

Workout #34108 - Monday, 22 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM	Start	
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	Recovery #1	REC
1,000 40 x 25 on :30	200 Fly Pace	SP2
1 on 10:00	Recovery #2	REC
750 30 x 25 on :30	100 100 Back Pace	SP2
1 on 40:00	Weights	REC
9:30 AM	3,475 Yards - Stress Value = 334	

Workout #34109 - Monday, 22 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY WC
3:00 PM	Start	
1 on 15:00	Dynamic/Mobility	REC
225 15 x 15 on :45	Racing Skills-#1 Shooters	SP3
2,500 25 x 100 on 1:25	1650 Free Pace	SP2
1 on 10:00	Recovery #3	REC
750 30 x 25 on :30	100 Breast Pace	SP2
4:30 PM	3,475 Yards - Stress Value = 334	

Workout #34110 - Tuesday, 23 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY
7:00 AM	Start	
1 on 15:00	Dynamic/Mobility	REC
150 10 x 15 on :45	Racing Skills-Back Shooters	SP3
1,500 30 x 50 on :50	200 Back Pace	SP2
1 on 8:00	Recovery #4	REC
1,500 30 x 50 on :55	200 Breast Pace	SP2
1 on 8:00	Recovery #5	REC
750 30 x 25 on :30	100 Free Pace	SP2
1 on 40:00	Weights	EN1
9:30 AM	3,900 Yards - Stress Value = 381	

Workout #34111 - Tuesday, 23 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	
3:00 PM	Start	
1 on 15:00	Dynamic/Mobility	
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	
Set ends at 29:30		
1 on 10:00	Recovery #6	
625 25 x 25 on :30	100 Fly Pace	
60 4 x 15 on 2:00	DW UWR OTB	
4:31 PM	2,410 Yards - Stress Value = 223	

Workout #34112 - Wednesday, 24 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EG
9:00 AM	Start	
1 on 15:00	Dynamic Stretch/Showers	RE
225 15 x 15 on :45	Racing Skills-Breast Shooters	SP1
1,000 40 x 25 on :30	Non free 200 Pace	SP1
1 on 10:00	Ankle Mobility	RE
1,800 18 x 100 on 2:01	Beat The Clock!	EN
1 on 10:00	Hip Mobility	RE
750 30 x 25 on :30	Non Free 100 Pace	SP1
100 and 200	should be different strokes	
1 on 10:00	Thoracic Mobility	RE
150 6 x 25 on 3:00	50 Free Pace	SP1
11:31 AM	3,925 Yards - Stress Value = 298	

Workout #34113 - Friday, 26 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY W
7:00 AM	Start	
1 on 15:00	Dynamic/Mobility	REC
225 15 x 15 on :45	Racing Skills-Fly Shooters	SP3
625 25 x 25 on :30	100 Fly Pace	SP2
1 on 10:00	Recovery #7	REC
625 25 x 25 on :30	100 Back Pace	SP2
1 on 10:00	Recovery #8	REC
625 25 x 25 on :30	100 Breast Pace	SP2
1 on 8:00	Your Choice Recovery	REC
625 25 x 25 on :30	100 Free Pace	SP2
1 on 40:00	Weights	REC
9:30 AM	2,725 Yards - Stress Value = 257	

Workout #34114 - Friday, 26 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY WC
3:00 PM	Start	
1 on 15:00	Dynamic/Mobility	REC
100 1 x 100 on 12:00	Tic Tac Toe Relay	EN2
225 15 x 15 on :45	Racing Skills-#2 Shooters	SP3
2,250 30 x 75 on 1:05	500 Free Pace	SP2
1 on 5:00	Your Choice Recovery	REC
75 5 x 15 on 2:00	DW UWR OTB-Timed	SP3
4:30 PM	2,650 Yards - Stress Value = 239	

Workout #34115 - Saturday, 27 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY WORK
7:00 AM	Start	
1 on 15:00	Dynamic/Mobility-Ankle	REC L
225 15 x 15 on :45	Racing Skills-IM Turns	SP3 S
1,000 40 x 25 on :30	200 Back Pace*	SP2 S
1 on 8:00	Hip Mobility	REC L
1,000 40 x 25 on :30	200 Breast Pace*	SP2 S
1 on 8:00	Shoulder Mobility	REC L
1,000 40 x 25 on :30	200 Free Pace*	SP2 S
1 on 8:00	Thoracic Mobility	REC L
1,000 40 x 25 on :30	200 Fly Pace*	SP2 S
1 on 15:00	Game or Relay	EN2 D
9:30 AM	4,225 Yards - Stress Value = 409	