

Workout #33927 - Monday, 17 November 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 AM	Start		
=====	=====	=====	=====
	1 on 15:00 WUTS/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,300	26 x 50 on :50 200 Fly Pace	SP2	
	Girls 40X20 Fly in DW		
	1 on 9:00 Rec #1 (Boys DWUW)	REC	
1,300	26 x 50 on :50 200 Free Pace	SP2	
	1 on 9:00 Rec #2 (Girls DWUW)	REC	
7:30 AM	2,825 Yards - Stress Value = 269		

Workout #33928 - Monday, 17 November 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	=====	=====
	1 on 15:00 WUTS/Shower		
225	15 x 15 on :45 Racing Skills-Breast Shooters		
250	1x{10 x 25 on :40 Free Straight Arm Build		
	{ #1 15mu F3, #2 F.4 #3 F.5, #4 F.		
	{ #5 F.7, #6 F.8, #7 F.9, #8 F.10		
	{ #9 and #10 All Straight Arm		
	{1 on 1:00 Sculll1		
1,500	30 x 50 on :55 200 Breast Pace		
	1 on 8:00 Recovery #3		
1,500	30 x 50 on :50 200 Back Pace		
	1 on 8:00 Recovery #4		
750	30 x 25 on :35 #1 or #2 100 Pace**		
120	6x{1 on :30 Flutter Kick on Wall		
	{1 x 20 on 1:00 Flip on whistle underwater fl		
	{ kick to other side		
	{ every line you don't make = 5 pu		
5:46 PM	4,345 Yards - Stress Value = 411		

Workout #33929 - Tuesday, 18 November 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 AM	Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
375	15 x 25 on :15 Racing Skills-IM Shooters	SP3	
3,000	30 x 100 on 1:20 1650 Free Pace	SP2	
	1 on 8:00 Recovery #5	REC	
	IM set ends at 29:30		
1,500	1x{10 x 50 on :55 400 IM Pace	SP2	
	{1 on 1:00 Rest	REC	
	{10 x 50 on :55 400 IM Pace	SP2	
	{1 on 1:00 Rest	REC	
	{10 x 50 on :55 400 IM Pace	SP2	
50	1 x 50 on 5:00 Match Race	SP2	
7:45 AM	4,925 Yards - Stress Value = 470		

Workout #33930 - Tuesday, 18 November 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers	F	
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	F	
	{1 on :30 Switch Stations	F	
	{4 x 15 on 1:50 DW UW OTB	F	

Yards	Set Description	EGY	WC
{1 on :30 Switch Stations		F	
{5 x 20 on 1:30 Buckets		S	
250	1x{10 x 25 on :40 Free Straight Arm Build	S	
	{ #1 Count strokes, #2 L.4 #3 L.5,		
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10		
	{ #9 and #10 All Straight Arm		
	{1 on 1:00 Rest	F	
750	30 x 25 on :30 100 Breast Pace	S	
	1 on 8:00 Recovery #6	F	
750	30 x 25 on :30 100 Back Pace	S	
	1 on 8:00 Recovery #7	F	
750	30 x 25 on :30 100 Fly Pace	S	
	1 on 8:00 Recovery #8	F	
750	30 x 25 on :30 100 Free Pace	S	
	.		
	Girls will do Shooters/JP Set During WU		
775	1x{15 x 15 on :45 Racing Skills-Free Shooters	S	
	{1 x 150 on 3:00 Sculling Drill-Alt 25's	F	
	{16 x 25 on :35 100 Back Pace\$	S	
6:11 PM	4,335 Yards - Stress Value = 404		

Workout #33931 - Wednesday, 19 November 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
3:30 PM	Start		
=====	=====	=====	=====
	1 on 15:00 Dynamic/Mobility	RE	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SE	
300	2x{1 x 25 on :30 Freestyle 12 KOW	SE	
	{1 x 25 on :40 Freestyle 14 KOW	SE	
	{1 x 25 on :50 Freestyle 16 KOW	SE	
	{1 x 25 on 1:00 Freestyle 18 KOW	SE	
	{ HOLD BREATH 2(MIN) STROKES		
	{ OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!		
	{ Round 2 KOW same as round 1		
	{ 1-4 breaths, 2-3 breaths,		
	{ 3 2 breaths, 4-1 breath		
	{1 x 50 on 2:00 Sculling drills-end of 2nd RE		
	{ round only.		
2,250	30 x 75 on 1:05 500 Free Pace	SE	
	1 on 9:00 Recovery #9	RE	
1,500	30 x 50 on :55 200 Breast Pace	SE	
	1 on 9:00 Recovery #10	RE	
750	30 x 25 on :30 100 Free Pace**	SE	
5:45 PM	5,025 Yards - Stress Value = 479		

Workout #33932 - Thursday, 20 November 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	WC
6:00 AM	Start		
=====	=====	=====	=====
	1 on 15:00 Dynamic/Mobility	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,250	25 x 50 on :50 200 Fly Pace	SP2	
	Boys in DW 40X20 2Fly Pace		
	1 on 7:00 Your Choice Recovery	REC	
625	25 x 25 on :30 100 Back Pace	SP2	
	1 on 7:00 Your Choice Recovery	REC	
625	25 x 25 on :30 100 Breast Pace	SP2	
7:31 AM	2,725 Yards - Stress Value = 258		

Workout #33933 - Thursday, 20 November 2025**HighSchl - USRPT****1 minute rest between sets**

3:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic/Mobility	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	E
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
1,500	30 x 50 on :50 200 Free Pace	S
	1 on 8:00 Recovery #11	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 8:00 Palm Cooling/Shoulder Hangs	F
1,500	30 x 50 on :50 200 Back Pace	S
	1 on 12:00 Lane Line Survivor	E
	.	
	Boys will do Shooters/JP Set During WU	
775	1x{15 x 15 on :45 Racing Skills-Back Shooters	S
	{1 x 150 on 3:00 Sculling Drill-Alt 25's	F
	{16 x 25 on :35 100 Back Pace\$	S
	6:10 PM 4,835 Yards - Stress Value = 454	

Workout #33934 - Friday, 21 November 2025**HighSchl - 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-Crossover Turns	
400	2x{1 x 25 on :30 Freestyle 12 KOW	
	{1 x 25 on :40 Freestyle 14 KOW	
	{1 x 25 on :50 Freestyle 16 KOW	
	{1 x 25 on 1:00 Freestyle 18 KOW	
	{ HOLD BREATH 2(MIN) STROKES	
	{ OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!	
	{ Round 2 KOW same as round 1	
	{ 1-4 breaths, 2-3 breaths,	
	{ 3 2 breaths, 4-1 breath	
	{1 x 100 on 3:00 Sculling drills-end of 2nd	
	{ round only.	
600	6 x 100 on 6:00 Free OTB-For Time	
	1 on 15:00 Newcomb	
	5:02 PM 1,225 Yards - Stress Value = 89	

Workout #33935 - Saturday, 22 November 2025**HighSchl - USRPT****1 minute rest between sets**

7:00 AM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 15:00 Dynamic/Mobility-Shoulder	REC	
	1 on 15:00 Racing Skills-TN Turn Drills	REC	
1,000	40 x 25 on :30 200 Free Pace**	SP2	
	1 on 8:00 Thoracic Mobility	REC	
1,000	40 x 25 on :30 200 Fly Pace**	SP2	
	1 on 8:00 Ankle Mobility	REC	
1,000	40 x 25 on :30 200 Back Pace**	SP2	
	1 on 8:00 Hip Mobility	REC	
1,000	40 x 25 on :30 200 Breast Pace**	SP2	
	1 on 13:00 Sculling Drill Relay	EN2	
	9:30 AM 4,000 Yards - Stress Value = 400		