

**Workout #34129 - Monday, 29 December 2025****HighSchl - USRPT****1 minute rest between sets**

7:00 AM Start			
Yards	Set Description	EGY	V
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**

3:00 PM Start			
Yards	Set Description	EGY	WC
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**

7:00 AM Start			
Yards	Set Description	EG	
1 on 15:00	Dynamic/Mobility	RE	
225 15 x 15	on :45 Racing Skills-Breast Shooters	SP1	
1,500 30 x 50	on :55 200 Breast Pace	SP1	
1 on 10:00	Recovery #5	RE	
750 30 x 25	on :30 100 Free Pace	SP1	
1 on 10:00	Recovery #6	RE	
750 30 x 25	on :30 100 Fly Pace	SP1	
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**

3:00 PM Start			
Yards	Set Description	EGY	
1 on 15:00	Dynamic/Mobility	REC	
225 15 x 15	on :45 Racing Skills-IM Shooters	SP3	
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	
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**

10:30 AM 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	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**

7:00 AM Start			
Yards	Set Description	EGY	WC
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**

Yards	Set Description	E
225	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 sec	
	3rd 5 -1.0 seconds	
	1 on 10:00 Recovery #7	F
	1 on 15:00 Lane Line Survivor	F
4:38 PM	2,875 Yards - Stress Value = 254	

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

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