

Workout #34202 - Monday, 12 January 2026**HighSchl - USRPT****1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower	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 #1	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Recovery #2	REC
7:29 AM	2,475 Yards - Stress Value = 234	

Workout #34203 - Monday, 12 January 2026**HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower	REC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SP3
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 Fly Pace	
	1 on 10:00 Recovery #4	
1,500	30 x 50 on :50 200 Breast Pace	
400	1x{2 x 25 on :40 Underwaters	
	{1 x 50 on 1:30 Feet First Sculling Drill	
	{4 x 25 on :40 Underwaters	
	{1 x 50 on 1:30 Feet First Sculling Drill	
	{6 x 25 on :40 Underwaters	
5:42 PM	4,375 Yards - Stress Value = 414	

Workout #34204 - Tuesday, 13 January 2026**HighSchl - USRPT****1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Fly Pace	SP2
	Girls in DW 30X20+DWUW	
	1 on 10:00 Recovery #5	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Recovery #6	REC
7:29 AM	2,475 Yards - Stress Value = 234	

Workout #34205 - Wednesday, 14 January 2026**HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 Meeting W/Ava	F
	1 on 15:00 Dynamic/Pullups/Shower	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
200	1x{1 x 25 on :30 Freestyle 8/10 KOW	S
	{1 x 25 on :40 Freestyle 10/12 KOW	S
	{1 x 25 on :50 Freestyle 12/14 KOW	S
	{1 x 25 on 1:00 Freestyle 14/16 KOW	S
	{ Round 3 KOW same as round 2	
	{ 1-5 breaths, 2-4 breaths, 3-3 br	

	{1 x 100 on 3:00 Sculling drills	F
3,000	30 x 100 on 1:25 1650 Free Pace	S
	make one subtrace one	
	1 on 10:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Back Pace	S
5:54 PM	4,925 Yards - Stress Value = 467	

Workout #34206 - Thursday, 15 January 2026**HighSchl - USRPT****1 minute rest between sets**

6:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,500	30 x 50 on :50 200 Fly Pace	SP2	
	Boys in DW 30X20+DWUW		
	1 on 10:00 Recovery #7	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 10:00 Recovery #8	REC	
7:29 AM	2,475 Yards - Stress Value = 234		

Workout #34207 - Thursday, 15 January 2026**HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
1,250	25 x 50 on :50 200 Back Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 8:00 Your Choice Recovery	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
5:30 PM	4,475 Yards - Stress Value = 434		

Workout #34208 - Friday, 16 January 2026**HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower	RE	
100	1 x 100 on 12:00 Tic Tac Toe Relay	EN	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE	
2,250	30 x 75 on 1:05 500 Free Pace*	SE	
	1 on 7:00 Your Choice Recovery	RE	
60	4 x 15 on 2:00 DW UW OTB	SE	
5:00 PM	2,635 Yards - Stress Value = 238		

Workout #34209 - Saturday, 17 January 2026**HighSchl - USRPT****1 minute rest between sets**

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7:00 AM Start
Yards Set Description EGY WORK
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1 on 15:00 Dynamic/Pullups/Shower REC L
225 15 x 15 on :45 Racing Skills-IM Turns SP3 S
1,000 40 x 25 on :30 200 Your Choice* SP2 S
1 on 8:00 Thoracic Mobility REC L
1,000 40 x 25 on :30 200 Your Choice** SP2 S
1 on 8:00 Ankle Mobility REC L
1,000 40 x 25 on :30 200 Your Choice +/- SP2 S
1 on 8:00 Hip Mobility REC L
1,000 40 x 25 on :30 200 Your Choice$ SP2 S
1 on 15:00 Killer Relays SP1 S
9:30 AM 4,225 Yards - Stress Value = 409

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