

**Workout #34357 - Monday, 02 February 2026****HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
6:00 AM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
1,500	15 x 15 on :45 Racing Skills-Breast Shooters	SP3
750	30 x 50 on :55 200 Breast Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
750	30 x 25 on :30 100 Free Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
750	30 x 25 on :30 100 Fly Pace	SP2
750	1 on 8:00 Lane Line Survivor	EN2
7:30 AM	2,475 Yards - Stress Value = 234	

**Workout #34358 - Monday, 02 February 2026****HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
1,500	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 50 on :50 200 Free Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
1,500	30 x 25 on :30 100 Fly Pace	SP2
1,500	1 on 10:00 Indvdl Prsrcptns	REC
140	30 x 50 on :50 200 Back Pace	SP2
7x	1 on 5:00 Your choice recovery	
7x	{ 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	
5:45 PM	4,115 Yards - Stress Value = 387	

**Workout #34359 - Monday, 02 February 2026****HS Girls - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
750	15 x 15 on :45 Racing Skills-#1 or #2 Shooters	SP3
750	15 x 50 on :50 200 Back Pace	SP2
375	1 on 10:00 Indvdl Prsrcptns/MR-exchanges	REC
750	15 x 25 on :30 100 Fly Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns/2FR-exchanges	REC
750	30 x 25 on :50 200 Free Pace	SP2
375	1 on 10:00 Indvdl Prsrcptns/4FR-exchanges	REC
375	15 x 25 on :30 100 Breast Pace	SP2
5:13 PM	2,475 Yards - Stress Value = 235	

**Workout #34360 - Tuesday, 03 February 2026****HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
6:00 AM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
1,500	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 50 on :50 200 Fly Pace	SP2
750	1 on 10:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
750	1 on 10:00 Recovery #2	REC
7:29 AM	2,475 Yards - Stress Value = 234	

**Workout #34361 - Tuesday, 03 February 2026****HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
1,500	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
750	30 x 50 on :55 200 Breast Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
750	30 x 25 on :30 100 Free Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
225	30 x 25 on :30 100 Fly Pace	SP2
9x	{ 1 on :30 Vertical Kick in DW	EN2
	{ 1 x 25 on 1:00 Jump to BH-Dive/15mUnder/	SP2
	{ BO-3Fly/3Back/3Free	
	{ 1 on 1:00 Walk Back	REC
5:42 PM	3,450 Yards - Stress Value = 331	

**Workout #34362 - Tuesday, 03 February 2026****HS Girls - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
750	15 x 15 on :45 Racing Skills-#1 or #2 Shooters	SP3
750	15 x 50 on :55 Your #1 200 Pace	SP2
375	1 on 15:00 Indvdl PrsrcptnsMR Exchanges	REC
375	15 x 25 on :30 Your #2 100	SP2
375	1 on 10:00 Indvdl Prsrcptns/2FR Exchanges	REC
375	1 on 15:00 Yoga	REC
5:00 PM	1,350 Yards - Stress Value = 122	

**Workout #34363 - Wednesday, 04 February 2026****HS Boys - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
1,500	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 50 on :50 200 Back Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
750	30 x 25 on :30 100 Breast Pace	SP2
750	1 on 10:00 Indvdl Prsrcptns	REC
750	30 x 25 on :50 200 Free Pace	SP2
600	1 on 6:00 Your Choice Recovery	REC
600	30 x 20 on :25 Your #2 100**	SP2
5:45 PM	3,825 Yards - Stress Value = 369	

**Workout #34364 - Wednesday, 04 February 2026****HS Girls - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 Dynamic/Mobility	REC
750	15 x 15 on :45 Racing Skills-#1 or #2 Shooters	SP3
375	15 x 50 on :55 Your #2 200 Pace	SP2
375	1 on 15:00 Indvdl Prsrcptns4FR Exchanges	REC
375	15 x 25 on :30 Your #1 100	SP2
375	1 on 10:00 Indvdl Prsrcptns	REC
375	1 on 15:00 Yoga	REC
5:00 PM	1,350 Yards - Stress Value = 122	

**Workout #34365 - Thursday, 05 February 2026****HS Boys - USRPT****1 minute rest between sets**

6:00 AM Start  
 Yards Set Description EGY WOF  
 =====  
 1 on 15:00 Dynamic/Mobility/Showers REC  
 225 15 x 15 on :45 Racing Skills-#2 Shooter EN2  
 1,000 40 x 25 on :30 200 Fly Pace SP2  
 1 on 10:00 Your Choice Recovery REC  
 750 30 x 25 on :30 100 Back Pace SP2  
 1 on 15:00 Underwater Racing SP3  
 7:29 AM 1,975 Yards - Stress Value = 179

7:00 AM Start  
 Yards Set Description EGY WORK  
 =====  
 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 Start/Shooter/Finish SP1 S  
 9:30 AM 4,225 Yards - Stress Value = 409

**Workout #34366 - Thursday, 05 February 2026****HS Boys - USRPT****1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Dynamic/Mobility/Showers  
 225 15 x 15 on :45 Racing Skills-Crossover Turns  
 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  
 1 on 10:00 Your Choice Recovery  
 750 30 x 25 on :30 100 Breast Pace  
 1 on 10:00 Your Choice Recovery  
 90 6 x 15 on 3:00 DW UWR OTB  
 600 30 x 20 on :25 Your #1 100 Pace\*\*  
 1 on 10:00 Match Race  
 5:46 PM 3,165 Yards - Stress Value = 298

**Workout #34367 - Friday, 06 February 2026****HS Boys - 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 10:00 Tic Tac Toe Relay EN  
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF  
 Non dominant hand  
 3,000 30 x 100 on 1:20 1650 Free Pace SE  
 Make one subtract one  
 1 on 7:00 Video Evaluations 1+/1- RE  
 75 5 x 15 on 2:00 DW UW OTB SE  
 5:07 PM 3,400 Yards - Stress Value = 314

**Workout #34368 - Friday, 06 February 2026****HS Girls - USRPT****1 minute rest between sets**

3:30 PM Start  
 Yards Set Description  
 =====  
 1 on 15:00 Dynamic/Mobility  
 225 15 x 15 on :45 Racing Skills-#1 or #2 Shooters  
 1 on 10:00 Racing Skills-Starts  
 375 15 x 25 on :30 Your Choice 100  
 1 on 15:00 Yoga/Team Mtg  
 4:30 PM 600 Yards - Stress Value = 47

**Workout #34369 - Saturday, 07 February 2026****HS Boys - USRPT****1 minute rest between sets**