

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

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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
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

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

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6:00 AM Start
Yards 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
      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

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