

Workout #34129 - Monday, 29 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	
1,000	40 x 25 on :30 200 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	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 10:00 Recovery #3	REC	
	1 on 40:00 Weights	EN1	
9:30 AM	2,725 Yards - Stress Value = 259		

Workout #34130 - Monday, 29 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	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
	1 on 8:00 Recovery #4	REC	
	1 on 12:00 Start/Shooter/Finish Relay	SP2	
4:30 PM	3,225 Yards - Stress Value = 309		

Workout #34131 - Tuesday, 30 December 2025**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EC	
7:00 AM	Start		
=====	=====	=====	=====
	1 on 15:00 Dynamic/Mobility	RE	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE	
1,500	30 x 50 on :55 200 Breast Pace	SE	
	1 on 10:00 Recovery #5	RE	
750	30 x 25 on :30 100 Free Pace	SE	
	1 on 10:00 Recovery #6	RE	
750	30 x 25 on :30 100 Fly Pace	SE	
	1 on 40:00 Weights	EN	
9:28 AM	3,225 Yards - Stress Value = 309		

Workout #34132 - 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-IM Shooters	SP2	
1,500	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	
	1 on 10:00 Recovery #7	REC	
750	30 x 25 on :30 #1 100 Pace	SP2	
4:24 PM	2,475 Yards - Stress Value = 234		

Workout #34133 - Wednesday, 31 December 2025**HighSchl - USRPT****1 minute rest between sets**

9:00 AM Start

Yards	Set Description	EGY	
=====	=====	=====	=====
	1 on 15:00 Dynamic/Mobility	REC	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3	
1,250	25 x 50 on :50 200 Back Pace	SP2	
	1 on 10:00 Recovery #8	REC	
625	25 x 25 on :30 100 Fly Pace	SP2	
	1 on 10:00 Recovery #1	REC	
1,250	25 x 50 on :50 200 Free Pace	SP2	
100	1 x 100 on 15:00 Game	REC	
11:01 AM	3,450 Yards - Stress Value = 321		

Workout #34134 - Thursday, 01 January 2026**HighSchl - USRPT****1 minute rest between sets**

Yards	Set Description	EGY	
10:30 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 #2	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 10:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 10:00 Recovery #4	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 14:00 PeerCoachingStarts/GliderRacing	REC	
1:00 PM	4,225 Yards - Stress Value = 409		

Workout #34135 - Friday, 02 January 2026**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-#2 Shooters	SP3	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 10:00 Recovery #5	REC	
1,250	25 x 50 on :55 200 Breast Pace	SP2	
	1 on 10:00 Recovery #6	REC	
625	25 x 25 on :30 100 Free Pace	SP2	
	1 on 40:00 Weights	REC	
9:30 AM	3,600 Yards - Stress Value = 346		

Workout #34136 - Friday, 02 January 2026**HighSchl - USRPT****1 minute rest between sets**

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3:00 PM Start
Yards Set Description E
=====
1 on 15:00 Dynamic/Mobility F
225 15 x 15 on :45 Racing Skills-#3 Shooters S
400 2x{1 x 25 on :30 Freestyle 12 KOW S
    {1 x 25 on :40 Freestyle 14 KOW S
    {1 x 25 on :50 Freestyle 16 KOW S
    {1 x 25 on 1:00 Freestyle 18 KOW S
    { 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 F
    { round only.
2,250 30 x 75 on 1:05 1000 Free Pace S
      Make one subtract one
      1st 5 makes actual time, 2nd 5 makes -.5 se
      3rd 5 -1.0 seconds
      1 on 10:00 Recovery #7 F
      1 on 15:00 Lane Line Survivor E
4:38 PM 2,875 Yards - Stress Value = 254

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Workout #34137 - Saturday, 03 January 2026**HighSchl - USRPT****1 minute rest between sets**

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7:00 AM Start
Yards Set Description EC
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1 on 19:00 Dynamic/Mobility-Hip RE
225 15 x 15 on :45 Racing Skills-Crossover Turns SE
1 on 10:00 Recovery #8 RE
1,000 40 x 25 on :30 200 Breast Pace* SE
1 on 5:00 Shoulder Mobility RE
1,000 40 x 25 on :30 200 Free Pace* SE
1 on 5:00 Thoracic Mobility RE
1,000 40 x 25 on :30 200 Fly Pace* SE
1 on 5:00 Ankle Mobility RE
1,000 40 x 25 on :30 200 Back Pace* SE
1 on 10:00 Game or Relay EN
9:30 AM 4,225 Yards - Stress Value = 409

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