

**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 EGY W  
 =====  
 1 on 15:00 Dynamic/Mobility REC  
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3  
 1,500 1x{10 x 50 on :55 400 IM Pace SP2  
 {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 REC  
 750 30 x 25 on :30 100 Back Pace SP2  
 1 on 10:00 Recovery #4 REC  
 750 30 x 25 on :30 100 Breast Pace SP2  
 1 on 10:00 Recovery #5 REC  
 140 7x{1 on :30 Flutter Kick on Wall SP2  
 {1 x 20 on 1:30 Flip on whistle underwater f1  
 { 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 W  
 =====  
 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 EGY W  
 =====  
 1 on 15:00 Dynamic/Mobility REC  
 225 15 x 15 on :45 Racing Skills-Breast Shooters SP3  
 200 1x{1 x 25 on :30 Freestyle 8/10 KOW SP2  
 {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 REC  
 1,500 30 x 50 on :55 200 Breast Pace SP2  
 1 on 10:00 Recovery #8 REC  
 1 on 15:00 Start/Shooter/Finish Relay SP2  
 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 W  
 =====  
 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 W  
 =====  
 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 W  
 =====  
 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**

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