

Workout #34269 - Monday, 26 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 AM	Start		
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 15X20 +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 #34270 - Monday, 26 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
1 on 15:00	Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3	
1,250	25 x 50 on :50 200 Back Pace	SP2	
1 on 10:00	Recovery #3	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
1 on 10:00	Recovery #4	REC	
1,250	25 x 50 on :50 200 Free Pace	SP2	
1 on 12:00	Lane Line Survivor	EN2	
750	30 x 25 on :30 100 Breast Pace	SP2	
5:45 PM	4,225 Yards - Stress Value = 409		

Workout #34271 - Tuesday, 27 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 AM	Start		
1 on 15:00	Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SP3	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
1 on 9:00	Recovery #5	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
1 on 9:00	Recovery #6	REC	
7:30 AM	2,475 Yards - Stress Value = 234		

Workout #34272 - Tuesday, 27 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
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 #7	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
1 on 10:00	Recovery #8	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
1 on 14:00	Underwater Racing	SP3	
750	30 x 25 on :30 100 Fly Pace	SP2	
5:45 PM	3,975 Yards - Stress Value = 384		

Workout #34273 - Wednesday, 28 January 2026**HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
1 on 30:00	Meeting w/ Ava	REC	
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 10:00	Your Choice Recovery	REC	
1,250	25 x 50 on :55 200 Breast Pace	SP2	
1 on 8:00	Your Choice Recovery	REC	
625	25 x 25 on :30 100 Free Pace	SP2	
5:45 PM	3,350 Yards - Stress Value = 321		

Workout #34274 - Wednesday, 28 January 2026**HS Girls - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
1 on 30:00	Meeting w/ Ava	REC	
1 on 15:00	Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters	SP3	
750	15 x 50 on :50 200 Back Pace	SP2	
1 on 10:00	Indvdl Prsrcptns	REC	
750	15 x 50 on :55 200 Breast Pace	SP2	
1 on 10:00	Indvdl Prsrcptns	REC	
375	15 x 25 on :30 100 Free Pace	SP2	
1 on 11:00	Indvdl Prsrcptns	REC	
375	15 x 25 on :30 100 Fly Pace	SP2	
5:45 PM	2,475 Yards - Stress Value = 235		

Workout #34275 - Thursday, 29 January 2026**HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 AM	Start		
1 on 15:00	Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace*	SP2	
1 on 8:00	Your Choice Recovery	REC	
750	30 x 25 on :30 100 Free Pace*	SP2	
1 on 8:00	Your Choice Recovery	REC	
750	30 x 25 on :30 100 Breast Pace*	SP2	
7:31 AM	2,475 Yards - Stress Value = 234		

Workout #34276 - Thursday, 29 January 2026**HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
1 on 15:00	Dynamic/Pullups/Shower	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 100 Back Pace	SP2	
1 on 10:00	Your Choice Recovery	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
1 on 10:00	Your Choice Recovery	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
1 on 10:00	Your Choice Recovery	REC	
750	30 x 25 on :30 Your #1 100**	SP2	
5:46 PM	4,225 Yards - Stress Value = 409		

Workout #34277 - Thursday, 29 January 2026**HS Girls - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set	Description
=====		=====
	1 on 15:00	Dynamic/Pullups/Shower
225	15 x 15 on :45	Racing Skills-#1 or #2 Shooters
500	20 x 25 on :30	200 Fly Pace
	1 on 11:00	Indvdl Prsrcptns
750	15 x 50 on :50	200 Free Pace
	1 on 11:00	Indvdl Prsrcptns
375	15 x 25 on :30	100 Breast Pace
	1 on 11:00	Indvdl Prsrcptns
375	15 x 25 on :30	100 Back Pace
	1 on 10:00	Video Evaluations 1+/1-
	5:22 PM	2,225 Yards - Stress Value = 202

Workout #34278 - Friday, 30 January 2026**HS Boys - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set	Description	EC
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	1 on 15:00	Dynamic/Mobility	RE
100	1 x 100 on 12:00	Tic Tac Toe Relay	EN
225	15 x 15 on :45	Racing Skills-Crossover Turns	SE
2,400	32 x 75 on 1:05	500 Free Pace	SE
		Make one subtract one	
	1 on 10:00	Video Evaluations 1+/1-	RE
75	5 x 15 on 2:00	DW UW OTB	SE
	5:07 PM	2,800 Yards - Stress Value = 254	

Workout #34279 - Friday, 30 January 2026**HS Girls - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set	Description	EC
=====		=====	==
	1 on 15:00	Dynamic/Mobility	RE
100	1 x 100 on 12:00	Tic Tac Toe Relay	EN
225	15 x 15 on :45	Racing Skills-Crossover Turns	SE
1,125	15 x 75 on 1:05	500 Free Pace*	SE
	1 on 10:00	Video Evaluations 1+/1-	RE
60	4 x 15 on 2:00	DW UW OTB	SE
	4:47 PM	1,510 Yards - Stress Value = 125	

Workout #34280 - Saturday, 31 January 2026**HS Girls - USRPT****1 minute rest between sets**

8:00 AM Start

Yards	Set	Description
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	1 on 20:00	Dynamic//Shoulder Mobility/Shwrs
225	15 x 15 on :45	Racing Skills-#1 or #2 Shooters
500	20 x 25 on :30	200 Your Choice*
	1 on 10:00	Thoracic Mobility
500	20 x 25 on :30	200 Your Choice**
	1 on 10:00	Ankle Mobility
500	20 x 25 on :30	200 Your Choice +/-
	1 on 10:00	Hip Mobility
500	20 x 25 on :30	200 Your Choice\$
		No breaststroke on last set
	1 on 14:00	Racing Skills-Starts/Relay Start
	10:00 AM	2,225 Yards - Stress Value = 209