

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

6:00 AM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic/Mobility 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 10:00 Your Choice Recovery REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 8:00 Lane Line Survivor EN
 7:30 AM 2,475 Yards - Stress Value = 234

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

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic/Mobility 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 Indvdl Prsrcptns REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 10:00 Indvdl Prsrcptns REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Your choice recovery REC
 140 7x{1 on :30 Flutter Kick on Wall REC
 { 1 x 20 on 1:30 Flip on whistle underwater f REC
 { kick to other side REC
 { every line you don't make = 5 pu REC
 5:45 PM 4,115 Yards - Stress Value = 387

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

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic/Mobility 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/MR-exchanges REC
 375 15 x 25 on :30 100 Fly Pace SP2
 1 on 10:00 Indvdl Prsrcptns/2FR-exchanges REC
 750 15 x 50 on :50 200 Free Pace SP2
 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**

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

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic/Mobility REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters SP3
 30 x 50 on :55 200 Breast Pace SP2
 1 on 10:00 Indvdl Prsrcptns REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 10:00 Indvdl Prsrcptns REC
 750 30 x 25 on :30 100 Fly Pace SP2
 225 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 REC
 { 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**

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

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic/Mobility REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 10:00 Indvdl Prsrcptns REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 10:00 Indvdl Prsrcptns REC
 750 30 x 25 on :50 200 Free Pace SP2
 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**

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic/Mobility REC
 225 15 x 15 on :45 Racing Skills-#1 or #2 Shooters SP3
 750 15 x 50 on :55 Your #2 200 Pace SP2
 1 on 15:00 Indvdl Prsrcptns4FR Exchanges REC
 375 15 x 25 on :30 Your #1 100 REC
 1 on 10:00 Indvdl Prsrcptns REC
 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 SI
 Non dominant hand
 3,000 30 x 100 on 1:20 1650 Free Pace SI
 Make one subtract one
 1 on 7:00 Video Evaluations 1+/1- RE
 75 5 x 15 on 2:00 DW UW OTB SI
 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**