

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

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**

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	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		
750	30 x 25 on :30	100 Fly Pace	REC
	1 on 10:00 Recovery #4		
1,500	30 x 50 on :50	200 Breast Pace	REC
400	1x{2 x 25 on :40	Underwaters	SP2
	{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**

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**

Yards	Set	Description	E
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	E
200	1x{1 x 25 on :30	Freestyle 8/10 KOW	E
	{1 x 25 on :40	Freestyle 10/12 KOW	E
	{1 x 25 on :50	Freestyle 12/14 KOW	E
	{1 x 25 on 1:00	Freestyle 14/16 KOW	E
	{ Round 3 KOW same as round 2		
	{ 1-5 breaths, 2-4 breaths, 3-3 br		

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

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

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**

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**

Yards	Set	Description	EG
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	SI
2,250	30 x 75 on 1:05	500 Free Pace*	SI
	1 on 7:00	Your Choice Recovery	RE
60	4 x 15 on 2:00	DW UW OTB	SI
5:00 PM	2,635 Yards - Stress Value =	238	

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

Yards	Set	Description	EGY	WORK
7:00 AM		Start		
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		