

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

Yards	Set Description
9:00 AM	Start
225	15 x 15 on :45 Racing Skills-Breast Shooters
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 15m1st 3, #2 1st4, #3, 1st5 { #4-1st6, #5-1st7, #6-1st8 { #7-1st8, #8-1st9, #9/10 ALLSA
1,500	{1 on 1:00 Rest 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

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**

Yards	Set Description	EGY WC
6:00 AM	Start	
225	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 Girls in DW 30X20+DWUW	SP2
625	1 on 8:00 Your Choice Recovery	REC
625	25 x 25 on :30 100 Free Pace	SP2
125	5 x 25 on 3:00 Your #1 50 Pace	SP2
7:31 AM	2,475 Yards - Stress Value = 233	

Workout #34241 - Thursday, 22 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description
6:00 AM	Start
225	1 on 15:00 Dynamic/Pullups/Shower
75	15 x 15 on :45 Racing Skills-#2 Shooters
1,500	5 x 15 on 2:00 DW UWR OTB 1x{10 x 50 on :55 400 IM Pace
750	{1 on 1:00 Rest {10 x 50 on :55 400 IM Pace
750	{1 on 1:00 Rest {10 x 50 on :55 400 IM Pace
750	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
5:46 PM	{1 x 25 on 1:15 Hands over head sculling drill 3,650 Yards - Stress Value = 316

Workout #34237 - Tuesday, 20 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY W
6:00 AM	Start	
225	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
	Boys in DW 30X20 +DWUW	
750	1 on 10:00 Recovery #4	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Recovery #5	REC
7:29 AM	2,475 Yards - Stress Value = 234	

Workout #34238 - Tuesday, 20 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	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 #6	REC
625	25 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Recovery #7	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
100	4 x 25 on 3:00 50 Free Pace	SP2
	1 on 10:00 Flip Turn Game	SP3
5:46 PM	3,950 Yards - Stress Value = 381	

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

Yards	Set Description
3:30 PM	Start
225	1 on 15:00 Dynamic/Mobility
1,200	15 x 15 on :45 Racing Skills-Crossover Turns 12 x 100 on 1:25 1650 Free Pace + or - total seconds off pace=number of pull
625	1 on 10:00 Palm Cooling/Shoulder Hangs 25 x 25 on :30 100 Fly or Back Pace\$
100	1 on 10:00 Palm Cooling/Shoulder Hangs 5x{1 on :30 Flutter Kick on Wall {1 x 20 on 1:30 Flip on whistle underwater f1 { kick to other side { every line you don't make = 5 pu
5:00 PM	2,150 Yards - Stress Value = 193

Workout #34239 - Wednesday, 21 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Pullups/Shower	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
	1 on 15:00 Underwater Racing	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Recovery #8	REC
625	25 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Your Choice Recovery	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2

Workout #34243 - Saturday, 24 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set	Description	EGY	WORK
7:00 AM		Start		
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		