

Workout #34236 - Monday, 19 January 2026**HighSchl - USRPT****1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic/Pullups/Shower		
225	15 x 15 on :45 Racing Skills-Breast Shooters		
250	1x{10 x 25 on :40 Free Straight Arm Build		
	{ #1 1st3, #2 1st4, #3, 1st5		
	{ #4-1st6, #5-1st7, #6-1st8		
	{ #7-1st8, #8-1st9, #9/10 ALLSA		
	{1 on 1:00 Rest		
1,500	30 x 50 on :55 200 Breast Pace		
	1 on 9:00 Recovery #1		
1,500	30 x 50 on :50 200 Back Pace		
	1 on 9:00 Recovery #2		
750	30 x 25 on :30 100 Fly Pace		
	1 on 9:00 Recovery #3		
750	30 x 25 on :30 100 Free Pace		
	11:30 AM 4,975 Yards - Stress Value = 484		

Workout #34237 - Tuesday, 20 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		
225	15 x 15 on :45 Racing Skills-Fly Shooters		
1,500	30 x 50 on :50 200 Fly Pace		
	Boys in DW 30X20 +DWUW		
	1 on 10:00 Recovery #4		
750	30 x 25 on :30 100 Back Pace		
	1 on 10:00 Recovery #5		
	7:29 AM 2,475 Yards - Stress Value = 234		

Workout #34238 - Tuesday, 20 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		
225	15 x 15 on :45 Racing Skills-Free Shooters		
1,500	30 x 50 on :50 200 Free Pace		
	1 on 10:00 Recovery #6		
625	25 x 25 on :30 100 Breast Pace		
	1 on 10:00 Recovery #7		
1,500	30 x 50 on :50 200 Back Pace		
100	4 x 25 on 3:00 50 Free Pace		
	1 on 10:00 Flip Turn Game		
	5:46 PM 3,950 Yards - Stress Value = 381		

Workout #34239 - Wednesday, 21 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		
225	15 x 15 on :45 Racing Skills-Back Shooters		
	1 on 15:00 Underwater Racing		
1,500	30 x 50 on :50 200 Free Pace		
	1 on 10:00 Recovery #8		
625	25 x 25 on :30 100 Fly Pace		
	1 on 10:00 Your Choice Recovery		
1,500	30 x 50 on :55 200 Breast Pace		

50 1 x 50 on 3:00 Match Race SP1
5:45 PM 3,900 Yards - Stress Value = 375

Workout #34240 - Thursday, 22 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		
225	15 x 15 on :45 Racing Skills-#1 Shooters		
1,500	30 x 50 on :50 200 Fly Pace		
	Girls in DW 30X20+DWUW		
	1 on 8:00 Your Choice Recovery		
625	25 x 25 on :30 100 Free Pace		
125	5 x 25 on 3:00 Your #1 50 Pace		
	7:31 AM 2,475 Yards - Stress Value = 233		

Workout #34241 - Thursday, 22 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		
225	15 x 15 on :45 Racing Skills-#2 Shooters		
75	5 x 15 on 2:00 DW UWR OTB		
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		
	Set ends at 29:30		
	1 on 8:00 Your Choice Recovery		
750	30 x 25 on :30 100 Breast Pace		
	1 on 8:00 Your Choice Recovery		
750	30 x 25 on :30 100 Back Pace		
350	7x{1 on :30 SL Fly Vertical Kick		
	{1 x 25 on :45 Kick no board S-10KOW+1		
	{1 x 25 on 1:15 Hands over head sculling drill		
	5:46 PM 3,650 Yards - Stress Value = 316		

Workout #34242 - Friday, 23 January 2026**HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic/Mobility		
225	15 x 15 on :45 Racing Skills-Crossover Turns		
1,200	12 x 100 on 1:25 1650 Free Pace		
	+ or - total seonds off pace=number of pull		
	1 on 10:00 Palm Cooling/Shoulder Hangs		
625	25 x 25 on :30 100 Fly or Back Pace\$		
	1 on 10:00 Palm Cooling/Shoulder Hangs		
100	5x{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		
	5:00 PM 2,150 Yards - Stress Value = 193		

Workout #34243 - Saturday, 24 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/Mobility-Hip REC L
225 15 x 15 on :45 Racing Skills-IM Turns SP3 S
1,000 40 x 25 on :30 200 Breast Pace* SP2 S
1 on 8:00 Shoulder Mobility REC L
1,000 40 x 25 on :30 200 Free Pace* SP2 S
1 on 8:00 Thoracic Mobility REC L
1,000 40 x 25 on :30 200 Fly Pace* SP2 S
1 on 8:00 Ankle Mobility REC L
1,000 40 x 25 on :30 200 Back Pace* SP2 S
1 on 15:00 Start/ShooterFinish Relay SP2 S
9:30 AM 4,225 Yards - Stress Value = 409
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