

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

6:00 AM Start  
 Yards Set Description EGY V  
 =====  
 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**

3:30 PM Start  
 Yards Set Description EGY  
 =====  
 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**

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

**Workout #34272 - Tuesday, 27 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-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**

3:30 PM Start  
 Yards Set Description EGY WC  
 =====  
 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**

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

**Workout #34275 - Thursday, 29 January 2026****HS Boys - 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  
 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**

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-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**

Yards	Set	Description	
3:30 PM		Start	
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**

Yards	Set	Description	
3:30 PM		Start	
1 on 15:00		Dynamic/Mobility	EC
100	1 x 100	on 12:00 Tic Tac Toe Relay	RF
225	15 x 15	on :45 Racing Skills-Crossover Turns	EN
2,400	32 x 75	on 1:05 500 Free Pace	SI
		Make one subtract one	
	1	on 10:00 Video Evaluations 1+/1-	RF
75	5 x 15	on 2:00 DW UW OTB	SI
5:07 PM		2,800 Yards - Stress Value = 254	

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

Yards	Set	Description	
3:30 PM		Start	EC
1 on 15:00		Dynamic/Mobility	RF
100	1 x 100	on 12:00 Tic Tac Toe Relay	EN
225	15 x 15	on :45 Racing Skills-Crossover Turns	SI
1,125	15 x 75	on 1:05 500 Free Pace*	SI
	1	on 10:00 Video Evaluations 1+/1-	RF
60	4 x 15	on 2:00 DW UW OTB	SI
4:47 PM		1,510 Yards - Stress Value = 125	

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

Yards	Set	Description	
8:00 AM		Start	
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	