on 1:05 1000 Free Pace	SP2	
1	on 8:00	Your Choice Recovery	REC	
400	20 x 20	on :30 #1 Non Free 100 Pace**	SP2	
7:15 AM		2,500 Yards - Stress Value = 237		

**Workout #34344 - Friday, 06 February 2026****FINS - USRPT****1 minute rest between sets**

Yards	Set	Description
6:00 AM		Start
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
	The set ends at 29:30	
	1	on 10:00 Your Choice Recovery
90	6 x 15	on 3:00 DW UWR OTB
7:27 AM		1,815 Yards - Stress Value = 163