

**Workout #34162 - Monday, 05 January 2026****HighSchl - USRPT****1 minute rest between sets**

6:00 AM Start		
Yards	Set Description	EGY W
=====	=====	=== =
	1 on 15:00 Dynamic/Mobility	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Fly Pace	SP2
	Boys in DW 30X20+DWUW	
	1 on 10:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Recovery #2	REC
	7:29 AM 2,475 Yards - Stress Value = 234	

**Workout #34163 - Monday, 05 January 2026****HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 15:00 Dynamic/Mobility	
225	15 x 15 on :45 Racing Skills-IM Shooters	
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	
	1 on 10:00 Recovery #3	
750	30 x 25 on :30 100 Back Pace	
	1 on 10:00 Recovery #4	
750	30 x 25 on :30 100 Breast Pace	
	1 on 10:00 Recovery #5	
140	7x{1 on :30 Flutter Kick on Wall	
	{1 x 20 on 1:30 Flip on whistle underwater fl	
	{ kick to other side	
	{ every line you don't make = 5 pu	
	5:45 PM 3,365 Yards - Stress Value = 312	

**Workout #34164 - Tuesday, 06 January 2026****HighSchl - USRPT****1 minute rest between sets**

6:00 AM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 Dynamic/Mobility	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Recovery #6	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Recovery #7	REC
	7:29 AM 2,475 Yards - Stress Value = 234	

**Workout #34165 - Tuesday, 06 January 2026****HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 15:00 Dynamic/Mobility	
225	15 x 15 on :45 Racing Skills-Breast Shooters	
200	1x{1 x 25 on :30 Freestyle 8/10 KOW	
	{1 x 25 on :40 Freestyle 10/12 KOW	
	{1 x 25 on :50 Freestyle 12/14 KOW	
	{1 x 25 on 1:00 Freestyle 14/16 KOW	
	{ Round 3 KOW same as round 2	
	{ 1-5 breaths, 2-4 breaths, 3-3 br	
	{1 x 100 on 3:00 Sculling drills	

2,250	30 x 75 on 1:10 500 Free Pace	
	1 on 10:00 Video Evaluations 1+/1-	
1,500	30 x 50 on :55 200 Breast Pace	
	1 on 10:00 Recovery #8	
	1 on 15:00 Start/Shooter/Finish Relay	
5:43 PM	4,175 Yards - Stress Value = 392	

**Workout #34166 - Wednesday, 07 January 2026****HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	EGY WC
=====	=====	=== ==
	1 on 15:00 Dynamic/Mobility	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Palm Cooling/Shoulder Hangs	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Palm Cooling/Shoulder Hangs	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 7:00 Skins Races	SP2
	5:45 PM 4,725 Yards - Stress Value = 459	

**Workout #34167 - Thursday, 08 January 2026****HighSchl - 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-#1 Shooters	SP3
1,500	30 x 50 on :50 200 Fly Pace	SP2
	Girls in DW 30X20 +DWUW	
	1 on 10:00 Your Choice Recovery	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Your Choice Recovery	REC
	7:29 AM 2,475 Yards - Stress Value = 234	

**Workout #34168 - Thursday, 08 January 2026****HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 Dynamic/Mobility	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Your Choice Recovery	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Your Choice Recovery	REC
	1 on 15:00 Underwater Racing	REC
	1 on 20:00 Kickboard Challenge	EN2
	1 on 10:00 Peer Coaching/Glider Racing	EN1
	5:44 PM 2,475 Yards - Stress Value = 234	

Workout #34169 - Friday, 09 January 2026  
HighSchl - USRPT  
1 minute rest between sets

3:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic/Mobility	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,000	10 x 100 on 1:25 1650 Free Pace	SE
	+ or - total seonds off pace=number of pullups	
	1 on 10:00 Palm Cooling/Shoulder Hangs	RE
625	25 x 25 on :30 100 Fly Pace\$	SE
	1 on 10:00 Palm Cooling/Shoulder Hangs	RE
625	25 x 25 on :30 100 Back Pace\$	SE
	5:01 PM 2,475 Yards - Stress Value = 233	