

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	EGY
3:00 PM	Start	
=====	=====	=====
1	on 15:00 Dynamic/Mobility	REC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SP3
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	EGY
9:00 AM	Start	
=====	=====	=====
1	on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	40 x 25 on :30 Non free 200 Pace	SE
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	SE
	100 and 200 should be different strokes	
1	on 10:00 Thoracic Mobility	RE
150	6 x 25 on 3:00 50 Free Pace	SE
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	WC
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		