

Workout #19360 - Monday, 02 January 2017

Group 2 - Silver-1

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,050 | 10 x 15 on :45 Shooters |
| | 1x{8 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:15 Fly Kick w/board |
| | {6 x 25 on :45 Kick no board BSLRBS |
| | {4 x 50 on 1:15 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {6 x 50 on 1:15 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,850 | 1x{4 x 75 on 1:45 Fly-25L-25B-25R |
| | {1 x 100 on 1:45 Freestyle |
| | {4 x 75 on 1:40 Fly-25L-25B-25R |
| | {2 x 100 on 1:45 Freestyle |
| | {4 x 75 on 1:35 Fly-25L-25B-25R |
| | {3 x 100 on 1:45 Freestyle |
| | {4 x 75 on 1:30 Fly-25L-25B-25R |
| | {1 x 50 on 1:30 Fly-Fast |
| 600 | 24 x 25 on :35 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 11:30 AM 4,550 Yards - Stress Value = 121 |

Workout #19361 - Monday, 02 January 2017

Group 2 - Silver-2

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,000 | 10 x 15 on :45 Shooters |
| | 1x{8 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:20 Fly Kick w/board |
| | {6 x 25 on :45 Kick no board BSLRBS |
| | {4 x 50 on 1:20 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {5 x 50 on 1:20 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,700 | 1x{4 x 75 on 1:55 Fly-25L-25B-25R |
| | {1 x 100 on 1:55 Freestyle |
| | {4 x 75 on 1:50 Fly-25L-25B-25R |
| | {2 x 100 on 1:55 Freestyle |
| | {4 x 75 on 1:45 Fly-25L-25B-25R |
| | {3 x 100 on 1:55 Freestyle |
| | {2 x 75 on 1:40 Fly-25L-25B-25R |
| | {1 x 50 on 1:00 Fly-Fast |
| 600 | 24 x 25 on :35 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 11:30 AM 4,350 Yards - Stress Value = 117 |

Workout #19362 - Monday, 02 January 2017

Group 2 - Silver-3

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 950 | 10 x 15 on :45 Shooters |
| | 1x{8 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:25 Fly Kick w/board |
| | {6 x 25 on :45 Kick no board BSLRBS |
| | {4 x 50 on 1:25 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |

| | |
|-------|---|
| 150 | {4 x 50 on 1:25 Fly Kick w/board |
| | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,550 | 1x{4 x 75 on 2:05 Fly-25L-25B-25R |
| | {1 x 100 on 2:05 Freestyle |
| | {4 x 75 on 2:00 Fly-25L-25B-25R |
| | {2 x 100 on 2:05 Freestyle |
| | {4 x 75 on 1:55 Fly-25L-25B-25R |
| | {3 x 100 on 2:05 Freestyle |
| | {1 x 50 on 1:30 Fly-Fast |
| 600 | 24 x 25 on :35 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 11:29 AM 4,150 Yards - Stress Value = 113 |

Workout #19356 - Monday, 02 January 2017

HighSchl - Distance

1 minute rest between sets

8:51 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| 2,500 | 1x{1 x 250 on 3:15 Freestyle | EN2 | S | FR |
| | {5 x 50 on :40 Freestyle | EN2 | S | FR |
| | {1 x 250 on 3:15 Freestyle | EN2 | S | FR |
| | {5 x 50 on :45 Freestyle | EN2 | S | FR |
| | {1 x 250 on 3:15 Freestyle | EN2 | S | FR |
| | {5 x 50 on :50 Freestyle | EN2 | S | FR |
| | {1 x 250 on 3:15 Freestyle | EN2 | S | FR |
| | {5 x 50 on :55 Freestyle | EN2 | S | FR |
| | {1 x 250 on 3:15 Freestyle | EN2 | S | FR |
| | {5 x 50 on 1:00 Freestyle | EN2 | S | FR |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD |
| | 9:33 AM 2,700 Yards - Stress Value = 50 | | | |

Workout #19351 - Monday, 02 January 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-------|
| 400 | 1 on 40:00 DS/Weights | | | L DR1 |
| 1,500 | 1 x 400 on 5:00 Choice | REC | S | CHC |
| 200 | 30 x 50 on :50 200 Back Pace | SP2 | S | BF |
| 1,000 | 1 x 200 on 8:00 CFP/Video | REC | D | FF |
| | 40 x 25 on :30 200 Fly Pace | SP2 | S | FLY |
| | 1 on 12:00 YDR | REC | L | DR1 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FF |
| | 1 on 15:00 Racing Skills-Starts | | D | |
| 250 | 1 x 250 on 5:00 Continuous Pre-Set | REC | D | CI |
| | 9:30 AM 4,100 Yards - Stress Value = 325 | | | |

Workout #19363 - Monday, 02 January 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-------|
| 400 | 1 on 15:00 DS/Showers | | | L DR1 |
| 1,500 | 1 x 400 on 5:00 Choice | REC | S | CHC |
| 200 | 30 x 50 on :50 200 Free Pace | SP2 | S | FF |
| 1,500 | 1 x 200 on 6:00 CFP/Video | REC | D | FF |
| | 30 x 50 on :55 200 Breast Pace | SP2 | S | BF |
| 200 | 1 x 200 on 6:00 CFP/Video | REC | D | FF |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S | BF |
| 250 | 1 x 250 on 4:00 Continuous Pre-Set | REC | D | FF |
| | 4:50 PM 4,800 Yards - Stress Value = 375 | | | |

Workout #19352 - Monday, 02 January 2017

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 1,300 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick-1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 1,500 1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:50 AM 3,720 Yards - Stress Value = 63

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 12.5 ez 12.5 fast grt finishes
 1,050 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:15 Kick-1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Kick 1 fast 1 jmi
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:00 Kick-fast
 1,200 1x{4 x 100 on 1:45 Pulls-no br L.12/14/16/18 yc
 {4 x 100 on 1:40 Pulls-no br L.12/14/16/18 yc
 {4 x 100 on 1:35 Pulls-no br L.12/14/16/18 yc
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:50 AM 3,120 Yards - Stress Value = 52

Workout #19353 - Monday, 02 January 2017

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:00 Kick-1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :55 Kick 1 fast 1 jmi
 {4 x 25 on :30 Kick no board BSLR
 1,300 1x{4 x 125 on 1:55 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:50 Pulls-no br L.12/14/16/18 yc
 {4 x 75 on 1:05 Pulls-no br L.12/14/16/18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:50 AM 3,420 Yards - Stress Value = 57

Workout #19358 - Monday, 02 January 2017

HighSchl - Silver

1 minute rest between sets

8:51 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,200 1x{1 x 250 on 4:10 Freestyle EN2 S FR
 {5 x 50 on :50 Freestyle EN2 S FR
 {1 x 250 on 4:10 Freestyle EN2 S FR
 {5 x 50 on :55 Freestyle EN2 S FR
 {1 x 250 on 4:10 Freestyle EN2 S FR
 {5 x 50 on 1:00 Freestyle EN2 S FR
 {1 x 250 on 4:10 Freestyle EN2 S FR
 {5 x 50 on 1:05 Freestyle EN2 S FR
 {1 x 200 on 3:00 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 9:34 AM 2,400 Yards - Stress Value = 44

Workout #19355 - Monday, 02 January 2017

HighSchl - Bronze

1 minute rest between sets

8:51 AM Start
 Yards Set Description EGY WORK STK
 =====
 2,400 1x{1 x 250 on 3:35 Freestyle EN2 S FR
 {5 x 50 on :45 Freestyle EN2 S FR
 {1 x 250 on 3:35 Freestyle EN2 S FR
 {5 x 50 on :50 Freestyle EN2 S FR
 {1 x 250 on 3:35 Freestyle EN2 S FR
 {5 x 50 on :55 Freestyle EN2 S FR
 {1 x 250 on 3:35 Freestyle EN2 S FR
 {5 x 50 on 1:00 Freestyle EN2 S FR
 {1 x 250 on 3:35 Freestyle EN2 S FR
 {3 x 50 on 1:05 Freestyle EN2 S FR
 200 1 x 200 on 3:00 Stroke Drills REC D CD
 9:34 AM 2,600 Yards - Stress Value = 48

7:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights
 500 1 x 500 on 10:00 Swim-kick-pull-swim
 120 8 x 15 on :45 Spinners
 900 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Kick-1 fast 1 jmi
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:25 Kick 1 fast 1 jmi
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:20 Kick 1 fast 1 jmi
 1,000 1x{4 x 100 on 1:55 Pulls-no br L.12/14/16/18 yc
 {4 x 100 on 1:50 Pulls-no br L.12/14/16/18 yc
 {4 x 50 on 1:05 Pulls-no br L.12/14/16/18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:50 AM 2,720 Yards - Stress Value = 45

Workout #19354 - Monday, 02 January 2017

HighSchl - Silver

Workout #19359 - Monday, 02 January 2017

HighSchl - Bronze
1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-----|
| 8:51 AM | Start | | | |
| 1,900 | 1x{1 x 250 on 4:50 Freestyle | EN2 | S | FR |
| | {5 x 50 on :55 Freestyle | EN2 | S | FR |
| | {1 x 250 on 4:50 Freestyle | EN2 | S | FR |
| | {5 x 50 on 1:00 Freestyle | EN2 | S | FR |
| | {1 x 250 on 4:50 Freestyle | EN2 | S | FR |
| | {5 x 50 on 1:05 Freestyle | EN2 | S | FR |
| | {1 x 250 on 4:50 Freestyle | EN2 | S | FR |
| | {3 x 50 on 1:10 Freestyle | EN2 | S | FR |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD |
| 9:33 AM | 2,100 Yards - Stress Value = 38 | | | |

Workout #19373 - Tuesday, 03 January 2017

Group 2 - Silver-1
1 minute rest between sets

| Yards | Set Description |
|----------|---|
| 9:00 AM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 100 on 2:30 Kick:alt left/right/back |
| | {4 x 25 on :45 Kick no board B |
| | {3 x 100 on 2:25 Kick:alt left/right/back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,500 | 1x{5 x 100 on 1:50 Backstroke |
| | {1 on 1:00 Rest |
| | {4 x 100 on 1:50 Backstroke |
| | {1 on 1:00 Rest |
| | {3 x 100 on 1:50 Backstroke |
| | {1 on 1:00 Rest |
| | {2 x 100 on 1:50 Backstroke |
| | {1 on 1:00 Rest |
| | {1 x 100 on 1:50 Backstroke |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 11:29 AM | 4,050 Yards - Stress Value = 114 |

Workout #19374 - Tuesday, 03 January 2017

Group 2 - Silver-2
1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 9:00 AM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 100 on 2:40 Kick:alt left/right/back |
| | {4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:35 Kick:alt left/right/back |
| | {6 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,450 | 1x{5 x 100 on 2:00 Backstroke |
| | {1 on 1:00 Rest |
| | {4 x 100 on 2:00 Backstroke |
| | {1 on 1:00 Rest |
| | {3 x 100 on 2:00 Backstroke |
| | {1 on 1:00 Rest |
| | {2 x 100 on 2:00 Backstroke |
| | {1 on 1:00 Rest |
| | {1 x 50 on 1:00 Backstroke |

| | |
|----------|----------------------------------|
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 11:30 AM | 3,950 Yards - Stress Value = 112 |

Workout #19375 - Tuesday, 03 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|----------|---|
| 9:00 AM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 100 on 2:50 Kick:alt left/right/back |
| | {4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:40 Kick:alt left/right/back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,350 | 1x{5 x 100 on 2:10 Backstroke |
| | {1 on 1:00 Rest |
| | {4 x 100 on 2:10 Backstroke |
| | {1 on 1:00 Rest |
| | {3 x 100 on 2:10 Backstroke |
| | {1 on 1:00 Rest |
| | {1 x 100 on 2:10 Backstroke |
| | {1 on 1:00 Rest |
| | {1 x 50 on 1:05 Backstroke |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 11:30 AM | 3,800 Yards - Stress Value = 109 |

Workout #19369 - Tuesday, 03 January 2017

HighSchl - Back

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 8:49 AM | Start |
| | 1x{4 x 100 on 1:25 Backstroke |
| | {6 x 50 on :50 Back-odds drills evens descend |
| | {3 x 150 on 2:05 Backstroke |
| | {6 x 50 on :50 Back-odds drill evens descend |
| | {2 x 200 on 2:50 Backstroke |
| | {6 x 50 on :50 Back-odds drill evens descend |
| | {1 x 300 on 4:15 Backstroke |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 9:30 AM | 2,650 Yards - Stress Value = 49 |

Workout #19364 - Tuesday, 03 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---------|----------------------------------|-----|------|-----|-----|
| 7:00 AM | Start | | | | |
| | 1 on 40:00 DS/Weights | | | L | DRY |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1 |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S | BR | 2 |
| 210 | 14 x 15 on 1:00 Shooters #1 | SP3 | S | STK | 6 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S | FLY | 2 |
| | 1 on 15:00 Racing Skills-Starts | REC | D | CMB | |
| 600 | 24 x 25 on :30 50 Free Pace | SP2 | S | FR | 2 |
| 250 | 1 x 250 on 5:00 Top Hat Drill | REC | D | FR | 2 |
| 9:06 AM | 2,960 Yards - Stress Value = 218 | | | | |

Workout #19365 - Tuesday, 03 January 2017

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Weight
 120 1 x 600 on 10:00 Top Hat Drill
 1,750 8 x 15 on :45 Spinners
 1x{5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 700 14 x 50 on :40 Pulls odds BTB evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 3,370 Yards - Stress Value = 56

1 on 40:00 DS/Weight
 550 1 x 550 on 10:00 Top Hat Drill
 120 8 x 15 on :45 Spinners
 1,350 1x{2 x 50 on 1:00 Kick
 {8 x 25 on :40 Kick your weakest kick
 {4 x 50 on 1:00 Kick
 {8 x 25 on :40 Kick your weakest kick
 {3 x 50 on 1:00 Kick
 {6 x 25 on :40 Kick your weakest kick
 {2 x 50 on 1:00 Kick
 {6 x 25 on :40 Kick your weakest kick
 {1 x 50 on 1:00 Kick
 {2 x 25 on :40 Kick your weakest kick
 600 12 x 50 on :50 Pulls odds BTB evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 2,820 Yards - Stress Value = 46

Workout #19371 - Tuesday, 03 January 2017

HighSchl - Silver

1 minute rest between sets

8:55 AM Start
 Yards Set Description
 =====
 1,700 1x{4 x 100 on 1:45 Backstroke
 {6 x 50 on :55 Back-odds drills evens descend
 {3 x 150 on 2:40 Backstroke
 {6 x 50 on :55 Back-odds drill evens descend
 {1 x 200 on 3:30 Backstroke
 {1 x 50 on :55 Back-Fast!
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 1,900 Yards - Stress Value = 34

Workout #19366 - Tuesday, 03 January 2017

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Weights
 120 1 x 600 on 10:00 Top Hat Drill
 1,450 8 x 15 on :45 Spinners
 1x{1 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 {4 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 {3 x 50 on :55 Kick
 {6 x 25 on :35 Kick your weakest kick
 {2 x 50 on :55 Kick
 {6 x 25 on :35 Kick your weakest kick
 {1 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 650 13 x 50 on :45 Pulls odds BTB evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 3,020 Yards - Stress Value = 49

Workout #19368 - Tuesday, 03 January 2017

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 40:00 DS/Weights
 120 1 x 500 on 10:00 Top Hat Drill
 8 x 15 on :45 Spinners
 1,200 1x{1 x 50 on 1:10 Kick
 {6 x 25 on :45 Kick your weakest kick
 {2 x 50 on 1:10 Kick
 {6 x 25 on :45 Kick your weakest kick
 {4 x 50 on 1:10 Kick
 {6 x 25 on :45 Kick your weakest kick
 {5 x 50 on 1:10 Kick
 {6 x 25 on :45 Kick your weakest kick
 500 10 x 50 on 1:00 Pulls odds BTB evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:48 AM 2,520 Yards - Stress Value = 41

Workout #19370 - Tuesday, 03 January 2017

HighSchl - Gold

1 minute rest between sets

8:49 AM Start
 Yards Set Description
 =====
 2,300 1x{4 x 100 on 1:35 Backstroke
 {6 x 50 on :50 Back-odds drills evens descend
 {3 x 150 on 2:20 Backstroke
 {6 x 50 on :50 Back-odds drill evens descend
 {2 x 200 on 3:05 Backstroke
 {4 x 50 on :50 Back-descend
 {1 x 250 on 3:45 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 2,500 Yards - Stress Value = 46

Workout #19372 - Tuesday, 03 January 2017

HighSchl - Bronze

1 minute rest between sets

8:55 AM Start
 Yards Set Description
 =====
 1,400 1x{4 x 100 on 2:05 Backstroke
 {6 x 50 on 1:10 Back-odds drills evens descer
 {3 x 150 on 3:10 Backstroke
 {5 x 50 on 1:10 Back-odds drill evens descend
 200 1 x 200 on 3:00 Stroke Drills
 9:30 AM 1,600 Yards - Stress Value = 28

Workout #19367 - Tuesday, 03 January 2017

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====

Workout #19385 - Wednesday, 04 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 9:00 AM | Start |
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 16 x 25 on :35 Wednesday Warm-up |
| 1,000 | 10 x 15 on :45 Shooters |
| | 2x{1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:25 Kick |
| | {1 x 100 on 2:20 Kick |
| | {1 x 100 on 2:15 Kick |
| | {1 x 100 on 2:10 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,450 | 1x{1 x 150 on 3:00 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 2:55 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 2:50 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 2:45 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 2:40 Breaststroke |
| 600 | {4 x 25 on :40 Breast 2X pullouts |
| | 24 x 25 on :35 100 Breast Pace |
| 250 | 1 on 10:00 Killer Relays |
| | 1 x 250 on 4:00 Stroke Drills |
| | 11:30 AM 4,000 Yards - Stress Value = 115 |

Workout #19386 - Wednesday, 04 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 9:00 AM | Start |
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 16 x 25 on :35 Wednesday Warm-up |
| 900 | 10 x 15 on :45 Shooters |
| | 2x{1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:25 Kick |
| | {1 x 50 on 1:10 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,400 | 1x{1 x 150 on 3:15 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 3:10 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 3:05 Breaststroke |
| | {6 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 3:00 Breaststroke |
| | {4 x 25 on :40 Breast 2X pullouts |
| | {1 x 150 on 2:50 Breaststroke |
| | {4 x 25 on :40 Breast 2X pullouts |
| 500 | 20 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Killer Relays |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 11:29 AM 3,750 Yards - Stress Value = 102 |

Workout #19387 - Wednesday, 04 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|----------------------------------|
| 9:00 AM | Start |
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 16 x 25 on :35 Wednesday Warm-up |
| 900 | 10 x 15 on :45 Shooters |
| | 2x{1 x 100 on 2:50 Kick |

| | |
|-------|---|
| 150 | {1 x 100 on 2:45 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 50 on 1:10 Kick |
| 1,250 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1x{1 x 150 on 3:30 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:25 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:20 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:15 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:10 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| 500 | 20 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Killer Relays |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 11:29 AM 3,600 Yards - Stress Value = 99 |

Workout #19381 - Wednesday, 04 January 2017

HighSchl - Breast

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 8:37 PM | Start | |
| 2,400 | 1x{1 x 150 on 2:30 Breaststroke | EN2 |
| | {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst | EN2 |
| | {2 x 125 on 2:00 Breaststroke | EN2 |
| | {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst | EN2 |
| | {3 x 100 on 1:35 Breaststroke | EN2 |
| | {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst | EN2 |
| | {4 x 75 on 1:10 Breaststroke | EN2 |
| | {4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst | EN2 |
| | {4 x 50 on :45 Breaststroke | EN2 |
| | 4 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 9:30 PM 2,950 Yards - Stress Value = 54 | |

Workout #19376 - Wednesday, 04 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--|-----|-----|
| 7:00 AM | Start | | |
| 400 | 1 on 40:00 DS/Weights | | |
| 2,600 | 1 x 400 on 5:00 Choice | | REC |
| 200 | 26 x 100 on 1:20 1650 Free Pace | | SP2 |
| 1,500 | 1 x 200 on 6:00 CFP/Video | | REC |
| 210 | 30 x 50 on :50 200 IM Pace | | SP2 |
| 750 | 14 x 15 on 1:00 Spinners/sculling drills | | SP3 |
| 250 | 30 x 25 on :30 100 Free Pace | | SP2 |
| | 1 x 250 on 4:00 Stroke Drills | | REC |
| | 9:30 AM 5,910 Yards - Stress Value = 493 | | |

Workout #19388 - Wednesday, 04 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|--|-----|------|---------|
| 3:00 PM | Start | | | |
| 1,800 | 1 on 15:00 DS/Showers | | | L I |
| 200 | 24 x 75 on 1:15 500 Free Pace | | | S |
| 750 | 1 x 200 on 8:00 CFP/Video | | | REC |
| | 30 x 25 on :30 Your #2 100 Pace | | | SP2 S S |
| | 1 on 10:00 Racing Skills-Underwaters | | | REC D F |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | | | SP2 S S |
| 250 | 1 x 250 on 5:00 Stroke Drills | | | REC D |
| | 4:55 PM 4,500 Yards - Stress Value = 405 | | | |

Workout #19377 - Wednesday, 04 January 2017

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 40:00 DS/Weights |
| 120 | 20 x 25 on :30 Wednesday Warm-up |
| 1,750 | 8 x 15 on :45 Spinners |
| 1x{ | 8 x 25 on :30 Kick no board BSLR 15 KOW |
| | { 2 x 75 on 1:10 Kick |
| | { 8 x 25 on :30 Kick no board BSLR 14 KOW |
| | { 3 x 100 on 1:30 Kick |
| | { 8 x 25 on :30 Kick no board BSLR 13 KOW |
| | { 4 x 125 on 1:50 Kick |
| | { 8 x 25 on :30 Kick no board BSLR 12 KOW |
| 200 | 4x{ 1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 8:36 AM 2,570 Yards - Stress Value = 42 |

Workout #19378 - Wednesday, 04 January 2017

HighSchl - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 40:00 DS/Weights |
| 120 | 20 x 25 on :30 Wednesday Warm-up |
| 1,525 | 8 x 15 on 1:00 Spinners |
| 1x{ | 8 x 25 on :30 Kick no board BSLR 15 KOW |
| | { 2 x 75 on 1:20 Kick |
| | { 8 x 25 on :30 Kick no board BSLR 14 KOW |
| | { 3 x 100 on 1:45 Kick |
| | { 8 x 25 on :30 Kick no board BSLR 13 KOW |
| | { 3 x 125 on 2:10 Kick |
| | { 4 x 25 on :30 Kick no board BSLR 12 KOW |
| 200 | 4x{ 1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 8:36 AM 2,345 Yards - Stress Value = 38 |

Workout #19382 - Wednesday, 04 January 2017

HighSchl - Gold

1 minute rest between sets

8:37 AM Start

| Yards | Set Description | EGY |
|-------|--|-----|
| 2,600 | 1x{ 1 x 150 on 2:45 Breaststroke | EN2 |
| | { 4 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 2 x 125 on 2:15 Breaststroke | EN2 |
| | { 4 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 3 x 100 on 1:45 Breaststroke | EN2 |
| | { 4 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 4 x 75 on 1:15 Breaststroke | EN2 |
| | { 4 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 5 x 50 on :50 Breaststroke | EN2 |
| | { 2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 9:30 AM 2,850 Yards - Stress Value = 52 | |

Workout #19379 - Wednesday, 04 January 2017

HighSchl - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 40:00 DS/Weights |
| 120 | 20 x 25 on :30 Wednesday Warm-up |
| 1,300 | 8 x 15 on 1:00 15m under #5-8 w/fins |
| 1x{ | 8 x 25 on :35 Kick no board BSLR 15 KOW |
| | { 2 x 75 on 1:30 Kick |

| | |
|-----|--|
| | { 8 x 25 on :35 Kick no board BSLR 14 KOW |
| | { 3 x 100 on 1:55 Kick |
| | { 4 x 25 on :35 Kick no board BSLR 13 KOW |
| | { 2 x 125 on 2:25 Kick |
| | { 4 x 25 on :35 Kick no board BSLR 12 KOW |
| 200 | 4x{ 1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 8:35 AM 2,120 Yards - Stress Value = 33 |

Workout #19383 - Wednesday, 04 January 2017

HighSchl - Silver

1 minute rest between sets

8:37 AM Start

| Yards | Set Description | EGY |
|-------|--|-----|
| 2,150 | 1x{ 1 x 150 on 3:00 Breaststroke | EN2 |
| | { 4 x 75 on 1:35 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 2 x 125 on 2:25 Breaststroke | EN2 |
| | { 4 x 75 on 1:35 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 3 x 100 on 1:55 Breaststroke | EN2 |
| | { 4 x 75 on 1:35 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 4 x 75 on 1:25 Breaststroke | EN2 |
| | { 2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 2 x 50 on :55 Breaststroke | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 9:26 AM 2,400 Yards - Stress Value = 43 | |

Workout #19380 - Wednesday, 04 January 2017

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 40:00 DS/Weights |
| 120 | 20 x 25 on :30 Wednesday Warm-up |
| 1,150 | 8 x 15 on 1:00 Spinners |
| 1x{ | 8 x 25 on :40 Kick no board BSLR 15 KOW |
| | { 2 x 75 on 1:45 Kick |
| | { 8 x 25 on :40 Kick no board BSLR 14 KOW |
| | { 3 x 100 on 2:20 Kick |
| | { 4 x 25 on :40 Kick no board BSLR 13 KOW |
| | { 2 x 100 on 2:20 Kick |
| 200 | 4x{ 1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 8:36 AM 1,970 Yards - Stress Value = 30 |

Workout #19384 - Wednesday, 04 January 2017

HighSchl - Bronze

1 minute rest between sets

8:37 AM Start

| Yards | Set Description | EGY |
|-------|--|-----|
| 2,050 | 1x{ 1 x 150 on 3:30 Breaststroke | EN2 |
| | { 4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 2 x 125 on 2:50 Breaststroke | EN2 |
| | { 4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 3 x 100 on 2:15 Breaststroke | EN2 |
| | { 4 x 75 on 1:45 25flyK, 25XK1p, 25clsdfst | EN2 |
| | { 4 x 75 on 1:45 Breaststroke | EN2 |
| | { 2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 9:30 AM 2,300 Yards - Stress Value = 41 | |

Workout #19398 - Thursday, 05 January 2017

Group 2 - Silver-1

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:25 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:20 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:15 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:10 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:05 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 500 | 1 x 500 on 33:00 Teach Day-FREESTYLE |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 11:30 AM 3,150 Yards - Stress Value = 86 |

Workout #19399 - Thursday, 05 January 2017

Group 2 - Silver-2

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:25 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:20 Kick |
| | {1 x 100 on 2:40 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 500 | 1 x 500 on 33:00 Teach Day-FREESTYLE |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 11:30 AM 3,050 Yards - Stress Value = 84 |

Workout #19400 - Thursday, 05 January 2017

Group 2 - Silver-3

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:45 Kick |
| | {1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 50 on 1:20 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |

| | |
|-----|--|
| 500 | 1 x 500 on 33:00 Teach Day-FREESTYLE |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 11:30 AM 3,000 Yards - Stress Value = 83 |

Workout #19394 - Thursday, 05 January 2017

HighSchl - Fly

1 minute rest between sets

8:43 AM Start

| Yards | Set Description | E |
|-------|---|---|
| 2,400 | 2x{1 x 100 on 1:30 Fly 1st 25-12,5yds under | F |
| | {1 x 100 on 1:30 Fly 2nd 25-12,5yds under | F |
| | {1 x 100 on 1:30 Fly 3rd 25-12,5yds under | F |
| | {1 x 100 on 1:30 Freestyle | F |
| | {1 x 100 on 1:30 Fly 1st 25 no breath L12.5 | F |
| | {1 x 100 on 1:30 Fly 2nd 25 no breath L12.5 | F |
| | {1 x 100 on 1:30 Fly 3rd 25 no breath L12.5 | F |
| | {1 x 100 on 1:30 Freestyle | F |
| | {1 x 100 on 1:30 Fly 1st 25 100% | F |
| | {1 x 100 on 1:30 Fly 2nd 25 100% | F |
| | {1 x 100 on 1:30 Fly 3rd 25 100% | F |
| | {1 x 100 on 1:30 Freestyle | F |
| 500 | 10 x 50 on 1:00 Stroke Drills | F |
| | 9:30 AM 2,900 Yards - Stress Value = 36 | |

Workout #19389 - Thursday, 05 January 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY | WORK | STK | F |
|-------|--|-----|------|-----|-------|
| 400 | 1 x 400 on 5:00 Choice | REC | | S | CHO 1 |
| 2,250 | 30 x 75 on 1:15 1000 Free Pace | SP2 | | S | FR 1 |
| | Standard protocol for the 1000 | | | | |
| 200 | 1 x 200 on 6:00 CFP/Video | REC | D | FR | 3 |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | | S | IM 1 |
| 200 | 1 x 200 on 6:00 CFP/Video | REC | D | FR | 3 |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | SP2 | | S | STK 1 |
| | Standard protocol for 200 stroke if time neces | | | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD | 2 |
| | 9:42 AM 6,300 Yards - Stress Value = 525 | | | | |

Workout #19390 - Thursday, 05 January 2017

HighSchl - Platinum

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 40:00 DS/Weights |
| 150 | 10 x 15 on :45 Shooters |
| 1,800 | 1x{2 x 150 on 2:45 Kick your #1 |
| | {2 x 50 on 1:00 Kick your #2 |
| | {2 x 50 on 1:05 Kick your #3 |
| | {2 x 150 on 2:40 Kick your #1 |
| | {2 x 50 on 1:00 Kick you #2 |
| | {2 x 50 on 1:05 Kick your #3 |
| | {2 x 150 on 2:35 Kick your #1 |
| | {2 x 50 on 1:00 Kick your #2 |
| | {2 x 50 on 1:05 Kick your #3 |
| | {2 x 150 on 2:30 Kick your#1 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 8:41 AM 2,750 Yards - Stress Value = 44 |

Workout #19391 - Thursday, 05 January 2017

HighSchl - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 600 1 on 40:00 DS/Weights
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,550 1x{2 x 150 on 3:15 Kick your #1
 {2 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {2 x 150 on 3:10 Kick your #1
 {1 x 50 on 1:05 Kick you #2
 {2 x 50 on 1:10 Kick your #3
 {2 x 150 on 3:05 Kick your #1
 {1 x 50 on 1:05 Kick your #2
 {2 x 50 on 1:10 Kick your #3
 {1 x 150 on 3:00 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:41 AM 2,500 Yards - Stress Value = 39

Workout #19395 - Thursday, 05 January 2017

HighSchl - Gold

1 minute rest between sets

8:43 AM Start
 Yards Set Description
 =====
 2,100 2x{1 x 50 on :50 Fly 1st 25-12,5yds under
 {1 x 100 on 1:40 Fly 2nd 25-12,5yds under
 {1 x 100 on 1:40 Fly 3rd 25-12,5yds under
 {1 x 100 on 1:40 Freestyle
 {1 x 50 on :50 Fly 1st 25 no breath L12.5
 {1 x 100 on 1:40 Fly 2nd 25 no breath L12.5
 {1 x 100 on 1:40 Fly 3rd 25 no breath L12.5
 {1 x 100 on 1:40 Freestyle
 {1 x 50 on :50 Fly 1st 25 100%
 {1 x 100 on 1:40 Fly 2nd 25 100%
 {1 x 100 on 1:40 Fly 3rd 25 100%
 {1 x 100 on 1:40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:29 AM 2,600 Yards - Stress Value = 30

Workout #19392 - Thursday, 05 January 2017

HighSchl - Silver

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 550 1 on 40:00 DS/Weights
 1 x 550 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,400 1x{2 x 150 on 3:35 Kick your #1
 {1 x 50 on 1:15 Kick your #2
 {1 x 50 on 1:20 Kick your #3
 {2 x 150 on 3:30 Kick your #1
 {2 x 50 on 1:15 Kick you #2
 {1 x 50 on 1:20 Kick your #3
 {2 x 150 on 3:25 Kick your #1
 {2 x 50 on 1:15 Kick your #2
 {1 x 50 on 1:20 Kick your #3
 {1 x 100 on 2:15 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:41 AM 2,300 Yards - Stress Value = 36

Workout #19396 - Thursday, 05 January 2017

HighSchl - Silver

1 minute rest between sets

8:43 AM Start
 Yards Set Description
 =====
 1,900 2x{1 x 50 on :55 Fly 1st 25-12,5yds under
 {1 x 100 on 1:55 Fly 2nd 25-12,5yds under
 {1 x 100 on 1:55 Fly 3rd 25-12,5yds under
 {1 x 50 on :55 Freestyle
 {1 x 50 on :55 Fly 1st 25 no breath L12.5
 {1 x 100 on 1:55 Fly 2nd 25 no breath L12.5
 {1 x 100 on 1:55 Fly 3rd 25 no breath L12.5
 {1 x 50 on :55 Freestyle
 {1 x 50 on :55 Fly 1st 25 100%
 {1 x 100 on 1:50 Fly 2nd 25 100%
 {1 x 100 on 1:50 Fly 3rd 25 100%
 {1 x 100 on 1:50 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 2,400 Yards - Stress Value = 30

Workout #19393 - Thursday, 05 January 2017

HighSchl - Bronze

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 500 1 on 40:00 DS/Weights
 1 x 500 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,300 1x{2 x 125 on 3:20 Kick your #1
 {1 x 50 on 1:20 Kick your #2
 {1 x 50 on 1:25 Kick your #3
 {2 x 125 on 3:15 Kick your #1
 {1 x 50 on 1:20 Kick you #2
 {1 x 50 on 1:25 Kick your #3
 {2 x 125 on 3:10 Kick your #1
 {2 x 50 on 1:20 Kick your #2
 {2 x 50 on 1:25 Kick your #3
 {1 x 150 on 3:30 Kick your#1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 8:41 AM 2,150 Yards - Stress Value = 34

Workout #19397 - Thursday, 05 January 2017

HighSchl - Bronze

1 minute rest between sets

8:43 AM Start
 Yards Set Description
 =====
 1,500 2x{1 x 50 on 1:10 Fly 1st 25-12,5yds under
 {1 x 50 on 1:10 Fly 2nd 25-12,5yds under
 {1 x 100 on 2:20 Fly 3rd 25-12,5yds under
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 1:10 Fly 1st 25 no breath L12.5
 {1 x 50 on 1:10 Fly 2nd 25 no breath L12.5
 {1 x 100 on 2:20 Fly 3rd 25 no breath L12.5
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 1:10 Fly 1st 25 100%
 {1 x 50 on 1:10 Fly 2nd 25 100%
 {1 x 100 on 2:20 Fly 3rd 25 100%
 {1 x 50 on 1:15 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:30 AM 2,000 Yards - Stress Value = 24

Workout #19401 - Friday, 06 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|--|--------------------------------|-----|------|-----|----|
| 7:00 AM Start | | | | | |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S | FLY | 1: |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D | FR | 4: |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S | BK | 1: |
| | 1 on 10:00 YDR | REC | L | DRY | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S | BR | 2: |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD | 2: |
| 8:50 AM 4,200 Yards - Stress Value = 375 | | | | | |

| | |
|---|---|
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:40 Kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:40 Kick on left side |
| | {4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:40 Kick on Rt Side |
| | {2 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,350 | 1x{4 x 50 on 1:00 Back-3 KOW |
| | {1 x 100 on 2:30 EZ Free |
| | {4 x 50 on 1:05 Back 4 KOW |
| | {1 x 100 on 2:30 EZ Free |
| | {4 x 50 on 1:10 Back 5 KOW |
| | {1 x 100 on 2:30 EZ Free |
| | {4 x 50 on 1:15 Back 6 KOW |
| | {1 x 100 on 2:30 EZ Free |
| | {3 x 50 on 1:20 Back 7 KOW |
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:29 PM 3,750 Yards - Stress Value = 92 | |

Workout #19402 - Saturday, 07 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|--|--------------------------------|-----|------|-----|----|
| 7:00 AM Start | | | | | |
| | 1 on 15:00 DS/Showers | | L | DRY | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FR | 2: |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D | FR | 4: |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S | FR | 2: |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D | FR | 4: |
| 480 | 24 x 20 on :30 50 Free Pace | SP2 | S | FR | 2: |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D | FR | 4: |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S | BR | 1: |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CD | 1: |
| 9:00 AM 4,330 Yards - Stress Value = 348 | | | | | |

| | |
|---|-------------------------------|
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:29 PM 3,750 Yards - Stress Value = 92 | |

Workout #19415 - Monday, 09 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|---|---|-----|------|-----|----|
| 5:00 PM Start | | | | | |
| | 1 on 35:00 DS/Dryland | | L | DRY | |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP | | | | |
| 150 | 10 x 15 on :45 Shooters | | | | |
| 800 | 1x{4 x 25 on :45 Kick no board B | | | | |
| | {1 x 100 on 2:50 Kick on back | | | | |
| | {4 x 25 on :45 Kick no board B | | | | |
| | {2 x 100 on 2:50 Kick on left side | | | | |
| | {4 x 25 on :45 Kick no board B | | | | |
| | {2 x 100 on 2:50 Kick on Rt Side | | | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | | | |
| | Evens-underwaters, count kicks | | | | |
| 1,150 | 1x{3 x 50 on 1:10 Back-3 KOW | | | | |
| | {1 x 100 on 3:00 EZ Free | | | | |
| | {3 x 50 on 1:15 Back 4 KOW | | | | |
| | {1 x 100 on 3:00 EZ Free | | | | |
| | {3 x 50 on 1:20 Back 5 KOW | | | | |
| | {1 x 100 on 3:00 EZ Free | | | | |
| | {3 x 50 on 1:25 Back 6 KOW | | | | |
| | {1 x 100 on 3:00 EZ Free | | | | |
| | {3 x 50 on 1:30 Back 7 KOW | | | | |
| 450 | 18 x 25 on :45 100 Back Pace | | | | |
| | 1 on 10:00 Game | | | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | | | |
| 7:29 PM 3,450 Yards - Stress Value = 82 | | | | | |

| Yards | Set Description |
|---|---|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:50 Kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:50 Kick on left side |
| | {4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:50 Kick on Rt Side |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,150 | 1x{3 x 50 on 1:10 Back-3 KOW |
| | {1 x 100 on 3:00 EZ Free |
| | {3 x 50 on 1:15 Back 4 KOW |
| | {1 x 100 on 3:00 EZ Free |
| | {3 x 50 on 1:20 Back 5 KOW |
| | {1 x 100 on 3:00 EZ Free |
| | {3 x 50 on 1:25 Back 6 KOW |
| | {1 x 100 on 3:00 EZ Free |
| | {3 x 50 on 1:30 Back 7 KOW |
| 450 | 18 x 25 on :45 100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:29 PM 3,450 Yards - Stress Value = 82 | |

Workout #19409 - Monday, 09 January 2017

HighSchl - Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|--|-------------------------------|-----|------|-----|----|
| 5:00 PM Start | | | | | |
| | 24 x 25 on :35 100 Back Pace | | | | |
| | 1 on 10:00 Game | | | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | | | |
| 7:30 PM 4,050 Yards - Stress Value = 104 | | | | | |

| Yards | Set Description |
|---|-------------------------------|
| | 4:47 PM Start |
| | 10 x 50 on 1:00 Stroke Drills |
| 5:31 PM 2,900 Yards - Stress Value = 48 | |

Workout #19414 - Monday, 09 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|--|-------------------------------|-----|------|-----|----|
| 5:00 PM Start | | | | | |
| | 24 x 25 on :35 100 Back Pace | | | | |
| | 1 on 10:00 Game | | | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | | | |
| 7:30 PM 4,050 Yards - Stress Value = 104 | | | | | |

| | |
|---|-------------------------------|
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:31 PM 2,900 Yards - Stress Value = 48 | |

Workout #19403 - Monday, 09 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|---------------------------------|-----|------|-----|---|
| 5:30 AM Start | | | | | |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1 |
| 2,400 | 24 x 100 on 1:20 1650 Free Pace | SP2 | S | FR | 1 |
| 250 | 1 x 250 on 4:00 Choice | REC | S | CHO | 1 |
| 750 | 30 x 25 on :30 Your #4 100 | SP2 | S | STK | 2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CD | 1 |
| 7:14 AM 4,050 Yards - Stress Value = 315 | | | | | |

Workout #19404 - Monday, 09 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|------------------------------------|-----|------|-----|---|
| 3:00 PM Start | | | | | |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | STK | 2 |
| 1 on 10:00 Racing Skills-Trophy Starts | | | | | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S | FR | 1 |
| 200 | 1 x 200 on 10:00 CFP/Video | REC | D | CD | 1 |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S | FR | 1 |
| 1 on 15:00 YDR | | | | | |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S | FR | 1 |
| 300 | 1 x 300 on 6:00 Continuous Pre-Set | REC | S | CHO | 1 |
| 5:30 PM 5,400 Yards - Stress Value = 450 | | | | | |

Workout #19405 - Monday, 09 January 2017

HighSchl - Platinum

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---|--|-----|------|-----|---|
| 3:00 PM Start | | | | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | | | | |
| 150 | 10 x 15 on :45 Shooters | | | | |
| 1,600 | 1x{4 x 25 on :30 Kick no board BSLR-12 KOW {3 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-12 KOW {3 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR-12 KOW {3 x 100 on 1:45 Kick {4 x 25 on :30 Kick no board BSLR-12 KOW {3 x 100 on 1:50 Kick | | | | |
| 1,600 | 1x{2 x 200 on 2:30 Pull no br L.12 yds {2 x 200 on 2:25 Pulls-no br L.12 yds {2 x 200 on 2:20 Pull no br L.12 yds {2 x 200 on 2:15 Pull no br L.12 yds | | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | | |
| 4:46 PM 4,150 Yards - Stress Value = 68 | | | | | |

Workout #19406 - Monday, 09 January 2017

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---------------|--|-----|------|-----|---|
| 3:00 PM Start | | | | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | | | | |
| 150 | 10 x 15 on :45 Shooters | | | | |
| 1,500 | 1x{4 x 25 on :30 Kick no board BSLR-12 KOW {3 x 100 on 1:45 Kick {4 x 25 on :30 Kick no board BSLR-12 KOW {3 x 100 on 1:50 Kick | | | | |

| | | | | | |
|---|---|--|--|--|--|
| 1,400 | 1x{2 x 200 on 2:45 Pull no br L.12 yds {2 x 200 on 2:40 Pull no br L.12 yds {1 x 200 on 2:35 Pulls-no br L.12 yds {2 x 200 on 2:30 Pull no br L.12 yds | | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | | |
| 4:46 PM 3,850 Yards - Stress Value = 54 | | | | | |

Workout #19410 - Monday, 09 January 2017

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---|--|-----|------|-----|---|
| 4:47 PM Start | | | | | |
| 2,100 | 1x{2 x 175 on 2:30 Freestyle 3 KOW {2 x 175 on 2:35 Freestyle 3 KOW-5 off last w {2 x 175 on 2:40 Freestyle-3 KOW 7 off last w {2 x 175 on 2:45 Freestyle 3 KOW 9 off last w {2 x 175 on 2:50 Freestyle 3 KOW 11 off last {2 x 175 on 2:55 Freestyle 3 KOW 13 off last hold all 175's faster then 1st interval | | | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | | | | |
| 5:31 PM 2,600 Yards - Stress Value = 42 | | | | | |

Workout #19407 - Monday, 09 January 2017

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---|---|-----|------|-----|---|
| 3:00 PM Start | | | | | |
| 550 | 1 on 30:00 DS/Phyiso Balls | | | | |
| 150 | 10 x 15 on :45 Shooters | | | | |
| 1,300 | 1x{4 x 25 on :35 Kick no board BSLR-12 KOW {3 x 100 on 2:05 Kick {4 x 25 on :35 Kick no board BSLR-12 KOW {3 x 100 on 2:10 Kick {4 x 25 on :35 Kick no board BSLR-12 KOW {3 x 100 on 2:15 Kick {4 x 25 on :35 Kick no board BSLR-12 KOW | | | | |
| 1,200 | 1x{2 x 200 on 3:10 Pull no br L.12 yds {2 x 200 on 3:05 Pull no br L.12 yds {2 x 200 on 3:00 Pull no br L.12 yds | | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | | |
| 4:46 PM 3,400 Yards - Stress Value = 46 | | | | | |

Workout #19411 - Monday, 09 January 2017

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---|--|-----|------|-----|---|
| 4:47 PM Start | | | | | |
| 1,800 | 1x{2 x 150 on 2:30 Freestyle 3 KOW {2 x 150 on 2:35 Freestyle 3 KOW-5 off last w {2 x 150 on 2:40 Freestyle-3 KOW 7 off last w {2 x 150 on 2:45 Freestyle 3 KOW 9 off last w {2 x 150 on 2:50 Freestyle 3 KOW 11 off last {2 x 150 on 2:55 Freestyle 3 KOW 13 off last hold all 150's faster then 1st interval | | | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | | | | |
| 5:31 PM 2,300 Yards - Stress Value = 36 | | | | | |

Workout #19408 - Monday, 09 January 2017

HighSchl - Bronze

1 minute rest between sets

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 550 1 x 550 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :40 Kick no board BSLR-12 KOW
 {3 x 100 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {2 x 100 on 2:35 Kick
 {4 x 25 on :40 Kick no board BSLR-12 KOW
 {2 x 100 on 2:40 Kick
 1,000 1x{2 x 200 on 3:50 Pull no br L.12 yds
 {2 x 200 on 3:45 Pull no br L.12 yds
 {1 x 200 on 3:40 Pull no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:46 PM 3,000 Yards - Stress Value = 40

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 150 on 3:45 Breast kick w/board
 {2 x 125 on 3:10 Breast kick w/board
 {2 x 100 on 2:30 Breast Kick w/board
 {4 x 75 on 1:55 Breast kick w/board
 {1 x 50 on 1:15 Breast kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,550 1x{2 x 100 on 2:15 Breast, #2 with 2X pullouts
 {3 x 50 on 1:05 25 BR/25 Free w/6bk
 {2 x 100 on 2:10 Breast, #2 with 2X pullouts
 {3 x 50 on 1:05 25 BR/25 Free w/6bk
 {2 x 100 on 2:05 Breast, #2 with 2X pullouts
 {3 x 50 on 1:05 25 BR/25 Free w/6bk
 {2 x 100 on 2:00 Breast, #2 with 2X pullouts
 {2 x 50 on 1:05 25 BR/25 Free w/6bk
 {2 x 100 on 1:55 Breast, #2 with 2X pullouts
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 116

Workout #19412 - Monday, 09 January 2017

HighSchl - Bronze

1 minute rest between sets

4:47 PM Start
 Yards Set Description
 =====
 1,500 1x{2 x 125 on 2:30 Freestyle 3 KOW
 {2 x 125 on 2:35 Freestyle 3 KOW-5 off last w
 {2 x 125 on 2:40 Freestyle-3 KOW 7 off last w
 {2 x 125 on 2:45 Freestyle 3 KOW 9 off last w
 {2 x 125 on 2:50 Freestyle 3 KOW 11 off last
 {2 x 125 on 2:55 Freestyle 3 KOW 13 off last
 hold all 150's faster then 1st interval
 500 10 x 50 on 1:00 Stroke Drills
 5:31 PM 2,000 Yards - Stress Value = 30

Workout #19419 - Tuesday, 10 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 150 on 4:00 Breast kick w/board
 {2 x 125 on 3:25 Breast kick w/board
 {2 x 100 on 2:45 Breast Kick w/board
 {2 x 75 on 2:00 Breast kick w/board
 {2 x 50 on 1:20 Breast kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,450 1x{2 x 100 on 2:25 Breast, #2 with 2X pullouts
 {3 x 50 on 1:10 25 BR/25 Free w/6bk
 {2 x 100 on 2:20 Breast, #2 with 2X pullouts
 {3 x 50 on 1:10 25 BR/25 Free w/6bk
 {2 x 100 on 2:15 Breast, #2 with 2X pullouts
 {3 x 50 on 1:10 25 BR/25 Free w/6bk
 {2 x 100 on 2:10 Breast, #2 with 2X pullouts
 {2 x 50 on 1:10 25 BR/25 Free w/6bk
 {1 x 100 on 2:05 Breast with 2X pullouts
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,850 Yards - Stress Value = 102

Workout #19417 - Tuesday, 10 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 3:30 Breast kick w/board
 {2 x 125 on 2:55 Breast kick w/board
 {3 x 100 on 2:20 Breast Kick w/board
 {4 x 75 on 1:45 Breast kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,650 1x{2 x 100 on 2:05 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 2:00 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 1:55 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 1:50 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 1:45 Breast, #2 with 2X pullouts
 {1 x 50 on 1:00 25 BR/25 Free w/6bk
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 119

Workout #19416 - Tuesday, 10 January 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 40:00 DS/Weights L WTS
 400 1 x 400 on 5:00 Choice REC S CHO 1
 2,250 30 x 75 on 1:10 1000 Free Pace SP2 S FR 1
 200 1 x 200 on 3:00 Choice REC S CHO 1
 750 30 x 25 on :30 Your #2 100 Pace SP2 S FR 2
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1
 7:15 AM 3,800 Yards - Stress Value = 300

Workout #19418 - Tuesday, 10 January 2017

Group 2 - Silver-2

Workout #19429 - Wednesday, 11 January 2017

Group 2 - Silver-1

1 minute rest between sets

| | |
|---------------|---|
| 5:00 PM Start | |
| Yards | Set Description |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13 |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{1 x 250 on 5:25 Kick 5 x 50 on 1:05 Kick-descend 1 x 200 on 4:25 Kick 4 x 50 on 1:05 Kick-descend 1 x 150 on 3:25 Kick 1 x 50 on 1:00 Kick-FAST |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,800 | 1x{1 x 300 on 5:20 Freestyle 6 x 50 on :55 Free-descend 1 x 250 on 4:30 Freestyle 5 x 50 on :55 Free-descend 1 x 200 on 3:35 Freestyle 4 x 50 on :55 Free-descend 1 x 150 on 2:40 Freestyle 3 x 50 on :55 Free-descend |
| 600 | 24 x 25 on :35 100 Free Pace |
| 200 | 1 on 10:00 Racing Skills-Relay starts 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,400 Yards - Stress Value = 124 |

Workout #19430 - Wednesday, 11 January 2017

Group 2 - Silver-2

1 minute rest between sets

| | |
|---------------|--|
| 5:00 PM Start | |
| Yards | Set Description |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13 |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 250 on 5:50 Kick 5 x 50 on 1:10 Kick-descend 1 x 200 on 4:45 Kick 4 x 50 on 1:10 Kick-descend 1 x 100 on 2:25 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,650 | 1x{1 x 300 on 5:45 Freestyle 6 x 50 on 1:00 Free-descend 1 x 250 on 4:45 Freestyle 5 x 50 on 1:00 Free-descend 1 x 200 on 3:50 Freestyle 4 x 50 on 1:00 Free-descend 1 x 150 on 2:50 Freestyle |
| 600 | 24 x 25 on :35 100 Free Pace |
| 200 | 1 on 10:00 Racing Skills-Relay starts 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,150 Yards - Stress Value = 119 |

Workout #19431 - Wednesday, 11 January 2017

Group 2 - Silver-3

1 minute rest between sets

| | |
|---------------|--|
| 5:00 PM Start | |
| Yards | Set Description |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 16 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 4-13 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 200 on 5:20 Kick 4 x 50 on 1:20 Kick-descend |

| | |
|-------|---|
| | {1 x 150 on 4:00 Kick |
| | {3 x 50 on 1:20 Kick-descend |
| | {1 x 100 on 2:40 Kick |
| | {2 x 50 on 1:20 Kick-descend |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,500 | 1x{1 x 300 on 6:15 Freestyle 6 x 50 on 1:10 Free-descend 1 x 250 on 5:20 Freestyle 5 x 50 on 1:10 Free-descend 1 x 200 on 4:20 Freestyle 4 x 50 on 1:00 Free-descend |
| 500 | 20 x 25 on :40 100 Free Pace |
| 200 | 1 on 10:00 Racing Skills-Relay starts 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,800 Yards - Stress Value = 104 |

Workout #19425 - Wednesday, 11 January 2017

HighSchl - Back

1 minute rest between sets

| | |
|---------------|--|
| 4:45 PM Start | |
| Yards | Set Description |
| ===== | ===== |
| 2,150 | 1x{5 x 125 on 1:40 Backstroke-Alt 25 of 12.5 YU 8 x 25 on :25 Des in 4's/4&8 15m under 4 x 100 on 1:20 Back alt 25 of 12.5 YU 8 x 25 on :25 Des in 4's/4&8 15m under 3 x 75 on 1:00 Back Alt 25 of 12.5 YU 8 x 25 on :25 Des in 4's/4&8 15m under 2 x 50 on :40 Back Alt 25 of 12.5 YU 8 x 25 on :25 Des in 4's/4&8 15m under |
| 1,500 | 10 x 150 on 1:00 Stroke Drills |
| | 5:28 PM 3,650 Yards - Stress Value = 42 |

Workout #19420 - Wednesday, 11 January 2017

HighSchl - USRPT

1 minute rest between sets

| | |
|---------------|--|
| 3:00 PM Start | |
| Yards | Set Description |
| ===== | ===== |
| | 1 on 20:00 DS/Tm Mtg/Showers |
| 750 | 30 x 25 on :30 100 Back Pace |
| 210 | 14 x 15 on 1:00 Spinners/Sculling Drills |
| 750 | 30 x 25 on :30 100 Fly Pace |
| 200 | 1 x 200 on 10:00 CFP/Video |
| 1,500 | 30 x 50 on :50 200 Free Pace |
| 300 | 1 x 300 on 10:00 Follow the leader |
| 1,500 | 30 x 50 on :55 200 Breast Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 5:29 PM 5,460 Yards - Stress Value = 458 |

Workout #19421 - Wednesday, 11 January 2017

HighSchl - Platinum

1 minute rest between sets

| | |
|---------------|---|
| 3:00 PM Start | |
| Yards | Set Description |
| ===== | ===== |
| | 1 on 45:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 1,750 | 1x{4 x 25 on :30 Kick no board BSLR 12 yds 6 x 75 on 1:15 Kick 4 x 25 on :30 Kick no board BSLR 14 yards 5 x 100 on 1:45 Kick 4 x 25 on :30 Kick no board BSLR 16 yards 4 x 125 on 2:20 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:44 PM 2,600 Yards - Stress Value = 43 |

Workout #19422 - Wednesday, 11 January 2017

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-up
 1,575 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR 12 yds
 {6 x 75 on 1:25 Kick
 {4 x 25 on :30 Kick no board BSLR 14 yds
 {5 x 100 on 2:00 Kick
 {2 x 25 on :30 Kick no board BS 16 yds
 {3 x 125 on 2:35 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,425 Yards - Stress Value = 40

Workout #19424 - Wednesday, 11 January 2017

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-up
 1,250 10 x 15 on :45 Shooo
 1x{4 x 25 on :45 Kick no board BSLR 8 yds
 {6 x 75 on 1:45 Kick
 {4 x 25 on :45 Kick no board BSLR 10 yds
 {5 x 100 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,100 Yards - Stress Value = 33

Workout #19426 - Wednesday, 11 January 2017

HighSchl - Gold

1 minute rest between sets

4:45 PM Start
 Yards Set Description
 =====
 2,050 1x{5 x 125 on 1:50 Backstroke-Alt 25 of 12.5 YU
 {8 x 25 on :25 Des in 4's/4&8 15m under
 {4 x 100 on 1:25 Backstroke-Alt 25 of 12.5 YU
 {8 x 25 on :25 Des in 4's/4&8 15m under
 {3 x 75 on 1:05 Backstroke-Alt 25 of 12.5 YU
 {8 x 25 on :25 Des in 4's/4&8 15m under
 {2 x 50 on :40 Backstroke-Alt 25 of 12.5 YU
 {4 x 25 on :25 Des in 4's/4 15m under
 500 10 x 50 on 1:00 Stroke Drills
 5:28 PM 2,550 Yards - Stress Value = 40

Workout #19428 - Wednesday, 11 January 2017

HighSchl - Bronze

1 minute rest between sets

4:45 PM Start
 Yards Set Description
 =====
 1,425 1x{5 x 125 on 2:30 Backstroke-Alt 25 of 10 KOW
 {8 x 25 on :45 Des in 4's/4&8 15m under
 {4 x 100 on 2:00 Back alt 25 of 10 KOW
 {6 x 25 on :45 Des in 3's/3&6 15m under
 {1 x 50 on 1:00 Back -1st 25 10 KOW
 500 10 x 50 on 1:00 Stroke Drills
 5:28 PM 1,925 Yards - Stress Value = 28

Workout #19433 - Thursday, 12 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 1 x 500 on 9:00 Sun Yang Free w/snorkels
 1,000 10 x 15 on :45 Shooters
 1x{1 x 150 on 3:30 Breast kick w/board
 {2 x 125 on 2:55 Breast kick w/board
 {3 x 100 on 2:20 Breast Kick w/board
 {4 x 75 on 1:45 Breast kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,650 1x{2 x 100 on 2:05 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 2:00 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 1:55 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 1:50 Breast, #2 with 2X pullouts
 {3 x 50 on 1:00 25 BR/25 Free w/6bk
 {2 x 100 on 1:45 Breast, #2 with 2X pullouts
 {1 x 50 on 1:00 25 BR/25 Free w/6bk
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 119

Workout #19423 - Wednesday, 11 January 2017

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 DS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-up
 1,450 10 x 15 on :45 Shooter
 1x{4 x 25 on :35 Kick no board BSLR 12 yds
 {6 x 75 on 1:35 Kick
 {4 x 25 on :35 Kick no board BSLR 14 yds
 {5 x 100 on 2:10 Kick
 {4 x 25 on :35 Kick no board BSLR 16 yds
 {1 x 200 on 4:30 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 2,300 Yards - Stress Value = 37

Workout #19427 - Wednesday, 11 January 2017

HighSchl - Silver

1 minute rest between sets

4:45 PM Start
 Yards Set Description
 =====
 1,800 1x{5 x 125 on 2:05 Backstroke-Alt 25 of 10 KOW
 {8 x 25 on :30 Des in 4's/4&8 15m under
 {4 x 100 on 1:40 Back alt 25 of 10 KOW
 {8 x 25 on :30 Des in 4's/4&8 15m under
 {3 x 75 on 1:15 Back Alt 25 of 10 KOW
 {6 x 25 on :30 Des in 3's/3&6 15m under
 500 10 x 50 on 1:00 Stroke Drills
 5:28 PM 2,300 Yards - Stress Value = 35

Workout #19434 - Thursday, 12 January 2017

7:12 AM 3,450 Yards - Stress Value = 255

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 950 | 10 x 15 on :45 Shooters |
| | 1x{1 x 150 on 3:45 Breast kick w/board |
| | {2 x 125 on 3:10 Breast kick w/board |
| | {2 x 100 on 2:30 Breast Kick w/board |
| | {4 x 75 on 1:55 Breast kick w/board |
| | {1 x 50 on 1:15 Breast kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,550 | 1x{2 x 100 on 2:15 Breast, #2 with 2X pullouts |
| | {3 x 50 on 1:05 25 BR/25 Free w/6bk |
| | {2 x 100 on 2:10 Breast, #2 with 2X pullouts |
| | {3 x 50 on 1:05 25 BR/25 Free w/6bk |
| | {2 x 100 on 2:05 Breast, #2 with 2X pullouts |
| | {3 x 50 on 1:05 25 BR/25 Free w/6bk |
| | {2 x 100 on 2:00 Breast, #2 with 2X pullouts |
| | {2 x 50 on 1:05 25 BR/25 Free w/6bk |
| | {2 x 100 on 1:55 Breast, #2 with 2X pullouts |
| 600 | 24 x 25 on :35 100 Breast Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 4,150 Yards - Stress Value = 116 |

Workout #19435 - Thursday, 12 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 850 | 10 x 15 on :45 Shooters |
| | 1x{1 x 150 on 4:00 Breast kick w/board |
| | {2 x 125 on 3:25 Breast kick w/board |
| | {2 x 100 on 2:45 Breast Kick w/board |
| | {2 x 75 on 2:00 Breast kick w/board |
| | {2 x 50 on 1:20 Breast kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,450 | 1x{2 x 100 on 2:25 Breast, #2 with 2X pullouts |
| | {3 x 50 on 1:10 25 BR/25 Free w/6bk |
| | {2 x 100 on 2:20 Breast, #2 with 2X pullouts |
| | {3 x 50 on 1:10 25 BR/25 Free w/6bk |
| | {2 x 100 on 2:15 Breast, #2 with 2X pullouts |
| | {3 x 50 on 1:10 25 BR/25 Free w/6bk |
| | {2 x 100 on 2:10 Breast, #2 with 2X pullouts |
| | {2 x 50 on 1:10 25 BR/25 Free w/6bk |
| | {1 x 100 on 2:05 Breast with 2X pullouts |
| 500 | 20 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 3,850 Yards - Stress Value = 102 |

Workout #19432 - Thursday, 12 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|---------|--------------------------------|-----|------|-------|----|
| 5:30 AM | Start | | | | |
| | 1 on 40:00 DS/Weights | | | L DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | | D CHO | 1: |
| 1,800 | 24 x 75 on 1:15 500 Free Pace | SP2 | | S FIN | 1: |
| 250 | 1 x 250 on 4:00 Choice | REC | | D CHO | 1: |
| 750 | 30 x 25 on :30 You #2 100 Pace | SP2 | | S STK | 2: |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | D CD | 1: |

Workout #19436 - Thursday, 12 January 2017

HS Girls - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---------|----------------------------------|-----|------|-------|---|
| 3:00 PM | Start | | | | |
| | 1 on 15:00 DS/Showers | | | L DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | | S CHO | 1 |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | | S IM | 1 |
| 250 | 1 x 250 on 5:00 Choice | REC | | D CHO | 2 |
| 600 | 24 x 25 on :30 50 Free Pace | SP2 | | S FR | 2 |
| 250 | 1 x 250 on 5:00 Choice | REC | | D CHO | 2 |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | | S STK | 1 |
| | 1 on 5:00 Choice | SP2 | | S CHO | |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | | S STK | 2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | | D CD | 2 |
| 5:10 PM | 5,500 Yards - Stress Value = 435 | | | | |

Workout #19441 - Friday, 13 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 5x{8 x 25 on :35 Odds Fly/Evens fly w/free Kick |
| | {1 on 1:00 Rest |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:32 PM | 1,750 Yards - Stress Value = 26 |

Workout #19442 - Friday, 13 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 4x{8 x 25 on :40 Odds Fly/Evens fly w/free Kick |
| | {1 on 1:00 Rest |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:29 PM | 1,550 Yards - Stress Value = 22 |

Workout #19443 - Friday, 13 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 5x{6 x 25 on :45 Odds Fly/Evens fly w/free Kick |
| | {1 on 1:00 Rest |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:31 PM | 1,500 Yards - Stress Value = 21 |

Workout #19437 - Friday, 13 January 2017

10:29 AM 5,350 Yards - Stress Value = 450

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|-------|---|-----|------|-------|-----|
| | 8:00 AM Start | | | | |
| 1 | on 40:00 DS/Weights | | | L DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | | S CHO | 1:1 |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | | S IM | 1:5 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | | D CHO | 2:0 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | | S FLY | 2:0 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | | D STK | 2:0 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | | S FR | 2:0 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | | D CD | 2:0 |
| | 10:04 AM 4,150 Yards - Stress Value = 300 | | | | |

Workout #19438 - Friday, 13 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 3:00 PM Start | | |
| 1 | on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| 1,000 | 1 on 15:00 Racing Skills-TN Turn Drills | REC | |
| 400 | 40 x 25 on :30 200 Fly Pace | SP2 | |
| 200 | 1 x 200 on 10:00 CFP/Video | REC | |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Closed Fist Snorkels | REC | |
| | 4:55 PM 4,100 Yards - Stress Value = 325 | | |

Workout #19439 - Friday, 13 January 2017

HighSchl - Recovery/Technique Day

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 3:00 PM Start | |
| 1 | on 30:00 Yoga | |
| 400 | 1 x 400 on 6:00 Choice | REC |
| 150 | 1 on 15:00 Racing Skills-TN Turn Drills | REC |
| 1,200 | 10 x 15 on :45 Shooters | SP3 |
| | 1x{1 x 200 on 4:00 IM-25 kick 25 drill | EN1 |
| | {4 x 25 on :45 Fly Drills | REC |
| | {1 x 200 on 4:00 IM 25 kick 25 drill | EN1 |
| | {4 x 25 on :45 Back Drills | REC |
| | {1 x 200 on 4:00 IM 25 kick 25 drill | EN1 |
| | {4 x 25 on :45 Breast Drills | REC |
| | {1 x 200 on 4:00 IM 25 kick 25 drill | EN1 |
| | {4 x 25 on :45 Free-drills | REC |
| | 1 on 20:00 Individual Prescriptions | REC |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC |
| | 5:00 PM 2,250 Yards - Stress Value = 14 | |

Workout #19440 - Saturday, 14 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|-------|--------------------------------------|-----|------|-----|-----|
| | 8:00 AM Start | | | | |
| 1 | on 15:00 DS/Showers | | | L I | |
| 400 | 1 x 400 on 5:00 Choice | REC | | S C | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | | S F | |
| 1 | on 10:00 YDR | | | L I | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | | S | |
| 200 | 1 x 200 on 10:00 CFP/Video | REC | | D | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | | S | |
| 1 | on 15:00 Racing Skills-Open Turns | | | D S | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | | S | |
| 250 | 1 x 250 on 5:00 Closed Fist Snorkels | REC | | D | |

Workout #19446 - Monday, 16 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 150 on 3:30 Breast Kick w/board |
| | {2 x 50 on 1:15 Breast Kick on back |
| | {2 x 125 on 2:55 Breat Kick w/board |
| | {2 x 50 on 1:15 Breast Kick on back |
| | {3 x 100 on 2:20 Breast kick on board |
| | {2 x 50 on 1:15 Breast kick on back |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,750 | 1x{5 x 75 on 1:30 Breaststroke |
| | {2 x 50 on 1:00 Free w/6bk |
| | {5 x 75 on 1:25 Breaststroke |
| | {2 x 50 on 1:00 Free w/6bk |
| | {5 x 75 on 1:20 Breaststroke |
| | {1 x 50 on 1:00 Free w/6bk |
| | {5 x 75 on 1:15 Breaststroke |
| 600 | 24 x 25 on :35 100 Breast Pace |
| 250 | 1 x 250 on 10:00 Relay |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,650 Yards - Stress Value = 125 |

Workout #19447 - Monday, 16 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{1 x 150 on 3:45 Breast Kick w/board |
| | {2 x 50 on 1:20 Breast Kick on back |
| | {2 x 125 on 3:10 Breat Kick w/board |
| | {2 x 50 on 1:20 Breast Kick on back |
| | {3 x 100 on 2:30 Breast kick on board |
| | {1 x 50 on 1:05 Breast kick on back |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,650 | 1x{5 x 75 on 1:35 Breaststroke |
| | {2 x 50 on 1:00 Free w/6bk |
| | {5 x 75 on 1:30 Breaststroke |
| | {2 x 50 on 1:00 Free w/6bk |
| | {5 x 75 on 1:25 Breaststroke |
| | {1 x 25 on 1:00 Free w/6bk |
| | {4 x 75 on 1:20 Breaststroke |
| 500 | 20 x 25 on :40 100 Breast Pace |
| 250 | 1 x 250 on 10:00 Relay |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,400 Yards - Stress Value = 111 |

Workout #19448 - Monday, 16 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{1 x 150 on 4:00 Breast Kick w/board |
| | {2 x 50 on 1:30 Breast Kick on back |
| | {2 x 125 on 3:20 Breat Kick w/board |
| | {2 x 50 on 1:30 Breast Kick on back |
| | {2 x 100 on 2:40 Breast kick on board |
| | {1 x 50 on 1:30 Breast kick on back |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,500 | 1x{4 x 75 on 1:45 Breaststroke |
| | {2 x 50 on 1:10 Free w/6bk |
| | {4 x 75 on 1:40 Breaststroke |
| | {2 x 50 on 1:10 Free w/6bk |
| | {4 x 75 on 1:35 Breaststroke |
| | {2 x 50 on 1:10 Free w/6bk |
| | {4 x 75 on 1:30 Breaststroke |
| 450 | 18 x 25 on :45 100 Breast Pace |
| 250 | 1 x 250 on 10:00 Relay |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,100 Yards - Stress Value = 100 |

Workout #19453 - Monday, 16 January 2017

HighSchl - Distance

1 minute rest between sets

9:21 AM Start

| Yards | Set Description | EGY | W |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights | | |
| 2,800 | 1x{1 x 400 on 5:00 Free L.100 6-7-8-9 KOW | EN2 | |
| | {1 x 400 on 4:55 Free L.100 des 25's | EN2 | |
| | {1 x 400 on 4:50 Free L.100 BWHPF | EN2 | |
| | {1 x 400 on 4:45 Free L.100 SFBO | EN2 | |
| | {1 x 400 on 4:40 Free L.100 Br on 5 | EN2 | |
| | {1 x 400 on 4:35 Free L.100-6bk | EN2 | |
| | {1 x 400 on 4:30 Free-best effort | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 10:00 AM 3,050 Yards - Stress Value = 56 | | |

Workout #19444 - Monday, 16 January 2017

HighSchl - USRPT

1 minute rest between sets

8:00 AM Start

| Yards | Set Description | EGY | WORK | STK | F |
|-------|---|-------|-------|-------|-------|
| ===== | ===== | ===== | ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights | | L | DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1 |
| 2,500 | 25 x 100 on 1:20 1650 Free Pace | SP2 | S | FR | 1 |
| 250 | 1 x 250 on 5:00 CFP/Video | REC | D | FR | 2 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S | FLY | 2 |
| 250 | 1 x 250 on 5:00 CFP/Video | REC | D | FR | 2 |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S | BK | 2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD | 2 |
| | 10:10 AM 5,150 Yards - Stress Value = 400 | | | | |

Workout #19445 - Monday, 16 January 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | S |
|-------|-----------------------------|-------|-------|-------|
| ===== | ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L | I |
| 400 | 1 x 400 on 5:00 Choice | REC | S | C |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S | F |

| | | | | |
|-------|--|-----|---|---|
| | 1 on 10:00 YDR/Walking | | L | I |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | |
| | 1 on 15:00 Racing Skills-Tivo Starts | | D | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S | |
| 200 | 1 x 200 on 3:00 Continuous Pre-Set | REC | D | |
| | 5:03 PM 4,350 Yards - Stress Value = 375 | | | |

Workout #19458 - Monday, 16 January 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | |
| 200 | 1 x 200 on 10:00 CFP/Video | REC | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| | 1 on 10:00 Walking | REC | |
| 600 | 24 x 25 on :30 50 Free Pace | SP2 | |
| 210 | 14 x 15 on 1:00 Shooters/sculling drills | SP3 | |
| | Your #1 stroke | | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Top Hat Drill | REC | |
| | 5:29 PM 5,410 Yards - Stress Value = 443 | | |

Workout #19449 - Monday, 16 January 2017

HighSchl - Platinum

1 minute rest between sets

8:00 AM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 40:00 DS/Weights |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 1,250 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:45 Kick |
| | {1 x 100 on 1:40 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {2 x 100 on 1:40 Kick |
| | {1 x 100 on 1:35 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:35 Kick |
| | {1 x 100 on 1:30 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 9:20 AM 2,050 Yards - Stress Value = 27 |

Workout #19450 - Monday, 16 January 2017

HighSchl - Gold

1 minute rest between sets

8:00 AM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 40:00 DS/Weights |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 1,175 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:55 Kick |
| | {1 x 100 on 1:50 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:50 Kick |
| | {1 x 100 on 1:45 Kick |
| | {3 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:45 Kick |
| | {1 x 100 on 1:40 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 9:20 AM 1,975 Yards - Stress Value = 26 |

Workout #19454 - Monday, 16 January 2017

9:19 AM 1,500 Yards - Stress Value = 18

HighSchl - Gold

1 minute rest between sets

9:21 AM Start

| Yards | Set Description | EGY | W |
|--|---|-----|---|
| 2,550 | 1x{1 x 400 on 5:30 Free L.100 6-7-8-9 KOW | EN2 | |
| | {1 x 400 on 5:25 Free L.100 des 25's | EN2 | |
| | {1 x 400 on 5:20 Free L.100 BWHPF | EN2 | |
| | {1 x 400 on 5:15 Free L.100 SFBO | EN2 | |
| | {1 x 400 on 5:10 Free L.100 Br on 5 | EN2 | |
| | {1 x 400 on 5:05 Free L.100-6bk | EN2 | |
| | {1 x 150 on 1:50 Free-100% | SP2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 10:00 AM 2,800 Yards - Stress Value = 63 | | | |

Workout #19456 - Monday, 16 January 2017

HighSchl - Bronze

1 minute rest between sets

9:21 AM Start

| Yards | Set Description | EGY | W |
|--|---|-----|---|
| 1,750 | 1x{1 x 300 on 5:55 Free L.100 6-7-8-9 KOW | EN2 | |
| | {1 x 300 on 5:50 Free L.100 des 25's | EN2 | |
| | {1 x 300 on 5:45 Free L.100 BWHPF | EN2 | |
| | {1 x 300 on 5:40 Free L.100 SFBO | EN2 | |
| | {1 x 300 on 5:35 Free L.100 Br on 5 | EN2 | |
| | {1 x 250 on 4:50 Free-100% | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 10:00 AM 2,000 Yards - Stress Value = 35 | | | |

Workout #19451 - Monday, 16 January 2017

HighSchl - Silver

1 minute rest between sets

8:00 AM Start

| Yards | Set Description | EGY | W |
|---|---|-----|---|
| | 1 on 40:00 DS/Weights | | |
| 550 | 1 x 550 on 10:00 Swim-kick-pull-swim | | |
| 1,000 | 1x{4 x 25 on :35 Kick no board BSLR | | |
| | {2 x 100 on 2:10 Kick | | |
| | {1 x 50 on 1:00 Kick | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {2 x 100 on 2:05 Kick | | |
| | {1 x 50 on :55 Kick | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:00 Kick | | |
| | {1 x 100 on 1:55 Kick | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 9:20 AM 1,750 Yards - Stress Value = 22 | | | |

Workout #19467 - Tuesday, 17 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | W |
|--|--|-----|---|
| | 1 on 35:00 DS/Dryland | | |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 950 | 1x{4 x 25 on :45 Kick no board L | | |
| | {2 x 100 on 2:20 Free Kick w/board | | |
| | {4 x 25 on :45 Kick no board R | | |
| | {2 x 100 on 2:15 Free Kick w/bord | | |
| | {6 x 25 on :45 Kick no board BSBSBS | | |
| | {2 x 100 on 2:10 Free Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evans-underwaters, count kicks | | |
| 1,800 | 1x{1 x 500 on 8:45 Free L.100 6bk | | |
| | {1 x 50 on 1:00 Free-Fast | | |
| | {1 x 400 on 7:00 Free L.100 5 KOW | | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | | |
| | {1 x 300 on 5:15 Free L.100 br on 5 | | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | | |
| | {1 x 200 on 3:30 Free L.100 br twrd blchrs | | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | | |
| | {1 x 100 on 1:45 Free-GREAT EFFORT | | |
| | {2 x 50 on 1:00 Free-descend | | |
| 600 | 24 x 25 on :35 100 Free Pace | | |
| | 1 on 10:00 Racing Skills-Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM 4,400 Yards - Stress Value = 121 | | | |

Workout #19455 - Monday, 16 January 2017

HighSchl - Silver

1 minute rest between sets

9:21 AM Start

| Yards | Set Description | EGY | W |
|--|---|-----|---|
| 2,350 | 1x{1 x 400 on 5:55 Free L.100 6-7-8-9 KOW | EN2 | |
| | {1 x 400 on 5:50 Free L.100 des 25's | EN2 | |
| | {1 x 400 on 5:45 Free L.100 BWHPF | EN2 | |
| | {1 x 400 on 5:40 Free L.100 SFBO | EN2 | |
| | {1 x 400 on 5:35 Free L.100 Br on 5 | EN2 | |
| | {1 x 350 on 4:50 Free-100% | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 10:00 AM 2,600 Yards - Stress Value = 47 | | | |

Workout #19452 - Monday, 16 January 2017

HighSchl - Bronze

1 minute rest between sets

8:00 AM Start

| Yards | Set Description | EGY | W |
|-------|---|-----|---|
| | 1 on 40:00 DS/Weights | | |
| 500 | 1 x 500 on 10:00 Swim-kick-pull-swim | | |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 100 on 2:30 Kick | | |
| | {1 x 50 on 1:15 Kick | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 100 on 2:25 Kick | | |
| | {1 x 50 on 1:10 Kick | | |
| | {2 x 25 on :45 Kick no board BS | | |
| | {1 x 50 on 1:10 Kick | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |

Workout #19468 - Tuesday, 17 January 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board L
 {2 x 100 on 2:30 Free Kick w/board
 {4 x 25 on :45 Kick no board R
 {2 x 100 on 2:25 Free Kick w/board
 {4 x 25 on :45 Kick no board BSBS
 {2 x 100 on 2:20 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,750 1x{1 x 500 on 9:10 Free L.100 6bk
 {1 x 50 on 1:00 Free-Fast
 {1 x 400 on 7:20 Free L.100 5 KOW
 {1 x 50 on 1:00 Free-faster then previous 50
 {1 x 300 on 5:30 Free L.100 br on 5
 {1 x 50 on 1:00 Free-faster then previous 50
 {1 x 200 on 3:40 Free L.100 br twrd blchrs
 {1 x 50 on 1:00 Free-faster then previous 50
 {1 x 100 on 1:50 Free-GREAT EFFORT
 {1 x 50 on 1:00 Free-faster then previous 50
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 119

Workout #19469 - Tuesday, 17 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board L
 {2 x 100 on 2:45 Free Kick w/board
 {4 x 25 on :45 Kick no board R
 {2 x 100 on 2:40 Free Kick w/board
 {2 x 25 on :45 Kick no board BS
 {2 x 100 on 2:35 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,600 1x{1 x 500 on 10:00 Free L.100 6bk
 {1 x 50 on 1:15 Free-Fast
 {1 x 400 on 8:00 Free L.100 5 KOW
 {1 x 50 on 1:15 Free-faster then previous 50
 {1 x 300 on 6:00 Free L.100 br on 5
 {1 x 50 on 1:15 Free-faster then previous 50
 {1 x 200 on 4:00 Free L.100 br twrd blchrs
 {1 x 50 on 1:15 Free-faster then previous 50
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 115

Workout #19463 - Tuesday, 17 January 2017

HighSchl - Back

1 minute rest between sets

4:45 PM Start
 Yards Set Description EGY
 =====
 2,525 1x{2 x 125 on 1:35 Backstroke EN1
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 125 on 1:30 Backstroke EN1
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3

{4 x 125 on 1:30 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {4 x 100 on 1:15 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {3 x 100 on 1:10 Backstroke EN2
 {2 x 50 on 1:00 Back 10 KOW-Great effort EN3
 {2 x 100 on 1:10 Backstroke EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 5:29 PM 2,925 Yards - Stress Value = 64

Workout #19457 - Tuesday, 17 January 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK PF
 =====
 1 on 40:00 DS/Weights L DRY
 400 1 x 400 on 5:00 Choice REC S CHO 1:
 2,250 30 x 75 on 1:20 1000 Free Pace SP2 S FR 1:
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:
 750 30 x 25 on :30 100 Breast Pace SP2 S BR 2:
 200 1 x 200 on 3:00 Stroke Drills REC D CD 1:
 7:20 AM 3,800 Yards - Stress Value = 300

Workout #19459 - Tuesday, 17 January 2017

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Spinners
 All 50 kicks hold under fastest interval
 1,500 1x{3 x 50 on :45 Kick
 {1 x 100 on 2:00 Kick L.25 100%
 {3 x 50 on :50 Kick
 {1 x 125 on 2:25 Kick L.25 100%
 {3 x 50 on :55 Kick
 {1 x 150 on 2:50 Kick L.25 100%
 {3 x 50 on 1:00 Kick
 {1 x 175 on 3:15 Kick L.25 100%
 {3 x 50 on 1:05 Kick
 {1 x 200 on 3:40 Kick L.25 100%
 Every 3rd 75-best effort
 1,350 1x{6 x 75 on 1:05 Pulls odds BTB evens BTS
 {6 x 75 on 1:00 Pulls odds BTB evens BTS
 {6 x 75 on :55 Pulls odds BTB evens BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 4:44 PM 3,800 Yards - Stress Value = 65

Workout #19460 - Tuesday, 17 January 2017

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 3:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Core | |
| 600 | 1 x 600 on 10:00 Top Hat Drill | |
| 150 | 10 x 15 on :45 Spinners | |
| | All 50 kicks hold under fastest interval | |
| 1,400 | 1x{3 x 50 on :50 Kick | |
| | {1 x 100 on 2:00 Kick L.25 100% | |
| | {3 x 50 on :55 Kick | |
| | {1 x 125 on 2:25 Kick L.25 100% | |
| | {3 x 50 on 1:00 Kick | |
| | {1 x 150 on 2:50 Kick L.25 100% | |
| | {3 x 50 on 1:05 Kick | |
| | {1 x 175 on 3:15 Kick L.25 100% | |
| | {3 x 50 on 1:10 Kick | |
| | {1 x 100 on 2:00 Kick L.25 100% | |
| | Every 3rd 75 best effort | |
| 1,200 | 1x{6 x 75 on 1:10 Pulls odds BTB evens BTS | |
| | {6 x 75 on 1:05 Pulls odds BTB evens BTS | |
| | {4 x 75 on 1:00 Pulls odds BTB evens BTS | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| | 4:44 PM 3,550 Yards - Stress Value = 60 | |

Workout #19464 - Tuesday, 17 January 2017

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-------|
| 4:45 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Core | |
| 500 | 1 x 500 on 10:00 Top Hat Drill | |
| 150 | 10 x 15 on :45 Spinners | |
| | All 50 kicks hold under fastest interval | |
| 2,325 | 1x{2 x 125 on 1:45 Backstroke | EN1 |
| | {2 x 50 on 1:00 Back 10 KOW-Great effort | EN3 |
| | {3 x 125 on 1:40 Backstroke | EN1 |
| | {2 x 50 on 1:00 Back 10 KOW-Great effort | EN3 |
| | {4 x 125 on 1:40 Backstroke | EN2 |
| | {2 x 50 on 1:00 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:20 Backstroke | EN2 |
| | {2 x 50 on 1:00 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:20 Backstroke | EN2 |
| | {2 x 50 on 1:00 Back 10 KOW-Great effort | EN3 |
| | {1 x 100 on 1:15 Backstroke | EN2 |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| | 5:29 PM 2,725 Yards - Stress Value = 60 | |

Workout #19461 - Tuesday, 17 January 2017

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-------|
| 3:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Core | |
| 550 | 1 x 550 on 10:00 Top Hat Drill | |
| 150 | 10 x 15 on :45 Spinners | |
| | All 50 kicks hold under fastest interval | |
| 1,250 | 1x{3 x 50 on 1:00 Kick | |
| | {1 x 100 on 2:10 Kick L.25 100% | |
| | {3 x 50 on 1:05 Kick | |
| | {1 x 125 on 2:35 Kick L.25 100% | |
| | {3 x 50 on 1:10 Kick | |
| | {1 x 150 on 3:00 Kick L.25 100% | |
| | {3 x 50 on 1:15 Kick | |
| | {1 x 175 on 3:25 Kick L.25 100% | |
| | {2 x 50 on 1:15 Kick | |
| | Every 3rd 75-best effort | |
| 1,125 | 1x{6 x 75 on 1:15 Pulls odds BTB evens BTS | |
| | {6 x 75 on 1:10 Pulls odds BTB evens BTS | |
| | {3 x 75 on 1:05 Pulls odds BTB evens BTS | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
4:44 PM 3,275 Yards - Stress Value = 55

Workout #19465 - Tuesday, 17 January 2017

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-------|
| 4:45 PM | Start | |
| ===== | ===== | ===== |
| 2,050 | 1x{2 x 125 on 2:00 Backstroke | EN1 |
| | {1 x 50 on 1:15 Back 10 KOW-Great effort | EN3 |
| | {3 x 125 on 2:00 Backstroke | EN1 |
| | {1 x 50 on 1:15 Back 10 KOW-Great effort | EN3 |
| | {3 x 125 on 1:55 Backstroke | EN2 |
| | {1 x 50 on 1:15 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:40 Backstroke | EN2 |
| | {1 x 50 on 1:15 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:35 Backstroke | EN2 |
| | {1 x 50 on 1:15 Back 10 KOW-Great effort | EN3 |
| | {2 x 100 on 1:30 Backstroke | EN2 |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| | 5:29 PM 2,450 Yards - Stress Value = 45 | |

Workout #19462 - Tuesday, 17 January 2017

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 3:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 30:00 DS/Core | |
| 500 | 1 x 500 on 10:00 Top Hat Drill | |
| 150 | 10 x 15 on :45 Spinners | |
| | All 50 kicks hold under fastest interval | |
| 1,100 | 1x{3 x 50 on 1:10 Kick | |
| | {1 x 100 on 2:30 Kick L.25 100% | |
| | {3 x 50 on 1:15 Kick | |
| | {1 x 125 on 3:05 Kick L.25 100% | |
| | {3 x 50 on 1:20 Kick | |
| | {1 x 150 on 3:40 Kick L.25 100% | |
| | {3 x 50 on 1:20 Kick | |
| | {1 x 125 on 3:00 Kick L.25 100% | |
| | Every 3rd 75 best effort | |
| 975 | 1x{6 x 75 on 1:25 Pulls odds BTB evens BTS | |
| | {3 x 75 on 1:20 Pulls odds BTB evens BTS | |
| | {4 x 75 on 1:15 Pulls odds BTB evens BTS | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| | 4:44 PM 2,925 Yards - Stress Value = 48 | |

Workout #19466 - Tuesday, 17 January 2017

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-------|
| 4:45 PM | Start | |
| ===== | ===== | ===== |
| 1,650 | 1x{2 x 100 on 2:00 Backstroke | EN1 |
| | {1 x 50 on 1:30 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 2:00 Backstroke | EN1 |
| | {1 x 50 on 1:30 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:55 Backstroke | EN2 |
| | {1 x 50 on 1:30 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:55 Backstroke | EN2 |
| | {1 x 50 on 1:30 Back 10 KOW-Great effort | EN3 |
| | {3 x 100 on 1:50 Backstroke | EN2 |
| | {1 x 50 on 1:30 Back 10 KOW-Great effort | EN3 |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| | 5:29 PM 2,050 Yards - Stress Value = 38 | |

Workout #19479 - Wednesday, 18 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 350 | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,600 | 1x{1 x 100 on 2:00 1 Stroke Fly off Walls {4 x 25 on :35 Fly 5KOW HB 1st 2 strks {2 x 100 on 1:55 2 Strokes Fly of Walls {4 x 25 on :35 Fly 5KOW HB 1st 2 strks {3 x 100 on 1:50 3 Strokes Fly off Walls {4 x 25 on :35 Fly 5KOW HB 1st 2 strks {3 x 100 on 1:50 3 Strokes Fly off Walls {4 x 25 on :35 Fly 5KOW HB 1st 2 strks {2 x 100 on 1:55 2 Strokes Fly off Walls {4 x 25 on :35 FreestFly 5KOW HB 1st 2 strksy |
| 600 | 24 x 25 on :35 100 Fly Pace |
| 250 | 1 on 10:00 Racing Skills-Relay Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,950 Yards - Stress Value = 115 |

| Yards | Set Description |
|-------|--|
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:30 Fly Kick w/board {2 x 25 on :45 Kick no board BSLR |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,400 | 1x{1 x 100 on 2:20 1 Stroke Fly off Walls {4 x 25 on :40 Fly 5KOW HB 1st 2 strks {2 x 100 on 2:15 2 Strokes Fly of Walls {4 x 25 on :40 Fly 5KOW HB 1st 2 strks {3 x 100 on 2:10 3 Strokes Fly off Walls {4 x 25 on :40 Fly 5KOW HB 1st 2 strks {3 x 100 on 2:10 3 Strokes Fly off Walls {4 x 25 on :40 Fly 5KOW HB 1st 2 strks {1 x 100 on 2:15 2 Strokes Fly off Walls |
| 500 | 20 x 25 on :40 100 Fly Pace |
| 250 | 1 on 10:00 Racing Skills-Relay Starts 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,600 Yards - Stress Value = 100 |

Workout #19475 - Wednesday, 18 January 2017

HighSchl - Breast

1 minute rest between sets

4:39 PM Start

| Yards | Set Description |
|-------|--|
| 2,400 | 1x{3 x 100 on 1:35 Breaststroke {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn {3 x 100 on 1:35 Breaststroke {2 x 50 on 1:05 Under/overs-2X pullouts-turn {3 x 100 on 1:35 Breaststroke {4 x 50 on 1:10 Under/overs-2X pullouts-turn {3 x 100 on 1:35 Breaststroke {5 x 50 on 1:15 Under/overs-2X pullout-turn {3 x 100 on 1:35 Breaststroke {6 x 50 on 1:20 Under/overs 2X pullouts-turn |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:30 PM 2,650 Yards - Stress Value = 54 |

Workout #19470 - Wednesday, 18 January 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-----|-----|
| 400 | 1 on 15:00 DS>Showers | | |
| 1,500 | 1 x 400 on 5:00 Choice | | REC |
| 200 | 30 x 50 on :50 200 Back Pace | | SP2 |
| 750 | 1 x 200 on 8:00 CFP/Video | | REC |
| 210 | 30 x 25 on :30 100 Fly Pace | | SP2 |
| 1,500 | 14 x 15 on 1:00 Spinners/Sculling Drills | | SP3 |
| 750 | 30 x 50 on :50 200 Free Pace | | SP2 |
| 750 | 1 on 10:00 Too complicated to type out | | REC |
| 500 | 30 x 25 on :30 100 Breast Pace | | SP2 |
| 500 | 20 x 25 on :30 Wednesday Warm-up | | REC |
| | 5:29 PM 5,810 Yards - Stress Value = 458 | | |

Workout #19481 - Wednesday, 18 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

Workout #19471 - Wednesday, 18 January 2017

HighSchl - Platinum

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 45:00 DS/TRX Bands |
| 300 | 20 x 25 on :30 Wednesday Warm-up |
| | 12 x 25 on :40 Variable Speed |
| | Hold BSLR's under :20, nonBSLR at least 5s |
| 1,600 | 1x{4 x 25 on :30 Kick no board BSLR 15 KOW |
| | {4 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR 14 KOW |
| | {4 x 100 on 1:30 Kick |
| | {4 x 25 on :30 Kick no board BSLR 13 KOW |
| | {4 x 125 on 1:50 Kick |
| | {4 x 25 on :30 Kick no board BSLR 12 KOW |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:38 PM 2,600 Yards - Stress Value = 46 |

Workout #19472 - Wednesday, 18 January 2017

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 45:00 DS/TRX Bands |
| 300 | 20 x 25 on :30 Wednesday Warm-up |
| | 12 x 25 on :40 Variable Speed |
| | Hold BSLR's under :23, nonBSLR at least 5s |
| 1,400 | 1x{4 x 25 on :30 Kick no board BSLR 15 KOW |
| | {4 x 75 on 1:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR 14 KOW |
| | {3 x 100 on 1:45 Kick |
| | {4 x 25 on :30 Kick no board BSLR 13 KOW |
| | {4 x 125 on 2:10 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:38 PM 2,400 Yards - Stress Value = 42 |

Workout #19476 - Wednesday, 18 January 2017

HighSchl - Gold

1 minute rest between sets

4:39 PM Start

| Yards | Set Description |
|-------|--|
| 2,250 | 1x{3 x 100 on 1:45 Breaststroke |
| | {1 x 50 on 1:00 Under/Overs-2X Pullouts-turn |
| | {3 x 100 on 1:45 Breaststroke |
| | {2 x 50 on 1:05 Under/overs-2X pullouts-turn |
| | {3 x 100 on 1:45 Breaststroke |
| | {3 x 50 on 1:10 Under/overs-2X pullouts-turn |
| | {3 x 100 on 1:45 Breaststroke |
| | {4 x 50 on 1:15 Under/Overs-2X Pullouts-turn |
| | {3 x 100 on 1:45 Breaststroke |
| | {5 x 50 on 1:20 Under/Overs-2X pullouts-turn |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:29 PM 2,500 Yards - Stress Value = 69 |

Workout #19473 - Wednesday, 18 January 2017

HighSchl - Silver

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 45:00 DS/TRX Bands |
| 300 | 20 x 25 on :30 Wednesday Warm-up |
| | 12 x 25 on :40 Variable Speed |
| | Hold BSLR's under :27, nonBSLR at least 5s |

| | |
|-------|---|
| 1,200 | 1x{4 x 25 on :35 Kick no board BSLR 15 KOW |
| | {4 x 75 on 1:35 Kick |
| | {4 x 25 on :35 Kick no board BSLR 14 KOW |
| | {3 x 100 on 2:05 Kick |
| | {4 x 25 on :35 Kick no board BSLR 13 KOW |
| | {4 x 75 on 1:25 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:38 PM 2,200 Yards - Stress Value = 38 |

Workout #19477 - Wednesday, 18 January 2017

HighSchl - Silver

1 minute rest between sets

4:39 PM Start

| Yards | Set Description |
|-------|--|
| 2,100 | 1x{3 x 100 on 1:55 Breaststroke |
| | {1 x 50 on 1:05 Under/Overs-2X Pullouts-turn |
| | {3 x 100 on 1:55 Breaststroke |
| | {2 x 50 on 1:10 Under/overs-2X pullouts-turn |
| | {3 x 100 on 1:55 Breaststroke |
| | {3 x 50 on 1:15 Under/overs-2X pullouts-turn |
| | {3 x 100 on 1:55 Breaststroke |
| | {4 x 50 on 1:20 Under/Overs-2X Pullouts-turn |
| | {3 x 100 on 1:55 Breaststroke |
| | {2 x 50 on 1:25 Under/Overs-2X pullouts-turn |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:29 PM 2,350 Yards - Stress Value = 60 |

Workout #19474 - Wednesday, 18 January 2017

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 45:00 DS/TRX Bands |
| 300 | 20 x 25 on :30 Wednesday Warm-up |
| | 12 x 25 on :40 Variable Speed |
| | Hold BSLR's under :34, nonBSLR at least 5s |
| 1,050 | 1x{4 x 25 on :40 Kick no board BSLR 15 KOW |
| | {4 x 75 on 1:45 Kick |
| | {4 x 25 on :40 Kick no board BSLR 14 KOW |
| | {2 x 100 on 2:20 Kick |
| | {4 x 25 on :40 Kick no board BSLR 13 KOW |
| | {2 x 125 on 2:50 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:38 PM 2,050 Yards - Stress Value = 35 |

Workout #19478 - Wednesday, 18 January 2017

HighSchl - Bronze

1 minute rest between sets

4:39 PM Start

| Yards | Set Description |
|-------|--|
| 2,000 | 1x{3 x 100 on 2:10 Breaststroke |
| | {1 x 50 on 1:10 Under/Overs-2X Pullouts-turn |
| | {3 x 100 on 2:10 Breaststroke |
| | {2 x 50 on 1:15 Under/overs-2X pullouts-turn |
| | {3 x 100 on 2:10 Breaststroke |
| | {3 x 50 on 1:20 Under/overs-2X pullouts-turn |
| | {3 x 100 on 2:10 Breaststroke |
| | {4 x 50 on 1:25 Under/Overs-2X Pullouts-turn |
| | {3 x 100 on 2:10 Breaststroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:30 PM 2,250 Yards - Stress Value = 54 |

Workout #19492 - Thursday, 19 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:00 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 150 on 3:40 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 100 on 2:25 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 50 on 1:10 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 4:00 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {2 x 175 on 3:25 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {3 x 150 on 2:50 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {1 x 100 on 1:50 Backstroke-fast!
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:31 PM 4,100 Yards - Stress Value = 115

Workout #19493 - Thursday, 19 January 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:15 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 150 on 3:55 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 100 on 2:35 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 50 on 1:15 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 4:20 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {2 x 175 on 3:40 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {3 x 150 on 3:05 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:31 PM 4,000 Yards - Stress Value = 113

Workout #19494 - Thursday, 19 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 5:30 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side

{1 x 150 on 4:05 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 100 on 2:40 Kick on Back
 {4 x 25 on :45 Alt Kick on left/right side
 {1 x 50 on 1:20 Kick on Back
 {2 x 25 on :45 Alt Kick on left/right side
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 4:40 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {2 x 175 on 4:00 Backstroke
 {3 x 50 on 1:15 Back 3/5/7 KOW
 {3 x 150 on 3:20 Backstroke
 {2 x 50 on 1:15 Back 5/7 KOW
 500 20 x 25 on :40 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:31 PM 3,800 Yards - Stress Value = 101

Workout #19488 - Thursday, 19 January 2017

HighSchl - Fly

1 minute rest between sets

4:22 PM Start
 Yards Set Description EGY WORK STK
 =====
 2,300 1x{1 x 25 on :25 Butterfly EN2 S FLY
 {1 x 50 on :40 Freestyle EN2 S FR
 {2 x 25 on :20 Butterfly EN2 S FLY
 {2 x 50 on :40 Freestyle EN2 S FR
 {3 x 25 on :25 Butterfly EN2 S FR
 {3 x 50 on :40 Freestyle EN2 S FR
 {4 x 25 on :20 Butterfly EN2 S FR
 {4 x 50 on :40 Freestyle EN2 S FR
 {5 x 25 on :25 Butterfly EN2 S FLY
 {5 x 50 on :40 Freestyle EN2 S FR
 {6 x 25 on :20 Butterfly EN2 S FLY
 {6 x 50 on :40 Freestyle EN2 S FR
 {7 x 25 on :25 Butterfly EN2 S FLY
 {7 x 50 on :40 Freestyle EN2 S FR
 {8 x 25 on :20 Butterfly EN2 S FLY
 250 1 x 250 on 5:00 Stroke Drills REC D CD
 5:00 PM 2,550 Yards - Stress Value = 46

Workout #19482 - Thursday, 19 January 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK PAC
 =====
 1 on 40:00 DS/Weights L WTS
 400 1 x 400 on 5:00 Choice REC S CHO 1:1
 1,800 24 x 75 on 1:10 500 Free Pace SP2 S FR 1:3
 250 1 x 250 on 5:00 Choice REC S CHO 2:0
 750 30 x 25 on :30 100 Back Pace SP2 S BK 2:0
 250 1 x 250 on 4:00 Stroke Drills REC D CD 1:3
 7:11 AM 3,450 Yards - Stress Value = 255

Workout #19483 - Thursday, 19 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|-------|--|-----|------|-----|----|
| | 3:00 PM Start | | | | |
| | ===== | | | | |
| | 1 on 15:00 DS>Showers | | L | DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1: |
| | 200 Fly and 200 Back are standard protocol | | | | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | S | FLY | 1: |
| 250 | 1 x 250 on 5:00 Choice | REC | S | CHO | 2: |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S | BK | 1: |
| 250 | 1 x 250 on 5:00 Choice | REC | S | CHO | 2: |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S | BR | 2: |
| 250 | 1 x 250 on 5:00 Choice | REC | S | CHO | 2: |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FR | 2: |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD | 2: |
| | 5:08 PM 5,900 Yards - Stress Value = 450 | | | | |

| | | | |
|---|-----|---|-----|
| {1 x 50 on :45 Freestyle | EN2 | S | FR |
| {2 x 25 on :25 Butterfly | EN2 | S | FLY |
| {2 x 50 on :45 Freestyle | EN2 | S | FR |
| {3 x 25 on :30 Butterfly | EN2 | S | FR |
| {3 x 50 on :45 Freestyle | EN2 | S | FR |
| {4 x 25 on :25 Butterfly | EN2 | S | FR |
| {4 x 50 on :45 Freestyle | EN2 | S | FR |
| {5 x 25 on :30 Butterfly | EN2 | S | FLY |
| {5 x 50 on :45 Freestyle | EN2 | S | FR |
| {6 x 25 on :25 Butterfly | EN2 | S | FLY |
| {6 x 50 on :45 Freestyle | EN2 | S | FR |
| {7 x 25 on :30 Butterfly | EN2 | S | FLY |
| {4 x 50 on :45 Freestyle | EN2 | S | FR |
| 250 1 x 250 on 5:00 Stroke Drills | REC | D | CD |
| 5:00 PM 2,200 Yards - Stress Value = 39 | | | |

Workout #19484 - Thursday, 19 January 2017

HighSchl - Platinum

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:00 PM Start |
| | ===== |
| | 1 on 25:00 DS/Shoulders |
| 600 | 1 x 600 on 10:00 Underwater trn drill |
| 120 | 8 x 15 on :45 Spinners |
| 1,650 | 1x{4 x 25 on :30 Kick IM order |
| | {2 x 125 on 2:15 Kick |
| | {2 x 100 on 2:05 Kick your non #1 |
| | {4 x 25 on :30 Kick IM |
| | {2 x 125 on 2:10 Kick |
| | {2 x 100 on 2:00 Kick your non #1 |
| | {4 x 25 on :30 Kick IM order |
| | {2 x 125 on 2:05 Kick |
| | {2 x 100 on 1:55 Kick your non #1 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:21 PM 2,570 Yards - Stress Value = 40 |

| Yards | Set Description |
|-------|---|
| | 3:00 PM Start |
| | ===== |
| | 1 on 25:00 DS/Shoulders |
| 500 | 1 x 500 on 10:00 Underwater trn drill |
| 120 | 8 x 15 on :45 Spinners |
| 1,300 | 1x{4 x 25 on :40 Kick IM order no board |
| | {2 x 125 on 2:45 Kick |
| | {2 x 100 on 2:30 Kick your non #1 |
| | {4 x 25 on :40 Kick IM order no board |
| | {2 x 125 on 2:40 Kick |
| | {2 x 100 on 2:25 Kick your non #1 |
| | {4 x 25 on :40 Kick I order no board |
| | {1 x 100 on 2:20 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 4:21 PM 2,120 Yards - Stress Value = 33 |

Workout #19490 - Thursday, 19 January 2017

HighSchl - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 4:22 PM Start | | | |
| | ===== | | | |
| 1,750 | 1x{1 x 25 on :30 Butterfly | EN2 | S | FLY |
| | {1 x 50 on :50 Freestyle | EN2 | S | FR |
| | {2 x 25 on :30 Butterfly | EN2 | S | FLY |
| | {2 x 50 on :50 Freestyle | EN2 | S | FR |
| | {3 x 25 on :30 Butterfly | EN2 | S | FR |
| | {3 x 50 on :50 Freestyle | EN2 | S | FR |
| | {4 x 25 on :30 Butterfly | EN2 | S | FR |
| | {4 x 50 on :50 Freestyle | EN2 | S | FR |
| | {5 x 25 on :30 Butterfly | EN2 | S | FLY |
| | {5 x 50 on :50 Freestyle | EN2 | S | FR |
| | {6 x 25 on :30 Butterfly | EN2 | S | FLY |
| | {6 x 50 on :50 Freestyle | EN2 | S | FR |
| | {7 x 25 on :30 Butterfly | EN2 | S | FLY |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD |
| | 5:00 PM 2,000 Yards - Stress Value = 35 | | | |

Workout #19489 - Thursday, 19 January 2017

HighSchl - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|----------------------------|-----|------|-----|
| | 4:22 PM Start | | | |
| | ===== | | | |
| 1,950 | 1x{1 x 25 on :30 Butterfly | EN2 | S | FLY |

Workout #19487 - Thursday, 19 January 2017

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:00 PM | Start |
| 550 | 1 on 25:00 DS/Shoulders |
| 120 | 1 x 550 on 10:00 Underwater trn drill |
| 1,150 | 8 x 15 on :45 Spinners |
| | 1x{4 x 25 on :40 Kick IM order |
| | {2 x 100 on 2:30 Kick |
| | {2 x 75 on 2:15 Kick your non #1 |
| | {4 x 25 on :40 Kick IM order |
| | {2 x 100 on 2:25 Kick |
| | {2 x 75 on 2:10 Kick your non #1 |
| | {4 x 25 on :40 Kick IM order |
| | {2 x 75 on 1:45 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 4:21 PM | 2,020 Yards - Stress Value = 30 |

| | | | | | |
|---------|----------------------------------|-----|---|----|-----|
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FR | 2:0 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CD | 1:3 |
| 5:12 PM | 6,150 Yards - Stress Value = 475 | | | | |

Workout #19497 - Friday, 20 January 2017

HighSchl - Recovery/Technique Day

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:00 PM | Start |
| 1,000 | 1 on 40:00 DS/Yoga |
| 150 | 1 x 1000 on 15:00 Choice-mix of swim, drill, pull and non free |
| 1,200 | 10 x 15 on :45 Shooters |
| 250 | 4x{1 x 50 on 1:00 Kick-good effort |
| 250 | {1 x 250 on 5:00 Social Kick |
| 250 | 1 on 10:00 Techniques-Relay Starts |
| 250 | 1 x 250 on 15:00 Indvdl Prsrcpts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:00 PM | 2,850 Yards - Stress Value = 12 |

Workout #19491 - Thursday, 19 January 2017

HighSchl - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-----|
| 4:22 PM | Start | | | |
| 1,475 | 1x{1 x 25 on :35 Butterfly | EN2 | S | FLY |
| | {1 x 50 on 1:00 Freestyle | EN2 | S | FR |
| | {2 x 25 on :35 Butterfly | EN2 | S | FLY |
| | {2 x 50 on 1:00 Freestyle | EN2 | S | FR |
| | {3 x 25 on :35 Butterfly | EN2 | S | FR |
| | {3 x 50 on 1:00 Freestyle | EN2 | S | FR |
| | {4 x 25 on :35 Butterfly | EN2 | S | FR |
| | {4 x 50 on 1:00 Freestyle | EN2 | S | FR |
| | {5 x 25 on :35 Butterfly | EN2 | S | FLY |
| | {5 x 50 on 1:00 Freestyle | EN2 | S | FR |
| | {6 x 25 on :35 Butterfly | EN2 | S | FLY |
| | {4 x 50 on 1:00 Freestyle | EN2 | S | FR |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD |
| 5:00 PM | 1,725 Yards - Stress Value = 29 | | | |

Workout #19498 - Saturday, 21 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|----------------------------------|-----|------|-------|
| 6:30 AM | Start | | | |
| 400 | 1 on 15:00 DS/Showers | | | L DRY |
| 1,800 | 1 x 400 on 5:00 Choice | REC | S | CHO |
| 250 | 24 x 75 on 1:10 500 Free Pace | SP2 | S | FR |
| 1,500 | 1 x 250 on 4:00 Stroke Drills | REC | D | CHO |
| 250 | 30 x 50 on :55 200 IM Pace | SP2 | S | IM |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CHO |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S | BK |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CHO |
| 750 | 30 x 25 on :30 Your #1 OR #2 100 | SP2 | S | STK |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CD |
| 8:40 AM | 6,200 Yards - Stress Value = 480 | | | |

Workout #19495 - Friday, 20 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|---------|----------------------------------|-----|------|-----|-----|
| 5:30 AM | Start | | | | |
| 1 | on 40:00 DS/Weights | | | L | DRY |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1:1 |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | S | IM | 1:5 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CHO | 2:0 |
| 600 | 24 x 25 on :30 50 Free Pace | SP2 | S | FR | 2:0 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D | CD | 2:0 |
| 7:09 AM | 3,000 Yards - Stress Value = 210 | | | | |

Workout #19501 - Monday, 23 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,350 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:00 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {2 x 100 on 1:55 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {3 x 100 on 1:50 Kick with flippers |
| | {4 x 25 on :45 Sprint kick |
| | {4 x 100 on 1:45 Kick with flippers |
| | {2 x 25 on :45 Sprint kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,900 | 1x{4 x 125 on 2:30 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 125 on 2:25 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 125 on 2:20 Freestyle |
| | {2 x 50 on 1:15 Perfect technique |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:30 PM | 4,900 Yards - Stress Value = 123 |

Workout #19496 - Friday, 20 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|---------|-------------------------------|-----|------|-----|-----|
| 3:00 PM | Start | | | | |
| 1 | on 15:00 DS/Showers | | | L | DRY |
| 400 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1:1 |
| 1,500 | 30 x 50 on :55 200 Breast | SP2 | S | BR | 1:5 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CHO | 1:3 |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S | FR | 1:4 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CHO | 1:3 |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S | FLY | 2:0 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D | CHO | 1:3 |

Workout #19502 - Monday, 23 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,300 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:05 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {2 x 100 on 2:00 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {3 x 100 on 1:55 Kick with flippers |
| | {4 x 25 on :45 Sprint kick |
| | {4 x 100 on 1:50 Kick with flippers |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,700 | 1x{4 x 125 on 2:45 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 125 on 2:40 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {2 x 125 on 2:35 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:30 PM | 4,650 Yards - Stress Value = 117 |

Workout #19503 - Monday, 23 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,300 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:10 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {2 x 100 on 2:05 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {3 x 100 on 2:00 Kick with flippers |
| | {4 x 25 on :45 Sprint kick |
| | {4 x 100 on 1:55 Kick with flippers |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,600 | 1x{4 x 100 on 2:30 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 100 on 2:25 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 100 on 2:20 Freestyle |
| | {2 x 50 on 1:15 Perfect technique |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:30 PM | 4,550 Yards - Stress Value = 116 |

Workout #19499 - Monday, 23 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | I |
|---------|----------------------------------|-----|------|-------|---|
| 5:30 AM | Start | | | | |
| 400 | 1 on 40:00 DS/Showers | | | L DRY | |
| 3,000 | 1 x 400 on 5:00 Choice | REC | | S CHO | 1 |
| 250 | 30 x 100 on 1:20 1650 Free Pace | SP2 | | S FR | 1 |
| 750 | 1 x 250 on 4:00 Stroke Drills | REC | | D CD | 1 |
| 200 | 30 x 25 on :30 100 Fly Pace | SP2 | | S FLY | 2 |
| | 1 x 200 on 3:00 Stroke Drills | REC | | D CD | 1 |
| 7:21 AM | 4,600 Yards - Stress Value = 375 | | | | |

Workout #19500 - Monday, 23 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 3:00 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | I |
| 750 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 200 | 1 on 15:00 Racing Skills-Relays Starts | | I |
| 750 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 1,500 | 1 x 200 on 10:00 CFP/Video | REC | I |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 on 10:00 YDR | | I |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Continuous Pre-Set | REC | I |
| 5:29 PM | 5,350 Yards - Stress Value = 450 | | |

Workout #19506 - Tuesday, 24 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 850 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {4 x 75 on 2:00 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 75 on 1:55 Fly Kick w/board |
| | {2 x 25 on :45 Kick no board BS |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,650 | 1x{4 x 75 on 1:40 Fly-25L-25B-25R |
| | {1 x 100 on 1:45 Freestyle |
| | {4 x 75 on 1:35 Fly-25L-25B-25R |
| | {2 x 100 on 1:45 Freestyle |
| | {4 x 75 on 1:30 Fly-25L-25B-25R |
| | {3 x 100 on 1:45 Freestyle |
| | {2 x 75 on 1:25 Fly-25L-25B-25R |
| 600 | 24 x 25 on :35 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 4,150 Yards - Stress Value = 113 |

Workout #19507 - Tuesday, 24 January 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {4 x 75 on 2:10 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 75 on 2:05 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:20 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,550 | 1x{4 x 75 on 1:50 Fly-25L-25B-25R |
| | {1 x 100 on 1:50 Freestyle |
| | {4 x 75 on 1:45 Fly-25L-25B-25R |
| | {2 x 100 on 1:50 Freestyle |
| | {4 x 75 on 1:40 Fly-25L-25B-25R |
| | {3 x 100 on 1:50 Freestyle |
| | {1 x 50 on 1:00 Fly 25L-25R |
| 500 | 20 x 25 on :40 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,900 Yards - Stress Value = 100 |

Workout #19508 - Tuesday, 24 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 75 on 2:20 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 75 on 2:15 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 75 on 2:10 Fly Kick w/board |
| | {1 x 50 on 1:20 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,400 | 1x{4 x 75 on 2:00 Fly-25L-25B-25R |
| | {1 x 100 on 2:00 Freestyle |
| | {4 x 75 on 1:55 Fly-25L-25B-25R |
| | {2 x 100 on 2:00 Freestyle |
| | {4 x 75 on 1:50 Fly-25L-25B-25R |
| | {2 x 100 on 2:00 Freestyle |
| 500 | 20 x 25 on :40 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,750 Yards - Stress Value = 97 |

Workout #19504 - Tuesday, 24 January 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK | PF |
|-------|--|-------|-------|-------|-------|
| ===== | ===== | ===== | ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights | | | L DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | | S CHO | 1: |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | | S FR | 1: |
| 250 | 1 x 250 on 4:00 Choice | REC | | S CHO | 1: |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | | S BR | 2: |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | D CD | 1: |
| | 7:17 AM 3,900 Yards - Stress Value = 300 | | | | |

Workout #19505 - Tuesday, 24 January 2017

HS Girls - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS>Showers | |
| 1,500 | 30 x 50 on :50 200 IM Pace | SP2 |
| 200 | 1 x 200 on 10:00 CFP/Video | REC |
| 600 | 24 x 25 on :30 50 Free Pace in main pool | EN2 |
| | 1 on 15:00 Racing Skills-timed free turns | SP3 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| | 1 on 15:00 Walking | |
| 480 | 24 x 20 on :30 50 Free Pace in diving well | SP2 |
| 250 | 1 x 250 on 5:00 Top Hat Drill | REC |
| | 5:09 PM 3,780 Yards - Stress Value = 285 | |

Workout #19510 - Wednesday, 25 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | E |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 35:00 DS/Dryland | |
| 350 | 14 x 25 on :35 Freestyle | F |
| | 2-16, 4-15, 6-14, 2-13 | |
| 150 | 10 x 15 on :45 Shooters | S |
| | The 50's: B=Streamline kick on back | |
| | L=Kick on left side face up with left arm e | |
| | R=Kick on right side face up with right arm | |
| 900 | 1x{4 x 25 on :45 Kick no board B | E |
| | {3 x 50 on 1:10 Kick on B/L/R | E |
| | {4 x 25 on :45 Kick no board B | E |
| | {3 x 50 on 1:10 Kick on B/L/R | E |
| | {4 x 25 on :45 Kick no board B | E |
| | {3 x 50 on 1:10 Kick on B/L/R | E |
| | {4 x 25 on :45 Kick no board B | E |
| | {1 x 50 on 1:10 Kick on B | E |
| 150 | 6 x 25 on :30 Odds face in sculling drills | F |
| | Evens-underwaters, count kicks | |
| 1,850 | 1x{2 x 225 on 4:30 Backstroke | E |
| | { Start wall-explosive breakouts | |
| | { Turn wall-5 KOW | |
| | {2 x 200 on 3:55 Backstroke | E |
| | {2 x 175 on 3:25 Backstroke | E |
| | {2 x 150 on 2:50 Backstroke | E |
| | {2 x 125 on 2:20 Backstroke | E |
| | {1 x 100 on 1:50 Backstroke | E |
| 600 | 24 x 25 on :35 100 Back Pace | S |
| | 1 on 10:00 Game | F |
| 250 | 1 x 250 on 5:00 Stroke Drills | F |
| | 7:30 PM 4,250 Yards - Stress Value = 121 | |

Workout #19511 - Wednesday, 25 January 2017

Group 2 - Silver-2

1 minute rest between sets

| 5:00 PM Start | | 3:00 PM Start | |
|---------------|---|---------------|--|
| Yards | Set Description | Yards | Set Description |
| | 1 on 35:00 DS/Dryland | | 1 on 15:00 DS/Showers |
| 350 | 14 x 25 on :35 Freestyle 2-16, 4-15, 6-14, 2-13 | 400 | 1 x 400 on 5:00 Choice |
| 150 | 10 x 15 on :45 Shooters The 50's: B=Streamline kick on back L=Kick on left side face up with left arm e R=Kick on right side face up with right arm e | 750 | 30 x 25 on :30 100 Free Pace |
| 850 | 1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:15 Kick on B/L/R {4 x 25 on :45 Kick no board B {3 x 50 on 1:15 Kick on B/L/R {4 x 25 on :45 Kick no board B {3 x 50 on 1:15 Kick on B/L/R {4 x 25 on :45 Kick no board B | 210 | 14 x 15 on 1:00 Spinners |
| 1,500 | 1x{2 x 225 on 5:00 Backstroke {2 x 200 on 4:25 Backstroke {2 x 175 on 3:50 Backstroke {2 x 150 on 3:15 Backstroke {1 x 100 on 2:05 Backstroke | 1,500 | 30 x 50 on :55 200 Fly Pace |
| 600 | 24 x 25 on :35 100 Back Pace 1 on 10:00 Game | 200 | 1 x 200 on 10:00 CFP/Video |
| 250 | 1 x 250 on 5:00 Stroke Drills | 750 | 30 x 25 on :30 100 Back Pace |
| | 7:30 PM 3,950 Yards - Stress Value = 115 | | 1 on 10:00 Vertical Kick |
| | | 1,500 | 30 x 50 on :55 200 Breast Pace |
| | | 250 | 1 x 250 on 4:00 Stroke Drills |
| | | | 5:31 PM 5,560 Yards - Stress Value = 458 |

Workout #19515 - Thursday, 26 January 2017

Group 2 - Silver-1

1 minute rest between sets

| 5:00 PM Start | | 5:00 PM Start | |
|---------------|--|---------------|---|
| Yards | Set Description | Yards | Set Description |
| | 1 on 35:00 DS/Dryland | | 1 on 35:00 DS/Dryland |
| 1,600 | 1x{ Start wall-explosive breakouts { Turn wall 5 KOW {2 x 225 on 5:00 Backstroke {2 x 200 on 4:25 Backstroke {2 x 175 on 3:50 Backstroke {2 x 150 on 3:15 Backstroke {1 x 100 on 2:05 Backstroke | 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 600 | 24 x 25 on :35 100 Back Pace 1 on 10:00 Game | 150 | 10 x 15 on :45 Shooters |
| 250 | 1 x 250 on 5:00 Stroke Drills | 1,050 | 1x{1 x 125 on 2:45 Breast Kick w/board {2 x 125 on 2:50 Breast Kick w/board {3 x 125 on 2:55 Breast Kick w/board {3 x 100 on 2:30 Breast Kick w/board-all 100% |
| | 7:30 PM 3,950 Yards - Stress Value = 115 | 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| | | | 1 on 34:00 TEACH DAY-BREAST |
| | | 600 | 24 x 25 on :35 100 Breast Pace |
| | | 250 | 1 x 250 on 5:00 Stroke Drills |
| | | | 7:31 PM 2,700 Yards - Stress Value = 87 |

Workout #19512 - Wednesday, 25 January 2017

Group 2 - Silver-3

1 minute rest between sets

| 5:00 PM Start | |
|---------------|---|
| Yards | Set Description |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :35 Freestyle 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters The 50's: B=Streamline kick on back L=Kick on left side face up with left arm e R=Kick on right side face up with right arm e |
| 850 | 1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:20 Kick on B/L/R {4 x 25 on :45 Kick no board B {3 x 50 on 1:20 Kick on B/L/R {4 x 25 on :45 Kick no board B {3 x 50 on 1:20 Kick on B/L/R {4 x 25 on :45 Kick no board B |
| 1,550 | 1x{ Start wall-explosive breakouts { Turn wall 5 KOW {2 x 225 on 5:15 Backstroke {2 x 200 on 4:35 Backstroke {2 x 175 on 4:00 Backstroke {2 x 150 on 3:20 Backstroke {1 x 50 on 1:10 Backstroke |
| 600 | 24 x 25 on :35 100 Back Pace 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,900 Yards - Stress Value = 114 |

Workout #19516 - Thursday, 26 January 2017

Group 2 - Silver-2

1 minute rest between sets

| 5:00 PM Start | |
|---------------|---|
| Yards | Set Description |
| | 1 on 35:00 DS/Dryland |
| 950 | 1x{1 x 125 on 2:50 Breast Kick w/board {2 x 125 on 2:55 Breast Kick w/board {3 x 125 on 3:05 Breast Kick w/board {2 x 100 on 2:35 Breast Kick w/board-all 100% |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 600 | 24 x 25 on :35 100 Breast Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 2,600 Yards - Stress Value = 85 |

Workout #19509 - Wednesday, 25 January 2017

HighSchl - USRPT

1 minute rest between sets

Workout #19517 - Thursday, 26 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|---------|--|-----|------|-------|-----|
| 5:00 PM | Start | | | | |
| 500 | 1 on 35:00 DS/Dryland | | | L DRY | |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 | | | | |
| 950 | 10 x 15 on :45 Shooters | | | | |
| 1x{ | 1 x 125 on 3:00 Breast Kick w/board | | | | |
| | { 2 x 125 on 3:05 Breast Kick w/board | | | | |
| | { 3 x 125 on 3:10 Breast Kick w/board | | | | |
| | { 2 x 100 on 2:40 Breast Kick w/board-all 100% | | | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | | | |
| | Evns-underwaters, count kicks | | | | |
| 500 | 1 on 34:00 TEACH DAY-BREAST | | | | |
| | 20 x 25 on :40 100 Breast Pace | | | | |
| 250 | 1 on 10:00 Racing Skills-Relay starts | | | | |
| | 1 x 250 on 5:00 Stroke Drills | | | | |
| 7:30 PM | 2,500 Yards - Stress Value = 75 | | | | |

Workout #19513 - Thursday, 26 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|---------|----------------------------------|-----|------|-------|-----|
| 5:30 AM | Start | | | | |
| 400 | 1 on 40:00 DS/Shoulders | | | L DRY | |
| 1,500 | 1 x 400 on 5:00 Choice | REC | | S CHO | 1:1 |
| 250 | 30 x 50 on :55 400 IM Pace | SP2 | | S IM | 1:5 |
| 600 | 1 x 250 on 5:00 Choice | REC | | S CHO | 2:0 |
| 250 | 24 x 25 on :30 50 Free Pace | SP2 | | S FR | 2:0 |
| 7:08 AM | 1 x 250 on 4:00 Stroke Drills | REC | | D CD | 1:3 |
| | 3,000 Yards - Stress Value = 210 | | | | |

Workout #19514 - Thursday, 26 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|---------|---------------------------------------|-----|------|-----|-----|
| 3:00 PM | Start | | | | |
| 400 | 1 on 15:00 DS/Shoulder | | | L | |
| 1,500 | 1 x 400 on 5:00 Choice | REC | | S | |
| 200 | 30 x 50 on :50 200 Free Pace | SP2 | | S | |
| 750 | 1 x 200 on 10:00 CFP/Video | REC | | D | |
| | 30 x 25 on :30 100 Fly Pace | SP2 | | S | |
| 1,500 | 1 on 15:00 Racing Skills-Relay starts | | | D | |
| | 30 x 50 on :55 200 Back Pace | SP2 | | S | |
| 1,500 | 1 on 10:00 Walking | REC | | L | |
| 250 | 30 x 50 on :30 100 Breast Pace | SP2 | | S | |
| 5:29 PM | 1 x 250 on 5:00 Underwater trn drill | REC | | D | |
| | 6,100 Yards - Stress Value = 525 | | | | |

Workout #19523 - Friday, 27 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--|-----|-----|
| 5:00 PM | Start | | |
| 500 | 1 on 40:00 DS/Dryland | REC | |
| 150 | 4 x 125 on 2:15 SwimUSS | REC | |
| 1,400 | 10 x 15 on :45 Shooters | SP3 | |
| 1x{ | 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:30 Backstroke | EN2 | |
| | { 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:35 Backstroke | EN2 | |
| | { 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:40 Backstroke | EN2 | |
| | { 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:45 Backstroke | EN2 | |

| | |
|--|---------------------------------|
| { 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 |
| { 1 x 100 on 1:50 Backstroke | EN2 |
| { 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 |
| { 1 x 100 on 1:55 Backstroke | EN2 |
| { 4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 |
| { 1 x 100 on 2:00 Backstroke | EN2 |
| 1 x 200 on 3:00 Stroke Drills | REC |
| 6:30 PM | 2,250 Yards - Stress Value = 34 |

Workout #19526 - Friday, 27 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-----------------------|---|-----|-----|
| 5:00 PM | Start | | |
| 1 on 35:00 DS/Dryland | | | |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 900 | 1x{ 4 x 25 on :45 Kick no board BSLR | | |
| | { 3 x 50 on 1:10 Fly Kick w/board | | |
| | { 4 x 25 on :45 Kick no board BSLR | | |
| | { 3 x 50 on 1:10 Streamline kick on back | | |
| | { 4 x 25 on :45 Kick no board BSLR | | |
| | { 3 x 50 on 1:10 Breast Kick w/board | | |
| | { 4 x 25 on :45 Kick no board BSLR | | |
| | { 1 x 50 on 1:00 Free Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evns-underwaters, count kicks | | |
| 6:25 PM | 1,700 Yards - Stress Value = 24 | | |

Workout #19524 - Friday, 27 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-----------------------|--|-----|-----|
| 5:00 PM | Start | | |
| 1 on 40:00 DS/Dryland | | REC | |
| 500 | 4 x 125 on 2:15 SwimUSS | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,250 | 1x{ 4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:40 Backstroke | EN2 | |
| | { 4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:45 Backstroke | EN2 | |
| | { 4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:50 Backstroke | EN2 | |
| | { 4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 1:55 Backstroke | EN2 | |
| | { 4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 2:00 Backstroke | EN2 | |
| | { 4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | { 1 x 100 on 2:05 Backstroke | EN2 | |
| | { 2 x 25 on :35 Backstroke 5/6 KOW | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 6:30 PM | 2,100 Yards - Stress Value = 31 | | |

Workout #19525 - Friday, 27 January 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 5:00 PM Start | | |
| 500 | 1 on 40:00 DS/Dryland | REC | |
| 150 | 4 x 125 on 2:15 SwimUSS | REC | |
| 1,100 | 10 x 15 on :45 Shooters | SP3 | |
| | 1x{4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:50 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:55 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:00 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:05 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:10 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 6:29 PM 1,950 Yards - Stress Value = 28 | | |

Workout #19518 - Friday, 27 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PAC |
|-------|--|-----|------|-----|-----|
| | 5:30 AM Start | | | | |
| 400 | 1 on 40:00 DS/Weights | | L | DRY | |
| 1,800 | 1 x 400 on 5:00 Choice | REC | S | CHO | 1:1 |
| 250 | 24 x 75 on 1:15 500 Free Pace | SP2 | S | FR | 1:4 |
| 750 | 1 x 250 on 4:00 choice | REC | S | CHO | 1:3 |
| 250 | 30 x 25 on :30 100 Back Pace | SP2 | S | BK | 2:0 |
| | 1 x 250 on 4:00 Stroke Drills | REC | D | CD | 1:3 |
| | 7:12 AM 3,450 Yards - Stress Value = 255 | | | | |

Workout #19519 - Friday, 27 January 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | W |
|-------|---|-----|---|
| | 3:00 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | | |
| 1,000 | 1 x 400 on 5:00 Choice | REC | |
| 250 | 40 x 25 on :30 200 Fly Pace | SP2 | |
| 750 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 30 x 25 on :30 100 Free Pace | SP2 | |
| 1,500 | 1 on 10:00 Racing Skills-Timed open turns | SP3 | |
| 250 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| 750 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 250 | 30 x 25 on :30 100 Back Pace | SP2 | |
| | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 5:07 PM 5,150 Yards - Stress Value = 400 | | |

Workout #19520 - Saturday, 28 January 2017

HS Girls - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---------------------------------------|-----|------|
| | 6:00 AM Start | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 1,500 | 1 x 400 on 5:00 Choice | REC | S |
| | 30 x 50 on :55 400 IM Pace | SP2 | S |
| | 1 on 10:00 YDR | REC | L |
| 750 | 15 x 50 on :55 Your #1 200 Pace | SP2 | S |
| 200 | 1 x 200 on 10:00 CFP/Video | REC | D |
| 375 | 15 x 25 on :30 Your #1 or #2 100 Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-Starts | | D |
| 600 | 24 x 25 on :30 50 Free Pace | SP2 | S |

250 1 x 250 on 4:00 Stroke Drills REC D
8:02 AM 4,075 Yards - Stress Value = 323

Workout #19527 - Monday, 30 January 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 500 | 1 on 35:00 DS/Showers |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,150 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:20 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S |
| | {2 x 100 on 2:15 Streamline Kick on back |
| | {4 x 25 on :45 Kick no board L |
| | {2 x 100 on 2:15 Breast Kick w/board |
| | {4 x 25 on :45 Kick no board R |
| | {2 x 100 on 2:15 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,900 | 1x{5 x 100 on 1:50 Individual Medley |
| | {4 x 25 on :45 Fly Drills |
| | {4 x 100 on 1:50 Individual Medley |
| | {4 x 25 on :45 Back Drills |
| | {3 x 100 on 1:50 Individual Medley |
| | {4 x 25 on :45 Breast Drills |
| | {2 x 100 on 1:50 Individual Medley |
| | {4 x 25 on :45 Free Drills |
| | {1 x 100 on 1:20 Individual Medley |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,700 Yards - Stress Value = 119 |

Workout #19528 - Monday, 30 January 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 500 | 1 on 35:00 DS/Showers |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,100 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:25 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S |
| | {2 x 100 on 2:25 Streamline Kick on back |
| | {4 x 25 on :45 Kick no board L |
| | {2 x 100 on 2:25 Breast Kick w/board |
| | {4 x 25 on :45 Kick no board R |
| | {1 x 100 on 2:25 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,750 | 1x{5 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :45 Fly Drills |
| | {4 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :45 Back Drills |
| | {3 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :45 Breast Drills |
| | {2 x 100 on 2:00 Individual Medley |
| | {2 x 25 on :45 Free Drills |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,500 Yards - Stress Value = 116 |

Workout #19529 - Monday, 30 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Showers |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,050 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board B |
| | {2 x 100 on 2:40 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S |
| | {2 x 100 on 2:40 Streamline Kick on back |
| | {4 x 25 on :45 Kick no board L |
| | {2 x 100 on 2:40 Breast Kick w/board |
| | {2 x 25 on :45 Kick no board R |
| | {1 x 100 on 2:30 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,600 | 1x{5 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :45 Fly Drills |
| | {4 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :45 Back Drills |
| | {3 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :45 Breast Drills |
| | {1 x 100 on 2:15 Individual Medley |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,300 Yards - Stress Value = 113 |

Workout #19521 - Monday, 30 January 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | STK | F |
|-------|--|-----|------|-------|---|
| | 1 on 40:00 DS/Weights | | | L DRY | |
| 400 | 1 x 400 on 5:00 choice | REC | | S CHO | 1 |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | | S FR | 1 |
| 250 | 1 x 250 on 4:00 choice | REC | | S CHO | 1 |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | | S STK | 2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | D CD | 1 |
| | 7:22 AM 4,650 Yards - Stress Value = 375 | | | | |

Workout #19522 - Monday, 30 January 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK | STK | F |
|-------|--|-----|------|-------|---|
| | 1 on 15:00 DS/Showers | | | L DRY | |
| 400 | 1 x 400 on 5:00 Choice | REC | | S CHC | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | | S BF | |
| | 1 on 15:00 Racing Skills-Starts | | | D CME | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | | S BF | |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | | D FF | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | | S FF | |
| | 1 on 10:00 YDR | | | L DRY | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | | S FLY | |
| 300 | 1 x 300 on 5:00 Continuous Pre-Set | REC | | D CI | |
| | 5:24 PM 5,400 Yards - Stress Value = 450 | | | | |

Workout #19532 - Tuesday, 31 January 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel |

| | |
|-------|---|
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:20 Kick on left side |
| | {1 x 100 on 2:20 Kick on right side |
| | {1 x 100 on 2:20 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:15 Kick on left side |
| | {1 x 100 on 2:15 Kick on right side |
| | {1 x 100 on 2:15 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,700 | 1x{4 x 125 on 2:30 Back 10KOLW |
| | {3 x 50 on 1:00 Back-descend |
| | {3 x 125 on 2:25 Back 10 KOLW |
| | {3 x 50 on 1:00 Back-descend |
| | {2 x 125 on 2:20 Back 10 KOLW |
| | {3 x 50 on 1:00 Back-descend |
| | {1 x 125 on 2:15 Back 10 KOLW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,250 Yards - Stress Value = 118 |

Workout #19533 - Tuesday, 31 January 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:30 Kick on left side |
| | {1 x 100 on 2:30 Kick on right side |
| | {1 x 100 on 2:30 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:25 Kick on left side |
| | {1 x 100 on 2:25 Kick on right side |
| | {1 x 50 on 1:10 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,575 | 1x{4 x 125 on 2:40 Back 10KOLW |
| | {3 x 50 on 1:05 Back-descend |
| | {3 x 125 on 2:35 Back 10 KOLW |
| | {3 x 50 on 1:05 Back-descend |
| | {2 x 125 on 2:35 Back 10 KOLW |
| | {3 x 50 on 1:05 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,075 Yards - Stress Value = 115 |

Workout #19534 - Tuesday, 31 January 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:40 Kick on left side
 {1 x 100 on 2:40 Kick on right side
 {1 x 50 on 1:20 Streamline kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:35 Kick on left side
 {1 x 100 on 2:35 Kick on right side
 {1 x 50 on 1:15 Streamline kick on back
 {4 x 25 on :45 Kick no board B
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{4 x 100 on 2:30 Back 10KOLW
 {3 x 50 on 1:15 Back-descend
 {3 x 100 on 2:25 Back 10 KOLW
 {3 x 50 on 1:15 Back-descend
 {2 x 100 on 2:20 Back 10 KOLW
 {3 x 50 on 1:15 Back-descend
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Racing Skills-starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 109

350 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:15 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:10 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:05 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:00 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 4:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {3 x 50 on 1:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 117

Workout #19537 - Wednesday, 01 February 2017

Group 2 - Silver-2

1 minute rest between sets

Workout #19530 - Tuesday, 31 January 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK STK PAC
 =====
 1 on 40:00 DS/Weights L DRY
 400 1 x 400 on 5:00 Choice REC S CHO 1:1
 1,800 24 x 75 on 1:15 500 Free Pace SP2 S FR 1:4
 250 1 x 250 on 4:00 Choice REC S CHO 1:3
 750 30 x 25 on :30 Your #2 100 SP2 S STK 2:0
 250 1 x 250 on 4:00 Choice REC S CHO 1:3
 7:12 AM 3,450 Yards - Stress Value = 255

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:25 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:15 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:10 Breast Kick w/board
 {1 x 50 on 1:20 Breast Kick w/board-100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 4:20 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:15 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:10 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {3 x 50 on 1:05 Breaststroke
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,750 Yards - Stress Value = 103

Workout #19531 - Tuesday, 31 January 2017

HS Girls - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers REC I
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 200 IM Pace SP2 S
 200 1 x 200 on 8:00 CFP/Video REC I
 750 15 x 50 on :55 Your #1 200 SP2 S
 1 on 10:00 Racing Skills-Trophy Starts REC I
 375 15 x 25 on :30 Your #1 or #2 100 SP2 S
 210 14 x 15 on 1:00 Shooters-choice SP3 S
 375 15 x 25 on :30 50 Free Pace SP2 S
 250 1 x 250 on 5:00 Top Hat Drill REC I
 5:02 PM 4,060 Yards - Stress Value = 309

Workout #19536 - Wednesday, 01 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland

Workout #19538 - Wednesday, 01 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:45 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 100 on 2:40 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 100 on 2:35 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 50 on 1:15 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{1 x 200 on 4:40 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:30 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:20 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {2 x 50 on 1:10 Breaststroke
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,600 Yards - Stress Value = 100

Workout #19535 - Wednesday, 01 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Tm Mtg/Showers
 400 1 x 400 on 5:00 Choice REC
 750 30 x 25 on :30 100 Free Pace SP2
 210 14 x 15 on 1:00 Spinners/Sculling Drills SP3
 750 30 x 25 on :30 100 Fly Pace SP2
 200 1 x 200 on 8:00 CFP/Video REC
 1,500 30 x 50 on :55 200 Back Pace SP2
 250 1 x 250 on 10:00 Social Kick Tag EN1
 1,500 30 x 50 on :55 200 Breast Pace SP2
 250 1 x 250 on 4:00 CFP REC
 5:30 PM 5,810 Yards - Stress Value = 460

Workout #19541 - Thursday, 02 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 50's kick: #1 on back hands by side, #2 on
 #3 on stomach hands by side, #4 on stomach
 1,050 1x{1 x 150 on 3:40 Fly Kick w/board
 {4 x 50 on 1:15 Fly Kick no board
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 50 on 1:15 Fly Kick no board
 {1 x 150 on 3:30 Fly Kick w/board
 {4 x 50 on 1:15 Fly kick no board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 33:00 TEACH DAY-BREASTSTROKE
 600 24 x 25 on :35 100 Breast Pace

1 on 10:00 Racing Skills-Relay starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,700 Yards - Stress Value = 87

Workout #19542 - Thursday, 02 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 50's kick: #1 on back hands by side, #2 on
 #3 on stomach hands by side, #4 on stomach
 1,000 1x{1 x 150 on 3:50 Fly Kick w/board
 {4 x 50 on 1:15 Fly kick no board
 {1 x 150 on 3:45 Fly Kick w/board
 {4 x 50 on 1:15 Fly Kick no board
 {1 x 150 on 3:40 Fly Kick w/board
 {3 x 50 on 1:15 Fly kick no board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 33:00 TEACH DAY-BREASTSTROKE
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Relay starts
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,650 Yards - Stress Value = 86

Workout #19543 - Thursday, 02 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 50's kick: #1 on back hands by side, #2 on
 #3 on stomach hands by side, #4 on stomach
 950 1x{1 x 150 on 4:05 Fly Kick w/board
 {4 x 50 on 1:15 Fly kick no board
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 50 on 1:15 Fly Kick no board
 {1 x 150 on 3:55 Fly Kick w/board
 {2 x 50 on 1:15 Fly kick no board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 33:00 TEACH DAY-BREASTSTROKE
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Relay starts
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,600 Yards - Stress Value = 85

Workout #19539 - Thursday, 02 February 2017

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 10:00 DS/showers L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 400 IM Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 600 24 x 25 on :30 50 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 7:07 AM 3,000 Yards - Stress Value = 210

Workout #19540 - Thursday, 02 February 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 3:00 PM Start | | | |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 750 | 1 on 15:00 Racing Skills-1 leg starts | D | D |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| 1,500 | 1 on 10:00 Walking | REC | L |
| 250 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 5:19 PM 4,850 Yards - Stress Value = 400 | | | |

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 5:00 PM Start | | | |
| 500 | 1 on 40:00 DS/Dryland | | |
| 150 | 4 x 125 on 2:15 SwimUSS | | |
| 1,400 | 10 x 15 on :45 Shooters | | |
| 1,400 | 1x{1 x 300 on 7:30 IM 25 drill 25 kick 25 swim | | |
| | {2 x 100 on 2:10 Individual Medley | | |
| | {1 x 200 on 5:00 IM 25 drill 25 kick | | |
| | {2 x 100 on 2:05 Individual Medley | | |
| | {1 x 200 on 5:00 IM 25 drill 25 kick | | |
| | {1 x 100 on 2:00 Individual Medley | | |
| | {1 x 200 on 3:00 Stroke Drills | | |
| 6:30 PM 2,050 Yards - Stress Value = 19 | | | |

Workout #19544 - Friday, 03 February 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:00 AM Start | | | |
| 2,250 | 1 on 10:00 DS/Showers | L | L |
| 250 | 30 x 75 on 1:15 1000 Free Pace | SP2 | S |
| 750 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 Your #3 100 Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 7:14 AM 3,500 Yards - Stress Value = 300 | | | |

Workout #19545 - Friday, 03 February 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| 3:00 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 750 | 1 x 400 on 5:00 Choice | REC | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| 750 | 1 on 10:00 Racing Skills-Stanford Turn Drill | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 1,500 | 1 on 15:00 YDR | REC | |
| 250 | 30 x 50 on :55 200 Back or Breast Pace | SP2 | |
| 250 | 1 on 10:00 Racing Skills-Relay starts | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 5:01 PM 3,650 Yards - Stress Value = 210 | | | |

Workout #19546 - Friday, 03 February 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 5:00 PM Start | | | |
| 500 | 1 on 40:00 DS/Dryland | | |
| 150 | 4 x 125 on 2:15 SwimUSS | | |
| 1,600 | 10 x 15 on :45 Shooters | | |
| 1,600 | 1x{1 x 400 on 8:40 IM 25 drill 25 kick 50 swim | | |
| | {2 x 100 on 1:50 Individual Medley | | |
| | {1 x 300 on 6:30 IM 25 drill 25 kick 25 swim | | |
| | {2 x 100 on 1:45 Individual Medley | | |
| | {1 x 200 on 4:20 IM 25 drill 25 kick | | |
| | {1 x 100 on 1:40 Individual Medley | | |
| | {1 x 200 on 3:00 Stroke Drills | | |
| 6:31 PM 2,250 Yards - Stress Value = 20 | | | |

Workout #19549 - Saturday, 04 February 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 7:00 AM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 1,500 | 1 x 400 on 5:00 Choice | REC | D |
| 1,500 | 30 x 50 on :50 200 IM Pace | SP2 | S |
| 1,500 | 1 on 15:00 Sculling Drill-Relays | REC | D |
| 400 | 30 x 50 on :50 Your #1 or #2 100 | SP2 | S |
| 750 | 1 x 400 on 6:00 CFP-L.100 thumb drag | REC | D |
| 750 | 30 x 25 on :30 Your #1 or #2 100 | SP2 | S |
| 600 | 1 on 15:00 YDR | REC | L |
| 250 | 24 x 25 on :30 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 9:24 AM 5,400 Yards - Stress Value = 435 | | | |

Workout #19547 - Friday, 03 February 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 5:00 PM Start | | | |
| 500 | 1 on 40:00 DS/Dryland | | |
| 150 | 4 x 125 on 2:15 SwimUSS | | |
| 1,500 | 10 x 15 on :45 Shooters | | |
| 1,500 | 1x{1 x 300 on 6:50 IM 25 drill 25 kick 25 swim | | |
| | {2 x 100 on 2:00 Individual Medley | | |
| | {1 x 300 on 6:50 IM 25 drill 25 kick 25 swim | | |
| | {2 x 100 on 1:55 Individual Medley | | |
| | {1 x 200 on 4:40 IM 25 drill 25 kick | | |
| | {1 x 100 on 1:50 Individual Medley | | |
| | {1 x 200 on 3:00 Stroke Drills | | |
| 6:30 PM 2,150 Yards - Stress Value = 19 | | | |

Workout #19548 - Friday, 03 February 2017

Group 2 - Silver-3

Workout #19552 - Monday, 06 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 3:45 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 3:05 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {4 x 100 on 2:25 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,800 1x{3 x 100 on 2:00 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free Kick
 {3 x 100 on 1:55 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {3 x 100 on 1:50 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {3 x 100 on 1:45 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {2 x 100 on 1:40 3 strokes fly off walls
 600 24 x 25 on :35 100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,550 Yards - Stress Value = 124

Workout #19553 - Monday, 06 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 125 on 3:15 Fly Kick w/board
 {6 x 25 on :45 Kick no board BSLRBS
 {3 x 100 on 2:35 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,650 1x{3 x 100 on 2:10 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free Kick
 {3 x 100 on 2:05 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {3 x 100 on 2:00 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {3 x 100 on 1:55 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {1 x 50 on :55 3 strokes fly off walls
 600 24 x 25 on :35 100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 120

Workout #19554 - Monday, 06 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR

{2 x 125 on 3:30 Fly Kick w/board
 {6 x 25 on :45 Kick no board BSLRBS
 {2 x 100 on 2:45 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,550 1x{3 x 100 on 2:20 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free Kick
 {3 x 100 on 2:15 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {3 x 100 on 2:10 3 strokes fly off walls
 {4 x 25 on :45 Fly w/free kick
 {3 x 100 on 2:05 3 strokes fly off walls
 {2 x 25 on :45 Fly w/free kick
 500 20 x 25 on :40 100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:28 PM 4,050 Yards - Stress Value = 106

Workout #19551 - Monday, 06 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers I
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 200 1 x 200 on 8:00 CFP/Video REC I
 1,500 30 x 50 on :50 200 Free Pace SP2 S
 1 on 8:00 YDR REC I
 750 30 x 25 on :30 100 Fly Pace SP2 S
 1 on 10:00 Racing Skills-Trophy Starts I
 750 30 x 25 on :30 100 Back Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC I
 1 on 20:00 Team Meeting M
 5:40 PM 5,350 Yards - Stress Value = 450

Workout #19550 - Monday, 06 February 2017

HighSchl - USRPT

1 minute rest between sets

6:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 10:00 DS/Showers L
 3,000 30 x 100 on 1:20 1650 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 600 24 x 25 on :30 50 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 7:13 PM 4,100 Yards - Stress Value = 360

Workout #19556 - Tuesday, 07 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:15 Breast Kick w/board
 {1 x 100 on 2:30 Breast Kick w/board
 {1 x 100 on 2:10 Breast Kick w/board
 {1 x 100 on 2:30 Breast Kick w/board
 {1 x 100 on 2:05 Breast Kick w/board
 {1 x 100 on 2:30 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 {1 x 100 on 2:30 Breast Kick w/board
 {1 x 100 on 2:05 Breast Kick w/board
 {1 x 100 on 2:30 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{1 x 100 on 2:30 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 100 on 2:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:30 Breast-Kick on back
 {3 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:30 Breast-Kick on back
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:30 Breast 2K1P
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 4,000 Yards - Stress Value = 102

Workout #19558 - Tuesday, 07 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:50 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 2:45 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 2:35 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 2:45 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 100 on 2:45 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:20 Breast-descend
 {1 x 100 on 2:45 Breast-Kick on back
 {3 x 50 on 1:20 Breast-descend
 {1 x 100 on 2:45 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:15 Breast-descend
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 89

Workout #19557 - Tuesday, 07 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:25 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:15 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {1 x 50 on 1:20 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,300 1x{1 x 100 on 2:30 Breast 2K1P
 {3 x 50 on 1:15 Breast descend
 {1 x 100 on 2:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 100 on 2:30 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 100 on 2:30 Breast-Kick on back
 {3 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:10 Breast-descend
 {1 x 50 on 1:15 Breast 2K1P
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,900 Yards - Stress Value = 100

Workout #19555 - Tuesday, 07 February 2017

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 12:00 DS/Showers L
 400 1 x 400 on 5:00 Choice REC S
 1,800 24 x 75 on 1:15 500 Free Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC D
 750 30 x 25 on :30 Your #1 100 Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC D
 7:16 AM 3,450 Yards - Stress Value = 255

Workout #19559 - Tuesday, 07 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Back Pace SP2 S
 200 1 x 200 on 8:00 CFP/Video REC D
 1,500 30 x 50 on :55 200 Fly Pace SP2 S
 1 on 10:00 Waliking REC L
 750 30 x 25 on :30 100 Free Pace SP2 S
 210 14 x 15 on 1:00 Your #1 Shooter SP3 S
 750 30 x 25 on :30 100 Breast Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC D
 5:27 PM 5,560 Yards - Stress Value = 458

Workout #19561 - Wednesday, 08 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:15 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 {4 x 25 on :40 Free Kick w/board-100%
 {1 x 100 on 2:15 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 {4 x 25 on :40 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 {6 x 25 on :40 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,750 1x{5 x 150 on 2:50 Free L.25 3KOW Br on 5
 {4 x 125 on 2:20 Free L.25 3KOW Br on 5
 {3 x 100 on 1:50 Free L.25 3KOW Br on 5
 {2 x 75 on 1:20 Free L.25 3KOW Br on 5
 {1 x 50 on :55 Free L.25 3KOW Br on 5
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,200 Yards - Stress Value = 120

Workout #19562 - Wednesday, 08 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:20 Free Kick w/board
 {2 x 50 on 1:15 Free Kick w/board
 {4 x 25 on :45 Free Kick w/board-100%
 {1 x 100 on 2:20 Free Kick w/board
 {2 x 50 on 1:15 Free Kick w/board
 {4 x 25 on :45 Free Kick w/board
 {1 x 100 on 2:20 Free Kick w/board
 {2 x 50 on 1:15 Free Kick w/board
 {4 x 25 on :45 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,600 1x{5 x 150 on 3:05 Free L.25 3KOW Br on 5
 {4 x 125 on 2:30 Free L.25 3KOW Br on 5
 {3 x 100 on 1:55 Free L.25 3KOW Br on 5
 {1 x 50 on :55 Free L.25 3KOW Br on 5
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,000 Yards - Stress Value = 116

Workout #19563 - Wednesday, 08 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:30 Free Kick w/board

{2 x 50 on 1:20 Free Kick w/board
 {4 x 25 on :45 Free Kick w/board-100%
 {1 x 100 on 2:30 Free Kick w/board
 {2 x 50 on 1:20 Free Kick w/board
 {4 x 25 on :45 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 {4 x 25 on :45 Free Kick w/board
 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,500 1x{5 x 150 on 3:15 Free L.25 3KOW Br on 5
 {4 x 125 on 2:40 Free L.25 3KOW Br on 5
 {2 x 100 on 2:05 Free L.25 3KOW Br on 5
 {1 x 50 on 1:00 Free L.25 3KOW Br on 5
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,850 Yards - Stress Value = 113

Workout #19560 - Wednesday, 08 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description F
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice F
 1,500 30 x 50 on :50 200 IM Pace S
 180 12 x 15 on 1:00 Racing Skills-Spinners S
 1,500 30 x 50 on :55 400 IM Pace S
 1 on 10:00 Racing Skills-Relay Starts E
 750 30 x 25 on :30 Your #1 100 Pace S
 180 12 x 15 on 1:00 Racing Skills-your #1 Shooter S
 250 1 x 250 on 5:00 Non-specific swimming F
 5:13 PM 4,760 Yards - Stress Value = 389

Workout #19564 - Thursday, 09 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers L
 400 1 x 400 on 5:00 Choice REC S
 750 15 x 50 on :50 200 Free Pace SP2 S
 200 1 x 200 on 8:00 CFP/Video REC D
 750 15 x 50 on :55 200 Breast Pace SP2 S
 1 on 10:00 Walking or YDR REC L
 375 15 x 25 on :30 100 Back Pace SP2 S
 1 on 10:00 Racing Skills-Tivo Starts D
 375 15 x 25 on :30 100 Fly Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC D
 4:42 PM 3,100 Yards - Stress Value = 226

Workout #19566 - Friday, 10 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 40:00 DS/Dryland |
| 500 | 4 x 125 on 2:15 SwimUSS |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 200 on 4:00 Individual Medley-fast fly |
| | {6 x 25 on :30 Odd fly evens free |
| | {1 x 200 on 4:00 Individual Medley-fast back |
| | {6 x 25 on :30 Odds back evens free |
| | {1 x 200 on 4:00 Individual Medley-fast breas |
| | {6 x 25 on :30 Odds breast evens free |
| | {1 x 200 on 4:00 Individual Medley-fast free |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:30 PM 2,150 Yards - Stress Value = 31 |

Workout #19567 - Friday, 10 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 40:00 DS/Dryland |
| 500 | 4 x 125 on 2:15 SwimUSS |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{1 x 200 on 4:20 Individual Medley-fast fly |
| | {6 x 25 on :30 Odd fly evens free |
| | {1 x 200 on 4:20 Individual Medley-fast back |
| | {6 x 25 on :30 Odds back evens free |
| | {1 x 200 on 4:20 Individual Medley-fast breas |
| | {6 x 25 on :30 Odds breast evens free |
| | {1 x 100 on 2:10 Individual Medley-fast free |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:30 PM 2,050 Yards - Stress Value = 29 |

Workout #19568 - Friday, 10 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 40:00 DS/Dryland |
| 500 | 4 x 125 on 2:15 SwimUSS |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 200 on 4:40 Individual Medley-fast fly |
| | {4 x 25 on :35 Odd fly evens free |
| | {1 x 200 on 4:40 Individual Medley-fast back |
| | {4 x 25 on :35 Odds back evens free |
| | {1 x 200 on 4:40 Individual Medley-fast breas |
| | {4 x 25 on :35 Odds breast evens free |
| | {1 x 100 on 2:20 Individual Medley-fast free |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:29 PM 1,900 Yards - Stress Value = 26 |

Workout #19565 - Friday, 10 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--------------------------------|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS>Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 500 | 20 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 15:00 TN Turn Drills | EN1 | D |
| 750 | 15 x 50 on :55 200 Back Pace | SP2 | S |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 375 | 15 x 25 on :30 100 Breast Pace | SP2 | S |

| | | | |
|-----|--|-----|---|
| 1 | on 10:00 YDR or Walking | REC | L |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 4:44 PM 2,850 Yards - Stress Value = 201 | | |

Workout #19569 - Saturday, 11 February 2017

HighSchl - USRPT

1 minute rest between sets

6:45 PM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS>Showers | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 1,050 | 21 x 50 on :55 400 IIM Pace (do 5, 2 rec) | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video | REC |
| 300 | 12 x 25 on :30 50 Free Pace | SP2 |
| | 1 on 10:00 YDR or Walking | REC |
| 1,125 | 15 x 75 on 1:15 1000 Free Pace | SP2 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |
| 750 | 15 x 50 on :55 Your best non free 200 Pace | SP2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 8:38 PM 4,325 Yards - Stress Value = 322 | |

Workout #19571 - Monday, 13 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 1,125 | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:10 Kick on back L/R/Strmline |
| | {6 x 25 on :45 Kick no board B |
| | {3 x 75 on 1:40 Kick on back L/R/Strmline |
| | {8 x 25 on :45 Kick no board B |
| | {3 x 100 on 2:15 Kick on back L/R/Strmline |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,950 | 1x{1 x 200 on 4:00 Backstroke 1KOW+1 |
| | {1 x 100 on 2:00 Backstroke |
| | {1 x 200 on 3:55 Backstroke 1KOW+1 |
| | {1 x 100 on 2:00 Backstroke |
| | {1 x 200 on 3:50 Backstroke 1KOW+1 |
| | {1 x 100 on 2:00 Backstroke |
| | {1 x 200 on 3:45 Backstroke 1KOW+1 |
| | {1 x 100 on 2:00 Backstroke |
| | {1 x 200 on 3:40 Backstroke 1KOW+1 |
| | {1 x 100 on 2:00 Backstroke |
| | {1 x 200 on 3:35 Backstroke 1KOW+1 |
| | {1 x 100 on 2:00 Backstroke |
| | {1 x 150 on 2:30 Backstroke 1KOW+1 |
| 600 | 24 x 25 on :35 100 Back Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,725 Yards - Stress Value = 127 |

Workout #19572 - Monday, 13 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,075 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:15 Kick on back L/R/Strmline
 {6 x 25 on :45 Kick no board B
 {3 x 75 on 1:50 Kick on back L/R/Strmline
 {6 x 25 on :45 Kick no board B
 {3 x 100 on 2:25 Kick on back L/R/Strmline
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,800 1x{1 x 200 on 4:15 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 4:10 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 4:05 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 4:00 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 3:55 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 3:50 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 600 24 x 25 on :35 100 Back Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,525 Yards - Stress Value = 123

400 1 x 400 on 5:00 Choice REC
 375 15 x 25 on :30 100 Fly Pace SP2
 1 on 10:00 Racing Skills-Timed Finishes SP3
 375 15 x 25 on :30 100 Back Pace SP2
 1 on 10:00 Racing Skills-Starts
 750 15 x 50 on :55 200 Breast Pace SP2
 150 10 x 15 on 1:00 Shooters SP3
 750 15 x 50 on :50 200 Free Pace SP2
 250 1 x 250 on 5:00 Non-specific swimming REC
 4:44 PM 3,050 Yards - Stress Value = 232

Workout #19575 - Tuesday, 14 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 100 on 2:20 Free Kick w/board
 {3 x 100 on 2:15 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board 100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,850 1x{1 x 600 on 10:30 Freestyle
 {1 x 500 on 8:45 Freestyle
 {1 x 400 on 7:00 Freestyle
 {1 x 300 on 5:15 Freestyle
 {1 x 50 on :50 Freestyle
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,550 Yards - Stress Value = 124

Workout #19573 - Monday, 13 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,025 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on back L/R/Strmline
 {6 x 25 on :45 Kick no board B
 {3 x 75 on 2:00 Kick on back L/R/Strmline
 {4 x 25 on :45 Kick no board B
 {3 x 100 on 2:40 Kick on back L/R/Strmline
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,700 1x{1 x 200 on 4:30 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:25 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:20 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:15 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:10 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:05 Backstroke 1KOW+1
 500 20 x 25 on :40 100 Back Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 4,275 Yards - Stress Value = 110

Workout #19576 - Tuesday, 14 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{4 x 100 on 2:30 Free Kick w/board
 {3 x 100 on 2:25 Free Kick w/board
 {2 x 100 on 2:20 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board 100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,700 1x{1 x 600 on 11:30 Freestyle
 {1 x 500 on 9:35 Freestyle
 {1 x 400 on 7:40 Freestyle
 {1 x 200 on 3:50 Freestyle
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 119

Workout #19570 - Monday, 13 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers

Workout #19577 - Tuesday, 14 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 900 1x{4 x 100 on 2:40 Free Kick w/board
 {3 x 100 on 2:35 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,500 1x{1 x 500 on 10:25 Freestyle
 {1 x 400 on 8:20 Freestyle
 {1 x 300 on 6:15 Freestyle
 {1 x 200 on 4:10 Freestyle
 {1 x 100 on 2:05 Freestyle
 500 20 x 25 on :40 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,950 Yards - Stress Value = 100

Workout #19578 - Tuesday, 14 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{2 x 100 on 2:15 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{1 x 400 on 7:00 Freestyle
 {1 x 300 on 5:15 Freestyle
 {1 x 200 on 3:30 Freestyle
 300 12 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 6:51 PM 2,500 Yards - Stress Value = 64

Workout #19579 - Tuesday, 14 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 2:25 Free Kick w/board
 {2 x 100 on 2:20 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board 100%
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 800 1x{1 x 400 on 7:40 Freestyle
 {1 x 300 on 5:45 Freestyle
 {1 x 100 on 1:55 Freestyle
 300 12 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 6:51 PM 2,350 Yards - Stress Value = 61

Workout #19580 - Tuesday, 14 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 400 1x{2 x 100 on 2:35 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 1x{1 x 400 on 8:20 Freestyle
 {1 x 300 on 6:15 Freestyle
 {1 x 50 on 1:00 Freestyle
 250 10 x 25 on :40 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 6:51 PM 2,400 Yards - Stress Value = 54

Workout #19574 - Tuesday, 14 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Dryland L
 400 1 x 400 on 5:00 Choice REC S
 375 15 x 25 on :30 100 Breast Pace SP2 S
 1 on 10:00 Racing Skills-Starts SP3 S
 375 15 x 25 on :30 100 Free Pace SP2 S
 200 1 x 200 on 10:00 CFP/Video REC D
 500 20 x 25 on :30 200 Fly Pace SP2 S
 1 on 10:00 Walking REC L
 750 15 x 50 on :55 200 Back Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 4:40 PM 2,850 Yards - Stress Value = 201

Workout #19586 - Wednesday, 15 February 2017

Group 3 - Breast

1 minute rest between sets

6:19 PM Start
 Yards Set Description EGY WOF
 =====
 2,150 1x{2 x 200 on 3:15 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 175 on 2:50 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 150 on 2:25 Breaststroke EN2
 {1 on :30 Put fins on
 {8 x 25 on :30 Breast TO Drill w/fins EN2
 {2 x 125 on 2:00 Breaststroke EN2
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins EN2
 {2 x 100 on 1:35 Breaststroke EN2
 750 30 x 25 on :30 100 Breast Pace SP2
 7:15 PM 2,900 Yards - Stress Value = 118

Workout #19582 - Wednesday, 15 February 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 5:00 PM Start | | |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| | 1 on 10:00 Timed Partner turns | SP3 | S |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 10:00 Walking | REC | L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 7:22 PM 5,350 Yards - Stress Value = 450 | | |

Workout #19587 - Wednesday, 15 February 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 6:19 PM Start | | |
| 2,100 | 1x{2 x 200 on 3:25 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {6 x 25 on :30 Breast TO Drill w/fins | EN2 | |
| | {2 x 175 on 3:00 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {6 x 25 on :30 Breast TO drill w/fins | EN2 | |
| | {2 x 150 on 2:30 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {8 x 25 on :30 Breast TO Drill w/fins | EN2 | |
| | {2 x 125 on 2:05 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {4 x 25 on :30 Breast TO drill w/fins | EN2 | |
| | {2 x 100 on 1:40 Breaststroke | EN2 | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 7:15 PM 2,850 Yards - Stress Value = 117 | | |

Workout #19588 - Wednesday, 15 February 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 6:19 PM Start | | |
| 2,050 | 1x{2 x 200 on 3:35 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {6 x 25 on :30 Breast TO Drill w/fins | EN2 | |
| | {2 x 175 on 3:10 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {6 x 25 on :30 Breast TO drill w/fins | EN2 | |
| | {2 x 150 on 2:40 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {8 x 25 on :30 Breast TO Drill w/fins | EN2 | |
| | {2 x 125 on 2:10 Breaststroke | EN2 | |
| | {1 on :30 Put fins on | | |
| | {6 x 25 on :30 Breast TO drill w/fins | EN2 | |
| | {1 x 100 on 1:40 Breaststroke | EN2 | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 7:15 PM 2,800 Yards - Stress Value = 116 | | |

Workout #19583 - Wednesday, 15 February 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|----------------------------------|-----|------|
| | 5:00 PM Start | | |
| 350 | 1 on 35:00 DS/Dryland | REC | |
| | 14 x 25 on :35 Wednesday Warm-up | REC | |

| | | | |
|------------------------|--|-----|-----|
| 2-16, 4-15, 6-14, 2-13 | | | |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 1,050 | 1x{2 x 150 on 3:35 125 Br Kick, 25 Fr Kick | EN2 | |
| | {2 x 125 on 2:55 100 Br Kick, 25 Fr Kick | EN2 | |
| | {2 x 100 on 2:15 75 Br Kick, 25 Fr Kick | EN2 | |
| | {2 x 75 on 1:40 50 Br Kick, 25 Fr Kick | EN2 | |
| | {3 x 50 on 1:05 25 Br Kick, 25 Fr Kick | EN2 | |
| | 1 on 41:00 Teach Day-BREAST | | REC |
| 600 | 24 x 25 on :35 100 Breast Pace | | SP2 |
| | 1 on 10:00 Game | | REC |
| 250 | 1 x 250 on 5:00 Stroke Drills | | REC |
| | 7:31 PM 2,400 Yards - Stress Value = 87 | | |

Workout #19584 - Wednesday, 15 February 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|--|-----|
| | 5:00 PM Start | |
| | 1 on 35:00 DS/Dryland | REC |
| 350 | 14 x 25 on :35 Wednesday Warm-up | REC |
| | 2-16, 4-15, 6-14, 2-13 | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,000 | 1x{2 x 150 on 3:50 125 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 125 on 3:10 100 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 100 on 2:30 75 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 75 on 1:50 50 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 50 on 1:10 25 Br Kick, 25 Fr Kick | EN2 |
| | 1 on 41:00 Teach Day-BREAST | REC |
| 600 | 24 x 25 on :35 100 Breast Pace | SP2 |
| | 1 on 10:00 Game | REC |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| | 7:31 PM 2,350 Yards - Stress Value = 86 | |

Workout #19585 - Wednesday, 15 February 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|--|-----|
| | 5:00 PM Start | |
| | 1 on 35:00 DS/Dryland | REC |
| 350 | 14 x 25 on :35 Wednesday Warm-up | REC |
| | 2-16, 4-15, 6-14, 2-13 | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 900 | 1x{2 x 150 on 4:05 125 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 125 on 3:20 100 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 100 on 2:35 75 Br Kick, 25 Fr Kick | EN2 |
| | {2 x 75 on 1:55 50 Br Kick, 25 Fr Kick | EN2 |
| | 1 on 41:00 Teach Day-BREAST | REC |
| 600 | 24 x 25 on :35 100 Breast Pace | SP2 |
| | 1 on 10:00 Game | REC |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| | 7:30 PM 2,250 Yards - Stress Value = 84 | |

Workout #19581 - Wednesday, 15 February 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:00 PM Start | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 15 x 50 on :50 Your #1 or #2 200 Pace | SP2 | S |
| 200 | 1 x 200 on 10:00 CFP/Video | REC | D |
| 375 | 15 x 25 on :30 Your #1 or #2 100 Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-Relay starts | | D |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | S |
| | 4:10 PM 1,975 Yards - Stress Value = 113 | | |

Workout #19596 - Thursday, 16 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 650 | 1x{1 x 100 on 2:20 1 Stroke Fly off Walls | EN2 |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 2:15 2 Strokes Fly of Walls | EN2 |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 2:10 3 Strokes Fly off Walls | EN2 |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 2:10 3 Strokes Fly off Walls | EN2 |
| | {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| 200 | 1 on 10:00 Racing Skills-Starts | |
| | 1 x 200 on 3:00 Stroke Drills | REC |
| 6:29 PM | 1,400 Yards - Stress Value = 19 | |

Workout #19590 - Friday, 17 February 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-------|-------|
| 5:00 PM | Start | | |
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | S |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :55 200 Fly or Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:38 PM | 4,150 Yards - Stress Value = 300 | | |

Workout #19591 - Friday, 17 February 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,300 | 1x{1 x 100 on 2:00 1 Stroke Fly off Walls | EN2 |
| | {4 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {2 x 100 on 1:55 2 Strokes Fly of Walls | EN2 |
| | {4 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {2 x 100 on 1:50 3 Strokes Fly off Walls | EN2 |
| | {4 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {2 x 100 on 1:50 3 Strokes Fly off Walls | EN2 |
| | {4 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 1:55 2 Strokes Fly off Walls | EN2 |
| | {4 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| 6:30 PM | 2,050 Yards - Stress Value = 32 | |

Workout #19592 - Friday, 17 February 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,150 | 1x{1 x 100 on 2:10 1 Stroke Fly off Walls | EN2 |
| | {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |

| | |
|--|---------------------------------|
| {2 x 100 on 2:05 2 Strokes Fly of Walls | EN2 |
| {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| {2 x 100 on 2:00 3 Strokes Fly off Walls | EN2 |
| {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| {2 x 100 on 2:00 3 Strokes Fly off Walls | EN2 |
| {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| {1 x 50 on 1:05 2 Strokes Fly off Walls | EN2 |
| 1 x 200 on 3:00 Stroke Drills | REC |
| 6:30 PM | 1,900 Yards - Stress Value = 29 |

Workout #19593 - Friday, 17 February 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,100 | 1x{1 x 100 on 2:20 1 Stroke Fly off Walls | EN2 |
| | {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | {2 x 100 on 2:15 2 Strokes Fly of Walls | EN2 |
| | {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | {2 x 100 on 2:10 3 Strokes Fly off Walls | EN2 |
| | {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | {2 x 100 on 2:10 3 Strokes Fly off Walls | EN2 |
| | {4 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| 6:30 PM | 1,850 Yards - Stress Value = 28 | |

Workout #19594 - Friday, 17 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 750 | 1x{1 x 100 on 2:00 1 Stroke Fly off Walls | EN2 |
| | {2 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 1:55 2 Strokes Fly of Walls | EN2 |
| | {2 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 1:50 3 Strokes Fly off Walls | EN2 |
| | {2 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 1:50 3 Strokes Fly off Walls | EN2 |
| | {2 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | {1 x 100 on 1:55 2 Strokes Fly off Walls | EN2 |
| | {2 x 25 on :35 Fly 5KOW HB 1st 2 strks | EN2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| 6:29 PM | 1,500 Yards - Stress Value = 21 | |

Workout #19595 - Friday, 17 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 5:00 PM | Start | |
| 400 | 1 on 40:00 DS/Dryland | EGY |
| 150 | 4 x 100 on 2:15 SwimUSS | REC |
| 650 | 10 x 15 on :45 Shooters | SP3 |
| 1x{ | 1 x 100 on 2:10 1 Stroke Fly off Walls | EN2 |
| | { 2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 100 on 2:05 2 Strokes Fly of Walls | EN2 |
| | { 2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 100 on 2:00 3 Strokes Fly off Walls | EN2 |
| | { 2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 100 on 2:00 3 Strokes Fly off Walls | EN2 |
| | { 2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 50 on 2:05 2 Strokes Fly off Walls | EN2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| 6:29 PM | 1,400 Yards - Stress Value = 19 | |

Workout #19589 - Friday, 17 February 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:00 PM | Start | |
| | 1 on 15:00 DS/Shower | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 250 | 10 x 25 on :30 Your #1 Pace | SP2 |
| | 1 on 10:00 Racing Skills-Relay Starts | REC |
| | 1 on 10:00 IP's-work on anything that needs improvement from last night | REC |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |
| | 1 on 10:00 Time Trials for anyone that did not swim last night | SP2 |
| | 1 on 10:00 Team Meeting | |
| 4:12 PM | 900 Yards - Stress Value = 25 | |

Workout #19598 - Monday, 20 February 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 5:00 PM | Start | | |
| | 1 on 15:00 DS/Shower | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | D |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S |
| | 1 on 10:00 YDR or Walking | | L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 15:00 Racing Skills-Tivo Starts | | D |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 7:30 PM | 5,350 Yards - Stress Value = 450 | | |

Workout #19599 - Monday, 20 February 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 5:00 PM | Start | |
| | 1 on 35:00 DS/Dryland | |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,200 | 1x{ 1 x 200 on 4:30 Breast Kick w/board | |
| | { 8 x 25 on :40 Breast Kick on back | |
| | { 2 x 150 on 3:25 Breast Kick w/board | |

| | | |
|---------|---|--|
| | { 6 x 25 on :40 Breast Kick on back | |
| | { 3 x 100 on 2:15 Breast Kck w/board | |
| | { 2 x 25 on :40 Breast Kick on back | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | |
| | Evns-underwaters, count kicks | |
| 1,800 | 1x{ 6 x 100 on 1:55 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 5 x 100 on 1:55 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 4 x 100 on 1:55 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 3 x 100 on 1:55 Breaststroke | |
| 600 | 24 x 25 on :35 100 Breast Pace | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:30 PM | 4,650 Yards - Stress Value = 126 | |

Workout #19600 - Monday, 20 February 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 5:00 PM | Start | |
| | 1 on 35:00 DS/Dryland | |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,150 | 1x{ 1 x 200 on 4:45 Breast Kick w/board | |
| | { 8 x 25 on :40 Breast Kick on back | |
| | { 2 x 150 on 3:35 Breast Kick w/board | |
| | { 6 x 25 on :40 Breast Kick on back | |
| | { 3 x 100 on 2:25 Breast Kck w/board | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | |
| | Evns-underwaters, count kicks | |
| 1,600 | 1x{ 6 x 100 on 2:05 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 5 x 100 on 2:05 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 3 x 100 on 2:05 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 2 x 100 on 2:05 Breaststroke | |
| 600 | 24 x 25 on :35 100 Breast Pace | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:29 PM | 4,400 Yards - Stress Value = 121 | |

Workout #19601 - Monday, 20 February 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 5:00 PM | Start | |
| | 1 on 35:00 DS/Dryland | |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,050 | 1x{ 1 x 200 on 5:10 Breast Kick w/board | |
| | { 8 x 25 on :45 Breast Kick on back | |
| | { 2 x 150 on 4:00 Breast Kick w/board | |
| | { 6 x 25 on :45 Breast Kick on back | |
| | { 2 x 100 on 2:35 Breast Kck w/board | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | |
| | Evns-underwaters, count kicks | |
| 1,500 | 1x{ 5 x 100 on 2:15 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 4 x 100 on 2:15 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 3 x 100 on 2:15 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 2 x 100 on 2:15 Breaststroke | |
| | { 1 on 1:00 Rest | |
| | { 1 x 100 on 2:15 Breaststroke | |
| 450 | 18 x 25 on :45 100 Breast Pace | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:30 PM | 4,050 Yards - Stress Value = 102 | |

Workout #19602 - Monday, 20 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 4:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on back
 {1 x 150 on 3:25 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on back
 {1 x 100 on 2:15 Breast Kck w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:55 Breaststroke
 300 12 x 25 on :35 100 Breast Pace
 250 1 x 250 on 5:00 Stroke Drills
 6:55 PM 3,000 Yards - Stress Value = 69

Workout #19603 - Monday, 20 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:25 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on back
 {1 x 150 on 3:35 Breast Kick w/board
 {6 x 25 on :40 Breast Kick on back
 {1 x 100 on 2:25 Breast Kck w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 950 1x{4 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:05 Breaststroke
 300 12 x 25 on :35 100 Breast Pace
 250 1 x 250 on 5:00 Stroke Drills
 6:55 PM 2,900 Yards - Stress Value = 67

Workout #19604 - Monday, 20 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:35 Breast Kick w/board
 {6 x 25 on :45 Breast Kick on back
 {1 x 100 on 2:35 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on back
 {1 x 100 on 2:35 Breast Kck w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{4 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest

{3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:15 Breaststroke
 225 9 x 25 on :45 100 Breast Pace
 250 1 x 250 on 5:00 Stroke Drills
 6:55 PM 2,725 Yards - Stress Value = 57

Workout #19597 - Monday, 20 February 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers L
 400 1 x 400 on 5:00 Choice REC D
 750 15 x 50 on :55 200 Back Pace SP2 S
 400 1 x 400 on 15:00 CFP/Video REC D
 750 15 x 50 on :55 200 Fly Pace SP2 S
 1 on 15:00 YDR or Walking L
 375 15 x 25 on :30 100 Free Pace SP2 S
 1 on 15:00 Racing Skills-Tivo Starts D
 375 15 x 25 on :30 100 Breast Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC D
 9:00 AM 3,300 Yards - Stress Value = 226

Workout #19606 - Tuesday, 21 February 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS//Showers L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Free Pace SP2 S
 200 1 x 200 on 10:00 CFP/Video REC D
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 10:00 Walking w/arm swings REC L
 750 30 x 25 on :30 100 Back Pace SP2 S
 210 14 x 15 on 1:00 Your #1 Shooter SP3 S
 750 30 x 25 on :30 100 Fly Pace SP2 S
 250 1 x 250 on 5:00 Non-specific swimming REC D
 7:29 PM 5,560 Yards - Stress Value = 458

Workout #19607 - Tuesday, 21 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/Snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 50 on 1:10 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:10 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Fly Kick w/board {2 x 25 on :45 Kick no board BS |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,400 | 1x{4 x 25 on :45 Fly w/free Kick {4 x 100 on 2:00 Fly 2/3/4/5 strokes of walls {4 x 25 on :45 Fly lup2down {3 x 100 on 1:55 Fly 2/3/4/5 strokes of walls {4 x 25 on :45 Fly w/free Kick {2 x 100 on 1:50 Fly 2/3/4/5 strokes of walls {4 x 25 on :45 Fly lup2down {1 x 100 on 1:45 Fly 2/3/4/5 strokes of walls |
| 600 | 24 x 25 on :35 100 Fly Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:29 PM 3,950 Yards - Stress Value = 112 |

Workout #19608 - Tuesday, 21 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/Snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:25 Fly Kick w/board {2 x 25 on :45 Kick no board BS |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,400 | 1x{4 x 25 on :45 Fly w/free Kick {4 x 100 on 2:10 Fly 2/3/4/5 strokes of walls {4 x 25 on :45 Fly lup2down {3 x 100 on 2:05 Fly 2/3/4/5 strokes of walls {4 x 25 on :45 Fly w/free Kick {2 x 100 on 2:00 Fly 2/3/4/5 strokes of walls {4 x 25 on :45 Fly lup2down {1 x 100 on 1:55 Fly 2/3/4/5 strokes of walls |
| 600 | 24 x 25 on :35 100 Fly Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,900 Yards - Stress Value = 111 |

Workout #19609 - Tuesday, 21 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/Snorkels |

| | |
|-------|--|
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 50 on 1:25 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:25 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:25 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:25 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,250 | 1x{2 x 25 on 1:00 Fly w/free Kick {4 x 100 on 2:20 Fly 2/3/4/5 strokes of walls {2 x 25 on 1:00 Fly lup2down {3 x 100 on 2:15 Fly 2/3/4/5 strokes of walls {2 x 25 on 1:00 Fly w/free Kick {2 x 100 on 2:10 Fly 2/3/4/5 strokes of walls {4 x 25 on 1:00 Fly lup2down {1 x 100 on 2:05 Fly 2/3/4/5 strokes of walls |
| 600 | 24 x 25 on :35 100 Fly Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,700 Yards - Stress Value = 107 |

Workout #19610 - Tuesday, 21 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/Snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{2 x 50 on 1:10 Fly Kick w/board {2 x 25 on :45 Kick no board BS {2 x 50 on 1:10 Fly Kick w/board {2 x 25 on :45 Kick no board LR {1 x 50 on 1:10 Fly Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Fly Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 700 | 1x{2 x 25 on :45 Fly w/free Kick {2 x 100 on 2:00 Fly 2/3/4/5 strokes of walls {2 x 25 on :45 Fly lup2down {2 x 100 on 1:55 Fly 2/3/4/5 strokes of walls {2 x 25 on :45 Fly w/free Kick {1 x 100 on 1:50 Fly 2/3/4/5 strokes of walls {2 x 25 on :45 Fly lup2down |
| 300 | 12 x 25 on :35 100 Fly Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:52 PM 2,450 Yards - Stress Value = 59 |

Workout #19611 - Tuesday, 21 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 5:00 PM Start | | | |
| | ===== | | | |
| | 1 on 35:00 DS/Dryland | | | |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/Snorkels | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 450 | 1x{2 x 50 on 1:15 Fly Kick w/board | | | |
| | {2 x 25 on :45 Kick no board BS | | | |
| | {2 x 50 on 1:15 Fly Kick w/board | | | |
| | {2 x 25 on :45 Kick no board LR | | | |
| | {2 x 50 on 1:15 Fly Kick w/board | | | |
| | {2 x 25 on :45 Kick no board BSLR | | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | | |
| | Evens-underwaters, count kicks | | | |
| 700 | 1x{2 x 25 on :45 Fly w/free Kick | | | |
| | {2 x 100 on 2:10 Fly 2/3/4/5 strokes of walls | | | |
| | {2 x 25 on :45 Fly lup2down | | | |
| | {2 x 100 on 2:05 Fly 2/3/4/5 strokes of walls | 750 | | |
| | {2 x 25 on :45 Fly w/free Kick | 500 | | |
| | {1 x 100 on 2:00 Fly 2/3/4/5 strokes of walls | | | |
| | {2 x 25 on :45 Fly lup2down | | | |
| 300 | 12 x 25 on :35 100 Fly Pace | | | |
| | 1 on 10:00 Racing Skills-Starts | | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | | |
| | 6:53 PM 2,450 Yards - Stress Value = 59 | | | |

Workout #19612 - Tuesday, 21 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-------|------|-----|
| | 5:00 PM Start | | | |
| | ===== | | | |
| | 1 on 35:00 DS/Dryland | | | |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/Snorkels | | | |
| 150 | 10 x 15 on :45 Shooters | | | |
| 400 | 1x{2 x 50 on 1:25 Fly Kick w/board | | | |
| | {2 x 25 on :45 Kick no board BS | 750 | | |
| | {2 x 50 on 1:25 Fly Kick w/board | 500 | | |
| | {2 x 25 on :45 Kick no board BSLR | | | |
| | {1 x 50 on 1:25 Fly Kick w/board | | | |
| | {2 x 25 on :45 Kick no board BSLR | | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | | |
| | Evens-underwaters, count kicks | | | |
| 550 | 1x{2 x 25 on 1:00 Fly w/free Kick | | | |
| | {2 x 100 on 2:20 Fly 2/3/4/5 strokes of walls | | | |
| | {2 x 25 on 1:00 Fly lup2down | | | |
| | {1 x 100 on 2:15 Fly 2/3/4/5 strokes of walls | Yards | | |
| | {2 x 25 on 1:00 Fly w/free Kick | ===== | | |
| | {1 x 100 on 2:10 Fly 2/3/4/5 strokes of walls | 2,600 | | |
| 300 | 12 x 25 on :35 100 Fly Pace | | | |
| | 1 on 10:00 Racing Skills-Starts | | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | | |
| | 6:52 PM 2,250 Yards - Stress Value = 55 | | | |

Workout #19605 - Tuesday, 21 February 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 3:00 PM Start | | | |
| | ===== | | | |
| | 1 on 45:00 Team Pics/Tm Mtg/DS/Showers | | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | € | |
| 750 | 15 x 50 on :50 200 Free Pace | SP2 | € | |
| 400 | 1 x 400 on 15:00 CFP/Video | REC | I | |
| 750 | 15 x 50 on :55 200 Breast Pace | SP2 | € | |
| | 1 on 15:00 Walking w/arm swings | REC | I | |
| 375 | 15 x 25 on :30 100 Back Pace | SP2 | € | |
| 120 | 8 x 15 on 1:00 Your #1 Shooter | SP3 | € | |
| 375 | 15 x 25 on :30 100 Fly Pace | SP2 | € | |

250 1 x 250 on 5:00 Non-specific swimming REC I
5:23 PM 3,420 Yards - Stress Value = 231

Workout #19622 - Wednesday, 22 February 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 6:18 PM Start | | | |
| | ===== | | | |
| 3,000 | 1x{1 x 300 on 4:00 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:25 Free-descend | EN2 | S | FR |
| | {1 x 300 on 3:55 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:25 Free-descend | EN2 | S | FR |
| | {1 x 300 on 3:50 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:25 Free-descend | EN2 | S | FR |
| | {1 x 300 on 3:45 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:25 Free-descend | EN2 | S | FR |
| | {1 x 300 on 3:40 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:25 Free-descend | EN2 | S | FR |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FR |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | CD |
| | 7:26 PM 4,250 Yards - Stress Value = 135 | | | |

Workout #19623 - Wednesday, 22 February 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 6:18 PM Start | | | |
| | ===== | | | |
| 2,800 | 1x{1 x 300 on 4:15 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:30 Free-descend | EN2 | S | FR |
| | {1 x 300 on 4:10 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:30 Free-descend | EN2 | S | FR |
| | {1 x 300 on 4:05 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:30 Free-descend | EN2 | S | FR |
| | {1 x 300 on 4:00 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:30 Free-descend | EN2 | S | FR |
| | {1 x 300 on 3:55 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:30 Free-fast | EN2 | S | FR |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FR |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | CD |
| | 7:25 PM 4,050 Yards - Stress Value = 131 | | | |

Workout #19624 - Wednesday, 22 February 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 6:18 PM Start | | | |
| | ===== | | | |
| 2,600 | 1x{1 x 300 on 4:35 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:40 Free-descend | EN2 | S | FR |
| | {1 x 300 on 4:25 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:40 Free-descend | EN2 | S | FR |
| | {1 x 300 on 4:20 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:40 Free-descend | EN2 | S | FR |
| | {1 x 300 on 4:15 Freestyle | EN2 | S | FR |
| | {3 x 100 on 1:40 Free-descend | EN2 | S | FR |
| | {1 x 200 on 2:45 Freestyle | EN2 | S | FR |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S | FR |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | CD |
| | 7:26 PM 3,850 Yards - Stress Value = 127 | | | |

Workout #19626 - Wednesday, 22 February 2017

Group 3 - Taper-Gold
1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-----|
| 6:18 PM | Start | | | |
| 1,550 | 1x{1 x 300 on 4:15 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:30 Free-fast | EN2 | S | FR |
| | {1 x 300 on 4:10 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:30 Free-fast | EN2 | S | FR |
| | {1 x 300 on 4:05 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:30 Free-fast | EN2 | S | FR |
| | {1 x 300 on 4:00 Freestyle | EN2 | S | FR |
| | {1 x 50 on :45 Free-fast | EN2 | S | FR |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 | S | FR |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | CD |
| 7:00 PM | 2,425 Yards - Stress Value = 69 | | | |

Workout #19625 - Wednesday, 22 February 2017

Group 3 - Taper-Platinum
1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-----|
| 6:18 PM | Start | | | |
| 1,600 | 1x{1 x 300 on 4:00 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:25 Free-fast | EN2 | S | FR |
| | {1 x 300 on 3:55 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:25 Free-fast | EN2 | S | FR |
| | {1 x 300 on 3:50 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:25 Free-fast | EN2 | S | FR |
| | {1 x 300 on 3:45 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:25 Free-fast | EN2 | S | FR |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 | S | FR |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | CD |
| 7:00 PM | 2,475 Yards - Stress Value = 70 | | | |

Workout #19627 - Wednesday, 22 February 2017

Group 3 - Taper-Silver
1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|---------------------------------|-----|------|-----|
| 6:18 PM | Start | | | |
| 1,450 | 1x{1 x 300 on 4:35 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:40 Free-fast | EN2 | S | FR |
| | {1 x 300 on 4:25 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:40 Free-fast | EN2 | S | FR |
| | {1 x 300 on 4:20 Freestyle | EN2 | S | FR |
| | {1 x 100 on 1:40 Free-fast | EN2 | S | FR |
| | {1 x 250 on 3:30 Freestyle | EN2 | S | FR |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 | S | FR |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D | CD |
| 7:00 PM | 2,325 Yards - Stress Value = 67 | | | |

Workout #19615 - Wednesday, 22 February 2017

Group 2 - Silver-1
1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :35 Wednesday Warm-up |
| | 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{2 x 50 on 1:05 Free Kick w/board |
| | {2 x 75 on 1:40 Free Kick w/board |
| | {3 x 100 on 2:15 Free Kick w/board |
| | {4 x 125 on 2:45 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,800 | 1x{1 x 300 on 5:15 Freestyle |

| |
|--|
| {3 x 100 on 1:55 Free-descend |
| {1 x 300 on 5:10 Freestyle |
| {3 x 100 on 1:55 Free-descend |
| {1 x 300 on 5:05 Freestyle |
| {3 x 100 on 1:55 Free-descend |
| 24 x 25 on :35 100 Free Pace |
| 1 x 250 on 10:00 Game |
| 1 x 250 on 5:00 Stroke Drills |
| 7:31 PM 4,600 Yards - Stress Value = 123 |

Workout #19616 - Wednesday, 22 February 2017

Group 2 - Silver-2
1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :35 Wednesday Warm-up |
| | 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 50 on 1:10 Free Kick w/board |
| | {2 x 75 on 1:50 Free Kick w/board |
| | {3 x 100 on 2:20 Free Kick w/board |
| | {4 x 125 on 2:55 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,600 | 1x{1 x 300 on 5:40 Freestyle |
| | {3 x 100 on 2:00 Free-descend |
| | {1 x 300 on 5:35 Freestyle |
| | {3 x 100 on 2:00 Free-descend |
| | {1 x 300 on 5:30 Freestyle |
| | {1 x 100 on 2:00 Free-descend |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:29 PM | 4,350 Yards - Stress Value = 118 |

Workout #19617 - Wednesday, 22 February 2017

Group 2 - Silver-3
1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :35 Wednesday Warm-up |
| | 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{5 x 50 on 1:15 Free Kick w/board |
| | {4 x 100 on 2:35 Free Kick w/board |
| | {2 x 125 on 3:10 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,500 | 1x{1 x 300 on 6:10 Freestyle |
| | {2 x 100 on 2:10 Free-descend |
| | {1 x 300 on 6:05 Freestyle |
| | {2 x 100 on 2:10 Free-descend |
| | {1 x 300 on 6:00 Freestyle |
| | {2 x 100 on 2:10 Free-descend |
| 500 | 20 x 25 on :40 100 Free Pace |
| 250 | 1 x 250 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:29 PM | 4,050 Yards - Stress Value = 104 |

Workout #19618 - Wednesday, 22 February 2017

6:43 PM 2,350 Yards - Stress Value = 56

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{1 x 50 on 1:05 Free Kick w/board 2 x 75 on 1:40 Free Kick w/board 1 x 100 on 2:15 Free Kick w/board 2 x 125 on 2:45 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 900 | 1x{1 x 200 on 3:30 Freestyle 1 x 100 on 1:55 Free-Fast 1 x 200 on 3:25 Freestyle 1 x 100 on 1:55 Free-Fast 1 x 200 on 3:20 Freestyle 1 x 100 on 1:55 Free-fast |
| 300 | 12 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:43 PM 2,600 Yards - Stress Value = 65 |

Workout #19619 - Wednesday, 22 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{2 x 50 on 1:10 Free Kick w/board 2 x 100 on 2:20 Free Kick w/board 2 x 125 on 2:55 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 800 | 1x{1 x 200 on 3:50 Freestyle 1 x 100 on 2:00 Free-fast 1 x 200 on 3:45 Freestyle 1 x 100 on 2:00 Free-fast 1 x 200 on 3:40 Freestyle |
| 300 | 12 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:43 PM 2,500 Yards - Stress Value = 63 |

Workout #19620 - Wednesday, 22 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 50 on 1:15 Free Kick w/board 2 x 100 on 2:35 Free Kick w/board 2 x 125 on 3:10 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 750 | 1x{1 x 200 on 4:10 Freestyle 1 x 100 on 2:10 Free-fast 1 x 200 on 4:05 Freestyle 1 x 100 on 2:10 Free-fast 1 x 150 on 3:00 Freestyle |
| 250 | 10 x 25 on :40 100 Free Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |

Workout #19613 - Wednesday, 22 February 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | D |
| 1,050 | 21 x 50 on :55 200 IM Pace 5 at pace 2 ez non specific | SP2 | S |
| | 1 on 15:00 Racing Skills-Relay Starts | REC | D |
| 375 | 15 x 25 on :30 Your #2 100 | SP2 | S |
| | 1 on 15:00 Walking w/arm swings | REC | L |
| 750 | 15 x 50 on :50 Your #1 100 | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 4:40 PM 2,825 Yards - Stress Value = 218 | | |

Workout #19614 - Wednesday, 22 February 2017

HighSchl - USRPT

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 10:00 YDR | | L |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| | 500 1 x 500 on 10:00 Social Kick | REC | K |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 7:18 PM 5,350 Yards - Stress Value = 400 | | |

Workout #19621 - Thursday, 23 February 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| | 1 on 10:00 Walking | REC | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | |
| 150 | 10 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| 150 | 10 x 15 on 1:00 Shooters | SP3 | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| | 7:25 PM 5,450 Yards - Stress Value = 462 | | |

Workout #19628 - Thursday, 23 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 900 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:20 Kick on left side {1 x 100 on 2:20 Kick on right side {1 x 100 on 2:20 Streamline kick on back {4 x 25 on :45 Kick no board B {1 x 100 on 2:15 Kick on left side {1 x 100 on 2:15 Kick on right side {1 x 100 on 2:15 Streamline kick on back {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,700 | 1x{4 x 125 on 2:30 Back 10KOLW {3 x 50 on 1:00 Back-descend {3 x 125 on 2:25 Back 10 KOLW {3 x 50 on 1:00 Back-descend {2 x 125 on 2:20 Back 10 KOLW {3 x 50 on 1:00 Back-descend {1 x 125 on 2:15 Back 10 KOLW |
| 600 | 24 x 25 on :35 100 Back Pace |
| 250 | 1 on 10:00 Racing Skills-starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,250 Yards - Stress Value = 118 |

Workout #19629 - Thursday, 23 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 850 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:30 Kick on left side {1 x 100 on 2:30 Kick on right side {1 x 100 on 2:30 Streamline kick on back {4 x 25 on :45 Kick no board B {1 x 100 on 2:25 Kick on left side {1 x 100 on 2:25 Kick on right side {1 x 50 on 1:10 Streamline kick on back {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,575 | 1x{4 x 125 on 2:40 Back 10KOLW {3 x 50 on 1:05 Back-descend {3 x 125 on 2:35 Back 10 KOLW {3 x 50 on 1:05 Back-descend {2 x 125 on 2:35 Back 10 KOLW {3 x 50 on 1:05 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| 250 | 1 on 10:00 Racing Skills-starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,075 Yards - Stress Value = 115 |

Workout #19630 - Thursday, 23 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| | 10 x 15 on :45 Shooters |

| | |
|-------|--|
| 800 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:40 Kick on left side {1 x 100 on 2:40 Kick on right side {1 x 50 on 1:20 Streamline kick on back {4 x 25 on :45 Kick no board B {1 x 100 on 2:35 Kick on left side {1 x 100 on 2:35 Kick on right side {1 x 50 on 1:15 Streamline kick on back {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,350 | 1x{4 x 100 on 2:30 Back 10KOLW {3 x 50 on 1:15 Back-descend {3 x 100 on 2:25 Back 10 KOLW {3 x 50 on 1:15 Back-descend {2 x 100 on 2:20 Back 10 KOLW {3 x 50 on 1:15 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| 250 | 1 on 10:00 Racing Skills-starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,800 Yards - Stress Value = 109 |

Workout #19631 - Thursday, 23 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 500 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{2 x 25 on :45 Kick no board B {1 x 100 on 2:20 Kick on left side {1 x 100 on 2:20 Kick on right side {2 x 25 on :45 Kick no board B {1 x 100 on 2:15 Kick on left side {1 x 100 on 2:15 Kick on right side |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 800 | 1x{2 x 125 on 2:30 Back 10KOLW {3 x 50 on 1:00 Back-descend {2 x 125 on 2:25 Back 10 KOLW {3 x 50 on 1:00 Back-descend |
| 300 | 12 x 25 on :35 100 Back Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:43 PM 2,600 Yards - Stress Value = 62 |

Workout #19632 - Thursday, 23 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 500 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{2 x 25 on :45 Kick no board B {1 x 100 on 2:30 Kick on left side {1 x 100 on 2:30 Kick on right side {1 x 100 on 2:30 Streamline kick on back {2 x 25 on :45 Kick no board B {1 x 100 on 2:25 Kick on left side |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 750 | 1x{2 x 125 on 2:40 Back 10KOLW {2 x 50 on 1:05 Back-descend {2 x 125 on 2:35 Back 10 KOLW {3 x 50 on 1:05 Back-descend |
| 300 | 12 x 25 on :35 100 Back Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:43 PM 2,550 Yards - Stress Value = 61 |

Workout #19633 - Thursday, 23 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{2 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:40 Kick on left side |
| | {1 x 100 on 2:40 Kick on right side |
| | {2 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:35 Kick on left side |
| | {1 x 50 on 1:15 Kick on right side |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 550 | 1x{2 x 100 on 2:30 Back 10KOLW |
| | {2 x 50 on 1:15 Back-descend |
| | {2 x 100 on 2:25 Back 10 KOLW |
| | {1 x 50 on 1:15 Back-fast |
| 300 | 12 x 25 on :35 100 Back Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:43 PM 2,350 Yards - Stress Value = 56 |

| | | | |
|-------|--|-----|---|
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 10:00 YDR | REC | L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-Starts | REC | D |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 5:52 PM 5,350 Yards - Stress Value = 450 | | |

Workout #19636 - Monday, 27 February 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Physio Balls |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:50 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {1 x 150 on 2:45 Kick |
| | {8 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:40 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {1 x 150 on 2:35 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 50 on :50 Kick |
| 1,250 | 1x{2 x 200 on 2:55 Pull 1 breath L.25 |
| | {2 x 175 on 2:30 Pull 1 breath L.25 |
| | {2 x 150 on 2:10 Pull 1 breath L.25 |
| | {2 x 100 on 1:25 Pull 1 breath L.25 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,450 | 1x{1 x 250 on 3:40 Freestyle |
| | {1 x 250 on 3:30 Freestyle |
| | {1 x 250 on 3:20 Freestyle |
| | {1 x 100 on 2:30 Freestyle |
| | {1 x 250 on 3:35 Freestyle |
| | {1 x 250 on 3:25 Freestyle |
| | {1 x 250 on 3:15 Freestyle |
| | {1 x 100 on 2:30 Freestyle |
| | {1 x 250 on 3:30 Freestyle |
| | {1 x 250 on 3:20 Freestyle |
| | {1 x 250 on 3:10 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 6,500 Yards - Stress Value = 93 |

Workout #19635 - Monday, 27 February 2017

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Physio Balls |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,450 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:30 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {1 x 150 on 2:25 Kick |
| | {8 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:20 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {1 x 150 on 2:15 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:10 Kick |
| 1,300 | 1x{2 x 200 on 2:40 Pull 1 breath L.25 |
| | {2 x 175 on 2:20 Pull 1 breath L.25 |
| | {2 x 150 on 2:00 Pull 1 breath L.25 |
| | {2 x 125 on 1:40 Pull 1 breath L.25 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,675 | 1x{1 x 275 on 3:40 Freestyle |
| | {1 x 275 on 3:30 Freestyle |
| | {1 x 275 on 3:20 Freestyle |
| | {1 x 100 on 2:30 Freestyle |
| | {1 x 275 on 3:35 Freestyle |
| | {1 x 275 on 3:25 Freestyle |
| | {1 x 275 on 3:15 Freestyle |
| | {1 x 100 on 2:30 Freestyle |
| | {1 x 275 on 3:30 Freestyle |
| | {1 x 275 on 3:20 Freestyle |
| | {1 x 275 on 3:10 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 6,875 Yards - Stress Value = 104 |

Workout #19634 - Monday, 27 February 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|------------------------|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |

Workout #19637 - Monday, 27 February 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| 550 | 1 on 30:00 DS/Physio Balls |
| 150 | 1 x 550 on 10:00 Swim-kick-pull-swim |
| 1,150 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 150 on 3:10 Kick |
| | {6 x 25 on :35 Kick no board BSLRBS |
| | {1 x 150 on 3:05 Kick |
| | {8 x 25 on :35 Kick no board BSLRX2 |
| | {1 x 150 on 3:00 Kick |
| | {6 x 25 on :35 Kick no board BSLRBS |
| | {1 x 100 on 1:55 Kick |
| 1,150 | 1x{2 x 200 on 3:10 Pull 1 breath L.25 |
| | {2 x 175 on 2:45 Pull 1 breath L.25 |
| | {2 x 150 on 2:20 Pull 1 breath L.25 |
| | {2 x 50 on :45 Pull 1 breath L.25 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,175 | 1x{1 x 225 on 3:40 Freestyle |
| | {1 x 225 on 3:30 Freestyle |
| | {1 x 225 on 3:20 Freestyle |
| | {1 x 75 on 2:30 Freestyle |
| | {1 x 225 on 3:35 Freestyle |
| | {1 x 225 on 3:25 Freestyle |
| | {1 x 225 on 3:15 Freestyle |
| | {1 x 75 on 2:30 Freestyle |
| | {1 x 225 on 3:30 Freestyle |
| | {1 x 225 on 3:20 Freestyle |
| | {1 x 225 on 3:10 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 5,875 Yards - Stress Value = 79 |

Workout #19638 - Monday, 27 February 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| 500 | 1 on 30:00 DS/Physio Balls |
| 150 | 1 x 500 on 10:00 Swim-kick-pull-swim |
| 950 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 150 on 3:10 Kick |
| | {6 x 25 on :45 Kick no board BSLRBS |
| | {1 x 100 on 2:30 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:25 Kick |
| | {6 x 25 on :45 Kick no board BSLRBS |
| | {1 x 100 on 2:20 Kick |
| 950 | 1x{2 x 200 on 3:50 Pull 1 breath L.25 |
| | {2 x 175 on 3:20 Pull 1 breath L.25 |
| | {2 x 100 on 1:50 Pull 1 breath L.25 |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{1 x 200 on 3:40 Freestyle |
| | {1 x 200 on 3:30 Freestyle |
| | {1 x 200 on 3:20 Freestyle |
| | {1 x 50 on 2:30 Freestyle |
| | {1 x 200 on 3:35 Freestyle |
| | {1 x 200 on 3:25 Freestyle |
| | {1 x 200 on 3:15 Freestyle |
| | {1 x 50 on 2:30 Freestyle |
| | {1 x 200 on 3:30 Freestyle |
| | {1 x 200 on 3:20 Freestyle |
| | {1 x 200 on 3:10 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 5,150 Yards - Stress Value = 73 |

Workout #19642 - Monday, 27 February 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,350 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:00 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {2 x 100 on 1:55 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {3 x 100 on 1:50 Kick with flippers |
| | {4 x 25 on :45 Sprint kick |
| | {4 x 100 on 1:45 Kick with flippers |
| | {2 x 25 on :45 Sprint kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,900 | 1x{4 x 125 on 2:30 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 125 on 2:25 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 125 on 2:20 Freestyle |
| | {2 x 50 on 1:15 Perfect technique |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,900 Yards - Stress Value = 123 |

Workout #19643 - Monday, 27 February 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,300 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:05 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {2 x 100 on 2:00 Kick with flippers |
| | {4 x 25 on :45 Sprint Kick |
| | {3 x 100 on 1:55 Kick with flippers |
| | {4 x 25 on :45 Sprint kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,700 | 1x{4 x 125 on 2:45 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {4 x 125 on 2:40 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| | {2 x 125 on 2:35 Freestyle |
| | {3 x 50 on 1:15 Perfect technique |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 4,650 Yards - Stress Value = 117 |

Workout #19644 - Monday, 27 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:10 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:05 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {3 x 100 on 2:00 Kick with flippers
 {4 x 25 on :45 Sprint kick
 {4 x 100 on 1:55 Kick with flippers
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,600 1x{4 x 100 on 2:30 Freestyle
 {3 x 50 on 1:15 Perfect technique
 {4 x 100 on 2:25 Freestyle
 {3 x 50 on 1:15 Perfect technique
 {4 x 100 on 2:20 Freestyle
 {2 x 50 on 1:15 Perfect technique
 600 24 x 25 on :35 100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,550 Yards - Stress Value = 116

Workout #19645 - Monday, 27 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:00 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 1:55 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {1 x 100 on 1:50 Kick with flippers
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{2 x 125 on 2:30 Freestyle
 {2 x 50 on 1:15 Perfect technique
 {2 x 125 on 2:25 Freestyle
 {2 x 50 on 1:15 Perfect technique
 {2 x 125 on 2:20 Freestyle
 {2 x 50 on 1:15 Perfect technique
 300 12 x 25 on :35 100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 6:49 PM 2,950 Yards - Stress Value = 63

Workout #19646 - Monday, 27 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:05 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:00 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {1 x 100 on 1:55 Kick with flippers
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 975 1x{2 x 125 on 2:45 Freestyle
 {3 x 50 on 1:15 Perfect technique

{2 x 125 on 2:40 Freestyle
 {2 x 50 on 1:15 Perfect technique
 {1 x 125 on 2:35 Freestyle
 {2 x 50 on 1:15 Perfect technique
 300 12 x 25 on :35 100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 6:50 PM 2,875 Yards - Stress Value = 60

Workout #19647 - Monday, 27 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:10 Kick with flippers
 {4 x 25 on :45 Sprint Kick
 {2 x 100 on 2:05 Kick with flippers
 {4 x 25 on :45 Sprint kick
 {1 x 50 on 1:00 Kick with flippers
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{2 x 100 on 2:30 Freestyle
 {2 x 50 on 1:15 Perfect technique
 {2 x 100 on 2:25 Freestyle
 {2 x 50 on 1:15 Perfect technique
 {2 x 100 on 2:20 Freestyle
 {2 x 50 on 1:15 Perfect technique
 300 12 x 25 on :35 100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 6:49 PM 2,750 Yards - Stress Value = 59

Workout #19639 - Monday, 27 February 2017

Taper 1 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:10 Kick
 450 1x{1 x 175 on 2:20 Pull 1 breath L.25
 {1 x 150 on 2:00 Pull 1 breath L.25
 {1 x 125 on 1:40 Pull 1 breath L.25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 275 on 3:35 Freestyle
 {1 x 275 on 3:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 275 on 3:25 Freestyle
 {1 x 275 on 3:20 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 275 on 3:15 Freestyle
 {1 x 275 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,750 Yards - Stress Value = 60

Workout #19640 - Monday, 27 February 2017

Taper 1 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:40 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {2 x 25 on :30 Kick no board BS
 400 1x{1 x 175 on 2:30 Pull 1 breath L.25
 {1 x 150 on 2:10 Pull 1 breath L.25
 {1 x 75 on 1:05 Pull 1 breath L.25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{1 x 250 on 3:35 Freestyle
 {1 x 250 on 3:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 250 on 3:25 Freestyle
 {1 x 250 on 3:20 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 250 on 3:15 Freestyle
 {1 x 250 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,450 Yards - Stress Value = 52

{3 x 100 on 1:25 Pulls BTS
 {2 x 100 on 1:20 Pulls BTS
 {1 x 100 on 1:15 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{4 x 100 on 1:30 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {4 x 100 on 1:25 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {4 x 100 on 1:20 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {4 x 100 on 1:15 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 500 1 on 15:00 Racing Skills-Starts
 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,450 Yards - Stress Value = 59

Workout #19648 - Tuesday, 28 February 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 200 1 x 200 on 8:00 CFP/Video REC
 1,500 30 x 50 on :55 200 Fly Pace SP2
 1 on 10:00 Walking w/arm swings/Jump rope REC
 750 30 x 25 on :30 100 Free Pace SP2
 210 14 x 15 on 1:00 Your #1 Shooter SP3
 750 30 x 25 on :30 100 Breast Pace SP2
 250 1 x 250 on 5:00 Non-specific swimming REC
 5:57 PM 5,560 Yards - Stress Value = 458

Workout #19641 - Monday, 27 February 2017

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{1 x 150 on 3:05 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 350 1x{1 x 175 on 2:45 Pull 1 breath L.25
 {1 x 150 on 2:20 Pull 1 breath L.25
 {1 x 25 on :30 Pull 1 breath
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 225 on 3:35 Freestyle
 {1 x 225 on 3:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 225 on 3:25 Freestyle
 {1 x 225 on 3:20 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 225 on 3:15 Freestyle
 {1 x 225 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,200 Yards - Stress Value = 44

Workout #19649 - Tuesday, 28 February 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 800 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 1,000 1x{4 x 100 on 1:30 Pulls BTB

Workout #19650 - Tuesday, 28 February 2017

1 minute rest between sets

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Core
 150 1 x 600 on 10:00 Top Hat Drill
 800 10 x 15 on :45 Shooters
 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 950 1x{4 x 100 on 1:35 Pulls BTB
 {3 x 100 on 1:30 Pulls BTS
 {2 x 100 on 1:25 Pulls BTS
 {1 x 50 on :40 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 1x{4 x 100 on 1:35 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {4 x 100 on 1:30 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {4 x 100 on 1:25 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {3 x 100 on 1:20 Backstroke
 {1 x 50 on :55 Backstroke
 500 1 on 15:00 Racing Skills-Starts
 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,200 Yards - Stress Value = 56

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 30:00 DS/Core
 150 1 x 500 on 10:00 Top Hat Drill
 800 10 x 15 on :45 Shooters
 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 800 1x{2 x 100 on 1:55 Pulls BTB
 {3 x 100 on 1:50 Pulls BTS
 {2 x 100 on 1:45 Pulls BTS
 {1 x 100 on 1:40 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,500 1x{4 x 100 on 2:00 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {4 x 100 on 1:55 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {4 x 100 on 1:50 Backstroke
 500 1 on 15:00 Racing Skills-Starts
 10 x 50 on 1:00 Stroke Drills
 5:59 PM 4,450 Yards - Stress Value = 49

Workout #19656 - Tuesday, 28 February 2017

Group 3 - Taper-Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 DS/Core
 150 1 x 550 on 10:00 Top Hat Drill
 800 10 x 15 on :45 Shooters
 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 900 1x{3 x 100 on 1:40 Pulls BTB
 {3 x 100 on 1:35 Pulls BTS
 {2 x 100 on 1:30 Pulls BTS
 {1 x 100 on 1:25 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 1,750 1x{4 x 100 on 1:45 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {4 x 100 on 1:40 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {4 x 100 on 1:35 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 100 on 1:30 Backstroke
 500 1 on 15:00 Racing Skills-Starts
 10 x 50 on 1:00 Stroke Drills
 6:00 PM 4,850 Yards - Stress Value = 52

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Core
 150 1 x 400 on 10:00 Top Hat Drill
 400 10 x 15 on :45 Shooters
 5x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 350 1x{1 x 100 on 1:55 Pulls BTB
 {1 x 100 on 1:50 Pulls BTS
 {1 x 100 on 1:45 Pulls BTS
 {1 x 50 on :50 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{2 x 100 on 2:00 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {2 x 100 on 1:55 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 50 on 1:00 Backstroke
 500 1 on 15:00 Racing Skills-Starts
 10 x 50 on 1:00 Stroke Drills
 5:26 PM 2,750 Yards - Stress Value = 27

Workout #19652 - Tuesday, 28 February 2017

Group 3 - Bronze

Workout #19654 - Tuesday, 28 February 2017

Group 3 - Taper-Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 400 | 1 on 30:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 5x{1 x 40 on :01 Sprint kick {1 x 40 on 1:59 Sprint free no 1 breath { 12 yd under water fly kick |
| 450 | 1x{2 x 100 on 1:35 Pulls BTB {1 x 100 on 1:30 Pulls BTS {1 x 100 on 1:25 Pulls BTS {1 x 50 on :40 Pulls BTB |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,100 | 1x{2 x 100 on 1:35 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {2 x 100 on 1:30 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {2 x 100 on 1:25 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 1:20 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke |
| 250 | 1 on 15:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:21 PM 2,850 Yards - Stress Value = 30 | |

Workout #19653 - Tuesday, 28 February 2017

Group 3 - Taper-Platinum

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 400 | 1 on 30:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 5x{1 x 40 on :01 Sprint kick {1 x 40 on 1:59 Sprint free no 1 breath { 12 yd under water fly kick |
| 500 | 1x{2 x 100 on 1:30 Pulls BTB {1 x 100 on 1:25 Pulls BTS {1 x 100 on 1:20 Pulls BTS {1 x 100 on 1:15 Pulls BTB |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{2 x 100 on 1:30 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {2 x 100 on 1:25 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {2 x 100 on 1:20 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {2 x 100 on 1:15 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke |
| 250 | 1 on 15:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:21 PM 3,000 Yards - Stress Value = 32 | |

Workout #19655 - Tuesday, 28 February 2017

Group 3 - Taper-Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 400 | 1 on 30:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 5x{1 x 40 on :01 Sprint kick {1 x 40 on 1:59 Sprint free no 1 breath { 12 yd under water fly kick |
| 400 | 1x{1 x 100 on 1:40 Pulls BTB {1 x 100 on 1:35 Pulls BTS {1 x 100 on 1:30 Pulls BTS {1 x 100 on 1:25 Pulls BTB |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{2 x 100 on 1:45 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {2 x 100 on 1:40 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {2 x 100 on 1:35 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on :50 Backstroke {1 x 100 on 1:30 Backstroke |
| 250 | 1 on 15:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:21 PM 2,700 Yards - Stress Value = 29 | |

Workout #19657 - Tuesday, 28 February 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|--|--|
| 500 | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:20 Kick on left side {1 x 100 on 2:20 Kick on right side {1 x 100 on 2:20 Streamline kick on back {4 x 25 on :45 Kick no board B {1 x 100 on 2:15 Kick on left side {1 x 100 on 2:15 Kick on right side {1 x 100 on 2:15 Streamline kick on back {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,700 | 1x{4 x 125 on 2:30 Back 10KOLW {3 x 50 on 1:00 Back-descend {3 x 125 on 2:25 Back 10 KOLW {3 x 50 on 1:00 Back-descend {2 x 125 on 2:20 Back 10 KOLW {3 x 50 on 1:00 Back-descend {1 x 125 on 2:15 Back 10 KOLW |
| 600 | 24 x 25 on :35 100 Back Pace |
| 250 | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM 4,250 Yards - Stress Value = 118 | |

Workout #19658 - Tuesday, 28 February 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:30 Kick on left side
 {1 x 100 on 2:30 Kick on right side
 {1 x 100 on 2:30 Streamline kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:25 Kick on left side
 {1 x 100 on 2:25 Kick on right side
 {1 x 50 on 1:10 Streamline kick on back
 {4 x 25 on :45 Kick no board B
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,575 1x{4 x 125 on 2:40 Back 10KOLW
 {3 x 50 on 1:05 Back-descend
 {3 x 125 on 2:35 Back 10 KOLW
 {3 x 50 on 1:05 Back-descend
 {2 x 125 on 2:35 Back 10 KOLW
 {3 x 50 on 1:05 Back-descend
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Racing Skills-starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,075 Yards - Stress Value = 115

Workout #19659 - Tuesday, 28 February 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:40 Kick on left side
 {1 x 100 on 2:40 Kick on right side
 {1 x 50 on 1:20 Streamline kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:35 Kick on left side
 {1 x 100 on 2:35 Kick on right side
 {1 x 50 on 1:15 Streamline kick on back
 {4 x 25 on :45 Kick no board B
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{4 x 100 on 2:30 Back 10KOLW
 {3 x 50 on 1:15 Back-descend
 {3 x 100 on 2:25 Back 10 KOLW
 {3 x 50 on 1:15 Back-descend
 {2 x 100 on 2:20 Back 10 KOLW
 {3 x 50 on 1:15 Back-descend
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Racing Skills-starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 109

Workout #19660 - Tuesday, 28 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 500 1x{2 x 25 on :45 Kick no board B

{1 x 100 on 2:20 Kick on left side
 {1 x 100 on 2:20 Kick on right side
 {2 x 25 on :45 Kick no board B
 {1 x 100 on 2:15 Kick on left side
 {1 x 100 on 2:15 Kick on right side
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{2 x 125 on 2:30 Back 10KOLW
 {1 x 50 on 1:00 Back-fast
 {2 x 125 on 2:25 Back 10 KOLW
 {1 x 50 on 1:00 Back-FAST
 {2 x 125 on 2:20 Back 10 KOLW
 {1 x 50 on 1:00 Back-FAST
 300 12 x 25 on :35 100 Back Pace
 1 on 10:00 Racing Skills-starts
 250 1 x 250 on 5:00 Stroke Drills
 6:55 PM 2,600 Yards - Stress Value = 64

Workout #19661 - Tuesday, 28 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 500 1x{2 x 25 on :45 Kick no board B
 {1 x 100 on 2:30 Kick on left side
 {1 x 100 on 2:30 Kick on right side
 {2 x 25 on :45 Kick no board B
 {1 x 100 on 2:25 Kick on left side
 {1 x 100 on 2:25 Kick on right side
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 850 1x{2 x 125 on 2:40 Back 10KOLW
 {1 x 50 on 1:05 Back-FAST
 {2 x 125 on 2:35 Back 10 KOLW
 {1 x 50 on 1:05 Back-FAST
 {2 x 100 on 2:05 Back 10 KOLW
 {1 x 50 on 1:05 Back-FAST
 300 12 x 25 on :35 100 Back Pace
 1 on 10:00 Racing Skills-starts
 250 1 x 250 on 5:00 Stroke Drills
 6:55 PM 2,550 Yards - Stress Value = 63

Workout #19662 - Tuesday, 28 February 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 Sun Yang Freestyle w/snorkel |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{2 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:40 Kick on left side |
| | {1 x 100 on 2:40 Kick on right side |
| | {2 x 25 on :45 Kick no board B |
| | {1 x 50 on 1:15 Kick on left side |
| | {1 x 50 on 1:15 Kick on right side |
| | {2 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 750 | 1x{2 x 100 on 2:30 Back 10KOLW |
| | {1 x 50 on 1:15 Back-FAST |
| | {2 x 100 on 2:25 Back 10 KOLW |
| | {1 x 50 on 1:15 Back-FAST |
| | {2 x 100 on 2:20 Back 10 KOLW |
| | {1 x 50 on 1:00 Back-FAST |
| 300 | 12 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:55 PM 2,400 Yards - Stress Value = 60 |

Workout #19664 - Wednesday, 01 March 2017

Group 3 - Fly

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/TRX bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {4 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {6 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| 1,600 | 1x{1 x 400 on 5:30 Lungbuster pulls |
| | {2 x 300 on 4:05 Lungbuster pulls |
| | {3 x 200 on 2:45 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,450 | 1x{1 x 200 on 3:00 Butterfly |
| | {1 x 150 on 2:00 Freestyle |
| | {2 x 200 on 3:00 Butterfly |
| | {1 x 150 on 2:00 Freestyle |
| | {3 x 200 on 3:00 Butterfly |
| | {1 x 150 on 2:00 Freestyle |
| | {4 x 200 on 3:00 Butterfly |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 7:30 PM 6,700 Yards - Stress Value = 97 |

Workout #19663 - Wednesday, 01 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|--------------------------------------|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS>Showers | | |
| 400 | 1 x 400 on 5:00 Choice | | REC |
| 1,500 | 30 x 50 on :50 200 Free Pace | | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video | | REC |
| 1,500 | 30 x 50 on :55 200 Breast Pace | | SP2 |
| | 1 on 10:00 Racing Skills-underwaters | | SP3 |

| | | |
|-----|--|-----|
| 750 | 30 x 25 on :30 100 Back Pace | SP2 |
| 210 | 14 x 15 on 1:00 Spinners/sculling drills | SP3 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |
| | 5:57 PM 5,560 Yards - Stress Value = 458 | |

Workout #19665 - Wednesday, 01 March 2017

Group 3 - Gold

1 minute rest between sets

5:00 AM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 75 on 1:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {4 x 75 on 1:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {6 x 75 on 1:20 Kick |
| 1,500 | 1x{1 x 400 on 5:50 Lungbuster pulls |
| | {2 x 300 on 4:20 Lungbuster pulls |
| | {3 x 150 on 2:10 Lungbuster pulls |
| | {1 x 50 on :45 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,050 | 1x{1 x 200 on 3:25 Butterfly |
| | {1 x 150 on 2:15 Freestyle |
| | {2 x 200 on 3:25 Butterfly |
| | {1 x 150 on 2:15 Freestyle |
| | {3 x 200 on 3:25 Butterfly |
| | {1 x 150 on 2:15 Freestyle |
| | {2 x 200 on 3:25 Butterfly |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 7:29 AM 6,100 Yards - Stress Value = 84 |

Workout #19666 - Wednesday, 01 March 2017

Group 3 - Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {2 x 75 on 1:30 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {4 x 75 on 1:30 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {4 x 75 on 1:30 Kick |
| 1,400 | 1x{1 x 400 on 6:10 Lungbuster pulls |
| | {2 x 300 on 4:35 Lungbuster pulls |
| | {4 x 100 on 1:35 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,000 | 1x{1 x 200 on 3:40 Butterfly |
| | {1 x 150 on 2:25 Freestyle |
| | {2 x 200 on 3:40 Butterfly |
| | {1 x 150 on 2:25 Freestyle |
| | {3 x 200 on 3:40 Butterfly |
| | {1 x 100 on 1:40 Freestyle |
| | {2 x 200 on 3:40 Butterfly |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 7:30 PM 5,800 Yards - Stress Value = 80 |

Workout #19667 - Wednesday, 01 March 2017

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {4 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:10 Kick |
| 1,200 | 1x{1 x 400 on 7:15 Lungbuster pulls {2 x 300 on 5:30 Lungbuster pulls {2 x 100 on 1:50 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 150 on 3:30 Butterfly {1 x 150 on 2:45 Freestyle {2 x 150 on 3:30 Butterfly {1 x 150 on 2:45 Freestyle {3 x 150 on 3:30 Butterfly {1 x 100 on 1:50 Freestyle {2 x 150 on 3:30 Butterfly |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 7:30 PM 5,000 Yards - Stress Value = 66 |

Workout #19671 - Wednesday, 01 March 2017

Group 3 - Taper-Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :45 Kick no board BSLR {2 x 75 on 1:45 Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:10 Kick |
| 350 | 1x{1 x 300 on 5:30 Lungbuster pulls {1 x 50 on :55 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 950 | 1x{1 x 150 on 3:30 Butterfly {1 x 150 on 2:45 Freestyle {2 x 150 on 3:30 Butterfly {1 x 150 on 2:45 Freestyle {1 x 200 on 4:40 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:40 PM 2,700 Yards - Stress Value = 34 |

Workout #19669 - Wednesday, 01 March 2017

Group 3 - Taper-Gold

1 minute rest between sets

5:00 AM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:20 Kick {2 x 25 on :30 Kick no board BS {4 x 75 on 1:20 Kick |
| 450 | 1x{1 x 300 on 4:20 Lungbuster pulls {1 x 150 on 2:10 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |

| | |
|-------|--|
| 1,300 | 1x{1 x 200 on 3:25 Butterfly {1 x 150 on 2:15 Freestyle {2 x 200 on 3:25 Butterfly {1 x 150 on 2:15 Freestyle {2 x 200 on 3:25 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:41 AM 3,350 Yards - Stress Value = 47 |

Workout #19668 - Wednesday, 01 March 2017

Group 3 - Taper-Platinum

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/TRX bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:10 Kick |
| 500 | 1x{1 x 300 on 4:05 Lungbuster pulls {1 x 200 on 2:45 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{1 x 200 on 3:00 Butterfly {1 x 150 on 2:00 Freestyle {2 x 200 on 3:00 Butterfly {1 x 150 on 2:00 Freestyle {3 x 200 on 3:00 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:41 PM 3,650 Yards - Stress Value = 52 |

Workout #19670 - Wednesday, 01 March 2017

Group 3 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :35 Kick no board BSLR {2 x 75 on 1:30 Kick {4 x 25 on :35 Kick no board BSLR {2 x 75 on 1:30 Kick |
| 400 | 1x{1 x 300 on 4:35 Lungbuster pulls {1 x 100 on 1:35 Lungbuster pulls |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{1 x 200 on 3:40 Butterfly {1 x 150 on 2:25 Freestyle {2 x 200 on 3:40 Butterfly {1 x 150 on 2:25 Freestyle {2 x 150 on 2:40 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:41 PM 3,100 Yards - Stress Value = 42 |

Workout #19672 - Wednesday, 01 March 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:15 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:10 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:05 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:00 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 4:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {3 x 50 on 1:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 117

Workout #19673 - Wednesday, 01 March 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:25 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:15 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board-100%
 {1 x 100 on 2:10 Breast Kick w/board
 {1 x 50 on 1:20 Breast Kick w/board-100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 4:20 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:15 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:10 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {3 x 50 on 1:05 Breaststroke
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,750 Yards - Stress Value = 103

Workout #19674 - Wednesday, 01 March 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:45 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 100 on 2:40 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 100 on 2:35 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board-100%
 {1 x 50 on 1:15 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{1 x 200 on 4:40 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:30 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:20 Breaststroke
 {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p
 {2 x 50 on 1:10 Breaststroke
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,600 Yards - Stress Value = 100

Workout #19675 - Wednesday, 01 March 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 14 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 2-13
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:15 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick w/board-100%
 {1 x 100 on 2:10 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {2 x 150 on 3:00 Breaststroke
 {2 x 75 on 1:45 Brst w/25flykck25frkck252k1p
 {3 x 100 on 2:00 Breaststroke
 300 12 x 25 on :35 100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 6:59 PM 2,750 Yards - Stress Value = 68

Workout #19676 - Wednesday, 01 March 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :35 Wednesday Warm-up |
| | 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{1 x 100 on 2:30 Breast Kick w/board |
| | {2 x 50 on 1:20 Breast Kick w/board-100% |
| | {1 x 100 on 2:25 Breast Kick w/board |
| | {2 x 50 on 1:20 Breast Kick w/board-100% |
| | {1 x 50 on 1:10 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,000 | 1x{1 x 200 on 4:20 Breaststroke |
| | {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p |
| | {2 x 150 on 3:15 Breaststroke |
| | {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p |
| | {2 x 100 on 2:10 Breaststroke |
| 250 | 10 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,550 Yards - Stress Value = 60 |

Workout #19677 - Wednesday, 01 March 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :35 Wednesday Warm-up |
| | 2-16, 4-15, 6-14, 2-13 |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{1 x 100 on 2:45 Breast Kick w/board |
| | {2 x 50 on 1:30 Breast Kick w/board-100% |
| | {1 x 100 on 2:40 Breast Kick w/board |
| | {2 x 50 on 1:30 Breast Kick w/board-100% |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 900 | 1x{1 x 200 on 4:40 Breaststroke |
| | {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p |
| | {2 x 150 on 3:30 Breaststroke |
| | {2 x 75 on 2:00 Brst w/25flykck25frkck252k1p |
| | {1 x 100 on 2:20 Breaststroke |
| 250 | 10 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:58 PM 2,400 Yards - Stress Value = 57 |

Workout #19679 - Thursday, 02 March 2017

Group 3 - Breast

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 600 on 10:00 Underwater trn drill |
| | 10 x 15 on :45 Shooters |
| 1,600 | 1x{2 x 100 on 1:30 Kick your best kick |
| | {2 x 50 on 1:00 Kick your 2nd best kick |
| | {2 x 50 on 1:05 Kick your 3rd best kick |
| | {2 x 100 on 1:35 Kick your best kick |
| | {2 x 50 on 1:00 Kick your 2nd best kick |
| | {2 x 50 on 1:05 Kick your 3rd best kick |
| | {2 x 100 on 1:40 Kick your best kick |
| | {2 x 50 on 1:00 Kick your 2nd best kick |
| | {2 x 50 on 1:05 Kick your 3rd best kick |
| | {2 x 100 on 1:45 Kick your best kick |

| | |
|-------|---|
| | {2 x 50 on 1:00 Kick your 2nd best kick |
| | {2 x 50 on 1:05 Kick your 3rd best kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 1x{1 x 200 on 4:00 Breast 2K1P |
| | {3 x 50 on 1:00 Breast descend |
| | {1 x 200 on 4:00 Breast 3-4-5-6 sec glide |
| | {3 x 50 on :55 Breast-descend |
| | {1 x 200 on 4:00 Breast-Kick on back |
| | {3 x 50 on :50 Breast-descend |
| | {1 x 200 on 4:00 Breast-Kick on back |
| | {3 x 50 on :50 Breast-descend |
| | {1 x 200 on 4:00 Breast 3-4-5-6 glide |
| | {1 x 50 on :55 Breast-Fast |
| | 1 on 15:00 Racing skills-starts |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| | 5:56 PM 4,700 Yards - Stress Value = 47 |

Workout #19695 - Thursday, 02 March 2017

Group 3 - IM's

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|---|-----|------|-----|
| 6:00 AM | Start | | | |
| | 1 on 15:00 DS/Showers | | | L I |
| 400 | 1 x 400 on 5:00 Choice | REC | | S C |
| 2,400 | 1x{1 x 200 on 3:00 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:30 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:05 Freestyle | EN2 | | S |
| | {1 x 100 on 1:25 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:10 Freestyle | EN2 | | S |
| | {1 x 100 on 1:20 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:15 Freestyle | EN2 | | S |
| | {1 x 100 on 1:15 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:20 Freestyle | EN2 | | S |
| | {1 x 200 on 3:00 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:25 Individual Medley | EN2 | | S |
| | {1 x 100 on 1:05 Freestyle | EN2 | | S |
| | {1 x 100 on 1:15 Freestyle | EN2 | | S |
| | {1 x 100 on 1:10 Freestyle | EN2 | | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | | D |
| | 6:59 AM 3,050 Yards - Stress Value = 48 | | | |

Workout #19687 - Thursday, 02 March 2017

Group 3 - Race day warmup

1 minute rest between sets

| Yards | Set Description | EGY | WORK | S |
|---------|---|-----|------|-----|
| 3:30 PM | Start | | | |
| | 1 on 30:00 DS/Shoulders | | | L I |
| 400 | 1 x 400 on 10:00 Choice | REC | | D C |
| 150 | 10 x 15 on :45 Shooters | SP3 | | S C |
| 300 | 3 x 100 on 2:15 Kick | EN2 | | K |
| 400 | 8 x 50 on 1:00 Down Drill-back build | EN1 | | D C |
| | Odds free evens non free | | | |
| 300 | 12 x 25 on :40 Variable Speed | SP3 | | S |
| 50 | 2 x 25 on 2:00 OTB | SP3 | | S C |
| 250 | 1 x 250 on 5:00 Choice | REC | | S C |
| | 4:56 PM 1,850 Yards - Stress Value = 30 | | | |

Workout #19678 - Thursday, 02 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY W |
|---------|---|-------|
| 3:30 PM | Start | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 |
| | 1 on 10:00 Racing Skills-1 leg starts | REC |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video | REC |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 |
| | 1 on 10:00 Walking w/arm swings/jump rope | REC |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| 5:43 PM | 4,850 Yards - Stress Value = 400 | |

| | |
|---------|---|
| | {1 x 100 on 2:10 Kick your best kick |
| | {1 x 50 on 1:10 Kick your 2nd best kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{1 x 150 on 3:25 Breast 2K1P |
| | {3 x 50 on 1:10 Breast descend |
| | {1 x 150 on 3:25 Breast 3-4-5-6 sec glide |
| | {3 x 50 on 1:05 Breast-descend |
| | {1 x 150 on 3:25 Breast-Kick on back |
| | {3 x 50 on 1:00 Breast-descend |
| | {1 x 150 on 3:25 Breast-Kick on back |
| | {3 x 50 on 1:00 Breast-descend |
| | {1 x 150 on 3:25 Breast 3-4-5-6 glide |
| | {2 x 50 on 1:05 Breast-fast |
| | 1 on 15:00 Racing Skills-Starts |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:56 PM | 4,200 Yards - Stress Value = 45 |

Workout #19682 - Thursday, 02 March 2017

Group 3 - Bronze

1 minute rest between sets

Workout #19680 - Thursday, 02 March 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 600 on 10:00 Underwater trn drill |
| 1,450 | 10 x 15 on :45 Shooters |
| 1,450 | 1x{2 x 100 on 1:45 Kick your best kick |
| | {2 x 50 on 1:05 Kick your 2nd best kick |
| | {2 x 50 on 1:10 Kick your 3rd best kick |
| | {2 x 100 on 1:50 Kick your best kick |
| | {2 x 50 on 1:05 Kick your 2nd best kick |
| | {2 x 50 on 1:10 Kick your 3rd best kick |
| | {2 x 100 on 1:55 Kick your best kick |
| | {2 x 50 on 1:05 Kick your 2nd best kick |
| | {2 x 50 on 1:10 Kick your 3rd best kick |
| | {1 x 100 on 2:00 Kick your best kick |
| | {2 x 50 on 1:05 Kick your 2nd best kick |
| | {1 x 50 on 1:10 Kick your 3rd best kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,550 | 1x{1 x 200 on 4:15 Breast 2K1P |
| | {3 x 50 on 1:05 Breast descend |
| | {1 x 200 on 4:15 Breast 3-4-5-6 sec glide |
| | {3 x 50 on 1:00 Breast-descend |
| | {1 x 200 on 4:15 Breast-Kick on back |
| | {3 x 50 on :55 Breast-descend |
| | {1 x 200 on 4:15 Breast-Kick on back |
| | {3 x 50 on :55 Breast-descend |
| | {1 x 150 on 3:10 Breast 3-4-5-6 glide |
| | 1 on 15:00 Racing Skills-starts |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:56 PM | 4,450 Yards - Stress Value = 45 |

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 500 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 500 on 10:00 Underwater trn drill |
| 1,250 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{2 x 100 on 2:15 Kick your best kick |
| | {2 x 50 on 1:10 Kick your 2nd best kick |
| | {2 x 50 on 1:15 Kick your 3rd best kick |
| | {2 x 100 on 2:20 Kick your best kick |
| | {2 x 50 on 1:10 Kick your 2nd best kick |
| | {2 x 50 on 1:15 Kick your 3rd best kick |
| | {2 x 100 on 2:25 Kick your best kick |
| | {3 x 50 on 1:10 Kick your 2nd best kick |
| | {2 x 50 on 1:15 Kick your 3rd best kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{1 x 150 on 3:45 Breast 2K1P |
| | {3 x 50 on 1:15 Breast descend |
| | {1 x 150 on 3:45 Breast 3-4-5-6 sec glide |
| | {3 x 50 on 1:10 Breast-descend |
| | {1 x 150 on 3:45 Breast-Kick on back |
| | {3 x 50 on 1:05 Breast-descend |
| | {1 x 150 on 3:45 Breast-Kick on back |
| | {3 x 50 on :55 Breast-descend |
| | {1 x 150 on 3:45 Breast 3-4-5-6 glide |
| | 1 on 15:00 Racing Skills-Starts |
| 500 | 10 x 50 on 1:00 Stroke Drills |
| 5:56 PM | 3,950 Yards - Stress Value = 43 |

Workout #19681 - Thursday, 02 March 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 550 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 550 on 10:00 Underwater trn drill |
| 1,350 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{2 x 100 on 1:55 Kick your best kick |
| | {2 x 50 on 1:10 Kick your 2nd best kick |
| | {2 x 50 on 1:15 Kick your 3rd best kick |
| | {2 x 100 on 2:00 Kick your best kick |
| | {2 x 50 on 1:10 Kick your 2nd best kick |
| | {2 x 50 on 1:15 Kick your 3rd best kick |
| | {2 x 100 on 2:05 Kick your best kick |
| | {2 x 50 on 1:10 Kick your 2nd best kick |
| | {2 x 50 on 1:15 Kick your 3rd best kick |

Workout #19686 - Thursday, 02 March 2017

Group 3 - Taper-Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 30:00 DS/Shoulders |
| 400 | 1 x 400 on 10:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{1 x 100 on 2:15 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:20 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:25 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 750 | 1x{1 x 150 on 3:45 Breast-Kick on back {3 x 50 on 1:05 Breast-descend {1 x 150 on 3:45 Breast-Kick on back {3 x 50 on :55 Breast-descend {1 x 150 on 3:45 Breast 3-4-5-6 glide 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:14 PM | 2,250 Yards - Stress Value = 21 |

Workout #19684 - Thursday, 02 March 2017

Group 3 - Taper-Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 30:00 DS/Shoulders |
| 400 | 1 x 400 on 10:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 1:45 Kick your best kick {1 x 50 on 1:05 Kick your 2nd best kick {1 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:50 Kick your best kick {1 x 50 on 1:05 Kick your 2nd best kick {1 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 1:55 Kick your best kick {1 x 50 on 1:05 Kick your 2nd best kick {1 x 50 on 1:10 Kick your 3rd best kick {1 x 100 on 2:00 Kick your best kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 850 | 1x{1 x 200 on 4:15 Breast-Kick on back {3 x 50 on :55 Breast-descend {1 x 200 on 4:15 Breast-Kick on back {3 x 50 on :55 Breast-descend {1 x 150 on 3:10 Breast 3-4-5-6 glide 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:14 PM | 2,450 Yards - Stress Value = 22 |

Workout #19683 - Thursday, 02 March 2017

Group 3 - Taper-Platinum

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 30:00 DS/Shoulders |
| 400 | 1 x 400 on 10:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 1:30 Kick your best kick {1 x 50 on 1:00 Kick your 2nd best kick {1 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:35 Kick your best kick |

| | |
|---------|--|
| | {1 x 50 on 1:00 Kick your 2nd best kick |
| | {1 x 50 on 1:05 Kick your 3rd best kick |
| | {1 x 100 on 1:40 Kick your best kick |
| | {1 x 50 on 1:00 Kick your 2nd best kick |
| | {1 x 50 on 1:05 Kick your 3rd best kick |
| | {1 x 100 on 1:45 Kick your best kick |
| | {1 x 50 on 1:00 Kick your 2nd best kick |
| | {1 x 50 on 1:05 Kick your 3rd best kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 950 | 1x{1 x 200 on 4:00 Breast-Kick on back {3 x 50 on :50 Breast-descend {1 x 200 on 4:00 Breast-Kick on back {3 x 50 on :50 Breast-descend {1 x 200 on 4:00 Breast 3-4-5-6 glide {1 x 50 on :55 Breast-Fast 1 on 10:00 Racing skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:14 PM | 2,650 Yards - Stress Value = 23 |

Workout #19685 - Thursday, 02 March 2017

Group 3 - Taper-Silver

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 30:00 DS/Shoulders |
| 400 | 1 x 400 on 10:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 100 on 1:55 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:00 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick {1 x 100 on 2:05 Kick your best kick {1 x 50 on 1:10 Kick your 2nd best kick {1 x 50 on 1:15 Kick your 3rd best kick {1 x 50 on 1:05 Kick your best kick |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{1 x 150 on 3:25 Breast-Kick on back {3 x 50 on 1:00 Breast-descend {1 x 150 on 3:25 Breast-Kick on back {3 x 50 on 1:00 Breast-descend {1 x 150 on 3:25 Breast 3-4-5-6 glide {1 x 50 on 1:05 Breast-fast 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:14 PM | 2,350 Yards - Stress Value = 22 |

Workout #19688 - Thursday, 02 March 2017

Group 2 - Silver-1

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:05 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 11:30 AM 3,150 Yards - Stress Value = 86

Workout #19689 - Thursday, 02 March 2017

Group 2 - Silver-2

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:40 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:40 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 11:30 AM 3,050 Yards - Stress Value = 84

Workout #19690 - Thursday, 02 March 2017

Group 2 - Silver-3

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:50 Kick
 {1 x 100 on 2:45 Kick
 {1 x 100 on 2:50 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:50 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:50 Kick
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:20 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills

Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 11:30 AM 3,000 Yards - Stress Value = 83

Workout #19691 - Thursday, 02 March 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3 RE
 150 10 x 15 on :45 Shooters SE
 900 1x{1 x 100 on 2:30 Kick EN
 {1 x 100 on 2:25 Kick EN
 {1 x 100 on 2:30 Kick EN
 {1 x 100 on 2:20 Kick EN
 {1 x 100 on 2:30 Kick EN
 {1 x 100 on 2:15 Kick EN
 {1 x 100 on 2:30 Kick EN
 {1 x 100 on 2:10 Kick EN
 {1 x 100 on 2:30 Kick EN
 500 1 x 500 on 30:00 Teach Day-Butterfly RE
 300 12 x 25 on :35 100 Fly Pace SE
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills RE
 7:00 PM 2,550 Yards - Stress Value = 54

Workout #19692 - Thursday, 02 March 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3 RE
 150 10 x 15 on :45 Shooters SE
 850 1x{1 x 100 on 2:40 Kick EN
 {1 x 100 on 2:35 Kick EN
 {1 x 100 on 2:40 Kick EN
 {1 x 100 on 2:30 Kick EN
 {1 x 100 on 2:40 Kick EN
 {1 x 100 on 2:25 Kick EN
 {1 x 100 on 2:40 Kick EN
 {1 x 100 on 2:20 Kick EN
 {1 x 50 on 1:20 Kick EN
 500 1 x 500 on 30:00 Teach Day-Butterfly RE
 300 12 x 25 on :35 100 Fly Pace SE
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills RE
 7:00 PM 2,500 Yards - Stress Value = 53

Workout #19693 - Thursday, 02 March 2017

Group 2 - Taper-Silver

1 minute rest between sets

| Yards | Set Description | EG |
|---------|---|----|
| 5:00 PM | Start | |
| 500 | 1 on 25:00 DS/Dryland | |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 | RE |
| 800 | 10 x 15 on :45 Shooters | SF |
| | 1x{1 x 100 on 2:50 Kick | EN |
| | {1 x 100 on 2:45 Kick | EN |
| | {1 x 100 on 2:50 Kick | EN |
| | {1 x 100 on 2:40 Kick | EN |
| | {1 x 100 on 2:50 Kick | EN |
| | {1 x 100 on 2:35 Kick | EN |
| | {1 x 100 on 2:50 Kick | EN |
| | {1 x 100 on 2:20 Kick | EN |
| 500 | 1 x 500 on 30:00 Teach Day-Butterfly | RE |
| 300 | 12 x 25 on :35 100 Fly Pace | SF |
| | 1 on 10:00 Racing Skills-Starts | |
| 200 | 1 x 200 on 4:00 Stroke Drills | RE |
| 7:00 PM | 2,450 Yards - Stress Value = 52 | |

| | | |
|---------|---|--|
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 1,500 | 1x{1 x 600 on 11:00 Free Neg Split | |
| | {1 x 500 on 9:10 Free L.25 of each 100 6BK | |
| | {1 x 300 on 5:30 Free descend 100's | |
| | {1 x 100 on 1:50 Free-100% | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 5:13 PM | 3,000 Yards - Stress Value = 34 | |

Workout #19698 - Monday, 06 March 2017

Group 3 - Taper-Gold

1 minute rest between sets

| Yards | Set Description | EG |
|---------|---|----|
| 3:30 PM | Start | |
| 400 | 1 on 30:00 DS/Physio Ball | |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim | |
| 850 | 10 x 15 on :45 Shooters | |
| | 1x{4 x 25 on :30 Kick no board BSLR | |
| | {1 x 150 on 2:45 Kick | |
| | {1 x 100 on 1:50 Kick | |
| | {1 x 50 on :55 Kick | |
| | {4 x 25 on :30 Kick no board BSLR | |
| | {1 x 150 on 2:45 Kick | |
| | {1 x 100 on 1:50 Kick | |
| | {1 x 50 on :55 Kick | |
| | {2 x 25 on :30 Kick no board BS | |
| 100 | 2x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 1,950 | 1x{1 x 600 on 8:30 Free Neg Split | |
| | {1 x 500 on 7:05 Free L.25 of each 100 6BK | |
| | {1 x 400 on 5:40 Free descend 100's | |
| | {1 x 300 on 4:15 Free-build each 50 | |
| | {1 x 150 on 2:00 Free-100% | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 5:13 PM | 3,700 Yards - Stress Value = 44 | |

Workout #19694 - Friday, 03 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 6:00 AM | Start | | |
| 1,500 | 1 on 15:00 DS/showers | | L |
| 250 | 30 x 50 on :55 200 IM Pace | SP2 | S |
| 600 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 200 | 24 x 25 on :30 50 Free Pace | SP2 | S |
| | 1 x 200 on 3:00 Non-specific swimming | REC | D |
| 7:06 AM | 2,550 Yards - Stress Value = 210 | | |

Workout #19697 - Monday, 06 March 2017

Group 3 - Taper-Platinum

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 3:30 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | I |
| 1,500 | 1 x 400 on 5:00 Choice | REC | S |
| 200 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 750 | 1 x 200 on 8:00 CFP/Video | REC | I |
| | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 1,000 | 1 on 10:00 Racing Skills-Trophy Starts | | I |
| | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 10:00 YDR | | I |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | I |
| 5:47 PM | 4,850 Yards - Stress Value = 400 | | |

| Yards | Set Description | EG |
|---------|---|----|
| 3:30 PM | Start | |
| 400 | 1 on 30:00 DS/Physio Ball | |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim | |
| 900 | 10 x 15 on :45 Shooters | |
| | 1x{4 x 25 on :30 Kick no board BSLR | |
| | {1 x 150 on 2:30 Kick | |
| | {1 x 100 on 1:40 Kick | |
| | {1 x 50 on :50 Kick | |
| | {4 x 25 on :30 Kick no board BSLR | |
| | {1 x 150 on 2:30 Kick | |
| | {1 x 100 on 1:40 Kick | |
| | {1 x 50 on :50 Kick | |
| | {4 x 25 on :30 Kick no board BSLR | |
| 100 | 2x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 2,100 | 1x{1 x 600 on 8:00 Free Neg Split | |
| | {1 x 500 on 6:40 Free L.25 of each 100 6BK | |
| | {1 x 400 on 5:20 Free descend 100's | |
| | {1 x 300 on 4:00 Free SFBO SW/3KOBHW | |
| | {1 x 200 on 2:40 Free-build each 50 | |
| | {1 x 100 on 1:20 Free-100% | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 5:13 PM | 3,900 Yards - Stress Value = 46 | |

Workout #19700 - Monday, 06 March 2017

Group 3 - Taper-Bronze

1 minute rest between sets

| Yards | Set Description | EG |
|---------|-------------------------------------|----|
| 3:30 PM | Start | |
| 400 | 1 on 30:00 DS/Physio Ball | |
| 150 | 1 x 400 on 8:00 Swim-kick-pull-swim | |
| 600 | 10 x 15 on :45 Shooters | |
| | 1x{4 x 25 on :45 Kick no board BSLR | |
| | {1 x 150 on 3:30 Kick | |
| | {1 x 100 on 2:20 Kick | |
| | {1 x 50 on 1:10 Kick | |
| | {4 x 25 on :45 Kick no board BSLR | |
| | {1 x 100 on 2:15 Kick | |
| 100 | 2x{1 x 25 on :50 Sculling drills | |

Workout #19699 - Monday, 06 March 2017

Group 3 - Taper-Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 {1 x 50 on 1:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {1 x 100 on 2:00 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 600 on 9:30 Free Neg Split
 {1 x 500 on 7:55 Free L.25 of each 100 6BK
 {1 x 400 on 6:20 Free descend 100's
 {1 x 250 on 3:55 Free-100%
 250 1 x 250 on 5:00 Stroke Drills
 5:13 PM 3,400 Yards - Stress Value = 41

Workout #19701 - Monday, 06 March 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 725 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick on back L/R/Strmlne
 {6 x 25 on :45 Kick no board B
 {3 x 75 on 1:40 Kick on back L/R/Strmlne
 {4 x 25 on :45 Kick no board B
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 4:00 Backstroke 1KOW+1
 {1 x 100 on 2:00 Backstroke
 {1 x 200 on 3:55 Backstroke 1KOW+1
 {1 x 100 on 2:00 Backstroke
 {1 x 200 on 3:50 Backstroke 1KOW+1
 {1 x 100 on 2:00 Backstroke
 {1 x 200 on 3:45 Backstroke 1KOW+1
 {1 x 50 on 1:00 Backstroke
 600 24 x 25 on :35 100 Back Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,525 Yards - Stress Value = 103

Workout #19702 - Monday, 06 March 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 675 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:15 Kick on back L/R/Strmlne
 {6 x 25 on :45 Kick no board B
 {3 x 75 on 1:50 Kick on back L/R/Strmlne
 {2 x 25 on :45 Kick no board B
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:15 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 4:10 Backstroke 1KOW+1

{1 x 100 on 2:10 Backstroke
 {1 x 200 on 4:05 Backstroke 1KOW+1
 {1 x 100 on 2:10 Backstroke
 {1 x 200 on 4:00 Backstroke 1KOW+1
 600 24 x 25 on :35 100 Back Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,425 Yards - Stress Value = 101

Workout #19703 - Monday, 06 March 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 675 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on back L/R/Strmlne
 {6 x 25 on :45 Kick no board B
 {3 x 75 on 2:00 Kick on back L/R/Strmlne
 {2 x 25 on :45 Kick no board B
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{1 x 200 on 4:30 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:25 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 200 on 4:20 Backstroke 1KOW+1
 {1 x 100 on 2:15 Backstroke
 {1 x 100 on 2:15 Backstroke 1KOW+1
 500 20 x 25 on :40 100 Back Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,225 Yards - Stress Value = 89

Workout #19705 - Tuesday, 07 March 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 480 1x{12 x 40 on 1:15 BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 750 1 x 750 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{5 x 100 on 1:15 Backstroke
 {4 x 25 on :30 Back Drill
 {4 x 100 on 1:10 Backstroke
 {4 x 25 on :30 Back Drill
 {2 x 100 on 1:05 Backstroke
 {4 x 25 on :30 Back Drill
 {1 x 100 on 1:05 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,630 Yards - Stress Value = 48

Workout #19704 - Tuesday, 07 March 2017

1 minute rest between sets

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice
 1,500 30 x 50 on :50 200 Back Pace
 200 1 x 200 on 8:00 CFP/Video
 750 30 x 25 on :30 100 Fly Pace
 150 10 x 15 on 1:00 Your #2 Shooters
 1,500 30 x 50 on :50 200 Free Pace
 1 on 10:00 Walking w/arm swings /jump rope
 750 30 x 25 on :30 100 Breast Pace
 250 1 x 250 on 4:00 Non-specific swimming
 5:49 PM 5,500 Yards - Stress Value = 456

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 300 1 x 300 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 480 1x{12 x 40 on 1:15 BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 500 1 x 500 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{4 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back Drill
 {3 x 100 on 1:55 Backstroke
 {4 x 25 on :40 Back Drill
 {1 x 100 on 1:50 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 2,780 Yards - Stress Value = 37

Workout #19706 - Tuesday, 07 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 480 1x{12 x 40 on 1:15 BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 675 1 x 675 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{4 x 100 on 1:25 Backstroke
 {4 x 25 on :30 Back Drill
 {3 x 100 on 1:20 Backstroke
 {4 x 25 on :30 Back Drill
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back Drill
 {1 x 100 on 1:15 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,405 Yards - Stress Value = 43

Workout #19709 - Tuesday, 07 March 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board L
 {1 x 100 on 2:20 Free Kick w/board
 {4 x 25 on :45 Kick no board R
 {1 x 100 on 2:15 Free Kick w/board
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:05 Free Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 1x{1 x 500 on 8:45 Free L.100 6bk
 {1 x 50 on 1:00 Free-Fast
 {1 x 400 on 7:00 Free L.100 5 KOW
 {1 x 50 on 1:00 Free-faster then previous 50
 {1 x 200 on 3:30 Free L.100 br on 5
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,200 Yards - Stress Value = 100

Workout #19707 - Tuesday, 07 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 350 1 x 350 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 480 1x{12 x 40 on 1:15 BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 625 1 x 625 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{4 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back Drill
 {3 x 100 on 1:35 Backstroke
 {4 x 25 on :35 Back Drill
 {2 x 100 on 1:30 Backstroke
 {2 x 25 on :35 Back Drill
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,105 Yards - Stress Value = 40

Workout #19708 - Tuesday, 07 March 2017

Group 3 - Bronze

Workout #19710 - Tuesday, 07 March 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board L
 {1 x 100 on 2:30 Free Kick w/board
 {4 x 25 on :45 Kick no board R
 {1 x 100 on 2:25 Free Kick w/bord
 {4 x 25 on :45 Kick no board BSBS
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{1 x 500 on 9:10 Free L.100 6bk
 {1 x 50 on 1:00 Free-Fast
 {1 x 400 on 7:20 Free L.100 5 KOW
 {1 x 50 on 1:00 Free-faster then previous 50
 {1 x 100 on 1:50 Free br on 5
 {1 x 50 on 1:00 Free-faster then previous 50
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,150 Yards - Stress Value = 99

Workout #19711 - Tuesday, 07 March 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board L
 {1 x 100 on 2:45 Free Kick w/board
 {4 x 25 on :45 Kick no board R
 {1 x 100 on 2:40 Free Kick w/bord
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:05 Free Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{1 x 500 on 10:00 Free L.100 6bk
 {1 x 50 on 1:15 Free-Fast
 {1 x 400 on 8:00 Free L.100 5 KOW
 {1 x 50 on 1:15 Free-faster then previous 50
 {1 x 50 on 1:00 Free br on 5
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,050 Yards - Stress Value = 97

Workout #19713 - Wednesday, 08 March 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/TRXBands
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :30 Kick no board B 12+1
 {1 x 50 on :40 Kick
 {4 x 25 on :30 Kick no board S 12+1
 {2 x 75 on 1:00 Kick
 {4 x 25 on :30 Kick no board L 12+1
 {3 x 100 on 1:20 Kick
 {4 x 25 on :30 Kick no board R 12+1
 450 1x{3 x 75 on 1:00 Lungbuster pulls
 { br 5-6-7

{3 x 75 on 1:00 Lungbuster pulls
 { br 6-7-8
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{3 x 50 on :45 Butterfly 2-2
 {4 x 25 on :25 Butterfly lup 1down
 {3 x 50 on :45 Butterfly 2-3
 {4 x 25 on :25 Butterfly lup 2down
 {3 x 50 on :45 Butterfly 2-4
 {4 x 25 on :25 Butterfly lup 3down
 {3 x 50 on :45 Butterfly 2-5
 {4 x 25 on :25 Butterfly-descend
 {3 x 50 on :45 Butterfly 2-6
 250 1 x 250 on 4:00 Stroke Drills
 5:03 PM 3,400 Yards - Stress Value = 51

Workout #19712 - Wednesday, 08 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Choice REC
 750 30 x 25 on :30 100 Free Pace SP2
 150 10 x 15 on 1:00 Spinners/Sculling Drills SP3
 1,500 30 x 50 on :55 200 Breast Pace SP2
 200 1 x 200 on 8:00 CFP/Video REC
 750 30 x 25 on :30 100 Back Pace SP2
 100 1 x 100 on 10:00 Racing Skills-Underwaters SP3
 1,500 30 x 50 on :55 400 IM Pace SP2
 250 1 x 250 on 5:00 Non-specific swimming REC
 5:57 PM 5,600 Yards - Stress Value = 460

Workout #19714 - Wednesday, 08 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/TRX Bands
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :30 Kick no board B 12+1
 {1 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board S 12+1
 {2 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board L 12+1
 {3 x 100 on 1:40 Kick
 375 1x{3 x 75 on 1:05 Lungbuster pulls
 { br 4-5-6
 {2 x 75 on 1:05 Lungbuster pulls
 { br 5-6-7
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{3 x 50 on :50 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {3 x 50 on :50 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :50 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {3 x 50 on :50 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 250 1 x 250 on 4:00 Stroke Drills
 5:03 PM 3,075 Yards - Stress Value = 46

Workout #19715 - Wednesday, 08 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/TRX Bands |
| 400 | 16 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :35 Kick no board B 12+1 {1 x 50 on 1:00 Kick {4 x 25 on :35 Kick no board S 12+1 {2 x 75 on 1:30 Kick {4 x 25 on :35 Kick no board L 12+1 {2 x 100 on 2:00 Kick |
| 325 | 1x{3 x 75 on 1:15 Lungbuster pulls { br 4-5-6 {2 x 50 on :50 Lungbuster pulls { br 6-7 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 850 | 1x{3 x 50 on :55 Butterfly 2-2 {4 x 25 on :35 Butterfly lup 1down {3 x 50 on :55 Butterfly 2-3 {4 x 25 on :35 Butterfly lup 2down {3 x 50 on :55 Butterfly 2-4 {4 x 25 on :35 Butterfly lup 3down {1 x 50 on :55 Butterfly 2-5 {2 x 25 on :35 Butterfly-descend |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:03 PM 2,775 Yards - Stress Value = 40 |

Workout #19716 - Wednesday, 08 March 2017

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/TRX Bands |
| 400 | 16 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on :45 Kick no board B 12+1 {1 x 50 on 1:15 Kick {4 x 25 on :45 Kick no board S 12+1 {2 x 75 on 1:45 Kick {4 x 25 on :35 Kick no board L 12+1 {1 x 50 on 1:10 Kick |
| 300 | 1x{3 x 75 on 1:25 Lungbuster pulls { br 4-5-6 {1 x 75 on 1:20 Lungbuster pulls { br 6-7-8 |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 800 | 1x{3 x 50 on 1:00 Butterfly 2-2 {4 x 25 on :40 Butterfly lup 1down {3 x 50 on 1:00 Butterfly 2-3 {4 x 25 on :40 Butterfly lup 2down {3 x 50 on 1:00 Butterfly 2-4 {4 x 25 on :40 Butterfly lup 3down {1 x 50 on 1:00 Butterfly 2-5 |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:03 PM 2,550 Yards - Stress Value = 36 |

Workout #19717 - Wednesday, 08 March 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 AM Start

| Yards | Set Description |
|-------|----------------------------------|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 300 | 12 x 25 on :35 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |

| | |
|-----|--|
| 600 | 1x{1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick {1 x 100 on 2:05 Kick |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 975 | 1x{1 x 150 on 3:00 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 150 on 2:55 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 150 on 2:50 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 150 on 2:45 Breaststroke {3 x 25 on :40 Breast 2X pullouts |
| 600 | 24 x 25 on :35 100 Breast Pace 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 AM 2,975 Yards - Stress Value = 98 |

Workout #19718 - Wednesday, 08 March 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 300 | 12 x 25 on :35 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{1 x 100 on 2:40 Kick {1 x 100 on 2:35 Kick {1 x 100 on 2:30 Kick {1 x 100 on 2:25 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:05 Kick |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 950 | 1x{1 x 150 on 3:15 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 150 on 3:10 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 150 on 3:05 Breaststroke {4 x 25 on :40 Breast 2X pullouts {1 x 150 on 3:00 Breaststroke {2 x 25 on :40 Breast 2X pullouts |
| 500 | 20 x 25 on :40 100 Breast Pace 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,800 Yards - Stress Value = 86 |

Workout #19719 - Wednesday, 08 March 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 300 | 1 on 30:00 DS/Dryland |
| 150 | 12 x 25 on :35 Wednesday Warm-up |
| 450 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:45 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 50 on 1:10 Kick |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 950 | 1x{1 x 150 on 3:30 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:25 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:20 Breaststroke |
| | {4 x 25 on :45 Breast 2X pullouts |
| | {1 x 150 on 3:15 Breaststroke |
| | {2 x 25 on :45 Breast 2X pullouts |
| 500 | 20 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,700 Yards - Stress Value = 84 |

Workout #19721 - Thursday, 09 March 2017

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 400 on 8:00 Underwater trn drill |
| 1,000 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12 |
| | {2 x 75 on 1:05 Kick |
| | {4 x 25 on :30 Kick no board BSLR-14 |
| | {2 x 75 on 1:00 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12 |
| | {2 x 75 on 1:05 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{1 x 150 on 2:15 Breaststroke |
| | {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst |
| | {2 x 125 on 1:50 Breaststroke |
| | {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst |
| | {3 x 100 on 1:25 Breaststroke |
| | {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst |
| | {4 x 75 on 1:00 Breaststroke |
| | {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst |
| | {3 x 50 on :40 Breaststroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:12 PM 3,650 Yards - Stress Value = 61 |

Workout #19720 - Thursday, 09 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY |
|-------|------------------------------|-----|
| | 1 on 15:00 DS/Showers | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| | 1 on 15:00 Tivo Starts | |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video | REC |

| | | |
|-------|---|-----|
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 |
| | 1 on 10:00 Walk w/arm swings or jump rope | REC |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |
| | 5:54 PM 5,350 Yards - Stress Value = 450 | |

Workout #19722 - Thursday, 09 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 400 on 8:00 Underwater trn drill |
| 900 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 75 on 1:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12 |
| | {2 x 75 on 1:15 Kick |
| | {4 x 25 on :30 Kick no board BSLR-14 |
| | {2 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12 |
| | {1 x 50 on :45 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 150 on 2:30 Breaststroke |
| | {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst |
| | {2 x 125 on 2:00 Breaststroke |
| | {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst |
| | {3 x 100 on 1:35 Breaststroke |
| | {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst |
| | {4 x 75 on 1:10 Breaststroke |
| | {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:13 PM 3,400 Yards - Stress Value = 56 |

Workout #19723 - Thursday, 09 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 400 on 8:00 Underwater trn drill |
| 800 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :35 Kick no board BSLR |
| | {2 x 75 on 1:30 Kick |
| | {4 x 25 on :35 Kick no board BSLR-12 |
| | {2 x 75 on 1:25 Kick |
| | {4 x 25 on :35 Kick no board BSLR-14 |
| | {2 x 50 on :55 Kick |
| | {4 x 25 on :35 Kick no board BSLR-12 |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{1 x 150 on 2:45 Breaststroke |
| | {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst |
| | {2 x 125 on 2:15 Breaststroke |
| | {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst |
| | {3 x 100 on 1:45 Breaststroke |
| | {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst |
| | {2 x 75 on 1:15 Breaststroke |
| | {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:12 PM 3,150 Yards - Stress Value = 51 |

Workout #19724 - Thursday, 09 March 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 3:30 PM Start | |
| 400 | 1 on 30:00 DS/Shoulders |
| 150 | 1 x 400 on 8:00 Underwater trn drill |
| 600 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 75 on 1:50 Kick |
| | {4 x 25 on :45 Kick no board BSLR-12 |
| | {2 x 75 on 1:45 Kick |
| | {4 x 25 on :45 Kick no board BSLR-14 |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{1 x 150 on 3:10 Breaststroke |
| | {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst |
| | {2 x 125 on 2:35 Breaststroke |
| | {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst |
| | {3 x 100 on 2:00 Breaststroke |
| | {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst |
| | {2 x 75 on 1:25 Breaststroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:13 PM | 2,800 Yards - Stress Value = 44 |

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:00 PM Start | |
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Free 3KOW+1 up to 10, back c |
| 500 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 2:35 Kick choice w/ L.50 fly kick |
| | {4 x 25 on :45 Sprint Kick one on each stroke |
| | {1 x 100 on 2:30 Kick choice w/ L.50 breast k |
| | {4 x 25 on :45 Sprint Kick one on each stroke |
| | {1 x 100 on 2:25 Kick choice w/ L.50 free kic |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,000 | 1 x 1000 on 22:00 Teach Day-IM |
| 600 | 24 x 25 on :35 Your 100 choice Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM | 3,000 Yards - Stress Value = 76 |

Workout #19725 - Thursday, 09 March 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:00 PM Start | |
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Free 3KOW+1 up to 10, back c |
| 575 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 125 on 2:50 Kick choice w/ L.50 fly kick |
| | {4 x 25 on :40 Sprint Kick one on each stroke |
| | {1 x 125 on 2:45 Kick choice w/ L.50 breast k |
| | {4 x 25 on :40 Sprint Kick one on each stroke |
| | {1 x 125 on 2:40 Kick choice w/ L.50 free kic |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,000 | 1 x 1000 on 22:00 Teach Day-IM |
| 600 | 24 x 25 on :35 Your 100 choice Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM | 3,075 Yards - Stress Value = 76 |

Workout #19729 - Friday, 10 March 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 15:00 Dynamic Stretch |
| 150 | 1 x 400 on 10:00 Reverse IM drill |
| 1,400 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 1:25 Individual Medley |
| | {2 x 75 on 1:10 Fly-25L 25R 25 B |
| | {2 x 100 on 1:20 Individual Medley |
| | {2 x 75 on 1:10 Back 25L 25R 25B |
| | {3 x 100 on 1:15 Individual Medley |
| | {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk |
| | {2 x 100 on 1:10 Individual Medley |
| | {2 x 75 on 1:05 Fr 25clsdfst25catchup25reg |
| 750 | 1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds |
| | {1 x 175 on 2:20 Pulls-nbbf&w + 2 yds |
| | {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds |
| | {1 x 125 on 1:40 Pulls-nbbf&w + 2 yds |
| | {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds |
| 800 | 1x{2 x 25 on :30 Kick no board B |
| | {1 x 100 on 1:30 Kick |
| | {2 x 25 on :30 Kick no board S |
| | {2 x 100 on 1:30 Kick |
| | {2 x 25 on :30 Kick no board L |
| | {3 x 100 on 1:30 Kick |
| | {2 x 25 on :30 Kick no board R |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 4:55 PM | 3,750 Yards - Stress Value = 58 |

Workout #19726 - Thursday, 09 March 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:00 PM Start | |
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Free 3KOW+1 up to 10, back c |
| 550 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 125 on 3:00 Kick choice w/ L.50 fly kick |
| | {4 x 25 on :40 Sprint Kick one on each stroke |
| | {1 x 125 on 2:55 Kick choice w/ L.50 breast k |
| | {4 x 25 on :40 Sprint Kick one on each stroke |
| | {1 x 100 on 2:15 Kick choice w/ L.50 free kic |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,000 | 1 x 1000 on 22:00 Teach Day-IM |
| 600 | 24 x 25 on :35 Your 100 choice Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM | 3,050 Yards - Stress Value = 76 |

Workout #19728 - Friday, 10 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 15:00 DS/Showers |
| 750 | 1 x 400 on 5:00 Choice |
| 250 | 15 x 50 on :55 200 Fly Pace |
| 1,125 | 1 x 250 on 10:00 Non-specific swimming-video |
| | 15 x 75 on 1:10 1000 Free Pace |
| | 1 x 250 on 10:00 Non-specific swimming-video |
| | 12 x 20 on :25 50 Free Pace in Diving Well |
| | 1 x 250 on 5:00 Non-specific swimming |
| 4:58 PM | 3,265 Yards - Stress Value = 211 |

Workout #19727 - Thursday, 09 March 2017

Workout #19730 - Friday, 10 March 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|---|-----|-----|
| 3:30 PM | Start | | |
| ===== | ===== | === | === |
| | 1 on 15:00 Dynamic Stretch | | |
| 400 | 1 x 400 on 10:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,350 | 1x{1 x 100 on 1:30 Individual Medley | EN2 | |
| | {2 x 75 on 1:15 Fly-25L 25R 25 B | EN2 | |
| | {2 x 100 on 1:25 Individual Medley | EN2 | |
| | {2 x 75 on 1:15 Back 25L 25R 25B | EN2 | |
| | {3 x 100 on 1:20 Individual Medley | EN2 | |
| | {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk | EN2 | |
| | {2 x 100 on 1:15 Individual Medley | EN2 | |
| | {2 x 50 on :50 Fr 25sclsdfst25catchup | EN2 | |
| 700 | 1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 175 on 2:30 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 150 on 2:05 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 50 on :40 Pulls-nbbf&w + 2 yds | EN1 | |
| 700 | 1x{2 x 25 on :30 Kick no board B | EN2 | |
| | {1 x 100 on 1:45 Kick | EN2 | |
| | {2 x 25 on :30 Kick no board S | EN2 | |
| | {2 x 100 on 1:45 Kick | EN2 | |
| | {2 x 25 on :30 Kick no board L | EN2 | |
| | {2 x 100 on 1:45 Kick | EN2 | |
| | {2 x 25 on :30 Kick no board R | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 4:55 PM 3,550 Yards - Stress Value = 54 | | |

Workout #19731 - Friday, 10 March 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|---|-----|-----|
| 3:30 PM | Start | | |
| ===== | ===== | === | === |
| | 1 on 15:00 Dynamic Stretch | | |
| 350 | 1 x 350 on 10:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,250 | 1x{1 x 100 on 1:40 Individual Medley | EN2 | |
| | {2 x 75 on 1:15 Fly-25L 25R 25 B | EN2 | |
| | {2 x 100 on 1:35 Individual Medley | EN2 | |
| | {2 x 75 on 1:15 Back 25L 25R 25B | EN2 | |
| | {3 x 100 on 1:30 Individual Medley | EN2 | |
| | {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk | EN2 | |
| | {2 x 100 on 1:25 Individual Medley | EN2 | |
| 650 | 1x{1 x 200 on 3:00 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 175 on 2:40 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 150 on 2:15 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 125 on 1:55 Pulls-nbbf&w + 2 yds | EN1 | |
| 600 | 1x{2 x 25 on :35 Kick no board B | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {2 x 25 on :35 Kick no board S | EN2 | |
| | {1 x 100 on 2:00 Kick | EN2 | |
| | {2 x 25 on :35 Kick no board L | EN2 | |
| | {2 x 100 on 2:00 Kick | EN2 | |
| | {2 x 25 on :35 Kick no board R | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 4:55 PM 3,250 Yards - Stress Value = 50 | | |

Workout #19732 - Friday, 10 March 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--------------------------------------|-----|-----|
| 3:30 PM | Start | | |
| ===== | ===== | === | === |
| | 1 on 15:00 Dynamic Stretch | | |
| 300 | 1 x 300 on 10:00 Reverse IM drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,050 | 1x{1 x 100 on 1:55 Individual Medley | EN2 | |

| | | | |
|-----|---|-----|--|
| | {2 x 75 on 1:30 Fly-25L 25R 25 B | EN2 | |
| | {2 x 100 on 1:50 Individual Medley | EN2 | |
| | {2 x 75 on 1:30 Back 25L 25R 25B | EN2 | |
| | {3 x 100 on 1:45 Individual Medley | EN2 | |
| | {2 x 75 on 1:30 Brst 25FlK 25FrK 25Rk | EN2 | |
| 550 | 1x{1 x 200 on 3:40 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 175 on 3:10 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 150 on 2:40 Pulls-nbbf&w + 2 yds | EN1 | |
| | {1 x 25 on :30 Pulls-nbbf&w + 2 yds | EN1 | |
| 500 | 1x{2 x 25 on :45 Kick no board B | EN2 | |
| | {1 x 100 on 2:25 Kick | EN2 | |
| | {2 x 25 on :45 Kick no board S | EN2 | |
| | {1 x 100 on 2:20 Kick | EN2 | |
| | {2 x 25 on :45 Kick no board L | EN2 | |
| | {1 x 100 on 2:15 Kick | EN2 | |
| | {2 x 25 on :45 Kick no board R | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 4:55 PM 2,800 Yards - Stress Value = 43 | | |

Workout #19734 - Monday, 13 March 2017

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| ===== | ===== |
| | 1 on 25:00 DS/Physio Ball |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:30 Kick |
| | {1 x 100 on 1:40 Kick |
| | {1 x 50 on :50 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:30 Kick |
| | {1 x 100 on 1:40 Kick |
| | {1 x 50 on :50 Kick |
| 800 | 1x{1 x 100 on 1:10 Pulls |
| | {2 x 50 on 1:00 Pulls-no br L.12 yds |
| | {1 x 100 on 1:15 Pulls |
| | {2 x 50 on :55 Pulls-no br L.13 yds |
| | {1 x 100 on 1:20 Pulls |
| | {2 x 50 on :50 Pulls-no br L.14 yds |
| | {1 x 100 on 1:25 Pulls |
| | {2 x 50 on :45 Pulls-no br L.15 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,250 | 1x{4 x 125 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {3 x 125 on 1:55 Freestyle |
| | {1 on 1:00 Rest |
| | {2 x 125 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {1 x 125 on 1:45 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:16 PM 3,750 Yards - Stress Value = 107 |

Workout #19733 - Monday, 13 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY W |
|---------|---|-------|
| 3:30 PM | Start | |
| 1 | on 15:00 DS/Showers | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 |
| 1 | on 10:00 Racing Skills-Starts | |
| 375 | 15 x 25 on :30 100 Breast Pace | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video | REC |
| 750 | 15 x 50 on :55 200 Back Pace | SP2 |
| 1 | on 10:00 Walk w/arm swings or jump rope | REC |
| 750 | 15 x 50 on :50 200 Fly Pace | SP2 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |
| 5:12 PM | 3,100 Yards - Stress Value = 226 | |

| | | |
|---------|---|--|
| 100 | 2x{1 x 25 on :50 Pulls-no br L.13 yds | |
| | {1 x 100 on 1:40 Pulls | |
| | {2 x 50 on :50 Pulls-no br L.14 yds | |
| | {1 x 100 on 1:45 Pulls | |
| | {1 x 50 on :45 Pulls-no br L.15 yds | |
| 1,000 | 1x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| | {4 x 100 on 2:00 Freestyle | |
| | {1 on 1:00 Rest | |
| | {3 x 100 on 1:55 Freestyle | |
| | {1 on 1:00 Rest | |
| | {2 x 100 on 1:50 Freestyle | |
| | {1 on 1:00 Rest | |
| | {1 x 100 on 1:45 Freestyle | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| 5:16 PM | 3,250 Yards - Stress Value = 87 | |

Workout #19737 - Monday, 13 March 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 1 | on 25:00 DS/Physio Ball |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 150 on 3:40 Kick |
| | {1 x 100 on 2:25 Kick |
| | {1 x 50 on 1:10 Kick |
| | {4 x 25 on :45 Kick no board BSLR |
| 650 | 1x{1 x 100 on 1:45 Pulls |
| | {2 x 50 on 1:05 Pulls-no br L.12 yds |
| | {1 x 100 on 1:50 Pulls |
| | {2 x 50 on 1:00 Pulls-no br L.13 yds |
| | {1 x 100 on 1:55 Pulls |
| | {3 x 50 on :55 Pulls-no br L.14 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{4 x 100 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {3 x 100 on 1:55 Freestyle |
| | {1 on 1:00 Rest |
| | {2 x 100 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {1 x 100 on 1:45 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:16 PM | 3,050 Yards - Stress Value = 85 |

Workout #19735 - Monday, 13 March 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 1 | on 25:00 DS/Physio Ball |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 150 on 2:45 Kick |
| | {1 x 100 on 1:50 Kick |
| | {1 x 50 on :55 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 150 on 2:45 Kick |
| | {1 x 50 on :55 Kick |
| 800 | 1x{1 x 100 on 1:20 Pulls |
| | {2 x 50 on 1:00 Pulls-no br L.12 yds |
| | {1 x 100 on 1:25 Pulls |
| | {2 x 50 on :55 Pulls-no br L.13 yds |
| | {1 x 100 on 1:30 Pulls |
| | {2 x 50 on :50 Pulls-no br L.14 yds |
| | {1 x 100 on 1:35 Pulls |
| | {2 x 50 on :45 Pulls-no br L.15 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,250 | 1x{4 x 125 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {3 x 125 on 1:55 Freestyle |
| | {1 on 1:00 Rest |
| | {2 x 125 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {1 x 125 on 1:45 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:16 PM | 3,650 Yards - Stress Value = 105 |

Workout #19736 - Monday, 13 March 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--------------------------------------|
| 3:30 PM | Start |
| 1 | on 25:00 DS/Physio Ball |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 150 on 3:00 Kick |
| | {1 x 100 on 2:00 Kick |
| | {1 x 50 on 1:00 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:00 Kick |
| 750 | 1x{1 x 100 on 1:30 Pulls |
| | {2 x 50 on 1:00 Pulls-no br L.12 yds |
| | {1 x 100 on 1:35 Pulls |

Workout #19738 - Monday, 13 March 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 4:30 Breast Kick
 {2 x 150 on 3:25 Breast Kick
 {3 x 100 on 2:20 Breast Kick
 300 6 x 50 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:55 Breaststroke
 600 24 x 25 on :35 100 Breast Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,600 Yards - Stress Value = 102

Workout #19739 - Monday, 13 March 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:45 Breast Kick
 {2 x 150 on 3:40 Breast Kick
 {2 x 100 on 2:30 Breast Kick
 {1 x 50 on 1:15 Breast Kick
 300 6 x 50 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:05 Breaststroke
 600 24 x 25 on :35 100 Breast Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:01 PM 3,550 Yards - Stress Value = 101

Workout #19740 - Monday, 13 March 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 5:00 Breast Kick
 {2 x 150 on 3:50 Breast Kick
 {2 x 100 on 2:30 Breast Kick
 {1 x 50 on 1:20 Breaststroke
 300 6 x 50 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{4 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:15 Breaststroke
 600 24 x 25 on :35 100 Breast Pace

250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,450 Yards - Stress Value = 99

Workout #19742 - Tuesday, 14 March 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 520 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {2 x 40 on 1:15 20 underwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 40 on 1:10 20 underwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 40 on 1:05 20 underwater 20sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 40 on 1:00 20 underwater 20 sprint free
 600 1x{1 x 200 on 2:35 Pulls BTB
 {2 x 150 on 1:55 Pulls BTB
 {1 x 100 on 1:15 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:16 Backstroke
 {1 x 100 on 1:11 Backstroke
 {1 x 100 on 1:06 Backstroke
 {1 x 100 on 1:42 Freestyle
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 3,120 Yards - Stress Value = 48

Workout #19741 - Tuesday, 14 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice REC
 375 15 x 25 on :30 100 Your Choice SP2
 150 10 x 15 on 1:00 Racing Skills-#1 Shooter SP3
 750 15 x 50 on :50 200 Your Choice SP2
 1 on 15:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Non-specific swimming REC
 4:45 PM 1,925 Yards - Stress Value = 119

Workout #19740 - Monday, 13 March 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 5:00 Breast Kick
 {2 x 150 on 3:50 Breast Kick
 {2 x 100 on 2:30 Breast Kick
 {1 x 50 on 1:20 Breaststroke
 300 6 x 50 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{4 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:15 Breaststroke
 600 24 x 25 on :35 100 Breast Pace

Workout #19743 - Tuesday, 14 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 520 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {2 x 40 on 1:15 20 underwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 40 on 1:10 20 undwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 40 on 1:05 20 underwater 20sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 40 on 1:00 20 underwater 20 sprint free
 550 1x{1 x 200 on 2:50 Pulls BTB
 {1 x 150 on 2:05 Pulls BTB
 {2 x 100 on 1:20 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:26 Backstroke
 {1 x 100 on 1:21 Backstroke
 {1 x 100 on 1:16 Backstroke
 {1 x 50 on 1:12 Freestyle
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 2,970 Yards - Stress Value = 47

Workout #19744 - Tuesday, 14 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 350 1 x 350 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 520 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {2 x 40 on 1:15 20 underwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 40 on 1:10 20 undwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 40 on 1:05 20 underwater 20sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 40 on 1:00 20 underwater 20 sprint free
 500 1x{1 x 200 on 3:10 Pulls BTB
 {1 x 150 on 2:20 Pulls BTB
 {2 x 75 on 1:10 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 950 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:29 Backstroke
 {1 x 100 on 1:27 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 25 on :54 Free-12.5 then turn back
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 2,820 Yards - Stress Value = 46

Workout #19745 - Tuesday, 14 March 2017

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 300 1 x 300 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 520 1x{1 x 50 on 1:00 Vertical Kick-30/30

{2 x 40 on 1:15 20 underwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 35/25
 {2 x 40 on 1:10 20 undwater 20 sprint free
 {1 x 50 on 1:00 Vertical Kick 40/20
 {2 x 40 on 1:05 20 underwater 20sprint free
 {1 x 50 on 1:00 Vertical Kick 45/15
 {2 x 40 on 1:00 20 underwater 20 sprint free
 450 1x{1 x 200 on 3:35 Pulls BTB
 {1 x 150 on 2:40 Pulls BTB
 {1 x 100 on 1:45 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 2x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:51 Backstroke
 {1 x 100 on 1:49 Backstroke
 {1 x 50 on :49 Backstroke
 {1 x 25 on :46 Free-12.5 then turn back
 {1 x 50 on 2:15 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:08 PM 2,620 Yards - Stress Value = 44

Workout #19746 - Tuesday, 14 March 2017

Group 3 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,300 2x{1 x 100 on 1:55 3 strokes fly off walls
 {1 x 100 on 1:50 3 strokes fly off walls
 {1 x 100 on 1:45 3 strokes fly off walls
 {1 x 100 on 1:40 3 strokes fly off walls
 {1 x 100 on 1:35 3 strokes fly off walls
 {1 x 100 on 1:30 3 strokes fly off walls
 {1 x 50 on :45 Rest
 600 24 x 25 on :35 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,300 Yards - Stress Value = 100

Workout #19747 - Tuesday, 14 March 2017

Group 3 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:20 Fly Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 2x{1 x 100 on 2:05 3 strokes fly off walls
 {1 x 100 on 2:00 3 strokes fly off walls
 {1 x 100 on 1:55 3 strokes fly off walls
 {1 x 100 on 1:50 3 strokes fly off walls
 {1 x 100 on 1:45 3 strokes fly off walls
 {1 x 50 on :50 3 strokes fly off walls
 { Don't do the 50 on the 2nd round
 {1 x 50 on :45 Rest
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:01 PM 3,100 Yards - Stress Value = 88

Workout #19748 - Tuesday, 14 March 2017

Group 3 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 300 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:25 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:25 Fly Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,100 2x{1 x 100 on 2:15 3 strokes fly off walls
 {1 x 100 on 2:10 3 strokes fly off walls
 {1 x 100 on 2:05 3 strokes fly off walls
 {1 x 100 on 2:00 3 strokes fly off walls
 {1 x 100 on 1:55 3 strokes fly off walls
 { Only do a 50 on the last 100 of 2nd round
 {1 x 50 on :45 Rest
 450 18 x 25 on :45 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:01 PM 2,750 Yards - Stress Value = 77

Workout #19750 - Wednesday, 15 March 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/TRX Bands
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 125 on 2:00 Kick L.25 100%
 {6 x 25 on :30 Kick no board B
 {1 x 125 on 1:55 Kick L.25 100%
 {6 x 25 on :30 Kick no board S
 {1 x 125 on 1:50 Kick L.25 100%
 {6 x 25 on :30 Kick no board L
 {1 x 125 on 1:45 Kick L.25 100%
 {6 x 25 on :30 Kick no board R

100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{5 x 75 on 1:05 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {4 x 75 on 1:00 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on :55 Fly-25L25R25B
 {4 x 25 on :30 Fly-5-7-9-11 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:02 PM 3,200 Yards - Stress Value = 50

Workout #19749 - Wednesday, 15 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice
 750 15 x 50 on :55 200 Pace-your choice of stroke S
 150 10 x 15 on 1:00 Spinners/sculling drills
 375 15 x 25 on :30 100 Pace-your choice of stroke S
 1 on 10:00 Racing Skills-Tivo Starts
 250 1 x 250 on 5:00 Non-specific swimming
 4:41 PM 1,925 Yards - Stress Value = 115

Workout #19751 - Wednesday, 15 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/TRX Bands
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 125 on 2:15 Kick L.25 100%
 {6 x 25 on :30 Kick no board B
 {1 x 125 on 2:10 Kick L.25 100%
 {6 x 25 on :30 Kick no board S
 {1 x 125 on 2:05 Kick L.25 100%
 {4 x 25 on :30 Kick no board L
 {2 x 100 on 1:40 Kick L.25 100%
 {3 x 25 on :30 Kick no board R
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,125 1x{4 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {4 x 75 on 1:10 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:05 Fly-25L25R25B
 {4 x 25 on :30 Fly 5-7-9-11 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:02 PM 3,075 Yards - Stress Value = 48

Workout #19752 - Wednesday, 15 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/TRX Bands
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 925 1x{1 x 125 on 2:30 Kick L.25 100%
 {6 x 25 on :35 Kick no board B
 {1 x 125 on 2:25 Kick L.25 100%
 {6 x 25 on :35 Kick no board S
 {1 x 100 on 1:55 Kick L.25 100%
 {4 x 25 on :35 Kick no board L
 {1 x 75 on 1:25 Kick L.25 100%
 {4 x 25 on :35 Kick no board R
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 975 1x{4 x 75 on 1:25 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {3 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:02 PM 2,800 Yards - Stress Value = 43

{2 x 50 on 1:10 Kick on /L/R
 {2 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{2 x 250 on 4:45 Back/Free
 { Start wall-explosive breakouts
 { Turn wall-5 KOW
 {2 x 200 on 3:45 Back/Free
 {2 x 125 on 2:15 Back/Free
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 3,050 Yards - Stress Value = 99

Workout #19755 - Wednesday, 15 March 2017

Group 2 - Silver-2

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :35 Freestyle
 2-16, 4-15, 4-14, 2-13
 150 10 x 15 on :45 Shooters
 The 50's: B=Streamline kick on back
 L=Kick on left side face up with left arm e
 R=Kick on right side face up with right arm
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:15 Kick on B/L/R
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:15 Kick on B/L/R
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{ Start wall-explosive breakouts
 { Turn wall 5 KOW
 {2 x 250 on 5:20 Back/Free
 {2 x 200 on 4:15 Back/Free
 {2 x 50 on 1:05 Back/Free
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,900 Yards - Stress Value = 96

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :35 Freestyle
 2-16, 4-15, 4-14, 2-13
 150 10 x 15 on :45 Shooters
 The 50's: B=Streamline kick on back
 L=Kick on left side face up with left arm e
 R=Kick on right side face up with right arm
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:15 Kick on B/L/R
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:15 Kick on B/L/R
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{ Start wall-explosive breakouts
 { Turn wall 5 KOW
 {2 x 250 on 5:20 Back/Free
 {2 x 200 on 4:15 Back/Free
 {2 x 50 on 1:05 Back/Free
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,900 Yards - Stress Value = 96

Workout #19753 - Wednesday, 15 March 2017

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/TRX Bands
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:30 Kick L.25 100%
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:25 Kick L.25 100%
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 2:20 Kick L.25 100%
 {2 x 25 on :45 Kick no board L
 {1 x 100 on 2:15 Kick L.25 100%
 {4 x 25 on :45 Kick no board R
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 975 1x{4 x 75 on 1:25 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {3 x 75 on 1:20 Fly-25L25R25B
 {4 x 25 on :35 Fly 5/7/9/11 KOW
 {2 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:02 PM 2,625 Yards - Stress Value = 40

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :35 Freestyle
 2-16, 4-15, 4-14, 2-13
 150 10 x 15 on :45 Shooters
 The 50's: B=Streamline kick on back
 L=Kick on left side face up with left arm e
 R=Kick on right side face up with right arm
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on B/L/R
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on B/L/R
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{ Start wall-explosive breakouts
 { Turn wall 5 KOW
 {2 x 250 on 5:50 Back/Free
 {2 x 150 on 3:20 Back/Free
 {2 x 50 on 1:10 Back/Free
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 6:59 PM 2,800 Yards - Stress Value = 94

Workout #19754 - Wednesday, 15 March 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :35 Freestyle
 2-16, 4-15, 4-14, 2-13
 150 10 x 15 on :45 Shooters
 The 50's: B=Streamline kick on back
 L=Kick on left side face up with left arm e
 R=Kick on right side face up with right arm
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick on B/L/R
 {4 x 25 on :45 Kick no board B

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :35 Freestyle
 2-16, 4-15, 4-14, 2-13
 150 10 x 15 on :45 Shooters
 The 50's: B=Streamline kick on back
 L=Kick on left side face up with left arm e
 R=Kick on right side face up with right arm
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on B/L/R
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on B/L/R
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 900 1x{ Start wall-explosive breakouts
 { Turn wall 5 KOW
 {2 x 250 on 5:50 Back/Free
 {2 x 150 on 3:20 Back/Free
 {2 x 50 on 1:10 Back/Free
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 6:59 PM 2,800 Yards - Stress Value = 94

Workout #19757 - Thursday, 16 March 2017

Group 3 - Senior State

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | | L I |
| 400 | 1 x 400 on 6:00 Choice | REC | S C |
| 150 | 10 x 15 on :45 Shooters | SP3 | S C |
| 300 | 3 x 100 on 2:15 Kick | EN1 | K C |
| 400 | 8 x 50 on 1:00 Down Drill-back build | REC | S C |
| 300 | 12 x 25 on :45 Variable Speed | SP3 | S |
| 50 | 2 x 25 on 2:00 OTB | SP3 | S C |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D |
| | 4:38 PM 1,850 Yards - Stress Value = 23 | | |

Workout #19762 - Monday, 20 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| 200 | 1 x 200 on 5:00 CFP/Video | REC | D |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | S |
| 1,500 | 30 x 50 on :55 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 5:19 PM 4,850 Yards - Stress Value = 375 | | |

Workout #19758 - Monday, 20 March 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 3:30 PM Start | | |
| | 1 on 25:00 DS/Shoulders | | L I |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim | | S C |
| 150 | 10 x 15 on :45 Shooters | | S C |
| | All BSLR, min 15m underwater | | |
| 800 | 1x{4 x 25 on :30 Kick no board BSLR | | S C |
| | {2 x 100 on 1:30 Kick best effort | | S C |
| | {4 x 25 on :30 Kick no board BSLR | | S C |
| | {2 x 100 on 1:35 Kick best effort | | S C |
| | {4 x 25 on :30 Kick no board BSLR | | S C |
| | {1 x 100 on 1:40 Kick best effort | | S C |
| 600 | 3 x 200 on 2:30 Pulls-no br L.12 yds | | S C |
| 100 | 2x{1 x 25 on :50 Sculling drills | | S C |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | S C |
| 1,800 | 1x{2 x 150 on 1:50 Freestyle | | S C |
| | {1 x 300 on 4:00 Freestyle | | S C |
| | {2 x 125 on 1:30 Freestyle | | S C |
| | {1 x 250 on 6:40 Freestyle | | S C |
| | {2 x 100 on 1:10 Freestyle | | S C |
| | {1 x 200 on 2:40 Freestyle | | S C |
| | {2 x 75 on :50 Freestyle | | S C |
| | {1 x 150 on 2:00 Freestyle | | S C |
| | Last 25 of each repeat alt between | | |
| | 10 KOW +Exp BO and 6 beat kick | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | | S C |
| | 5:18 PM 4,250 Yards - Stress Value = 84 | | |

Workout #19759 - Monday, 20 March 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 25:00 DS/Shoulders |
| | 1 x 400 on 10:00 Swim-kick-pull-swim |
| | 10 x 15 on :45 Shooters |
| | All BSLR, min 15m underwater |
| | 1x{4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 1:55 Kick best effort |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 2:00 Kick best effort |
| | {2 x 25 on :35 Kick no board BSLR |
| | 3 x 175 on 2:30 Pulls-no br L.12 yds |
| | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | 1x{2 x 150 on 2:15 Freestyle |
| | {1 x 300 on 4:15 Freestyle |
| | {2 x 125 on 1:50 Freestyle |
| | {1 x 250 on 3:55 Freestyle |
| | {2 x 100 on 1:25 Freestyle |
| | {1 x 200 on 3:40 Freestyle |
| | {2 x 75 on 1:10 Freestyle |
| | Last 25 of each repeat alt between |
| | 10 KOW +Exp BO and 6 beat kick |
| | 8 x 50 on 1:00 Stroke Drills |
| | 5:18 PM 3,875 Yards - Stress Value = 73 |

| | | | |
|-------|---|--|-----|
| | 1 on 25:00 DS/Shoulders | | |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim | | S C |
| 150 | 10 x 15 on :45 Shooters | | S C |
| | All BSLR, min 15m underwater | | |
| 750 | 1x{2 x 100 on 1:55 Kick best effort | | S C |
| | {4 x 25 on :30 Kick no board BSLR | | S C |
| | {2 x 100 on 1:40 Kick best effort | | S C |
| | {4 x 25 on :30 Kick no board BSLR | | S C |
| | {1 x 100 on 1:45 Kick best effort | | S C |
| | {2 x 25 on :30 Kick no board BSLR | | S C |
| 525 | 3 x 175 on 2:30 Pulls-no br L.12 yds | | S C |
| | Hold under 1:20 base | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | S C |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | S C |
| 1,800 | 1x{2 x 150 on 2:00 Freestyle | | S C |
| | {1 x 300 on 4:15 Freestyle | | S C |
| | {2 x 125 on 1:40 Freestyle | | S C |
| | {1 x 250 on 3:30 Freestyle | | S C |
| | {2 x 100 on 1:20 Freestyle | | S C |
| | {1 x 200 on 2:50 Freestyle | | S C |
| | {4 x 75 on 1:00 Freestyle | | S C |
| | Last 25 of each repeat alt between | | |
| | 10 KOW +Exp BO and 6 beat kick | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | | S C |
| | 5:17 PM 4,125 Yards - Stress Value = 77 | | |

Workout #19760 - Monday, 20 March 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 3:30 PM Start | | |
| | 1 on 25:00 DS/Shoulders | | L I |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim | | S C |
| 150 | 10 x 15 on :45 Spinners | | S C |
| | All BSLR, min 15m underwater | | |
| 650 | 1x{4 x 25 on :35 Kick no board BSLR | | S C |
| | {2 x 100 on 1:55 Kick best effort | | S C |
| | {4 x 25 on :35 Kick no board BSLR | | S C |
| | {2 x 100 on 2:00 Kick best effort | | S C |
| | {2 x 25 on :35 Kick no board BSLR | | S C |
| 525 | 3 x 175 on 2:30 Pulls-no br L.12 yds | | S C |
| 100 | 2x{1 x 25 on :50 Sculling drills | | S C |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | S C |
| 1,650 | 1x{2 x 150 on 2:15 Freestyle | | S C |
| | {1 x 300 on 4:15 Freestyle | | S C |
| | {2 x 125 on 1:50 Freestyle | | S C |
| | {1 x 250 on 3:55 Freestyle | | S C |
| | {2 x 100 on 1:25 Freestyle | | S C |
| | {1 x 200 on 3:40 Freestyle | | S C |
| | {2 x 75 on 1:10 Freestyle | | S C |
| | Last 25 of each repeat alt between | | |
| | 10 KOW +Exp BO and 6 beat kick | | |
| 400 | 8 x 50 on 1:00 Stroke Drills | | S C |
| | 5:18 PM 3,875 Yards - Stress Value = 73 | | |

Workout #19761 - Monday, 20 March 2017

1 minute rest between sets

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 25:00 DS/Shoulders |
| 150 | 1 x 400 on 10:00 Swim-kick-pull-swim |
| 550 | 10 x 15 on :45 Shooters All BSLR, min 15m underwater |
| 1,400 | 1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:10 Kick best effort {2 x 25 on :45 Kick no board BS {2 x 100 on 2:15 Kick best effort |
| 450 | 3 x 150 on 2:30 Pulls-no br L.12 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,400 | 1x{2 x 150 on 2:40 Freestyle {1 x 300 on 5:45 Freestyle {2 x 125 on 2:15 Freestyle {1 x 250 on 4:15 Freestyle {3 x 100 on 1:45 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| 5:18 PM | 3,450 Yards - Stress Value = 56 |

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 25:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 750 | 4 x 100 on 2:00 Kick @ FPI |
| 200 | 5 x 150 on 2:05 Pulls BTB |
| 1,100 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall |
| 1,100 | 1x{2 x 100 on 1:35 Back w/fins {2 x 50 on 1:05 Backstroke {2 x 100 on 1:30 Back w/fins {2 x 50 on 1:05 Backstroke {2 x 100 on 1:25 Back w/fins {2 x 50 on 1:05 Backstroke {2 x 100 on 1:20 Back w/fins |
| 250 | 1 on 15:00 Racing Skills-Starts 1 x 250 on 5:00 Stroke Drills |
| 5:14 PM | 3,100 Yards - Stress Value = 47 |

Workout #19766 - Tuesday, 21 March 2017

Group 3 - Silver

1 minute rest between sets

Workout #19764 - Tuesday, 21 March 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 25:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 900 | 4 x 100 on 2:00 Kick @ FPI |
| 200 | 6 x 150 on 1:50 Pulls BTB |
| 1,200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall |
| 1,200 | 1x{2 x 100 on 1:25 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:20 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:15 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:10 Back w/fins {2 x 50 on 1:00 Backstroke |
| 250 | 1 on 15:00 Racing Skills-Starts 1 x 250 on 5:00 Stroke Drills |
| 5:14 PM | 3,350 Yards - Stress Value = 52 |

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 25:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 600 | 4 x 100 on 2:00 Kick @FPI |
| 200 | 4 x 150 on 2:20 Pulls BTB |
| 1,000 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall |
| 1,000 | 1x{2 x 100 on 1:45 Back w/fins {2 x 50 on 1:10 Backstroke {2 x 100 on 1:40 Back w/fins {2 x 50 on 1:10 Backstroke {2 x 100 on 1:35 Back w/fins {2 x 50 on 1:10 Backstroke {1 x 100 on 1:30 Back w/fins |
| 250 | 1 on 15:00 Racing Skills-Starts 1 x 250 on 5:00 Stroke Drills |
| 5:13 PM | 2,850 Yards - Stress Value = 42 |

Workout #19767 - Tuesday, 21 March 2017

Group 3 - Bronze

1 minute rest between sets

Workout #19763 - Tuesday, 21 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---------------------------------------|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 750 | 1 x 400 on 5:00 Choice | REC | S |
| 200 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 1,500 | 1 x 200 on 8:00 CFP/Video | REC | D |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S |
| 750 | 1 on 10:00 6 sec underwaters | SP3 | S |
| 250 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 5:16 PM | 3,850 Yards - Stress Value = 300 | | |

| Yards | Set Description |
|---------------|--|
| 3:30 PM Start | |
| 400 | 1 on 25:00 DS/Core |
| 400 | 1 x 400 on 10:00 Top Hat Drill |
| 600 | 4 x 100 on 2:00 Kick @ FPI |
| 200 | 4 x 150 on 2:45 Pulls BTB |
| 850 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 15m under, 50's 12.5yds under off last wall |
| 850 | 1x{2 x 100 on 1:55 Back w/fins {2 x 50 on 1:15 Backstroke {2 x 100 on 1:50 Back w/fins {2 x 50 on 1:15 Backstroke {2 x 100 on 1:45 Back w/fins {1 x 50 on 1:15 Backstroke |
| 250 | 1 on 15:00 Racing Skills-starts 1 x 250 on 5:00 Stroke Drills |
| 5:13 PM | 2,700 Yards - Stress Value = 39 |

Workout #19765 - Tuesday, 21 March 2017

Group 3 - Gold

Workout #19769 - Wednesday, 22 March 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 30:00 DS/TRX Bands |
| 150 | 20 x 25 on :30 Wednesday Warm-up |
| 900 | 10 x 15 on :45 Shooters |
| | 1x{1 x 200 on 3:20 Kick |
| | {4 x 25 on :45 Sprint kick |
| | {2 x 175 on 2:55 Kick |
| | {4 x 25 on :40 Sprint kick |
| | {1 x 150 on 2:30 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 6x{3 x 50 on :40 3-4-5 strokes fly off walls |
| | {1 x 100 on 2:00 Fly Drill |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:11 PM 3,350 Yards - Stress Value = 54 |

Workout #19768 - Wednesday, 22 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 150 | 10 x 15 on 1:00 Shooters | SP3 | S |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Kick | REC | K |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | S |
| | 5:24 PM 4,800 Yards - Stress Value = 381 | | |

Workout #19770 - Wednesday, 22 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 30:00 DS/TRX Bands |
| 150 | 20 x 25 on :30 Wednesday Warm-up |
| 850 | 10 x 15 on :45 Shooters |
| | 1x{1 x 200 on 3:40 Kick |
| | {4 x 25 on :45 Sprint kick |
| | {2 x 175 on 3:15 Kick |
| | {4 x 25 on :40 Sprint kick |
| | {1 x 100 on 1:50 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 6x{3 x 50 on :45 3-4-5 strokes fly off walls |
| | {1 x 75 on 1:45 Fly Drill |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:11 PM 3,150 Yards - Stress Value = 50 |

Workout #19771 - Wednesday, 22 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|----------------------------------|
| 500 | 1 on 30:00 DS/TRX Bands |
| 150 | 20 x 25 on :30 Wednesday Warm-up |
| 800 | 10 x 15 on :45 Shooters |
| | 1x{1 x 200 on 4:00 Kick |
| | {4 x 25 on :45 Sprint kick |
| | {2 x 175 on 3:30 Kick |

| | |
|-------|---|
| | {4 x 25 on :40 Sprint kick |
| | {1 x 50 on 1:00 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 6x{3 x 50 on :50 3-4-5 strokes fly off walls |
| | {1 x 50 on 1:30 Fly Drill |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:11 PM 2,950 Yards - Stress Value = 46 |

Workout #19772 - Wednesday, 22 March 2017

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 30:00 DS/TRX Bands |
| 150 | 20 x 25 on :30 Wednesday Warm-up |
| 700 | 10 x 15 on :45 Shooters |
| | 1x{1 x 200 on 4:40 Kick |
| | {4 x 25 on :45 Sprint kick |
| | {2 x 175 on 4:05 Kick |
| | {2 x 25 on :45 Sprint kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 6x{3 x 50 on 1:00 3-4-5 strokes fly off walls |
| | {1 x 50 on 1:00 Free drill |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:11 PM 2,850 Yards - Stress Value = 44 |

Workout #19774 - Thursday, 23 March 2017

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 25:00 DS/Shoulders |
| | 1 x 400 on 10:00 Underwater trn drill |
| | Odd 100's even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 1:25 Kick your best kick |
| | {2 x 50 on 1:00 Kick your 2nd best kick |
| | {2 x 50 on 1:05 Kick your 3rd best kick |
| | {1 x 100 on 1:30 Kick your best kick |
| | {2 x 50 on 1:00 Kick your 2nd best kick |
| | {2 x 50 on 1:05 Kick your 3rd best kick |
| | {1 x 100 on 1:35 Kick your best kick |
| 600 | 1x{6 x 50 on :40 Pulls |
| | {6 x 50 on :45 Pulls |
| | { Break Outs in sets of 2 (shoulders/hips/kne |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,450 | 1x{3 x 125 on 1:55 100 Breast 25 Free |
| | {4 x 25 on :30 Breast Drill |
| | {3 x 100 on 1:30 75 Breast 25 Free |
| | {4 x 25 on :30 Breast Drill |
| | {3 x 75 on 1:05 50 Breast 25 Free |
| | {4 x 25 on :30 Breast Drill |
| | {3 x 50 on :40 25 Breast 25 Free |
| | {4 x 25 on :30 Breast Drill |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:12 PM 3,650 Yards - Stress Value = 34 |

Workout #19773 - Thursday, 23 March 2017

Group 3 - USRPT
1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 3:30 PM Start | | |
| | 1 on 15:00 DS>Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 200 | 1 x 200 on 8:00 CFP/Video | REC | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| 150 | 10 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| | 5:17 PM 4,000 Yards - Stress Value = 306 | | |

Workout #19775 - Thursday, 23 March 2017

Group 3 - Gold
1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 25:00 DS-Physio Ball Abs |
| 400 | 1 x 400 on 10:00 Underwater trn drill Odd 100s free even 100s back |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{1 x 100 on 1:40 Kick your best kick 2 x 50 on 1:05 Kick your 2nd best kick 2 x 50 on 1:10 Kick your 3rd best kick 1 x 100 on 1:45 Kick your best kick 2 x 50 on 1:05 Kick your 2nd best kick 2 x 50 on 1:10 Kick your 3rd best kick |
| 550 | 1x{6 x 50 on :45 Pulls 5 x 50 on :50 Pulls { Break Outs in sets of 2 (shoulders/hips/kne |
| 100 | 2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{3 x 125 on 2:10 100 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 100 on 1:40 75 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 75 on 1:10 50 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 50 on :50 25 Breast 25 Free |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:12 PM 3,400 Yards - Stress Value = 31 |

Workout #19776 - Thursday, 23 March 2017

Group 3 - Silver
1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 25:00 DS-Physio Ball Abs |
| 350 | 1 x 350 on 10:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{1 x 100 on 1:55 Kick your best kick 2 x 50 on 1:10 Kick your 2nd best kick 2 x 50 on 1:15 Kick your 3rd best kick 1 x 100 on 2:00 Kick your best kick 1 x 50 on 1:10 Kick your 2nd best kick 2 x 50 on 1:15 Kick your 3rd best kick |
| 500 | 1x{6 x 50 on :50 Pulls 4 x 50 on :55 Pulls { Break Outs in sets of 2 (shoulders/hips/kne |
| 100 | 2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,150 | 1x{3 x 125 on 2:20 100 Breast 25 Free 4 x 25 on :40 Breast Drill 3 x 100 on 1:50 75 Breast 25 Free 4 x 25 on :40 Breast Drill |

| | |
|-----|---|
| | {3 x 75 on 1:25 50 Breast 25 Free |
| | {2 x 25 on :40 Breast Drill |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:12 PM 3,050 Yards - Stress Value = 27 |

Workout #19777 - Thursday, 23 March 2017

Group 3 - Bronze
1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 25:00 DS-Physio Ball Abs |
| 350 | 1 x 350 on 10:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 100 on 2:15 Kick your best kick 2 x 50 on 1:20 Kick your 2nd best kick 2 x 50 on 1:25 Kick your 3rd best kick 1 x 100 on 2:20 Kick your best kick 1 x 50 on 1:20 Kick your 2nd best kick 1 x 50 on 1:25 Kick your 3rd best kick |
| 450 | 1x{6 x 50 on :55 Pulls 3 x 50 on 1:00 Pulls { Break Outs in sets of 2 (shoulders/hips/kne |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,650 | 1x{4 x 125 on 2:40 100 Breast 25 Free 4 x 25 on :45 Breast Drill 4 x 100 on 2:10 75 Breast 25 Free 4 x 25 on :45 Breast Drill 4 x 75 on 1:35 50 Breast 25 Free 4 x 25 on :45 Breast Drill 3 x 50 on :55 25 Breast 25 Free |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 5:33 PM 3,700 Yards - Stress Value = 34 |

Workout #19779 - Friday, 24 March 2017

Group 3 - IM'ers
1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 3:30 PM Start |
| | 1 on 15:00 DS>Showers |
| 400 | 1 x 400 on 10:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :30 Kick no board BSLR 4 x 25 on :45 Tombstone Kicking 3 x 100 on 1:40 Kick 4 x 25 on :30 Kick no board BSLR 4 x 25 on :45 Tombstone Kicking |
| 600 | 1 x 600 on 7:30 Pulls-nbbf&w + 2 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{1 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl 2 x 100 on 1:30 Individual Medley 1 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba 2 x 100 on 1:30 Individual Medley 1 x 250 on 3:45 50br 50fr 50br 50fr 50br 2 x 100 on 1:30 Individual Medley |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 4:59 PM 3,550 Yards - Stress Value = 53 |

Workout #19778 - Friday, 24 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 375 | 15 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 on 12:00 Timed partner flip turns | SP3 | D |
| 750 | 15 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 12:00 Timed parnter open turns | SP3 | S |
| 375 | 15 x 25 on :30 100 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 4:52 PM 2,150 Yards - Stress Value = 151 | | | |

Workout #19780 - Friday, 24 March 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 10:00 Reverse IM drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 650 | 1x{4 x 25 on :35 Kick no board BSLR | | |
| | {4 x 25 on :45 Tombstone Kicking | | |
| | {3 x 100 on 1:55 Kick | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {2 x 25 on :45 Tombstone Kicking | | |
| 500 | 1 x 500 on 7:30 Pulls-nbbf&w + 2 yds | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,200 | 1x{1 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl | | |
| | {2 x 100 on 1:40 Individual Medley | | |
| | {1 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba | | |
| | {2 x 100 on 1:40 Individual Medley | | |
| | {1 x 250 on 4:10 50br 50fr 50br 50fr 50br | | |
| | {1 x 50 on :50 Your #1 non free | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 4:59 PM 3,250 Yards - Stress Value = 48 | | | |

Workout #19781 - Friday, 24 March 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 3:30 PM Start | | | |
| 350 | 1 on 15:00 DS/Showers | | L |
| 350 | 1 x 350 on 10:00 Reverse IM drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 550 | 1x{4 x 25 on :40 Kick no board BSLR | | |
| | {4 x 25 on :45 Tombstone Kicking | | |
| | {2 x 100 on 2:05 Kick | | |
| | {4 x 25 on :40 Kick no board BSLR | | |
| | {2 x 25 on :45 Tombstone Kicking | | |
| 450 | 1 x 450 on 7:30 Pulls-nbbf&w + 2 yds | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,150 | 1x{1 x 250 on 4:35 50fl 50fr 50fl 50fr 50fl | | |
| | {2 x 100 on 1:50 Individual Medley | | |
| | {1 x 250 on 4:35 50ba 50fr 50ba 50fr 50ba | | |
| | {2 x 100 on 1:50 Individual Medley | | |
| | {1 x 250 on 4:35 50br 50fr 50br 50fr 50br | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 5:00 PM 3,000 Yards - Stress Value = 44 | | | |

Workout #19782 - Friday, 24 March 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 10:00 Reverse IM drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 550 | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {4 x 25 on :45 Tombstone Kicking | | |
| | {2 x 100 on 2:15 Kick | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 25 on :45 Tombstone Kicking | | |
| 400 | 1 x 400 on 7:30 Pulls-nbbf&w + 2 yds | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 950 | 1x{1 x 250 on 5:25 50fl 50fr 50fl 50fr 50fl | | |
| | {1 x 100 on 2:05 Individual Medley | | |
| | {1 x 250 on 5:25 50ba 50fr 50ba 50fr 50ba | | |
| | {1 x 100 on 2:05 Individual Medley | | |
| | {1 x 250 on 5:25 50br 50fr 50br 50fr 50br | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 5:00 PM 2,800 Yards - Stress Value = 40 | | | |

Workout #19787 - Monday, 27 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,050 | 21 x 50 on :55 400 IM Pace | SP2 | S |
| 150 | 10 x 15 on 1:00 Racing Skills-Shooters | SP3 | S |
| 750 | 15 x 50 on :55 #2 200 Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-Starts | | I |
| 375 | 15 x 25 on :30 #1 100 Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | I |
| 5:02 PM 2,975 Yards - Stress Value = 224 | | | |

Workout #19783 - Monday, 27 March 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 25:00 DS/Physio Balls | | L |
| 400 | 1 x 400 on 10:00 Swim-kick-pull-swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 600 | 1x{1 x 100 on 2:00 Kick-100% | | |
| | {4 x 25 on :30 Kick no board BSLR-15m | | |
| | {2 x 100 on 1:55 Kick-100% | | |
| | {4 x 25 on :35 Kick no board BSLR-14m | | |
| | {1 x 100 on 1:50 Kick-100% | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 2,500 | 1x{1 x 200 on 2:30 Free 3KOW | | |
| | {2 x 200 on 2:35 Free 5KOW+6BKL25 | | |
| | {3 x 200 on 2:40 Free 7KOW+NBL12.5 | | |
| | {1 x 100 on 3:00 Free | | |
| | {1 x 200 on 2:25 Free | | |
| | {2 x 200 on 2:30 Free | | |
| | {3 x 200 on 2:35 Free | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 5:11 PM 4,000 Yards - Stress Value = 66 | | | |

Workout #19782 - Friday, 24 March 2017

Group 3 - Bronze

1 minute rest between sets

Workout #19784 - Monday, 27 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:05 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-15m
 {2 x 100 on 2:00 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-14m
 {1 x 50 on :55 Kick-100%
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 200 on 2:45 Free 3KOW
 {2 x 200 on 2:50 Free 5KOW+6BKL25
 {3 x 150 on 2:10 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:40 Free
 {2 x 200 on 2:45 Free
 {3 x 150 on 2:10 Free
 250 1 x 250 on 4:00 Stroke Drills
 5:10 PM 3,650 Yards - Stress Value = 59

Workout #19785 - Monday, 27 March 2017

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:15 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-15m
 {2 x 100 on 2:10 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-14m
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{1 x 200 on 3:00 Free 3KOW
 {2 x 200 on 3:05 Free 5KOW+6BKL25
 {3 x 150 on 2:25 Free 7KOW+NBL12.5
 {1 x 50 on 2:00 Free
 {1 x 200 on 2:55 Free
 {2 x 200 on 3:00 Free
 {3 x 150 on 2:20 Free
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,500 Yards - Stress Value = 58

Workout #19786 - Monday, 27 March 2017

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Physio Balls
 350 1 x 350 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 450 1x{1 x 100 on 2:30 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-15m
 {1 x 100 on 2:25 Kick-100%
 {4 x 25 on :45 Kick no board BSLR-14m
 {1 x 50 on 1:00 Kick-100%
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 100 on 1:50 Free 3KOW
 {2 x 150 on 2:50 Free 5KOW+6BKL25
 {3 x 150 on 2:55 Free 7KOW+NBL12.5
 {1 x 50 on 2:00 Free
 {1 x 100 on 1:45 Free

{2 x 150 on 2:45 Free
 {3 x 150 on 2:50 Free
 250 1 x 250 on 4:00 Stroke Drills
 5:11 PM 3,050 Yards - Stress Value = 49

Workout #19788 - Tuesday, 28 March 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ FPI
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 3x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 2,950 Yards - Stress Value = 41

Workout #19792 - Tuesday, 28 March 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice
 750 15 x 50 on :50 Your #1 200 Pace
 200 1 x 200 on 8:00 CFP/Video
 1 on 10:00 Racing Skills-Timed partner trns
 750 15 x 50 on :30 Your #2 100 Pace
 250 1 x 250 on 5:00 Non-specific swimming
 4:38 PM 2,350 Yards - Stress Value = 150

Workout #19789 - Tuesday, 28 March 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 2:00 Kick @ FPI
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 3x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 5:15 PM 2,800 Yards - Stress Value = 41

Workout #19790 - Tuesday, 28 March 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 25:00 DS/Core | | |
| 400 | 1 x 400 on 10:00 Top Hat Drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 300 | 3 x 100 on 2:00 Kick @ FPI | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,350 | 3x{4 x 25 on :45 Bathtub Drill with fins | | |
| | {1 x 50 on :50 Backstroke | | |
| | {1 x 100 on 1:40 Backstroke | | |
| | {1 x 100 on 1:35 Backstroke | | |
| | {1 x 50 on 1:00 Freestyle | | |
| | {1 x 50 on 2:00 Back-100%, min 8 KOW | | |
| | 1 on 10:00 Racing Skills | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 5:15 PM 2,650 Yards - Stress Value = 40 | | |

Workout #19791 - Tuesday, 28 March 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 25:00 DS/Core | | |
| 400 | 1 x 400 on 10:00 Top Hat Drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 300 | 3 x 100 on 2:00 Kick @ FPI | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,200 | 3x{4 x 25 on :45 Bathtub Drill with fins | | |
| | {1 x 100 on 2:05 Backstroke | | |
| | {1 x 50 on 1:00 Backstroke | | |
| | {1 x 50 on :55 Backstroke | | |
| | {1 x 50 on 1:15 Freestyle | | |
| | {1 x 50 on 2:00 Back-100%, min 8 KOW | | |
| | 1 on 10:00 Racing Skills-Starts | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 5:15 PM 2,500 Yards - Stress Value = 37 | | |

Workout #19793 - Wednesday, 29 March 2017

Group 3 - Race day warmup

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 10:00 Freestyle Drill | REC | D |
| 120 | 8 x 15 on :45 Shooters | SP3 | S |
| 300 | 3 x 100 on 2:15 Kick L.25 build | EN2 | K |
| 500 | 10 x 50 on 1:00 Down Drill Back Build | EN1 | S |
| 300 | 12 x 25 on :40 Variable Speed | SP3 | S |
| 50 | 2 x 25 on 2:00 OTB | SP3 | S |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D |
| | 4:40 PM 1,920 Yards - Stress Value = 30 | | |

Workout #19794 - Wednesday, 29 March 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---------------------------------|-----|------|
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 375 | 15 x 25 on :30 Your #1 100 Pace | SP2 | S |
| 150 | 10 x 15 on 1:00 Shooters | SP3 | S |

| | | | |
|-----|---|-----|---|
| 120 | 6 x 20 on :25 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 4:20 PM 1,295 Yards - Stress Value = 56 | | |

Workout #19795 - Monday, 10 April 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 30:00 Team Mtg/DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 90 6 x 15 on 1:00 Shooters | SP3 | S |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 5:00 PM 2,990 Yards - Stress Value = 229 | | |

Workout #19796 - Monday, 10 April 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 30:00 DS/Physio Balls/Tm Mtg | | L I |
| 400 | 1 x 400 on 5:00 5:00 Warm-up | REC | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 750 | 3 x 250 on 3:30 3:00 swims :30 rest | EN2 | S |
| | #1 Closed fist every 4th 25 | | |
| | #2 3+1 fly kicks off bulkhead wall | | |
| | #3 build each 50 to 100% | | |
| 250 | 5 x 50 on 1:15 Kick-super fast turns | EN2 | K |
| 750 | 3 x 250 on 3:30 3:00 swims :30 rest | EN2 | S |
| | #1 Catch-up/zipper drill every 4th 25 | | |
| | #2 Hold breath 2+1 of shalllow end wall | | |
| | #3-descend each 50 to 100% | | |
| 50 | 1 x 50 on 2:00 Free OTB | EN2 | S |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | D |
| | 5:00 PM 2,850 Yards - Stress Value = 42 | | |

Workout #19797 - Monday, 10 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 25:00 DS/Dryland | | |
| 400 | 1 x 400 on 6:00 By 100: THD + ThmbDrg + CFP | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 400 | 1 x 400 on 9:00 Kick w/random sprints on whistl | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 1,200 | 8 x 150 on 2:30 2:00 min swims 30 sec rest | | |
| 350 | 14 x 25 on :35 100 Free Pace | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| | 7:01 PM 2,800 Yards - Stress Value = 61 | | |

Workout #19798 - Tuesday, 11 April 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Core | REC |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | SP3 |
| 600 | 1x{3 x 100 on 1:30 Backstroke | EN2 |
| | { 3rd 100 90% effort | |
| | { 2 x 100 on 1:30 Backstroke | EN2 |
| | { 2nd 100 95% effort | |
| | { 1 x 100 on 1:30 Backstroke | EN2 |
| | { 100% effort | |
| 750 | 15 x 50 on 1:00 Pulls odds BTB evens BTS | EN1 |
| | Hold breath 3 strokes off 1st wall | |
| | Hold breath 3+1 off turn wall to 7-repeat | |
| 600 | 1x{3 x 100 on 1:30 Backstroke | EN2 |
| | { 3rd 100 L.25 12 yds under | |
| | { 2 x 100 on 1:30 Backstroke | EN2 |
| | { 2nd 100 L.25 14yds under | |
| | { 1 x 100 on 1:30 Backstroke | EN2 |
| | { L.25 16yds under | |
| 50 | 1 x 50 on 3:00 Back for time | SP2 |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC |
| | 5:00 PM 3,050 Yards - Stress Value = 43 | |

Workout #19802 - Tuesday, 11 April 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 1,500 | 1 x 400 on 5:00 Choice | SP2 | |
| | 30 x 50 on :55 200 Breast Pace | | |
| | 1 on 8:00 Video-1 correction for turn and 1 correction for stroke | | |
| | 1 on 10:00 Partner timed free turns | SP3 | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| 90 | 1x{1 x 15 on :45 Undr Wtr Fly Kck | EN2 | |
| | { 1 x 15 on :40 Undr Wtr Fly Kck | EN2 | |
| | { 1 x 15 on :35 Undr Wtr Fly Kck | EN2 | |
| | { 1 x 15 on :30 Undr Wtr Fly Kck | EN2 | |
| | { 1 x 15 on :25 Undr Wtr Fly Kck | EN2 | |
| | { 1 x 15 on :20 Undr Wtr Fly Kck | EN2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| | 5:04 PM 2,990 Yards - Stress Value = 225 | | |

Workout #19799 - Tuesday, 11 April 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Core | REC |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | SP3 |
| 500 | 1x{3 x 100 on 1:40 Backstroke | EN2 |
| | { 3rd 100 90% effort | |
| | { 2 x 75 on 1:15 Backstroke | EN2 |
| | { 2nd 75 95% effort | |
| | { 1 x 50 on :50 Backstroke | EN2 |
| | { 100% effort | |
| 750 | 15 x 50 on 1:00 Pulls odds BTB evens BTS | EN1 |
| | Hold breath 3 strokes off 1st wall | |
| | Hold breath 3+1 off turn wall to 7-repeat | |
| 500 | 1x{3 x 100 on 1:40 Backstroke | EN2 |
| | { 3rd 100 L.25 12 yds under | |
| | { 2 x 75 on 1:15 Backstroke | EN2 |
| | { 2nd 75 L.25 14yds under | |

| | |
|---|-----|
| { 1 x 50 on :50 Backstroke | EN2 |
| { L.25 16yds under | |
| 50 1 x 50 on 3:00 Back for time | SP2 |
| 500 10 x 50 on 1:00 Stroke Drills | REC |
| 5:00 PM 2,850 Yards - Stress Value = 39 | |

Workout #19800 - Tuesday, 11 April 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Core | REC |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | SP3 |
| 475 | 1x{3 x 75 on 1:25 Backstroke | EN2 |
| | { 3rd 75 90% effort | |
| | { 2 x 75 on 1:25 Backstroke | EN2 |
| | { 2nd 75 95% effort | |
| | { 1 x 100 on 1:50 Backstroke | EN2 |
| | { 100% effort | |
| 750 | 15 x 50 on 1:00 Pulls odds BTB evens BTS | EN1 |
| | Hold breath 3 strokes off 1st wall | |
| | Hold breath 3+1 off turn wall to 7-repeat | |
| 475 | 1x{3 x 75 on 1:25 Backstroke | EN2 |
| | { 3rd 100 L.25 12 yds under | |
| | { 2 x 75 on 1:25 Backstroke | EN2 |
| | { 2nd 75 L.25 14yds under | |
| | { 1 x 100 on 1:50 Backstroke | EN2 |
| | { L.25 16yds under | |
| 50 | 1 x 50 on 3:00 Back for time | SP2 |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC |
| | 5:00 PM 2,800 Yards - Stress Value = 37 | |

Workout #19801 - Tuesday, 11 April 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Core | REC |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | SP3 |
| 375 | 1x{3 x 75 on 1:45 Backstroke | EN2 |
| | { 3rd 75 90% effort | |
| | { 2 x 50 on 1:10 Backstroke | EN2 |
| | { 2nd 50 95% effort | |
| | { 1 x 50 on 1:10 Backstroke | EN2 |
| | { 100% effort | |
| 600 | 12 x 50 on 1:15 Pulls odds BTB evens BTS | EN1 |
| | Hold breath 3 strokes off 1st wall | |
| | Hold breath 3+1 off turn wall to 7-repeat | |
| 375 | 1x{3 x 75 on 1:45 Backstroke | EN2 |
| | { 3rd 100 L.25 12 yds under | |
| | { 2 x 50 on 1:10 Backstroke | EN2 |
| | { 2nd 75 L.25 14yds under | |
| | { 1 x 50 on 1:10 Backstroke | EN2 |
| | { L.25 16yds under | |
| 50 | 1 x 50 on 3:00 Back for time | SP2 |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC |
| | 5:00 PM 2,450 Yards - Stress Value = 31 | |

Workout #19803 - Tuesday, 11 April 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 90 | 6 x 15 on :45 Shooters |
| 300 | 1x{3 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:20 Kick on L/R/Strmline on back |
| | {3 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 700 | 7 x 100 on 2:00 Back-odds 3/4/5/6 KOW |
| | evens-last wall as far as you can underwate |
| 300 | 12 x 25 on :35 100 Back Pace |
| | 1 on 9:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:59 PM 2,040 Yards - Stress Value = 55 |

Workout #19804 - Tuesday, 11 April 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 90 | 6 x 15 on :45 Shooters |
| 300 | 1x{3 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:25 Kick on L/R/Strmline on back |
| | {3 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 700 | 7 x 100 on 2:10 Back-odds 3/4/5/6 KOW |
| | evens-last wall as far as you can underwate |
| | only do a 50 on number 7 |
| 300 | 12 x 25 on :35 100 Back Pace |
| | 1 on 9:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:01 PM 2,040 Yards - Stress Value = 55 |

Workout #19805 - Tuesday, 11 April 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 90 | 6 x 15 on :45 Shooters |
| 300 | 1x{3 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:30 Kick on L/R/Strmline on back |
| | {3 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 600 | 6 x 100 on 2:20 Back-odds 3/4/5/6 KOW |
| | evens-last wall as far as you can underwate |
| 300 | 12 x 25 on :35 100 Back Pace |
| | 1 on 9:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:59 PM 1,940 Yards - Stress Value = 53 |

Workout #19806 - Wednesday, 12 April 2017

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | F |
|-------|-----------------|---|
| ===== | ===== | = |

| | | |
|-----|---|---|
| | 1 on 25:00 DS/TRX Bands | |
| 400 | 1 x 400 on 5:00 5:00 Warm-up | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 600 | 1x{2 x 100 on 1:45 Breast-odds 2X pullouts on bh wall | F |
| | { start wall-evens 2X pullouts on bh wall | |
| | {2 x 50 on :50 25brst 25free-6bk br on 5 | F |
| | {2 x 100 on 1:40 Breast-same as above | E |
| | {2 x 50 on :50 Same as above | E |
| 600 | 1x{4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5 yds under | |
| | {2 x 75 on 1:30 Kick | F |
| | {4 x 25 on :45 Kick no board BSLR | E |
| | { Minimum 12.5yds +.5 bl under | |
| | {2 x 75 on 1:30 Kick | F |
| | {4 x 25 on :45 Kick no board BSLR | E |
| | { Minimum 12.5yds + 1 bl under | |
| 600 | 1x{2 x 100 on 1:40 Breast 1st&4th 25-2K1P | F |
| | { 2nd 25 4 strks under 2 up | |
| | { 3rd 25 build to 100% | |
| | {2 x 50 on :50 25brst 25free 6bk br on 7 | F |
| | {2 x 100 on 1:35 Breast-same as above | E |
| | {2 x 50 on :50 Same as above | E |
| 50 | 1 x 50 on 3:00 Breast OTB for time | S |
| 350 | 7 x 50 on 1:00 Stroke Drills | F |
| | 5:00 PM 2,750 Yards - Stress Value = 46 | |

Workout #19810 - Wednesday, 12 April 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 15:00 DS/Showers |
| 400 | 1 x 400 on 5:00 Choice |
| 1,500 | 30 x 50 on :50 200 Back Pace |
| | 1 on 8:00 Video-1 corretion on stroke |
| | and 1 correction on turn |
| 150 | 10 x 15 on 1:00 Racing Skills-Shooters non free |
| 750 | 30 x 25 on :30 100 Fly Pace |
| 120 | 6 x 20 on 1:00 Running Pit Sprints |
| | 15+yards under water/breakout 3 or 5 strokes t |
| 250 | 1 x 250 on 4:00 Non-specific swimming |
| | 5:03 PM 3,170 Yards - Stress Value = 243 |

Workout #19807 - Wednesday, 12 April 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | |
|---------|---|-------|
| 3:30 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 25:00 DS/TRX Bands | |
| 400 | 1 x 400 on 5:00 5:00 Warm-up | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 600 | 1x{2 x 100 on 1:45 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall | F |
| | { 2 x 50 on :50 25brst 25free-6bk br on 5 | F |
| | { 2 x 100 on 1:40 Breast-same as above | F |
| | { 2 x 50 on :50 Same as above | F |
| 600 | 1x{4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5 yds under | |
| | { 2 x 75 on 1:30 Kick | F |
| | { 4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5yds +.5 bl under | |
| | { 2 x 75 on 1:30 Kick | F |
| | { 4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5yds + 1 bl under | |
| 600 | 1x{2 x 100 on 1:40 Breast 1st&4th 25-2K1P | F |
| | { 2nd 25 4 strks under 2 up | |
| | { 3rd 25 build to 100% | |
| | { 2 x 50 on :50 25brst 25free 6bk br on 7 | F |
| | { 2 x 100 on 1:35 Breast-same as above | F |
| | { 2 x 50 on :50 Same as above | F |
| 50 | 1 x 50 on 3:00 Breast OTB for time | S |
| 350 | 7 x 50 on 1:00 Stroke Drills | F |
| 5:00 PM | 2,750 Yards - Stress Value = 46 | |

Workout #19808 - Wednesday, 12 April 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | |
|---------|---|-------|
| 3:30 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 25:00 DS/TRX Bands | |
| 400 | 1 x 400 on 5:00 5:00 Warm-up | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 550 | 1x{2 x 100 on 1:55 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall | F |
| | { 2 x 50 on :55 25brst 25free-6bk br on 5 | F |
| | { 2 x 100 on 1:50 Breast-same as above | F |
| | { 1 x 50 on :55 Same as above | F |
| 550 | 1x{4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5 yds under | |
| | { 2 x 75 on 1:45 Kick | F |
| | { 4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5yds +.5 bl under | |
| | { 2 x 50 on 1:10 Kick | F |
| | { 4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5yds + 1 bl under | |
| 550 | 1x{2 x 100 on 1:50 Breast 1st&4th 25-2K1P | F |
| | { 2nd 25 4 strks under 2 up | |
| | { 3rd 25 build to 100% | |
| | { 2 x 50 on :55 25brst 25free 6bk br on 7 | F |
| | { 2 x 100 on 1:45 Breast-same as above | F |
| | { 1 x 50 on :55 Same as above | F |
| 50 | 1 x 50 on 3:00 Breast OTB for time | S |
| 350 | 7 x 50 on 1:00 Stroke Drills | F |
| 5:00 PM | 2,600 Yards - Stress Value = 43 | |

Workout #19809 - Wednesday, 12 April 2017

Group 3 - Bronze

1 minute rest between sets

| Yards | Set Description | |
|---------|------------------------------|-------|
| 3:30 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 25:00 DS/TRX Bands | |
| 400 | 1 x 400 on 5:00 5:00 Warm-up | F |

| | | |
|---------|---|---|
| 150 | 10 x 15 on :45 Shooters | S |
| 500 | 1x{2 x 100 on 2:10 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall | F |
| | { 1 x 50 on 1:05 25brst 25free-6bk br on 5 | F |
| | { 2 x 100 on 2:05 Breast-same as above | F |
| | { 1 x 50 on 1:05 Same as above | F |
| 500 | 1x{4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5 yds under | |
| | { 2 x 50 on 1:30 Kick | F |
| | { 4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5yds +.5 bl under | |
| | { 2 x 50 on 1:30 Kick | F |
| | { 4 x 25 on :45 Kick no board BSLR | F |
| | { Minimum 12.5yds + 1 bl under | |
| 500 | 1x{2 x 100 on 2:05 Breast 1st&4th 25-2K1P | F |
| | { 2nd 25 4 strks under 2 up | |
| | { 3rd 25 build to 100% | |
| | { 1 x 50 on 1:05 25brst 25free 6bk br on 7 | F |
| | { 2 x 100 on 2:00 Breast-same as above | F |
| | { 1 x 50 on 1:05 Same as above | F |
| 50 | 1 x 50 on 3:00 Breast OTB for time | S |
| 350 | 7 x 50 on 1:00 Stroke Drills | F |
| 5:01 PM | 2,450 Yards - Stress Value = 40 | |

Workout #19811 - Wednesday, 12 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | |
|---------|--|-------|
| 5:30 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 25:00 DS/Dryland | |
| 200 | 8 x 25 on :35 Wednesday Warm-up | REC |
| | 2-18, 4-16, 2-14 | |
| 90 | 6 x 15 on :45 Shooters | SP3 |
| 400 | 1 x 400 on 9:00 Kick | EN2 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| 550 | 11 x 50 on 1:15 Breaststroke | EN2 |
| | Odds 2X Pullouts, ,Evens 25 fly kick-25 free k | |
| 300 | 12 x 25 on :40 100 Breast Pace | SP2 |
| | 1 on 9:00 Game | REC |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 7:00 PM | 1,890 Yards - Stress Value = 53 | |

Workout #19812 - Wednesday, 12 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | |
|---------|--|-------|
| 5:30 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 25:00 DS/Dryland | |
| 200 | 8 x 25 on :35 Wednesday Warm-up | REC |
| | 2-18, 4-16, 2-14 | |
| 90 | 6 x 15 on :45 Shooters | SP3 |
| 400 | 1 x 400 on 9:00 Kick | EN2 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| 500 | 10 x 50 on 1:20 Breaststroke | EN2 |
| | Odds 2X Pullouts, ,Evens 25 fly kick-25 free k | |
| 300 | 12 x 25 on :40 100 Breast Pace | SP2 |
| | 1 on 9:00 Game | REC |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 7:00 PM | 1,840 Yards - Stress Value = 52 | |

Workout #19813 - Wednesday, 12 April 2017

5:02 PM 2,990 Yards - Stress Value = 225

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 5:30 PM | Start | |
| 200 | 1 on 25:00 DS/Dryland | REC |
| | 8 x 25 on :35 Wednesday Warm-up | |
| | 2-18, 4-16, 2-14 | |
| 90 | 6 x 15 on :45 Shooters | SP2 |
| 400 | 1 x 400 on 9:00 Kick | EN2 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| 450 | 9 x 50 on 1:25 Breaststroke | EN2 |
| | Odds 2X Pullouts, ,Evens 25 fly kick-25 free k | |
| 300 | 12 x 25 on :40 100 Breast Pace | SP2 |
| | 1 on 9:00 Game | REC |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| | 6:59 PM 1,790 Yards - Stress Value = 51 | |

Workout #19814 - Thursday, 13 April 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Shoulders | |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | |
| | 10 x 15 on :45 Shooters | |
| 750 | Free:hb 3 SOW + NB inside flags/straight ar | |
| | 1x{5 x 25 on :30 Fly with free kick | |
| | {2 x 50 on :45 Freestyle | |
| | {4 x 25 on :30 Fly with free kick | |
| | {2 x 50 on :45 Freestyle | |
| | {3 x 25 on :30 Fly with free kick | |
| | {2 x 50 on :45 Freestyle | |
| | {2 x 25 on :30 Fly with free kick | |
| | {2 x 50 on :45 Freestyle | |
| 500 | 10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r | |
| | knees/feet-hb 3 SOW | |
| 750 | 1x{5 x 25 on :30 Fly lup2down | |
| | {2 x 50 on :45 Freestyle | |
| | {4 x 25 on :30 Fly 5KOW+1 | |
| | {2 x 50 on :45 Freestyle | |
| | {3 x 25 on :30 Fly hb 3 SOW | |
| | {2 x 50 on :45 Freestyle | |
| | {2 x 25 on :30 Fly nb 1.10 yds | |
| | {2 x 50 on :45 Freestyle | |
| 50 | 1 x 50 on 3:00 Fly OTB | |
| 350 | 7 x 50 on 1:00 Stroke Drills | |
| | 5:00 PM 2,950 Yards - Stress Value = 45 | |

Workout #19818 - Thursday, 13 April 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 3:30 PM | Start | |
| 400 | 1 on 15:00 DS/Shoulder | |
| 1,500 | 1 x 400 on 5:00 Choice | REC |
| | 30 x 50 on :55 200 Fly Pace | SP2 |
| | 1 on 8:00 Video-1 correction on stroke | |
| | and 1 correction on turn | |
| | 1 on 8:00 Racing Skills-Timed open turns | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 90 | 1x{1 x 15 on :45 Undr Wtr Fly Kck | EN2 |
| | {1 x 15 on :40 Undr Wtr Fly Kck | EN2 |
| | {1 x 15 on :35 Undr Wtr Fly Kck | EN2 |
| | {1 x 15 on :30 Undr Wtr Fly Kck | EN2 |
| | {1 x 15 on :25 Undr Wtr Fly Kck | EN2 |
| | {1 x 15 on :20 Undr Wtr Fly Kck | EN2 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |

Workout #19815 - Thursday, 13 April 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Shoulders | |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | |
| | 10 x 15 on :45 Shooters | |
| 650 | Free:hb 3 SOW + NB inside flags/straight ar | |
| | 1x{5 x 25 on :35 Fly with free kick | |
| | {2 x 50 on :45 Freestyle | |
| | {4 x 25 on :35 Fly with free kick | |
| | {2 x 50 on :45 Freestyle | |
| | {3 x 25 on :35 Fly with free kick | |
| | {1 x 50 on :45 Freestyle | |
| | {2 x 25 on :35 Fly with free kick | |
| | {1 x 50 on :45 Freestyle | |
| 500 | 10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r | |
| | knees/feet-hb 3 SOW | |
| 650 | 1x{5 x 25 on :35 Fly lup2down | |
| | {2 x 50 on :45 Freestyle | |
| | {4 x 25 on :35 Fly 5KOW+1 | |
| | {2 x 50 on :45 Freestyle | |
| | {3 x 25 on :35 Fly hb 3 SOW | |
| | {1 x 50 on :45 Freestyle | |
| | {2 x 25 on :35 Fly nb 1.10 yds | |
| | {1 x 50 on :45 Freestyle | |
| 50 | 1 x 50 on 3:00 Fly OTB | |
| 350 | 7 x 50 on 1:00 Stroke Drills | |
| | 5:00 PM 2,750 Yards - Stress Value = 41 | |

Workout #19816 - Thursday, 13 April 2017

Group 3 - Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 3:30 PM | Start | |
| 400 | 1 on 25:00 DS/Shoulders | |
| 150 | 1 x 400 on 5:00 5:00 Warm-up | |
| | 10 x 15 on :45 Shooters | |
| 550 | Free:hb 3 SOW + NB inside flags/straight ar | |
| | 1x{5 x 25 on :40 Fly with free kick | |
| | {2 x 50 on :50 Freestyle | |
| | {4 x 25 on :40 Fly with free kick | |
| | {1 x 50 on :50 Freestyle | |
| | {3 x 25 on :40 Fly with free kick | |
| | {1 x 50 on :45 Freestyle | |
| | {2 x 25 on :40 Fly with free kick | |
| 500 | 10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r | |
| | knees/feet-hb 3 SOW | |
| 550 | 1x{5 x 25 on :40 Fly lup2down | |
| | {2 x 50 on :50 Freestyle | |
| | {4 x 25 on :40 Fly 5KOW+1 | |
| | {1 x 50 on :50 Freestyle | |
| | {3 x 25 on :40 Fly hb 3 SOW | |
| | {1 x 50 on :50 Freestyle | |
| | {2 x 25 on :40 Fly nb 1.10 yds | |
| 50 | 1 x 50 on 3:00 Fly OTB | |
| 350 | 7 x 50 on 1:00 Stroke Drills | |
| | 5:00 PM 2,550 Yards - Stress Value = 37 | |

Workout #19817 - Thursday, 13 April 2017

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 150 1 x 400 on 5:00 5:00 Warm-up
 10 x 15 on :45 Shooters
 Free:hb 3 SOW + NB inside flags/straight ar
 500 1x{4 x 25 on :45 Fly with free kick
 {1 x 50 on :55 Freestyle
 {4 x 25 on :45 Fly with free kick
 {1 x 50 on :55 Freestyle
 {3 x 25 on :45 Fly with free kick
 {2 x 50 on :55 Freestyle
 {1 x 25 on :45 Fly with free kick
 400 8 x 50 on 1:10 Pulls-Alt breakouts-shldrs/hi
 knees/feet-hb 3 SOW
 500 1x{4 x 25 on :45 Fly lup2down
 {1 x 50 on :55 Freestyle
 {4 x 25 on :45 Fly 5KOW+1
 {1 x 50 on :55 Freestyle
 {3 x 25 on :45 Fly hb 3 SOW
 {2 x 50 on :55 Freestyle
 {1 x 25 on :45 Fly nb 1.10 yds
 50 1 x 50 on 3:00 Fly OTB
 350 7 x 50 on 1:00 Stroke Drills
 5:00 PM 2,350 Yards - Stress Value = 34

Workout #19819 - Thursday, 13 April 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 90 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 350 6 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board S
 {2 x 50 on 1:15 Fly kick w/board
 {4 x 25 on :45 Kick no board S
 {1 x 50 on 1:15 Fly kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 Teach Day-Fly
 300 12 x 25 on :35 100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,340 Yards - Stress Value = 41

Workout #19820 - Thursday, 13 April 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 90 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 350 6 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board S
 {2 x 50 on 1:20 Fly kick w/board
 {4 x 25 on :45 Kick no board S
 {1 x 50 on 1:20 Fly kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 Teach Day-Fly
 300 12 x 25 on :35 100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,340 Yards - Stress Value = 41

Workout #19821 - Thursday, 13 April 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 90 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 350 6 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board S
 {2 x 50 on 1:25 Fly kick w/board
 {4 x 25 on :45 Kick no board S
 {1 x 50 on 1:25 Fly kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 Teach Day-Fly
 250 10 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:01 PM 1,290 Yards - Stress Value = 36

Workout #19823 - Monday, 17 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers L
 400 1 x 400 on 5:00 Choice REC S
 3,000 30 x 100 on 1:20 1650 Free Pace SP2 S
 1 on 8:00 Video-2 corrections REC M
 750 30 x 25 on :30 100 Non Free Pace SP2 S
 75 5 x 15 on 1:00 Racing Skills-Shooters SP3 S
 Up to 15 if time permits
 750 30 x 25 on :30 100 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 5:22 PM 5,225 Yards - Stress Value = 453

Workout #19824 - Monday, 17 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers I
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 Your #1 200 Pace SP2 S
 1 on 8:00 Video-2 corrections REC M
 750 30 x 25 on :30 Your #2 100 Pace SP2 S
 150 10 x 15 on 1:00 Racing Skills-Shooters SP3 S
 Up to 15 if time permits
 750 30 x 25 on :30 Your #3 100 Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC I
 5:15 PM 3,800 Yards - Stress Value = 306

Workout #19825 - Monday, 17 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 3:30 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | ε |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | ε |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Your Choice Pace | SP2 | ε |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | ε |
| 750 | 30 x 25 on :30 Your #3 100 Pace | SP2 | ε |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| 5:16 PM | 2,535 Yards - Stress Value = 175 | | |

Workout #19822 - Monday, 17 April 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 600 | 1 on 25:00 DS/Physio Balls |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| | 10 x 15 on :45 Shooters |
| 800 | All BSLR, min 15m underwater |
| | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 1:30 Kick best effort |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 1:35 Kick best effort |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 1:40 Kick best effort |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:45 Kick best effort |
| 600 | 1 x 600 on 8:00 Pulls-no br L.12 yds of each 100 |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{4 x 150 on 2:00 Freestyle |
| | {4 x 125 on 1:40 Freestyle |
| | {4 x 100 on 1:20 Freestyle |
| | {4 x 75 on 1:00 Freestyle |
| | 1st 25 of each 5 KOW sprint 12.5yds |
| | Last 25 of each repeat alt between |
| | 10 KOW +Exp BO and 6 beat kick |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:15 PM | 4,300 Yards - Stress Value = 62 |

Workout #19826 - Monday, 17 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| 400 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 400 on 6:00 By 100: THD + ThmbDrg + CFP |
| 300 | 10 x 15 on :45 Shooters |
| | 1x{2 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:15 Fly Kick w/board |
| | {2 x 25 on :45 Kick no board LR |
| | {1 x 50 on 1:15 Breast Kick w/board |
| | {2 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:15 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 900 | 9 x 100 on 2:05 Individual Medley |
| 350 | 14 x 25 on :35 Your #1 100 Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:00 PM | 2,400 Yards - Stress Value = 65 |

Workout #19827 - Monday, 17 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| | 1 on 25:00 DS/Dryland |
| 400 | 1 x 400 on 6:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{2 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:20 Fly Kick w/board |
| | {2 x 25 on :45 Kick no board LR |
| | {1 x 50 on 1:20 Breast Kick w/board |
| | {2 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:20 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 800 | 8 x 100 on 2:15 Individual Medley |
| 350 | 14 x 25 on :35 Your #1 100 Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 6:59 PM | 2,300 Yards - Stress Value = 63 |

Workout #19828 - Monday, 17 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| | 1 on 25:00 DS/Dryland |
| 400 | 1 x 400 on 6:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{2 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:30 Fly Kick w/board |
| | {2 x 25 on :45 Kick no board LR |
| | {1 x 50 on 1:30 Breast Kick w/board |
| | {2 x 25 on :45 Kick no board BS |
| | {1 x 50 on 1:30 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 700 | 7 x 100 on 2:30 Individual Medley |
| 350 | 14 x 25 on :35 Your #1 100 Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 6:59 PM | 2,200 Yards - Stress Value = 61 |

Workout #19829 - Tuesday, 18 April 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| | 1 on 30:00 DS/Core |
| 600 | 1 x 600 on 10:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 150 on 2:35 Kick |
| | {4 x 25 on :45 Sprint kick |
| | {2 x 125 on 2:10 Kick |
| | {4 x 25 on :40 Sprint kick |
| | {3 x 100 on 1:45 Kick |
| | {4 x 25 on :35 Sprint kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 6x{3 x 50 on :40 3 strokes fly off walls |
| | {1 x 100 on 2:00 Fly Drill |
| | Cody do 3/5/7 KOW and 100 backstroke drill |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:15 PM | 3,600 Yards - Stress Value = 56 |

Workout #19830 - Tuesday, 18 April 2017

7:00 PM 2,190 Yards - Stress Value = 62

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | REC | L |
| 2,250 | 1 x 400 on 5:00 Choice | SP2 | S |
| | 30 x 75 on 1:10 1000 Free Pace | REC | M |
| 1,500 | 1 on 5:00 Video-2 corrections | SP2 | S |
| 250 | 30 x 50 on :50 200 Non Free Pace | REC | D |
| 1,500 | 1 x 250 on 5:00 Non-specific swimming | SP2 | S |
| 250 | 30 x 50 on :50 200 Free Pace (ITP) | REC | D |
| | 1 x 250 on 4:00 Non-specific swimming | | |
| | 5:34 PM 6,150 Yards - Stress Value = 525 | | |

Workout #19834 - Tuesday, 18 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| 300 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 300 on 5:00 Sun Yang Freestyle w/snorkel |
| 400 | 6 x 15 on :45 Shooters |
| 100 | 4 x 100 on 2:25 Kick-evens 100% |
| | Only do a 50 on number 4 |
| 700 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1x{1 x 150 on 3:00 Freestyle |
| | {1 x 150 on 2:55 Freestyle |
| | {1 x 150 on 2:50 Freestyle |
| | {1 x 150 on 2:45 Freestyle |
| | {1 x 100 on 1:45 Freestyle |
| 350 | 14 x 25 on :35 100 Free Pace |
| 200 | 1 on 9:00 Racing Skills-Relay Starts |
| | 1 x 200 on 4:00 Stroke Drills |
| | 7:01 PM 2,140 Yards - Stress Value = 61 |

Workout #19831 - Tuesday, 18 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 750 | 1 x 400 on 5:00 Choice | SP2 | |
| | 30 x 25 on :30 Your #1 100 Pace | REC | |
| 1,500 | 1 on 8:00 Video-2 corrections | SP2 | |
| 180 | 30 x 50 on :55 200 IM Pace | SP1 | |
| | 4x{3 x 15 on :35 Undr Wtr Fly Kck | | |
| | {1 on :30 Rest | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| | 5:15 PM 3,830 Yards - Stress Value = 314 | | |

Workout #19835 - Tuesday, 18 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| 300 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 300 on 5:00 Sun Yang Freestyle w/snorkel |
| 300 | 6 x 15 on :45 Shooters |
| 100 | 3 x 100 on 2:35 Kick-evens 100% |
| 700 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1x{1 x 150 on 3:10 Freestyle |
| | {1 x 150 on 3:05 Freestyle |
| | {1 x 150 on 3:00 Freestyle |
| | {1 x 150 on 2:55 Freestyle |
| | {1 x 100 on 1:55 Freestyle |
| 350 | 14 x 25 on :35 100 Free Pace |
| 200 | 1 on 9:00 Racing Skills-Relay Starts |
| | 1 x 200 on 4:00 Stroke Drills |
| | 7:00 PM 2,040 Yards - Stress Value = 59 |

Workout #19832 - Tuesday, 18 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 750 | 1 x 400 on 5:00 Choice | SP2 | |
| | 30 x 25 on :30 100 Free Pace | REC | |
| 750 | 1 on 8:00 Video-2 corrections | SP2 | |
| 180 | 30 x 25 on :30 100 Breast Pace | SP1 | |
| | 4x{3 x 15 on :35 Undr Wtr Fly Kck | | |
| | {1 on :30 Rest | | |
| 1,500 | 30 x 50 on :55 200 Free Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| | 5:15 PM 3,830 Yards - Stress Value = 314 | | |

Workout #19837 - Wednesday, 19 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 3,000 | 1 x 400 on 5:00 Choice | SP2 | |
| | 30 x 100 on 1:20 1650 Free Pace | REC | |
| 750 | 1 on 5:00 Video-2 corrections | SP2 | |
| 75 | 30 x 25 on :30 100 Non Free Pace | SP3 | |
| | 5 x 15 on 1:00 Spinners/Sculling Drills | | |
| | Up to 15 if time permits | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| | 5:19 PM 5,225 Yards - Stress Value = 453 | | |

Workout #19833 - Tuesday, 18 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| 300 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 300 on 5:00 Sun Yang Freestyle w/snorkel |
| 400 | 6 x 15 on :45 Shooters |
| 100 | 4 x 100 on 2:15 Kick-evens 100% |
| 750 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1x{1 x 150 on 2:50 Freestyle |
| | {1 x 150 on 2:45 Freestyle |
| | {1 x 150 on 2:40 Freestyle |
| | {1 x 150 on 2:35 Freestyle |
| | {1 x 150 on 2:30 Freestyle |
| 350 | 14 x 25 on :35 100 Free Pace |
| 200 | 1 on 9:00 Racing Skills-Relay Starts |
| | 1 x 200 on 4:00 Stroke Drills |

Workout #19838 - Wednesday, 19 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--|-----|----|
| 3:30 PM | Start | | |
| 1,500 | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | |
| | 1 on 8:00 Video-2 corrections | REC | |
| 750 | 30 x 25 on :30 Your #3 100 pace | SP2 | |
| 150 | 10 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| | Up to 15 if time permits | | |
| 750 | 30 x 25 on :30 Your #2 100 pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 5:15 PM | 3,800 Yards - Stress Value = 306 | | |

Workout #19839 - Wednesday, 19 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 1,500 | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | |
| | 1 on 8:00 Video-2 corrections | REC | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| 75 | 5 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| | Up to 15 if time permits | | |
| 750 | 30 x 25 on :30 Your choice 100 pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 5:19 PM | 3,135 Yards - Stress Value = 244 | | |

Workout #19836 - Wednesday, 19 April 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 500 | 1 on 30:00 DS/TRX Bands |
| 150 | 20 x 25 on :30 Wednesday Warm-up |
| 900 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR |
| | {3 x 100 on 1:45 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:40 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:35 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 3 x 600 on 8:00 Freestyle-descend |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:15 PM | 3,800 Yards - Stress Value = 62 |

Workout #19840 - Wednesday, 19 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 200 | 1 on 25:00 DS/Drylannd |
| | 8 x 25 on :35 Wednesday Warm-up |
| | 2-18, 4-17, 2-16 |
| 90 | 6 x 15 on :45 Shooters |
| 350 | 1x{3 x 50 on 1:15 Kick streamline on back |
| | {2 x 50 on 1:15 Kick on side rt arm extended |
| | {2 x 50 on 1:15 Kick on side lt arm extended |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |

| | |
|---------|---------------------------------|
| 650 | 1x{1 x 200 on 4:00 Backstroke |
| | {4 x 50 on 1:05 Back-descend |
| | {1 x 150 on 3:00 Backstroke |
| | {2 x 50 on 1:05 Back-descend |
| 350 | 14 x 25 on :35 100 Back Pace |
| | 1 on 9:00 Relay |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:00 PM | 1,940 Yards - Stress Value = 59 |

Workout #19841 - Wednesday, 19 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| | 1 on 25:00 DS/Drylannd |
| 200 | 8 x 25 on :35 Wednesday Warm-up |
| | 2-18, 4-17, 2-16 |
| 90 | 6 x 15 on :45 Shooters |
| 300 | 1x{2 x 50 on 1:20 Kick streamline on back |
| | {2 x 50 on 1:20 Kick on side rt arm extended |
| | {2 x 50 on 1:20 Kick on side lt arm extended |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 600 | 1x{1 x 200 on 4:20 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| | {1 x 150 on 3:15 Backstroke |
| | {2 x 50 on 1:10 Back-descend |
| 350 | 14 x 25 on :35 100 Back Pace |
| | 1 on 9:00 Relay |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 6:59 PM | 1,840 Yards - Stress Value = 57 |

Workout #19842 - Wednesday, 19 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| | 1 on 25:00 DS/Drylannd |
| 200 | 8 x 25 on :35 Wednesday Warm-up |
| | 2-18, 4-17, 2-16 |
| 90 | 6 x 15 on :45 Shooters |
| 250 | 1x{1 x 50 on 1:30 Kick streamline on back |
| | {2 x 50 on 1:30 Kick on side rt arm extended |
| | {2 x 50 on 1:30 Kick on side lt arm extended |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 550 | 1x{1 x 200 on 4:40 Backstroke |
| | {2 x 50 on 1:15 Back-descend |
| | {1 x 150 on 3:30 Backstroke |
| | {2 x 50 on 1:15 Back-descend |
| 350 | 14 x 25 on :35 100 Back Pace |
| | 1 on 9:00 Relay |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 6:59 PM | 1,740 Yards - Stress Value = 55 |

Workout #19843 - Thursday, 20 April 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-----|------|
| 3:30 PM Start | | | |
| 600 | 1 on 25:00 DS/Shoulders | | L |
| | 1 x 600 on 10:00 Underwater trn drill | | |
| | Odd 100's free evens 100's back | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,300 | 1x{1 x 100 on 1:25 Kick | | |
| | {1 x 100 on 1:30 Kick | | |
| | {1 x 100 on 1:35 Kick | | |
| | {1 x 100 on 1:40 Kick | | |
| | {1 x 100 on 1:45 Kick | | |
| | {1 x 100 on 1:50 Kick | | |
| | {1 x 100 on 1:55 Kick | | |
| | {1 x 100 on 1:50 Kick | | |
| | {1 x 100 on 1:45 Kick | | |
| | {1 x 100 on 1:40 Kick | | |
| | {1 x 100 on 1:35 Kick | | |
| | {1 x 100 on 1:30 Kick | | |
| | {1 x 100 on 1:25 Kick | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,650 | 1x{2 x 125 on 1:30 Fly 100 2-2, 25 whole stroke | | |
| | {1 x 100 on 1:15 Freestyle | | |
| | {4 x 25 on :30 Fly lupldown | | |
| | {2 x 125 on 1:50 Fly 100 2-3, 25 whole stroke | | |
| | {2 x 100 on 1:15 Freestyle | | |
| | {4 x 25 on :30 Fly lup2down | | |
| | {2 x 125 on 1:50 Fly 100 2-4, 25 whole stroke | | |
| | {3 x 100 on 1:15 Freestyle | | |
| | {4 x 25 on :30 Fly lup3down | | |
| | Cody 125:1st one hold under 1:30 | | |
| | 2nd one 3/5/7/9 KOW back | | |
| | 25's-bathtub drill | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 5:14 PM 4,150 Yards - Stress Value = 64 | | |

Workout #19844 - Thursday, 20 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 500 Free Pace | SP2 | S |
| | 1 on 5:00 Video 2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 | S |
| 200 | 1 x 200 on 4:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :50 200 Free Pace (ITP) | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:36 PM 6,100 Yards - Stress Value = 525 | | |

Workout #19845 - Thursday, 20 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | S |
| | 1 on 8:00 Video 2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | S |
| 200 | 10 x 20 on 1:00 Running Pit Sprints | SP2 | S |
| | 15+yds underwater 3-5 strokes to finish | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:15 PM 3,850 Yards - Stress Value = 320 | | |

Workout #19846 - Thursday, 20 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 5:00 Video 2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| 120 | 6 x 20 on 1:00 Running Pit Sprints | SP2 | S |
| | 15+yds underwater 3-5 strokes to finish | | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:18 PM 4,520 Yards - Stress Value = 387 | | |

Workout #19847 - Thursday, 20 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-----|------|
| 5:30 PM Start | | | |
| 300 | 1 on 25:00 DS/Dryland | | |
| | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | | |
| 90 | 6 x 15 on :45 Shooters | | |
| 350 | 1x{2 x 50 on 1:15 Breast Kick w/board | | |
| | {2 x 75 on 1:50 Breast Kick w/board | | |
| | {1 x 100 on 2:25 Breast Kick w/board | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 1 on 15:00 Breast Teach Day | | |
| 300 | 12 x 25 on :40 100 Breast Pace | | |
| | 1 on 9:00 Racing Skills-Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| | 7:00 PM 1,390 Yards - Stress Value = 41 | | |

Workout #19848 - Thursday, 20 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-----|------|
| 5:30 PM Start | | | |
| 300 | 1 on 25:00 DS/Dryland | | |
| | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | | |
| 90 | 6 x 15 on :45 Shooters | | |
| 300 | 1x{2 x 50 on 1:20 Breast Kick w/board | | |
| | {2 x 75 on 2:00 Breast Kick w/board | | |
| | {1 x 50 on 1:20 Breast Kick w/board | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 1 on 15:00 Breast Teach Day | | |
| 300 | 12 x 25 on :40 100 Breast Pace | | |
| | 1 on 9:00 Racing Skills-Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| | 6:59 PM 1,340 Yards - Stress Value = 40 | | |

Workout #19849 - Thursday, 20 April 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 25:00 DS/Dryland | | L |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | REC | S |
| 90 | 6 x 15 on :45 Shooters | SP2 | S |
| 300 | 1x{2 x 50 on 1:30 Breast Kick w/board | | |
| | {2 x 75 on 2:15 Breast Kick w/board | | |
| | {1 x 50 on 1:30 Breast Kick w/board | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | EN2 | S |
| | Evens-underwaters, count kicks | | |
| | 1 on 15:00 Breast Teach Day | | |
| 300 | 12 x 25 on :40 100 Breast Pace | EN2 | S |
| | 1 on 9:00 Racing Skills-Starts | EN2 | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | EN2 | S |
| | 7:00 PM 1,340 Yards - Stress Value = 40 | | |

Workout #19851 - Friday, 21 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-Starts | | D |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 5:03 PM 4,400 Yards - Stress Value = 375 | | |

Workout #19852 - Friday, 21 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 Your #1 200 | SP2 | S |
| 120 | 6 x 20 on 3:00 50 Free Pace | SP2 | S |
| 750 | 30 x 25 on :30 Your #1 100 | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | 5:00 PM 3,020 Yards - Stress Value = 237 | | |

Workout #19853 - Friday, 21 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 600 | 30 x 20 on :30 Your Choice 100 Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:02 PM 2,410 Yards - Stress Value = 151 | | |

Workout #19850 - Friday, 21 April 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | D |
| 2,000 | 20 x 100 on 1:20 Your 1650 Pace | SP2 | S |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 1,250 | 5x{1 x 100 on 1:40 Kick | EN2 | K |
| | {3 x 50 on :40 Pulls-nbbf&w + 2 yds | EN1 | P |
| | Pulls are with paddles | | |
| 400 | 1x{4 x 25 on :30 Freestyle | EN2 | S |
| | {4 x 25 on :25 Freestyle | EN2 | S |
| | {4 x 25 on :20 Freestyle | EN2 | S |
| | {4 x 25 on :15 Freestyle | EN2 | S |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D |
| | 4:59 PM 4,450 Yards - Stress Value = 232 | | |

Workout #19854 - Friday, 21 April 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 300 | 12 x 25 on :45 Kick no board S | EN2 | |
| 700 | 1x{1 x 100 on 2:10 1 Stroke Fly off Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 2:05 2 Strokes Fly of Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 2:00 3 Strokes Fly off Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 1:55 2 Strokes Fly off Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 1:50 1 Stroke Fly off Walls | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 6:30 PM 1,800 Yards - Stress Value = 26 | | |

Workout #19855 - Friday, 21 April 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 300 | 12 x 25 on :45 Kick no board S | EN2 | |
| 700 | 1x{1 x 100 on 2:15 1 Stroke Fly off Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 2:10 2 Strokes Fly of Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 2:05 3 Strokes Fly off Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 2:00 2 Strokes Fly off Walls | EN2 | |
| | {2 x 25 on :40 Fly 5KOW HB 1st 2 strks | EN2 | |
| | {1 x 100 on 1:55 1 Stroke Fly off Walls | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 6:30 PM 1,800 Yards - Stress Value = 26 | | |

Workout #19856 - Friday, 21 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|---|---|-----|
| 5:00 PM Start | | |
| 400 | 1 on 40:00 DS/Dryland | EGY |
| 150 | 4 x 100 on 2:15 SwimUSS | REC |
| 300 | 10 x 15 on :45 Shooters | SP3 |
| 600 | 12 x 25 on :45 Kick no board S | EN2 |
| 1x{ | 1 x 100 on 2:25 1 Stroke Fly off Walls | EN2 |
| | { 2 x 25 on :45 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 100 on 2:20 2 Strokes Fly of Walls | EN2 |
| | { 2 x 25 on :45 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 100 on 2:15 3 Strokes Fly off Walls | EN2 |
| | { 2 x 25 on :45 Fly 5KOW HB 1st 2 strks | EN2 |
| | { 1 x 100 on 2:10 2 Strokes Fly off Walls | EN2 |
| | { 2 x 25 on :45 Fly 5KOW HB 1st 2 strks | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| 6:30 PM 1,700 Yards - Stress Value = 24 | | |

Workout #19857 - Monday, 24 April 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 3:30 PM Start | | | |
| 600 | 1 on 30:00 DS/Physio Balls | | |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim | | |
| 1,300 | 10 x 15 on :45 Shooters | | |
| 1x{ | 4 x 25 on :30 Kick no board BSLR | | |
| | { 3 x 100 on 1:25 Kick | | |
| | { 4 x 25 on :30 Kick no board BSLR | | |
| | { 3 x 100 on 1:30 Kick | | |
| | { 4 x 25 on :30 Kick no board BSLR | | |
| | { 3 x 100 on 1:35 Kick | | |
| | { 4 x 25 on :30 Kick no board BSLR | | |
| 600 | 12 x 50 on :45 Pulls odds BTB | | |
| | evens BTS | | |
| 200 | 4x{ 1 x 25 on :50 Sculling drills | | |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,700 | 1x{ 1 x 125 on 1:50 Backstroke | | |
| | { 3 x 50 on :45 Back-descend | | |
| | { 1 x 125 on 1:45 Backstroke | | |
| | { 4 x 50 on :45 Back-descend | | |
| | { 1 x 125 on 1:40 Backstroke | | |
| | { 5 x 50 on :45 Back-descend | | |
| | { 1 x 125 on 1:35 Backstroke | | |
| | { 4 x 50 on :45 Back-descend | | |
| | { 1 x 125 on 1:30 Backstroke | | |
| | { 3 x 50 on :45 Back-descend | | |
| | { 1 x 125 on 1:25 Backstroke | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 5:29 PM 4,800 Yards - Stress Value = 71 | | | |

Workout #19858 - Monday, 24 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 3:30 PM Start | | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corections | REC | M |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 | S |
| 75 | 5 x 15 on 1:00 Racing Skills-Shooters | SP3 | S |
| | Up to 15 if time permits | | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 5:37 PM 5,975 Yards - Stress Value = 528 | | | |

Workout #19859 - Monday, 24 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| 3:30 PM Start | | | |
| | 1 on 15:00 DS/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | S |
| | 1 on 8:00 Video-2 corections | REC | M |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | SP2 | S |
| 180 | 12 x 15 on 1:00 Racing Skills-Shooters | SP3 | S |
| | Up to 15 if time permits | | |
| 1,500 | 30 x 50 on :55 Your #3 200 Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| 5:30 PM 4,580 Yards - Stress Value = 382 | | | |

Workout #19860 - Monday, 24 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| 3:30 PM Start | | | |
| | 1 on 15:00 DS/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| | 1 on 8:00 Video-2 corections | REC | M |
| 750 | 30 x 25 on :30 100 Pace-your choice | SP2 | S |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | S |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| 5:29 PM 3,285 Yards - Stress Value = 250 | | | |

Workout #19861 - Monday, 24 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 5:30 PM Start | | | |
| | 1 on 25:00 DS/Dryland | | |
| 300 | 1 x 300 on 6:00 By 100: THD + ThmbDrg + CFP | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 450 | 18 x 25 on :45 Kick no board BSLR | | |
| | 9-10-11-12-13-14 KOW-Repeat 3 times | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 600 | 3x{ 8 x 25 on :45 Fly | | |
| | { 1 on 1:00 Rest | | |
| | 1-fly w/free kick, 2-5 KOW, | | |
| | 3-HB 3 SOW, 4-NB inside flags | | |
| | 5-lup 2down, 6-hb 1 stroke, br. on 1 | | |
| | 7-best effort, 8-closed fist | | |
| 500 | 20 x 25 on :40 100 Fly Pace | | |
| 300 | 6 x 50 on 1:15 Stroke Drills | | |
| 7:16 PM 2,400 Yards - Stress Value = 77 | | | |

Workout #19862 - Monday, 24 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 5:30 PM | Start | | |
| 300 | 1 on 25:00 DS/Dryland | | |
| 150 | 1 x 300 on 6:00 By 100: THD + ThmbDrg + CFP | | |
| 450 | 10 x 15 on :45 Shooters | | |
| 100 | 18 x 25 on :45 Kick no board BSLR | | |
| | 9-10-11-12-13-14 KOW-Repeat 3 times | | |
| 600 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 3x{8 x 25 on :50 Fly | | |
| | {1 on 1:00 Rest | | |
| | 1-fly w/free kick, 2-5 KOW, | | |
| | 3-HB 3 SOW, 4-NB inside flags | | |
| | 5-lup 2down, 6-hb 1 stroke, br. on 1 | | |
| | 7-best effort, 8-closed fist | | |
| | (do not do 5-8 on last round) | | |
| 500 | 20 x 25 on :40 100 Fly Pace | | |
| 300 | 6 x 50 on 1:15 Stroke Drills | | |
| 7:18 PM | 2,400 Yards - Stress Value = 77 | | |

Workout #19863 - Monday, 24 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 5:30 PM | Start | | |
| 300 | 1 on 25:00 DS/Dryland | | |
| 150 | 1 x 300 on 6:00 By 100: THD + ThmbDrg + CFP | | |
| 450 | 10 x 15 on :45 Shooters | | |
| 100 | 18 x 25 on :45 Kick no board BSLR | | |
| | 9-10-11-12-13-14 KOW-Repeat 3 times | | |
| 600 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 3x{8 x 25 on :55 Fly | | |
| | {1 on 1:00 Rest | | |
| | 1-fly w/free kick, 2-5 KOW, | | |
| | 3-HB 3 SOW, 4-NB inside flags | | |
| | 5-lup 2down, 6-hb 1 stroke, br. on 1 | | |
| | 7-best effort, 8-closed fist | | |
| | (do not do 5-8 on last round) | | |
| 450 | 18 x 25 on :45 100 Fly Pace | | |
| 300 | 6 x 50 on 1:15 Stroke Drills | | |
| 7:20 PM | 2,350 Yards - Stress Value = 72 | | |

Workout #19865 - Tuesday, 25 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | |
| 3,000 | 1 x 400 on 5:00 Choice | REC | |
| 750 | 30 x 100 on 1:20 1650 Free Pace | SP2 | |
| 300 | 1 on 5:00 Video-2 corrections | REC | |
| | 30 x 25 on :30 100 Non Free Pace | SP2 | |
| | 5x{4 x 15 on :30 Undr Wtr Fly Kck | EN2 | |
| | {1 on 1:00 Rest | REC | |
| | Rd 1-focus on upbeat | | |
| | Rd 2-focus on speed | | |
| | Rd 3-focus on number of kicks | | |
| | Rd 4-different body postion each reapet | | |
| | Rd 5-focus on speed | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 5:29 PM | 5,450 Yards - Stress Value = 456 | | |

Workout #19866 - Tuesday, 25 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | |
| 1,500 | 1 x 400 on 5:00 Choice | REC | |
| | 30 x 50 on :55 Your #1 200 | SP2 | |
| 1,500 | 1 on 5:00 Video-2 corrections | REC | |
| 300 | 30 x 50 on :55 200 IM Pace | SP2 | |
| | 5x{4 x 15 on :30 Undr Wtr Fly Kck | EN2 | |
| | {1 on 1:00 Rest | REC | |
| | Rd 1-focus on upbeat | | |
| | Rd 2-focus on speed | | |
| | Rd 3-focus on number of kicks | | |
| | Rd 4-different body postion each reapet | | |
| | Rd 5-focus on speed | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 5:30 PM | 4,700 Yards - Stress Value = 381 | | |

Workout #19867 - Tuesday, 25 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | |
| 750 | 1 x 400 on 5:00 Choice | REC | |
| | 30 x 25 on :30 100 Fly Pace | SP2 | |
| 210 | 1 on 5:00 Video-2 corrections | REC | |
| 300 | 30 x 50 on :50 200 Free Pace | SP2 | |
| | 14 x 15 on 1:00 Racing Skills-shooters | SP3 | |
| | 5x{4 x 15 on :30 Undr Wtr Fly Kck | EN2 | |
| | {1 on 1:00 Rest | REC | |
| | Rd 1-focus on upbeat | | |
| | Rd 2-focus on speed | | |
| | Rd 3-focus on number of kicks | | |
| | Rd 4-different body postion each reapet | | |
| | Rd 5-focus on speed | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 5:29 PM | 4,160 Yards - Stress Value = 314 | | |

Workout #19864 - Tuesday, 25 April 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 600 | 1 on 28:00 DS/Core | | |
| 150 | 1 x 600 on 10:00 Top Hat Drill | | |
| 1,300 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :30 Kick no board B | | |
| | {1 x 150 on 2:25 Kick | | |
| 400 | {4 x 25 on :30 Kick no board S | | |
| 3,000 | {2 x 150 on 2:20 Kick | | |
| 750 | {4 x 25 on :30 Kick no board L | | |
| 300 | {3 x 150 on 2:15 Kick | | |
| | {4 x 25 on :30 Kick no board R | | |
| | 1x{1 x 400 on 5:00 Pulls-no br L.14 yds | | |
| | {1 x 300 on 3:45 Pulls-no br L.16 yds | | |
| | {1 x 200 on 2:30 Pulls-no br L.18 yds | | |
| | {1 x 100 on 1:15 Pulls-no br L.20 yds | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,800 | 12 x 150 on 2:00 Freestyle-Descend | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | |
| 5:30 PM | 5,250 Yards - Stress Value = 90 | | |

Workout #19868 - Tuesday, 25 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{2 x 50 on 1:15 Fly Kick w/board |
| | {2 x 50 on 1:10 Streamline kick on back |
| | {2 x 50 on 1:10 Breast Kick w/board |
| | {1 x 50 on 1:05 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 950 | 1x{2 x 125 on 2:30 IM w/50 fly |
| | {2 x 125 on 2:30 IM w/50 back |
| | {2 x 125 on 2:30 IM w/ 50 breast |
| | {2 x 100 on 2:00 IM |
| 600 | 24 x 25 on :35 Your #1 stroke pace |
| | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,650 Yards - Stress Value = 92 |

Workout #19871 - Wednesday, 26 April 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 3:30 PM Start |
| | 1 on 25:00 DS/Shoulders |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 11 x 100 on 2:00 Challenge Kick Set w/fins |
| 800 | 1x{1 x 200 on 2:30 Pulls BWSPF |
| | {1 x 200 on 2:35 Pulls BWHPF |
| | {1 x 200 on 2:40 Pulls BWKPF |
| | {1 x 200 on 2:45 Pulls BWFPF |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,900 | 1x{1 x 200 on 2:40 3 strokes fly off walls-NB |
| | {4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick |
| | {2 x 200 on 2:40 3 strokes fly off walls-NB |
| | {3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick |
| | {3 x 200 on 2:40 3 strokes fly off walls-NB |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 5:30 PM 4,900 Yards - Stress Value = 84 |

Workout #19869 - Tuesday, 25 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{2 x 50 on 1:20 Fly Kick w/board |
| | {2 x 50 on 1:15 Streamline kick on back |
| | {2 x 50 on 1:15 Breast Kick w/board |
| | {1 x 50 on 1:10 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 850 | 1x{2 x 125 on 2:40 IM w/50 fly |
| | {2 x 125 on 2:40 IM w/50 back |
| | {2 x 125 on 2:40 IM w/ 50 breast |
| | {1 x 100 on 2:10 IM |
| 600 | 24 x 25 on :35 Your #1 stroke pace |
| | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,550 Yards - Stress Value = 90 |

Workout #19872 - Wednesday, 26 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|--|-----|
| | 3:30 PM Start | |
| | 1 on 15:00 DS/Showers | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 |
| | 1 on 5:00 Video-2 corrections | REC |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 |
| | 1 on 6:00 Racing Skills-timed parnter turn | SP3 |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 5:30 PM 5,450 Yards - Stress Value = 480 | |

Workout #19873 - Wednesday, 26 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 3:30 PM Start | |
| | 1 on 15:00 DS/Showers | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 |
| | 1 on 8:00 Video-2 corrections | REC |
| 1,500 | 30 x 50 on :55 Your #3 200 Pace | SP2 |
| | 1 on 13:00 Racing Skills-timed parnter turn | SP3 |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 5:30 PM 4,400 Yards - Stress Value = 375 | |

Workout #19870 - Tuesday, 25 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{2 x 50 on 1:25 Fly Kick w/board |
| | {2 x 50 on 1:20 Streamline kick on back |
| | {2 x 50 on 1:20 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 850 | 1x{2 x 125 on 2:50 IM w/50 fly |
| | {2 x 125 on 2:50 IM w/50 back |
| | {2 x 125 on 2:50 IM w/ 50 breast |
| | {1 x 100 on 2:00 Free-FAST |
| 500 | 20 x 25 on :40 Your #1 stroke pace |
| | 1 on 10:00 Racing Skills-starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,400 Yards - Stress Value = 79 |

Workout #19874 - Wednesday, 26 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY |
|--|---|-----|
| 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | REC |
| 160 | 1 x 400 on 5:00 Choice | SP2 |
| | 8 x 20 on 3:00 500 Free Pace | REC |
| 90 | 1 on 5:00 Video-2 corrections | SP3 |
| 750 | 6 x 15 on 1:00 Spinners | SP2 |
| | 30 x 25 on :30 100 Your Choice Pace | SP3 |
| 1,500 | 1 on 13:00 Racing Skills-timed parnter turn | SP2 |
| 250 | 30 x 50 on :55 400 IM Pace | REC |
| | 1 x 250 on 4:00 Non-specific swimming | |
| 5:30 PM 3,150 Yards - Stress Value = 245 | | |

Workout #19875 - Wednesday, 26 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY |
|---|---|-----|
| 5:30 PM Start | | |
| 200 | 1 on 25:00 DS/Dryland | |
| | 8 x 25 on :35 Wednesday Warm-up | |
| | 2-18, 4-17, 2-16 | |
| 150 | 10 x 15 on :45 Shooters | |
| 400 | 1x{2 x 50 on 1:15 Free Kick w/board | |
| | {2 x 50 on 1:10 Free Kick w/board | |
| | {2 x 50 on 1:05 Free Kick w/board | |
| | {2 x 50 on 1:00 Free Kick w/board | |
| | Focus on being super fast inside the flags | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 1,050 | 1x{3 x 125 on 2:20 Free-descend | |
| | {3 x 100 on 1:50 Free-descend | |
| | {3 x 75 on 1:20 Free-descend | |
| | {3 x 50 on :50 Free-descend | |
| 600 | 24 x 25 on :35 100 Free Pace | |
| | 1 on 10:00 Game | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:15 PM 2,750 Yards - Stress Value = 95 | | |

Workout #19876 - Wednesday, 26 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|---|---|-----|
| 5:30 PM Start | | |
| 200 | 1 on 25:00 DS/Dryland | |
| | 8 x 25 on :35 Wednesday Warm-up | |
| | 2-18, 4-17, 2-16 | |
| 150 | 10 x 15 on :45 Shooters | |
| 350 | 1x{2 x 50 on 1:20 Free Kick w/board | |
| | {2 x 50 on 1:15 Free Kick w/board | |
| | {2 x 50 on 1:10 Free Kick w/board | |
| | {1 x 50 on 1:05 Free Kick w/board | |
| | Focus on being super fast inside the flags | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 950 | 1x{3 x 125 on 2:30 Free-descend | |
| | {3 x 100 on 2:00 Free-descend | |
| | {3 x 75 on 1:25 Free-descend | |
| | {1 x 50 on :55 Free-FAST | |
| 600 | 24 x 25 on :35 100 Free Pace | |
| | 1 on 10:00 Game | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:15 PM 2,600 Yards - Stress Value = 92 | | |

Workout #19877 - Wednesday, 26 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|---|---|-----|
| 5:30 PM Start | | |
| 200 | 1 on 25:00 DS/Dryland | |
| | 8 x 25 on :35 Wednesday Warm-up | |
| | 2-18, 4-17, 2-16 | |
| 150 | 10 x 15 on :45 Shooters | |
| 300 | 1x{2 x 50 on 1:25 Free Kick w/board | |
| | {2 x 50 on 1:20 Free Kick w/board | |
| | {2 x 50 on 1:15 Free Kick w/board | |
| | Focus on being super fast inside the flags | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 900 | 1x{3 x 125 on 2:45 Free-descend | |
| | {3 x 100 on 2:10 Free-descend | |
| | {3 x 75 on 1:35 Free-descend | |
| 600 | 24 x 25 on :35 100 Free Pace | |
| | 1 on 10:00 Game | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:15 PM 2,500 Yards - Stress Value = 90 | | |

Workout #19879 - Thursday, 27 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 3:30 PM Start | | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Non Free Pace | SP2 | S |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP3 | K |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 5:29 PM 5,450 Yards - Stress Value = 462 | | | |

Workout #19880 - Thursday, 27 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 3:30 PM Start | | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | S |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP3 | K |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 5:30 PM 4,700 Yards - Stress Value = 387 | | | |

Workout #19881 - Thursday, 27 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-------|-------|
| 3:30 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 300 | 15 x 20 on 1:00 Missile Kicks | EN2 | K |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP3 | K |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 5:30 PM 4,250 Yards - Stress Value = 318 | | | |

Workout #19878 - Thursday, 27 April 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|---------------------------------------|-------|-------|
| 3:30 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 25:00 DS/Shoulders | | |
| 600 | 1 x 600 on 10:00 Underwater trn drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | |
| 1,450 | 1x{1 x 100 on 1:25 Kick | EN2 | |
| | {4 x 25 on :30 Alt 2nd and 3rd kicks | EN2 | |
| | {2 x 100 on 1:30 Kick | EN2 | |
| | {6 x 25 on :30 Alt 2nd and 3rd kicks | EN2 | |
| | {3 x 100 on 1:35 Kick | EN2 | |
| | {8 x 25 on :30 Alt 2nd and 3rd kicks | EN2 | |
| | {4 x 100 on 1:40 Kick | EN2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 5:29 PM 5,450 Yards - Stress Value = 335 | | | |

Workout #19882 - Thursday, 27 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---|-------|-------|
| 5:30 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 25:00 DS/Drylandn | | |
| 250 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 450 | 1x{2 x 25 on :45 Kick no board B | | |
| | {2 x 50 on 1:15 Kick on left side face up | | |
| | {2 x 25 on :45 Kick no board B | | |
| | {2 x 50 on 1:15 Kick on right side face up | | |
| | {2 x 25 on :45 Kick no board B | | |
| | {2 x 50 on 1:15 Kick streamline on back | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 1 on 20:00 Back Teach Day | | |
| 500 | 20 x 25 on :35 100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| 7:15 PM 1,650 Yards - Stress Value = 65 | | | |

Workout #19883 - Thursday, 27 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------------|---|-------|-------|
| 5:30 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 25:00 DS/Drylandn | | |
| 250 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 400 | 1x{2 x 25 on :45 Kick no board B | | |

| | | | |
|---|---|--|--|
| | {2 x 50 on 1:20 Kick on left side face up | | |
| | {2 x 25 on :45 Kick no board B | | |
| | {2 x 50 on 1:20 Kick on right side face up | | |
| | {2 x 25 on :45 Kick no board B | | |
| | {1 x 50 on 1:20 Kick streamline on back | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 1 on 20:00 Back Teach Day | | |
| 500 | 20 x 25 on :35 100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| 7:15 PM 1,600 Yards - Stress Value = 64 | | | |

Workout #19884 - Thursday, 27 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---|-------|-------|
| 5:30 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 25:00 DS/Drylandn | | |
| 250 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 400 | 1x{2 x 25 on :45 Kick no board B | | |
| | {2 x 50 on 1:25 Kick on left side face up | | |
| | {2 x 25 on :45 Kick no board B | | |
| | {2 x 50 on 1:25 Kick on right side face up | | |
| | {2 x 25 on :45 Kick no board B | | |
| | {1 x 50 on 1:25 Kick streamline on back | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| | 1 on 20:00 Back Teach Day | | |
| 450 | 18 x 25 on :40 100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| 7:15 PM 1,550 Yards - Stress Value = 59 | | | |

Workout #19885 - Friday, 28 April 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|--|-------|-------|
| 3:30 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 25:00 DS/Ted's Abs | | |
| 600 | 1 x 600 on 10:00 Reverse IM drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 600 | 1 x 600 on 12:00 Kick w/random 10 sec sprint | | |
| 2,100 | 1x{4 x 75 on 1:10 Individual Medley | | |
| | {4 x 75 on :55 Free L.25 6bk | | |
| | {4 x 75 on 1:05 Individual Medley | | |
| | {4 x 75 on :55 Free L.25 6bk | | |
| | {4 x 75 on 1:00 Individual Medley | | |
| | {4 x 75 on :55 Free L.25 6bk | | |
| | {4 x 75 on :55 Individual Medley | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 5:01 PM 3,700 Yards - Stress Value = 60 | | | |

Workout #19886 - Friday, 28 April 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| | 1 on 15:00 DS>Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,800 | 24 x 75 on 1:05 500 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:27 PM 5,950 Yards - Stress Value = 480 | | |

Workout #19887 - Friday, 28 April 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| | 1 on 15:00 DS>Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:15 PM 3,560 Yards - Stress Value = 241 | | |

Workout #19888 - Friday, 28 April 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| | 1 on 15:00 DS>Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 Your choice 100 pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:02 PM 2,810 Yards - Stress Value = 166 | | |

Workout #19889 - Friday, 28 April 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS 25Swim, 25Under, 25Scull, 25Swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{1 x 200 on 4:00 Breaststroke {2 x 50 on 1:05 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 3:55 Breaststroke {2 x 50 on 1:00 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 3:50 Breaststroke {2 x 50 on :55 Breast 2X pullous BH wall {2 x 25 on :45 Breast w/free kick-fast hands |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:30 PM 1,950 Yards - Stress Value = 29 |

Workout #19890 - Friday, 28 April 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS 25Swim, 25Under, 25Scull, 25Swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{1 x 200 on 4:15 Breaststroke {2 x 50 on 1:10 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:10 Breaststroke {2 x 50 on 1:05 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:05 Breaststroke {3 x 50 on 1:00 Breast 2X pullous BH wall |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:30 PM 1,950 Yards - Stress Value = 29 |

Workout #19891 - Friday, 28 April 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS 25Swim, 25Under, 25Scull, 25Swim |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{1 x 200 on 4:30 Breaststroke {2 x 50 on 1:15 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:20 Breaststroke {2 x 50 on 1:10 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:15 Breaststroke {2 x 50 on 1:05 Breast 2X pullous BH wall |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:31 PM 1,900 Yards - Stress Value = 28 |

Workout #19892 - Monday, 01 May 2017

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| 600 | 1 on 30:00 DS-Core-Spotlight | | I |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | § |
| 1,600 | 10 x 15 on :45 Shooters | SP2 | § |
| | 1x{4 x 25 on :45 Kick no board BSLR | | I |
| | {4 x 75 on 1:30 Kick #4-100% | | I |
| | {4 x 25 on :40 Kick no board BSLR | | I |
| | {4 x 75 on 1:25 Kick #4-100% | | I |
| | {4 x 25 on :35 Kick no board BSLR | | I |
| | {4 x 75 on 1:20 Kick #4 100% | | I |
| | {4 x 25 on :30 Kick no board BSLR | | I |
| | {4 x 75 on 1:15 Kick #4 100% | | I |
| 750 | 1x{4 x 25 on :30 Pulls 2 breaths | | I |
| | {2 x 75 on :55 Pull no br L.12 yds | | I |
| | {4 x 25 on :30 Pulls 2 breaths | | I |
| | {2 x 75 on 1:00 Pull no br L.12 yds | | I |
| | {4 x 25 on :30 Pulls 2 breaths | | I |
| 200 | 4x{1 x 25 on :50 Sculling drills | | I |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | I |
| 2,000 | 5 x 400 on 5:00 Freestyle | | I |
| | #1 5 KOW, #2 DPS, #3 HB 3 SOW | | I |
| | #4 Descend 100's, #5 Best Effort | | I |
| 300 | 6 x 50 on 1:00 Stroke Drills | | I |
| | 5:45 PM 5,600 Yards - Stress Value = 91 | | I |

Workout #19893 - Monday, 01 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | § |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | § |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Non Free Pace | SP2 | § |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | § |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | § |
| | 1 on 13:00 Racing Skills-Starts | | I |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:45 PM 5,375 Yards - Stress Value = 459 | | I |

Workout #19894 - Monday, 01 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | § |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | § |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 50 | 10 x 5 on 1:00 Missile Jumps | SP3 | F |
| 750 | 30 x 25 on :30 Your #2 100 Pace | SP2 | § |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | § |
| 750 | 30 x 25 on :30 Your #3 100 Pace | SP2 | § |
| | 1 on 14:00 Racing Skills-Starts | | I |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:45 PM 3,925 Yards - Stress Value = 311 | | I |

Workout #19895 - Monday, 01 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | § |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | § |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 70 | 14 x 5 on 1:00 Missile Jumps | SP3 | F |
| 750 | 30 x 25 on :30 100 Your Choice Pace | SP2 | § |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | § |
| 750 | 30 x 25 on :30 Your #3 100 Pace | SP2 | § |
| | 1 on 14:00 Racing Skills-Starts | | I |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:45 PM 2,605 Yards - Stress Value = 178 | | I |

Workout #19896 - Monday, 01 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 25:00 DS/Dryland | | I |
| 300 | 1 x 300 on 6:00 By 100: THD + ThmbDrg + CFP | | I |
| 150 | 10 x 15 on :45 Shooters | | I |
| 600 | 1x{2 x 150 on 3:30 Breast Kick w/board | | I |
| | {2 x 125 on 2:55 Breast Kick w/board | | I |
| | {1 x 50 on 1:10 Breast Kick w/board | | I |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | I |
| | Evens-underwaters, count kicks | | I |
| 1,200 | 1x{2 x 125 on 2:30 Breast L.25 2X pullouts | | I |
| | {2 x 125 on 2:30 Breast L.25 2K1P | | I |
| | {2 x 100 on 2:00 Breast L.25 2X pullouts | | I |
| | {2 x 100 on 2:00 Breast L.25 2K1P | | I |
| | {2 x 75 on 1:30 Breast L.25 2X pullouts | | I |
| | {2 x 75 on 1:30 Breast L.25 2K1P | | I |
| 500 | 20 x 25 on :40 100 Breast Pace | | I |
| 250 | 1 x 250 on 4:00 Stroke Drills | | I |
| | 7:15 PM 3,100 Yards - Stress Value = 92 | | I |

Workout #19897 - Monday, 01 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 1 on 25:00 DS/Dryland | | I |
| 300 | 1 x 300 on 6:00 By 100: THD + ThmbDrg + CFP | | I |
| 150 | 10 x 15 on :45 Shooters | | I |
| 550 | 1x{2 x 150 on 3:40 Breast Kick w/board | | I |
| | {2 x 125 on 3:05 Breast Kick w/board | | I |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | | I |
| | Evens-underwaters, count kicks | | I |
| 1,100 | 1x{2 x 125 on 2:40 Breast L.25 2X pullouts | | I |
| | {2 x 125 on 2:40 Breast L.25 2K1P | | I |
| | {2 x 100 on 2:10 Breast L.25 2X pullouts | | I |
| | {2 x 100 on 2:10 Breast L.25 2K1P | | I |
| | {2 x 50 on 1:05 Breast L.25 2X pullouts | | I |
| | {2 x 50 on 1:05 Breast L.25 2K1P | | I |
| 500 | 20 x 25 on :40 100 Breast Pace | | I |
| 250 | 1 x 250 on 4:00 Stroke Drills | | I |
| | 7:15 PM 2,950 Yards - Stress Value = 89 | | I |

Workout #19898 - Monday, 01 May 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| 300 | 1 x 300 on 6:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{2 x 150 on 3:50 Breast Kick w/board {2 x 100 on 2:30 Breast Kick w/board {1 x 50 on 1:15 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,000 | 1x{2 x 125 on 2:50 Breast L.25 2X pullouts {2 x 125 on 2:50 Breast L.25 2K1P {2 x 100 on 2:15 Breast L.25 2X pullouts {2 x 100 on 2:15 Breast L.25 2K1P {1 x 50 on 1:10 Breast L.25 2X pullouts {1 x 50 on 1:10 Breast L.25 2K1P |
| 500 | 20 x 25 on :40 100 Breast Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:14 PM | 2,850 Yards - Stress Value = 87 |

Workout #19899 - Tuesday, 02 May 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 600 | 1 x 600 on 10:00 Top Hat Drill |
| 120 | 8 x 15 on :45 Underwater #5-8 w/fins |
| 1,550 | 1x{4 x 25 on :30 Kick no board BSLR-20KOW {3 x 125 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR-18KOW {3 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-16KOW {3 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR-14KOW {3 x 50 on :45 Kick {4 x 25 on :30 Kick no board BSLR-12KOW |
| 1,250 | 1x{2 x 125 on 1:45 Lungbuster pulls {2 x 125 on 1:40 Lungbuster pulls {2 x 125 on 1:35 Lungbuster pulls {2 x 125 on 1:30 Lungbuster pulls {2 x 125 on 1:25 Lungbuster pulls breathe 3-5-7 continuous, only 2 breaths L.2 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 8x{8 x 25 on :25 Butterfly {1 on 1:00 Rest |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:45 PM | 5,570 Yards - Stress Value = 92 |

Workout #19900 - Tuesday, 02 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 2,250 | 1 on 45:00 Meeting w/Ava and DS | | L |
| | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 1,500 | 30 x 50 on :50 200 Non Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :50 200 Free Pace (ITP) | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 5:58 PM | 5,750 Yards - Stress Value = 525 | | |

Workout #19901 - Tuesday, 02 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 750 | 1 on 45:00 Meeting w/Ava and DS | | |
| | 30 x 25 on :30 Your #1 100 Pace | SP2 | |
| 750 | 1 on 8:00 Video-2 corrections | REC | |
| 360 | 30 x 25 on :30 100 Free Pace | SP2 | |
| | 8x{3 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest | SP1 | |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| 5:46 PM | 3,610 Yards - Stress Value = 329 | | |

Workout #19902 - Tuesday, 02 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|---|-----|----|
| 3:30 PM | Start | | |
| 750 | 1 on 45:00 Meeting w/Ava and DS | | |
| | 30 x 25 on :30 100 Free Pace | SP2 | |
| | 1 on 8:00 Video-2 corrections | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| 360 | 8x{3 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest | SP1 | |
| 1,500 | 30 x 50 on :55 200 Free Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| 5:46 PM | 3,610 Yards - Stress Value = 329 | | |

Workout #19903 - Tuesday, 02 May 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board B-10 {1 x 100 on 2:30 Kick streamline on back {4 x 25 on :45 Kick no board B-11 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 950 | 1x{1 x 100 on 2:05 Back 1-2-3-4 KOW {1 x 100 on 2:05 Back 2-3-4-5 KOW {1 x 100 on 2:05 Back 3-4-5-6 KOW {1 x 100 on 2:00 Back 1-2-3-4 KOW {1 x 100 on 2:00 Back 2-3-4-5 KOW {1 x 100 on 2:00 Back 3-4-5-6 KOW {1 x 100 on 1:55 Back 1-2-3-4 KOW {1 x 100 on 1:55 Back 2-3-4-5 KOW {1 x 100 on 1:55 Back 3-4-5-6 KOW {1 x 50 on 1:00 Back-7 KOW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:15 PM | 2,600 Yards - Stress Value = 91 |

Workout #19904 - Tuesday, 02 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board B-10 |
| | {1 x 100 on 2:30 Kick streamline on back |
| | {4 x 25 on :45 Kick no board B-11 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 900 | 1x{1 x 100 on 2:10 Back 1-2-3-4 KOW |
| | {1 x 100 on 2:10 Back 2-3-4-5 KOW |
| | {1 x 100 on 2:10 Back 3-4-5-6 KOW |
| | {1 x 100 on 2:05 Back 1-2-3-4 KOW |
| | {1 x 100 on 2:05 Back 2-3-4-5 KOW |
| | {1 x 100 on 2:05 Back 3-4-5-6 KOW |
| | {1 x 100 on 2:00 Back 1-2-3-4 KOW |
| | {1 x 100 on 2:00 Back 2-3-4-5 KOW |
| | {1 x 100 on 2:00 Back 3-4-5-6 KOW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,550 Yards - Stress Value = 90 |

Workout #19905 - Tuesday, 02 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board B-10 |
| | {1 x 100 on 2:30 Kick streamline on back |
| | {4 x 25 on :45 Kick no board B-11 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 850 | 1x{1 x 100 on 2:15 Back 1-2-3-4 KOW |
| | {1 x 100 on 2:15 Back 2-3-4-5 KOW |
| | {1 x 100 on 2:15 Back 3-4-5-6 KOW |
| | {1 x 100 on 2:10 Back 1-2-3-4 KOW |
| | {1 x 100 on 2:10 Back 2-3-4-5 KOW |
| | {1 x 100 on 2:10 Back 3-4-5-6 KOW |
| | {1 x 100 on 2:05 Back 1-2-3-4 KOW |
| | {1 x 100 on 2:05 Back 2-3-4-5 KOW |
| | {1 x 50 on 1:05 Back 5-6 KOW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,500 Yards - Stress Value = 89 |

Workout #19907 - Wednesday, 03 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | |
| | 1 on 5:00 Video-2 corrections | REC | |
| 750 | 30 x 25 on :30 100 Non Free Pace | SP2 | |
| 225 | 15 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| | 1 on 6:00 Racing Skills-Back Starts | REC | |
| | 5:45 PM 5,200 Yards - Stress Value = 468 | | |

Workout #19908 - Wednesday, 03 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | |
| | 1 on 5:00 Video-2 corrections | REC | |
| | 1 on 12:00 Racing Skills-6 sec work | SP3 | |
| 750 | 30 x 25 on :30 Your #3 100 pace | SP2 | |
| 225 | 15 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| 750 | 30 x 25 on :30 Your #2 100 pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| | 1 on 6:00 Racing Skills-Back Starts | | |
| | 5:45 PM 3,700 Yards - Stress Value = 318 | | |

Workout #19909 - Wednesday, 03 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | |
| | 1 on 9:00 Video-2 corrections | REC | |
| | 1 on 12:00 Racing Skills-6 sec work | SP3 | |
| 750 | 30 x 25 on :30 Your choice 100 pace | SP2 | |
| 120 | 8 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| | 5:45 PM 3,005 Yards - Stress Value = 255 | | |

Workout #19906 - Wednesday, 03 May 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WC |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 30:00 DS/TRX Bands | | |
| 500 | 20 x 25 on :30 Wednesday Warm-up | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,400 | 1x{4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 150 on 2:15 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {2 x 125 on 1:55 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {3 x 100 on 1:30 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {4 x 75 on 1:10 Kick | | |
| 1,200 | 1x{2 x 150 on 2:00 Pulls-no br L.12/25 yds | | |
| | {2 x 150 on 1:55 Pulls-no br L.12/25 yds | | |
| | {2 x 150 on 1:50 Pulls-no br L.12/25 yds | | |
| | {2 x 150 on 1:45 Pulls-no br L.12/25 yds | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 2,400 | 6x{1 x 300 on 4:00 Freestyle | | |
| | {1 x 100 on 1:30 Freestyle | | |
| | Each round 300 drops 5 seconds | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 5:46 PM 6,100 Yards - Stress Value = 132 | | |

Workout #19910 - Wednesday, 03 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| | 8 x 25 on :35 Wednesday Warm-up |
| | 2-18, 4-17, 2-16 |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 12 x 25 on :45 Kick no board BSLR |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 850 | 1x{1 x 100 on 2:10 Individual Medley |
| | {4 x 25 on :35 Butterfly |
| | {1 x 100 on 2:05 Individual Medley |
| | {4 x 25 on :35 Backstroke |
| | {1 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :35 Breaststroke |
| | {1 x 100 on 1:55 Individual Medley |
| | {6 x 25 on :35 Freestyle |
| 600 | 24 x 25 on :35 Your #1 100 Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,450 Yards - Stress Value = 89 |

Workout #19911 - Wednesday, 03 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| | 8 x 25 on :35 Wednesday Warm-up |
| | 2-18, 4-17, 2-16 |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 12 x 25 on :45 Kick no board BSLR |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 850 | 1x{1 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :35 Butterfly |
| | {1 x 100 on 2:10 Individual Medley |
| | {4 x 25 on :35 Backstroke |
| | {1 x 100 on 2:05 Individual Medley |
| | {4 x 25 on :35 Breaststroke |
| | {1 x 100 on 2:00 Individual Medley |
| | {6 x 25 on :35 Freestyle |
| 600 | 24 x 25 on :35 Your #1 100 Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,450 Yards - Stress Value = 89 |

Workout #19912 - Wednesday, 03 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| | 8 x 25 on :35 Wednesday Warm-up |
| | 2-18, 4-17, 2-16 |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 12 x 25 on :45 Kick no board BSLR |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 750 | 1x{1 x 100 on 2:20 Individual Medley |
| | {4 x 25 on :40 Butterfly |
| | {1 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :40 Backstroke |
| | {1 x 100 on 2:10 Individual Medley |
| | {4 x 25 on :40 Breaststroke |
| | {1 x 100 on 2:05 Individual Medley |

| | |
|-----|---|
| 600 | {2 x 25 on :40 Freestyle |
| | 24 x 25 on :35 Your #1 100 Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,350 Yards - Stress Value = 87 |

Workout #19913 - Thursday, 04 May 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 25:00 DS/Shoulders |
| | 1 x 600 on 10:00 Underwater trn drill |
| | Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,750 | 1x{2 x 125 on 2:30 Kick #2 |
| | {4 x 25 on :30 Kick #1-100% |
| | {2 x 125 on 2:30 Kick #2 |
| | {4 x 25 on :30 Kick #1-100% |
| | {2 x 125 on 2:20 Kick #2 |
| | {4 x 25 on :30 Kick #1-100% |
| | {2 x 125 on 2:20 Kick #3 |
| | {4 x 25 on :30 Kick #1-100% |
| | {2 x 125 on 2:10 Kick #3 |
| | {4 x 25 on :30 Kick #1-100% |
| 1,500 | 1x{1 x 200 on 2:40 Pulls BWFPF |
| | {2 x 175 on 2:20 Pulls BWKPF |
| | {3 x 150 on 2:00 Pulls BWHPF |
| | {4 x 125 on 1:40 Pulls BWSPF |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 1x{1 x 50 on 1:00 Fly w/free kick 25 |
| | {1 x 50 on 1:00 Fly w/free kick 30 |
| | {1 x 50 on 1:00 Fly w/free kick 35 |
| | {1 x 50 on 1:00 Fly w/free kick 40 |
| | {1 x 50 on 1:00 Fly w/free kick 45 |
| | {1 x 50 on 1:00 Fly w/free kick 50 |
| | {1 x 50 on :55 Fly w/free kick 25 |
| | {1 x 50 on :55 Fly w/free kick 30 |
| | {1 x 50 on :55 Fly w/free kick 35 |
| | {1 x 50 on :55 Fly w/free kick 40 |
| | {1 x 50 on :55 Fly w/free kick 45 |
| | {1 x 50 on :55 Fly w/free kick 50 |
| | {1 x 50 on :50 Fly w/free kick 25 |
| | {1 x 50 on :50 Fly w/free kick 30 |
| | {1 x 50 on :50 Fly w/free kick 35 |
| | {1 x 50 on :50 Fly w/free kick 40 |
| | {1 x 50 on :50 Fly w/free kick 45 |
| | {1 x 50 on :50 Fly w/free kick 50 |
| | {1 x 50 on :45 Fly w/free kick 25 |
| | {1 x 50 on :45 Fly w/free kick 30 |
| | {1 x 50 on :45 Fly w/free kick 35 |
| | {1 x 50 on :45 Fly w/free kick 40 |
| | {1 x 50 on :45 Fly w/free kick 45 |
| | {1 x 50 on :45 Fly w/free kick 50 |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:44 PM 5,650 Yards - Stress Value = 97 |

Workout #19914 - Thursday, 04 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | € |
| 2,250 | 30 x 75 on 1:10 500 Free Pace | SP2 | € |
| | 1 on 5:00 Video 2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 | € |
| 200 | 1 x 200 on 4:00 Non-specific swimming | REC | I |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | € |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:46 PM 5,925 Yards - Stress Value = 534 | | |

Workout #19915 - Thursday, 04 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | € |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | € |
| | 1 on 8:00 Video 2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | € |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP2 | € |
| | 15+yds underwater 3-5 strokes to finish | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | € |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 1 on 15:00 Racing Skills-Starts | REC | I |
| | 5:45 PM 3,775 Yards - Stress Value = 339 | | |

Workout #19916 - Thursday, 04 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | € |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | € |
| | 1 on 5:00 Video 2 corrections | REC | M |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | € |
| 160 | 8 x 20 on 1:00 Running Pit Sprints | SP2 | € |
| | 15+yds underwater 3-5 strokes to finish | | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | € |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 1 on 15:00 Racing Skills-Starts | REC | I |
| | 5:45 PM 4,385 Yards - Stress Value = 400 | | |

Workout #19917 - Thursday, 04 May 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 PM Start | | |
| 1 | on 25:00 DS/Dryland | | I |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | REC | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | € |
| 400 | 4 x 100 on 2:15 Kick L.25 100% | EN2 | € |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC | I |
| | Evens-underwaters, count kicks | | |
| | 1 on 20:00 Teach Day-Freestyle | REC | I |
| 600 | 24 x 25 on :35 100 Free Pace | SP2 | € |
| | 1 on 10:00 Racing Skills-Relay Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | I |
| | 7:15 PM 1,800 Yards - Stress Value = 74 | | |

Workout #19918 - Thursday, 04 May 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 PM Start | | |
| 1 | on 25:00 DS/Dryland | | I |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | REC | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | € |
| 400 | 4 x 100 on 2:20 Kick L.25 100% | EN2 | € |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC | I |
| | Evens-underwaters, count kicks | | |
| | 1 on 20:00 Teach Day-Freestyle | REC | I |
| 600 | 24 x 25 on :35 100 Free Pace | SP2 | € |
| | 1 on 10:00 Racing Skills-Relay Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | I |
| | 7:16 PM 1,800 Yards - Stress Value = 74 | | |

Workout #19919 - Thursday, 04 May 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 PM Start | | |
| 1 | on 25:00 DS/Dryland | | I |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | REC | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | € |
| 400 | 4 x 100 on 2:30 Kick L.25 100% | EN2 | € |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC | I |
| | Evens-underwaters, count kicks | | |
| | 1 on 20:00 Teach Day-Freestyle | REC | I |
| 600 | 24 x 25 on :35 100 Free Pace | SP2 | € |
| | 1 on 10:00 Racing Skills-Relay Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | I |
| | 7:16 PM 1,800 Yards - Stress Value = 74 | | |

Workout #19921 - Friday, 05 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | € |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | € |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | I |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | € |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | I |
| | 5:09 PM 4,475 Yards - Stress Value = 384 | | |

Workout #19922 - Friday, 05 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | € |
| 1,500 | 30 x 50 on :55 Your #1 200 | SP2 | € |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | I |
| 750 | 30 x 25 on :30 Your #1 100 | SP2 | € |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | I |
| | 4:57 PM 2,975 Yards - Stress Value = 234 | | |

Workout #19923 - Friday, 05 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|--|-----|------|-----|---|
| 3:30 PM Start | | | | | |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | S | FR | 6 |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S | FR | 1 |
| 45 | 9 x 5 on 1:00 Missile Jumps | EN2 | K | FR | 1 |
| 750 | 30 x 25 on :30 Your Choice 100 Pace | SP2 | S | FR | 1 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D | CD | 1 |
| 4:57 PM 1,430 Yards - Stress Value = 101 | | | | | |

Workout #19920 - Friday, 05 May 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|---------------------------------|-----|------|-----|---|
| 3:30 PM Start | | | | | |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | S | FR | 6 |
| 3,000 | 30 x 100 on 1:25 Your 1650 Pace | SP2 | S | FR | 1 |
| 700 | 7 x 100 on 1:45 Kick-Odds 100% | EN2 | K | FR | 1 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD | 1 |
| 5:02 PM 4,125 Yards - Stress Value = 323 | | | | | |

Workout #19924 - Friday, 05 May 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---|------------------------------------|-----|------|-----|---|
| 5:00 PM Start | | | | | |
| 500 | 4 x 125 on 2:15 Swim-kick-pull | REC | D | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FR | 6 |
| 1,400 | 2x{1 x 50 on 1:00 Fly w/fins | EN2 | S | FR | 6 |
| | {2 x 25 on :45 Underwater Fly Kick | EN2 | K | FR | 6 |
| | {1 x 100 on 2:00 Fly w/fins | EN2 | S | FR | 6 |
| | {2 x 25 on :45 Underwater Fly Kick | EN2 | S | FR | 6 |
| | {1 x 150 on 3:00 Fly w/fins | EN2 | S | FR | 6 |
| | {2 x 25 on :45 Underwater Fly Kick | EN2 | K | FR | 6 |
| | {1 x 250 on 5:00 Ez Free | REC | D | | |
| 6:30 PM 2,050 Yards - Stress Value = 24 | | | | | |

Workout #19925 - Monday, 08 May 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|---------------|---|-----|------|-----|---|
| 3:30 PM Start | | | | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | | | | |
| 150 | 10 x 15 on :45 Shooters | | | | |
| 1,000 | 20 x 50 on 1:00 Vertical Kick | | | | |
| 2,600 | 1x{1 x 200 on 2:40 Pulls BTS | | | | |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths | | | | |
| | {2 x 200 on 2:40 Pulls BTS | | | | |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths | | | | |
| | {3 x 200 on 2:40 Pulls BTS | | | | |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths | | | | |
| | {4 x 200 on 2:40 Pulls BTS | | | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | | | |
| 2,100 | 1x{6 x 100 on 1:15 Backstroke | | | | |
| | {1 on 1:00 Rest | | | | |
| | {5 x 100 on 1:15 Backstroke | | | | |
| | {1 on 1:00 Rest | | | | |
| | {4 x 100 on 1:15 Backstroke | | | | |
| | {1 on 1:00 Rest | | | | |

| | | | | | |
|--|-------------------------------|--|--|--|--|
| 3:30 PM Start | | | | | |
| 200 | {3 x 100 on 1:15 Backstroke | | | | |
| | {1 on 1:00 Rest | | | | |
| | {2 x 100 on 1:15 Backstroke | | | | |
| | {1 on 1:00 Rest | | | | |
| | {1 x 100 on 1:15 Backstroke | | | | |
| | 1 x 200 on 3:00 Stroke Drills | | | | |
| 6:01 PM 6,850 Yards - Stress Value = 122 | | | | | |

Workout #19926 - Monday, 08 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|---|-----|------|-----|---|
| 3:30 PM Start | | | | | |
| 225 | 15 x 15 on 1:00 Shooters | | | | |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | | | | |
| | 1 on 8:00 Video-2 corections | | | | |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | | | | |
| 225 | 15 x 15 on 1:00 Racing Skills-Fnshs/Relay Start | | | | |
| 1,500 | 30 x 50 on :50 200 Free Pace | | | | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | | | | |
| 6:00 PM 5,950 Yards - Stress Value = 543 | | | | | |

Workout #19927 - Monday, 08 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|---|-----|------|-----|---|
| 3:30 PM Start | | | | | |
| 225 | 15 x 15 on 1:00 Shooters | | | | |
| 750 | 30 x 25 on :30 Your #1 100 Pace | | | | |
| | 1 on 8:00 Video-2 corections | | | | |
| | 1 on 15:00 Racing Skills-6 sec work | | | | |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | | | | |
| 225 | 15 x 15 on 1:00 Racing Skills-Finshs/RelayStart | | | | |
| 1,500 | 30 x 50 on :55 Your #3 200 Pace | | | | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | | | | |
| 5:59 PM 4,450 Yards - Stress Value = 393 | | | | | |

Workout #19928 - Monday, 08 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | F |
|--|---|-----|------|-----|---|
| 3:30 PM Start | | | | | |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | | | | |
| 160 | 8 x 20 on 3:00 50 Free Pace | | | | |
| | 1 on 14:00 Racing Skills-6 sec work | | | | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | | | | |
| 225 | 15 x 15 on 1:00 Racing Skills-Finshs/RelayStart | | | | |
| 750 | 30 x 25 on :30 100 Pace-your choice | | | | |
| | 1 on 8:00 Video-2 corections | | | | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | | | | |
| 5:54 PM 3,110 Yards - Stress Value = 259 | | | | | |

Workout #19932 - Monday, 08 May 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,650 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:20 Kick
 {2 x 100 on 1:35 Kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 800 1x{1 x 100 on 1:20 Pulls-no br L.12 yds
 {1 x 100 on 1:20 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls-no br L.14 yds
 {1 x 100 on 1:20 Pulls-no br L.15 yds
 {1 x 100 on 1:20 Pulls-no br L.16 yds
 {1 x 100 on 1:20 Pulls-no br L.17 yds
 {1 x 100 on 1:20 Pulls-no br L.18 yds
 {1 x 100 on 1:20 Pulls-no br L.19 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 6 x 500 on 6:45 Free-R.10 @250/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 6,900 Yards - Stress Value = 113

700 1x{2 x 100 on 2:20 Free Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {2 x 75 on 1:50 Free Kick w/board
 {4 x 25 on :45 Srpint Free Kick w/board
 {3 x 50 on 1:15 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 4:15 Freestyle
 {3 x 50 on 1:05 Free-descend
 {1 x 200 on 4:10 Freestyle
 {3 x 50 on 1:05 Free-descend
 {1 x 200 on 4:05 Freestyle
 {3 x 50 on 1:05 Free-descend
 600 24 x 25 on :35 100 Free Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 99

Workout #19931 - Monday, 08 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{2 x 100 on 2:30 Free Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {2 x 75 on 2:00 Free Kick w/board
 {4 x 25 on :45 Srpint Free Kick w/board
 {3 x 50 on 1:20 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{1 x 200 on 4:30 Freestyle
 {3 x 50 on 1:10 Free-descend
 {1 x 200 on 4:25 Freestyle
 {3 x 50 on 1:10 Free-descend
 {1 x 200 on 4:20 Freestyle
 {2 x 50 on 1:10 Free-descend
 600 24 x 25 on :35 100 Free Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,250 Yards - Stress Value = 98

Workout #19929 - Monday, 08 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{2 x 100 on 2:15 Free Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {2 x 75 on 1:40 Free Kick w/board
 {4 x 25 on :45 Srpint Free Kick w/board
 {4 x 50 on 1:10 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 4:00 Freestyle
 {3 x 50 on 1:00 Free-descend
 {1 x 200 on 3:55 Freestyle
 {3 x 50 on 1:00 Free-descend
 {1 x 200 on 3:50 Freestyle
 {3 x 50 on 1:00 Free-descend
 {1 x 100 on 2:00 Free-Fast w/perfect techniqu
 600 24 x 25 on :35 100 Free Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 102

Workout #19933 - Tuesday, 09 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 DS>Showers
 225 15 x 15 on 1:00 Racing Skills-Shooters SP3
 3,000 30 x 100 on 1:20 1650 Free Pace SP2
 1 on 8:00 Video-2 corrections REC
 750 30 x 25 on :30 100 Non Free Pace SP2
 360 6x{4 x 15 on :30 Undr Wtr Fly Kck EN2
 {1 on 1:00 Rest REC
 Rd 1-focus on upbeat
 Rd 2-focus on speed
 Rd 3-focus on number of kicks
 Rd 4-different body postion each reapat
 Rd 5-poor streamlines
 Rd 6-perfect streamlines
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 15:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Non-specific swimming REC
 6:00 PM 5,335 Yards - Stress Value = 466

Workout #19930 - Monday, 08 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters

Workout #19934 - Tuesday, 09 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY W |
|-------|--|-------|
| 225 | 1 on 15:00 DS>Showers | |
| 1,500 | 15 x 15 on 1:00 Racing Skills-shooters | SP3 |
| | 30 x 50 on :55 Your #1 200 | SP2 |
| 1,500 | 1 on 7:00 Video-2 corrections | REC |
| | 30 x 50 on :55 200 IM Pace | SP2 |
| 360 | 6x{4 x 15 on :30 Undr Wtr Fly Kck | EN2 |
| | {1 on 1:00 Rest | REC |
| | Rd 1-focus on upbeat | |
| | Rd 2-focus on speed | |
| | Rd 3-focus on number of kicks | |
| | Rd 4-different body postion each reapet | |
| | Rd 5-poor streamlines | |
| | Rd 6-perfect streamlines | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| | 1 on 15:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 6:00 PM 4,585 Yards - Stress Value = 391 | |

Workout #19935 - Tuesday, 09 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY W |
|-------|---|-------|
| 225 | 1 on 15:00 DS>Showers | |
| 750 | 15 x 15 on 1:00 Racing Skills-Shooters | |
| | 30 x 25 on :30 100 Fly Pace | |
| | 1 on 8:00 Video-2 corrections | |
| 1,500 | 30 x 50 on :50 200 Free Pace | |
| 210 | 14 x 15 on 1:00 Racing Skills-Spnrs/ScIngDr | |
| 360 | 6x{4 x 15 on :30 Undr Wtr Fly Kck | |
| | {1 on 1:00 Rest | |
| | Rd 1-focus on upbeat | |
| | Rd 2-focus on speed | |
| | Rd 3-focus on number of kicks | |
| | Rd 4-different body postion each reapet | |
| | Rd 5-poor streamlines | |
| | Rd 6-perfect streamlines | |
| 750 | 30 x 25 on :30 100 Free Pace | |
| | 1 on 15:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | |
| | 6:00 PM 4,045 Yards - Stress Value = 324 | |

Workout #19936 - Tuesday, 09 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY W |
|-------|---|-------|
| 300 | 1 on 30:00 DS/Dryland | |
| 150 | 1 x 300 on 7:00 Sun Yang fee w/snorkels | |
| 500 | 10 x 15 on :45 Shooters | |
| | 1x{3 x 75 on 2:00 Breast Kick w/board | |
| | {2 x 75 on 1:55 Breast Kick w/board | |
| | {1 x 75 on 1:50 Breast Kick w/board | |
| | {2 x 25 on 1:00 Tombstone Kick-Breast | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evns-underwaters, count kicks | |
| 900 | 1x{1 x 100 on 2:30 Breast L.25 w/free kick | |
| | {1 x 100 on 2:30 Breast L.25 w/fly kick | |
| | {1 x 100 on 2:30 Breast L.25 2X pullouts | |
| | {1 x 100 on 2:30 Breast L.25 2k1p | |
| | {1 x 100 on 2:25 Breast L.25 w/free kick | |
| | {1 x 100 on 2:25 Breast L.25 w/fly kick | |
| | {1 x 100 on 2:25 Breast L.25 2X pullouts | |
| | {1 x 100 on 2:25 Breast L.25 2k1p | |

| | |
|-----|---|
| 500 | {1 x 100 on 2:20 Breast-within 10 sec of best |
| | 20 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Racing Skills-Relay starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 2,700 Yards - Stress Value = 44 |

Workout #19937 - Tuesday, 09 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY W |
|-------|---|-------|
| | 1 on 30:00 DS/Dryland | |
| 300 | 1 x 300 on 7:00 Sun Yang fee w/snorkels | |
| 150 | 10 x 15 on :45 Shooters | |
| 500 | 1x{3 x 75 on 2:05 Breast Kick w/board | |
| | {2 x 75 on 2:00 Breast Kick w/board | |
| | {1 x 75 on 1:55 Breast Kick w/board | |
| | {1 x 50 on 1:15 Tombstone Kick-Breast | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evns-underwaters, count kicks | |
| 850 | 1x{1 x 100 on 2:40 Breast L.25 w/free kick | |
| | {1 x 100 on 2:40 Breast L.25 w/fly kick | |
| | {1 x 100 on 2:40 Breast L.25 2X pullouts | |
| | {1 x 100 on 2:40 Breast L.25 2k1p | |
| | {1 x 100 on 2:35 Breast L.25 w/free kick | |
| | {1 x 100 on 2:35 Breast L.25 w/fly kick | |
| | {1 x 75 on 1:55 Breast L.25 2X pullouts | |
| | {1 x 75 on 1:55 Breast L.25 2k1p | |
| | {1 x 100 on 2:20 Breast-within 10 sec of best | |
| 450 | 18 x 25 on :45 100 Breast Pace | |
| | 1 on 10:00 Racing Skills-Relay starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| | 7:30 PM 2,600 Yards - Stress Value = 43 | |

Workout #19938 - Tuesday, 09 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY W |
|-------|---|-------|
| | 1 on 30:00 DS/Dryland | |
| 300 | 1 x 300 on 7:00 Sun Yang fee w/snorkels | |
| 150 | 10 x 15 on :45 Shooters | |
| 450 | 1x{3 x 75 on 2:15 Breast Kick w/board | |
| | {2 x 75 on 2:10 Breast Kick w/board | |
| | {1 x 75 on 2:00 Breast Kick w/board | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evns-underwaters, count kicks | |
| 700 | 1x{1 x 75 on 2:30 Breast L.25 w/free kick | |
| | {1 x 75 on 2:30 Breast L.25 w/fly kick | |
| | {1 x 75 on 2:30 Breast L.25 2X pullouts | |
| | {1 x 75 on 2:30 Breast L.25 2k1p | |
| | {1 x 75 on 2:25 Breast L.25 w/free kick | |
| | {1 x 75 on 2:25 Breast L.25 w/fly kick | |
| | {1 x 75 on 2:25 Breast L.25 2X pullouts | |
| | {1 x 75 on 2:25 Breast L.25 2k1p | |
| | {1 x 100 on 2:20 Breast-within 10 sec of best | |
| 450 | 18 x 25 on :45 100 Breast Pace | |
| | 1 on 10:00 Racing Skills-Relay starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| | 7:30 PM 2,400 Yards - Stress Value = 42 | |

Workout #19939 - Wednesday, 10 May 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|---|-----|
| 3:30 PM Start | | |
| 500 | 1 on 35:00 DS/TRX bands | |
| 150 | 20 x 25 on :30 Wednesday Warm-up | |
| 2,100 | 10 x 15 on :45 Shooters | |
| | 1x{3 x 125 on 2:05 Kick L.25 100% | |
| | {6 x 25 on :30 Kick no board B | |
| | {3 x 125 on 2:00 Kick L.25 100% | |
| | {6 x 25 on :30 Kick no board S | |
| | {3 x 125 on 1:55 Kick L.25 100% | |
| | {6 x 25 on :30 Kick no board L | |
| | {3 x 125 on 1:50 Kick L.25 100% | |
| | {6 x 25 on :30 Kick no board R | |
| 800 | 4 x 200 on 2:35 Lungbuster pulls | |
| | Breathe 3-5-7-9 continuous | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 2,300 | 1x{4 x 100 on 1:20 Fly 2-3-4-5 SOW | |
| | {4 x 25 on :25 Fly 5KOW+1 HB@F | |
| | {4 x 100 on 1:20 Fly 2-3-4-5 SOW | |
| | {6 x 25 on :25 Fly 5KOW+1 HB@F | |
| | {4 x 100 on 1:20 Fly 2-3-4-5 SOW | |
| | {8 x 25 on :25 Fly 5KOW+1 HB@F | |
| | {4 x 100 on 1:20 Fly 2-3-4-5 SOW | |
| | {10 x 25 on :25 Fly 5KOW+1 HB@F | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| | 5:59 PM 6,300 Yards - Stress Value = 98 | |

Workout #19940 - Wednesday, 10 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|---|-----|
| 3:30 PM Start | | |
| 225 | 1 on 15:00 DS/Showers | |
| 1,800 | 15 x 15 on 1:00 Shooters | SP3 |
| | 24 x 75 on 1:10 500 Free Pace | SP2 |
| | 1 on 6:00 Video-2 corrections | REC |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-timed parnter turn | SP3 |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| | 1 on 15:00 Racing Skills-Finishes | SP3 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 6:00 PM 5,275 Yards - Stress Value = 489 | |

Workout #19941 - Wednesday, 10 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|--|-----|
| 3:30 PM Start | | |
| 225 | 1 on 15:00 DS/Showers | |
| 750 | 15 x 15 on 1:00 Shooters | SP3 |
| | 30 x 25 on :30 Your #1 100 Pace | SP2 |
| | 1 on 8:00 Video-2 corrections | REC |
| 50 | 10 x 5 on 1:00 Missile Jumps | EN2 |
| 1,500 | 30 x 50 on :55 Your #3 200 Pace | SP2 |
| | 1 on 7:00 Racing Skills-timed parnter turn | SP3 |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | SP2 |
| | 1 on 15:00 Racing Skills-Finishes | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 6:00 PM 4,275 Yards - Stress Value = 385 | |

Workout #19942 - Wednesday, 10 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|---|-----|
| 3:30 PM Start | | |
| 225 | 1 on 15:00 DS/Showers | |
| 750 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 |
| | 30 x 25 on :30 100 Your Choice Pace | SP2 |
| | 1 on 8:00 Video-2 corrections | REC |
| 50 | 10 x 5 on 1:00 Missile Jumps | SP3 |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 |
| | 1 on 10:00 Racing Skills-timed parnter turn | SP3 |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 |
| | 1 on 15:00 Racing Skills-Finishes | SP3 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 5:59 PM 2,935 Yards - Stress Value = 252 | |

Workout #19943 - Wednesday, 10 May 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|---|-----|
| 5:30 PM Start | | |
| 250 | 1 on 30:00 DS/Dryland | |
| | 10 x 25 on :40 Wednesday Warm-up | |
| | 2-16, 4-17, 2-18 | |
| 150 | 10 x 15 on :45 Shooters | |
| 500 | 1x{2 x 25 on :45 Kick no board B | |
| | {1 x 100 on 2:20 Free Kick w/board | |
| | {4 x 25 on :45 Kick no board B | |
| | {1 x 100 on 2:15 Free Kick w/board | |
| | {6 x 25 on :45 Kick no board B | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 1,000 | 1x{2 x 75 on 1:40 Back L.25 5 KOW | |
| | {2 x 75 on 1:40 Back L.25 6 KOW | |
| | {2 x 75 on 1:40 Back L.25 7 KOW | |
| | {2 x 75 on 1:35 Back 1st 25 7 KOW | |
| | {2 x 75 on 1:35 Back 1st 25 6 KOW | |
| | {2 x 75 on 1:35 Back 1st 25 5 KOW | |
| | {1 x 100 on 2:00 Back 5 KOW-Perfect Technique | |
| 600 | 24 x 25 on :35 100 Back Pace | |
| | 1 on 10:00 Relay | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| | 7:30 PM 2,850 Yards - Stress Value = 96 | |

Workout #19944 - Wednesday, 10 May 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|---|-----|
| 5:30 PM Start | | |
| 250 | 1 on 30:00 DS/Dryland | |
| | 10 x 25 on :40 Wednesday Warm-up | |
| | 2-16, 4-17, 2-18 | |
| 150 | 10 x 15 on :45 Shooters | |
| 500 | 1x{2 x 25 on :45 Kick no board B | |
| | {1 x 100 on 2:25 Free Kick w/board | |
| | {4 x 25 on :45 Kick no board B | |
| | {1 x 100 on 2:20 Free Kick w/board | |
| | {6 x 25 on :45 Kick no board B | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 900 | 1x{2 x 75 on 1:50 Back L.25 5 KOW | |
| | {2 x 75 on 1:50 Back L.25 6 KOW | |
| | {2 x 75 on 1:50 Back L.25 7 KOW | |
| | {2 x 75 on 1:45 Back 1st 25 7 KOW | |
| | {2 x 75 on 1:45 Back 1st 25 6 KOW | |
| | {2 x 75 on 1:45 Back 1st 25 5 KOW | |
| 600 | 24 x 25 on :35 100 Back Pace | |
| | 1 on 10:00 Relay | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| | 7:30 PM 2,750 Yards - Stress Value = 94 | |

Workout #19945 - Wednesday, 10 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 250 | 1 on 30:00 DS/Dryland |
| | 10 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 2-18 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{2 x 25 on :45 Kick no board B {1 x 100 on 2:40 Free Kick w/board {4 x 25 on :45 Kick no board B {1 x 100 on 2:35 Free Kick w/board {4 x 25 on :45 Kick no board B {1 x 50 on 1:15 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 800 | 1x{2 x 75 on 2:00 Back L.25 5 KOW {2 x 75 on 2:00 Back L.25 6 KOW {2 x 75 on 2:00 Back L.25 7 KOW {2 x 75 on 1:55 Back 1st 25 7 KOW {2 x 50 on 1:15 Back 1st 25 6 KOW {2 x 50 on 1:15 Back 1st 25 5 KOW |
| 500 | 20 x 25 on :40 100 Back Pace 1 on 10:00 Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:29 PM 2,550 Yards - Stress Value = 82 |

Workout #19946 - Thursday, 11 May 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 25:00 DS/Shoulders |
| 150 | 1 x 600 on 10:00 Underwater Turn Drill |
| 1,140 | 10 x 15 on :45 Shooters |
| | 1x{1 x 50 on 1:00 Vertical Kick-30/30 {4 x 40 on 1:15 20 underwater 20 sprint free {2 x 50 on 1:00 Vertical Kick 35/25 {4 x 40 on 1:10 20 underwater 20 sprint free {3 x 50 on 1:00 Vertical Kick 40/20 {4 x 40 on 1:05 20 underwater 20 sprint free {4 x 50 on 1:00 Vertical Kick 45/15 {4 x 40 on 1:00 20 underwater 20 sprint free |
| 1,250 | 10 x 125 on 1:40 Pull HB 2 SOW +1 up to 8 then repeat |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,850 | 1x{1 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {2 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {3 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {4 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {5 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {6 x 100 on 1:25 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:59 PM 6,440 Yards - Stress Value = 102 |

Workout #19947 - Thursday, 11 May 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-shooters | SP3 | S |

| | | | |
|-------|--|-----|---|
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Non Free Pace | SP2 | S |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP3 | F |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 15:00 Racing Skills-Tivo Starts | REC | I |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:54 PM 5,275 Yards - Stress Value = 471 | | |

Workout #19948 - Thursday, 11 May 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | S |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | S |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 1,500 | 30 x 50 on :50 400 IM Pace | SP2 | S |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP3 | F |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 15:00 Racing Skills-Tivo Starts | REC | I |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:55 PM 4,525 Yards - Stress Value = 396 | | |

Workout #19949 - Thursday, 11 May 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 750 | 15 x 50 on 1:00 Racing Skills-Shooters | SP3 | S |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 300 | 15 x 20 on 1:00 Missile Kicks | EN2 | F |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 300 | 15 x 20 on 1:00 Running Pit Sprints | SP3 | F |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 15:00 Racing Skills-Tivo Starts | REC | I |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 5:55 PM 4,600 Yards - Stress Value = 348 | | |

Workout #19950 - Thursday, 11 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 30:00 DS/Dryland | | |
| 350 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 550 | 1x{2 x 25 on :45 Kick no board S {1 x 150 on 3:20 Fly Kick w/board {4 x 25 on :45 Kick no board S {1 x 100 on 2:15 Fly Kick w/board {6 x 25 on :45 Kick no board S | | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks | | |
| | 1 on 23:00 Teach Day-Fly | | |
| 600 | 24 x 25 on :35 100 Fly Pace | | |
| | 1 on 10:00 Racing Skills-Starts | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| | 7:30 PM 2,000 Yards - Stress Value = 77 | | |

Workout #19951 - Thursday, 11 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{2 x 25 on :45 Kick no board S |
| | {1 x 150 on 3:30 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S |
| | {1 x 100 on 2:25 Fly Kick w/board |
| | {6 x 25 on :45 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1 on 23:00 Teach Day-Fly |
| 500 | 20 x 25 on :40 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 1,900 Yards - Stress Value = 67 |

Workout #19952 - Thursday, 11 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{2 x 25 on :45 Kick no board S |
| | {1 x 150 on 3:40 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S |
| | {1 x 100 on 2:35 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1 on 23:00 Teach Day-Fly |
| 500 | 20 x 25 on :45 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 1,850 Yards - Stress Value = 66 |

Workout #19954 - Monday, 15 May 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | |
| 225 | 15 x 15 on 1:00 Shooters | SP3 |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 |
| 500 | 1 x 500 on 10:00 Social Kick tag | REC |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 |
| 500 | 1 x 500 on 10:00 Social Kick-tag | REC |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC |
| | 1 on 14:00 Racing Skills-Physio Ball Starts | |
| | 6:00 PM 6,225 Yards - Stress Value = 484 | |

Workout #19953 - Monday, 15 May 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--------------------------------------|
| ===== | ===== |
| | 1 on 30:00 DS/Phsyio Balls |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |

| | |
|-------|---|
| 1,500 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:30 Kick best effort |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:35 Kick best effort |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:40 Kick best effort |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:45 Kick best effort |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:50 Kick best effort |
| 1,000 | 5 x 200 on 2:35 Pulls-no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,600 | 1x{4 x 150 on 1:55 Freestyle |
| | {1 x 600 on 8:00 Freestyle |
| | {4 x 125 on 1:35 Freestyle |
| | {1 x 500 on 6:40 Freestyle |
| | {4 x 100 on 1:15 Freestyle |
| | {1 x 400 on 5:20 Freestyle |
| | {4 x 75 on :55 Freestyle |
| | {1 x 300 on 4:00 Freestyle |
| | Last 25 of each repeat alt between |
| | 10 KOW +Exp BO and 6 beat kick |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:00 PM 7,250 Yards - Stress Value = 152 |

Workout #19955 - Monday, 15 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFE |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{2 x 25 on :45 Kick no board S 12 KOW |
| | {2 x 100 on 2:30 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board S 14 KOW |
| | {2 x 100 on 2:25 Fly Kick w/board |
| | {6 x 25 on :45 Kick no board S 16 KOW |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 800 | 1x{3 x 75 on 2:00 Fly-25L25R25B |
| | {4 x 25 on :45 Fly 5/7/9/11 KOW |
| | {3 x 75 on 1:55 Fly-25L25R25B |
| | {4 x 25 on :45 Fly 5/7/9/11 KOW |
| | {2 x 75 on 1:50 Fly-25L25R25B |
| 500 | 20 x 25 on :40 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,050 Yards - Stress Value = 85 |

Workout #19956 - Monday, 15 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFI
 150 10 x 15 on :45 Shooters
 650 1x{2 x 25 on :45 Kick no board S 12 KOW
 {2 x 100 on 2:40 Fly Kick w/board
 {4 x 25 on :45 Kick no board S 14 KOW
 {2 x 75 on 2:00 Fly Kick w/board
 {6 x 25 on :45 Kick no board S 16 KOW
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 1x{3 x 75 on 2:10 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {3 x 75 on 2:05 Fly-25L25R25B
 {2 x 25 on :45 Fly 9/11 KOW
 {2 x 75 on 1:55 Fly-25L25R25B
 500 20 x 25 on :40 100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 83

Workout #19957 - Monday, 15 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 500 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFI
 150 10 x 15 on :45 Shooters
 600 1x{2 x 25 on :45 Kick no board S 12 KOW
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board S 14 KOW
 {2 x 75 on 2:10 Fly Kick w/board
 {6 x 25 on :45 Kick no board S 16 KOW
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 700 1x{3 x 75 on 2:20 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {3 x 75 on 2:15 Fly-25L25R25B
 {2 x 25 on :45 Fly 9/11 KOW
 {2 x 50 on 1:25 Fly-12.5L12.5R25B
 500 20 x 25 on :40 100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 2,850 Yards - Stress Value = 81

Workout #19958 - Tuesday, 16 May 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 Meeting w/Ava-DS/Showers
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,900 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {4 x 75 on 1:10 Kick
 {8 x 25 on :30 Kick no board BSLRx2
 {4 x 75 on 1:10 Kick
 {10 x 25 on :30 Kick no board BSLRX2+LR
 {4 x 75 on 1:10 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{1 x 200 on 3:00 Butterfly
 {1 x 200 on 2:40 Freestyle
 {2 x 200 on 3:00 Butterfly

{1 x 200 on 2:40 Freestyle
 {3 x 200 on 3:00 Butterfly
 {1 x 200 on 2:40 Freestyle
 {4 x 200 on 3:00 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 5:59 PM 5,700 Yards - Stress Value = 94

Workout #19959 - Tuesday, 16 May 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 45:00 Mtg w/Ava-DS/Showers I
 225 15 x 15 on 1:00 Racing Skills-Shooters SP3 S
 1,800 24 x 75 on 1:05 500 Free Pace SP2 S
 1 on 5:00 Video 2 corrections REC I
 1,500 30 x 50 on :50 200 Back Pace SP2 S
 1 on 10:00 Your Dryland Routine REC I
 750 30 x 25 on :30 100 Breast Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC I
 5:59 PM 4,525 Yards - Stress Value = 414

Workout #19960 - Tuesday, 16 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:25 Free kick w/board
 {1 x 100 on 2:20 Free kick w/board
 {1 x 100 on 2:15 Free kick w/board
 {1 x 100 on 2:10 Free kick w/board
 {1 x 100 on 2:05 Free kick w/board
 {1 x 100 on 2:00 Free kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 1x{3 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:40 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:35 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 102

Workout #19961 - Tuesday, 16 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:35 Free kick w/board
 {1 x 100 on 2:30 Free kick w/board
 {1 x 100 on 2:25 Free kick w/board
 {1 x 100 on 2:20 Free kick w/board
 {1 x 100 on 2:15 Free kick w/board
 {1 x 50 on 1:05 Free kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{3 x 100 on 1:55 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:50 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {3 x 50 on :50 Freestyle
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,000 Yards - Stress Value = 98

Workout #19962 - Tuesday, 16 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:45 Free kick w/board
 {1 x 100 on 2:40 Free kick w/board
 {1 x 100 on 2:35 Free kick w/board
 {1 x 100 on 2:30 Free kick w/board
 {1 x 100 on 2:25 Free kick w/board
 {1 x 50 on 1:05 Free kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 950 1x{3 x 100 on 2:05 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Freestyle
 {1 on 1:00 Rest
 {3 x 50 on :55 Freestyle
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,900 Yards - Stress Value = 96

Workout #19964 - Wednesday, 17 May 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-Shooters SP3
 2,250 30 x 75 on 1:10 1000 Free Pace SP2
 1 on 8:00 Video 2 corrections REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 400 1 x 400 on 10:00 Vertical kick-volley ball REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 15:00 Racing Skills-Timed Tivo Starts

250 1 x 250 on 4:00 Non-specific swimming REC
 6:00 PM 5,375 Yards - Stress Value = 459

Workout #19963 - Wednesday, 17 May 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX Bands
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick
 1,800 1x{3 x 150 on 2:00 Pull no br L.18 yds
 {3 x 150 on 2:30 Pulls-Great Effort!!!
 {3 x 100 on 1:20 Pull no br L.18 yds
 {3 x 100 on 1:40 Pulls Great Effort!!!
 {3 x 50 on :40 Pull no br L.18 yds
 {3 x 50 on :50 Pulls-Great Effort!!!
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:45 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 6,350 Yards - Stress Value = 215

Workout #19965 - Wednesday, 17 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 10 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 2-18
 150 10 x 15 on :45 Shooters
 550 1x{1 x 125 on 3:00 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 125 on 2:55 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 125 on 2:50 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 75 on 1:40 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,100 1x{6 x 25 on :30 Backstroke
 {5 x 50 on 1:00 Backstroke
 {4 x 75 on 1:30 Backstroke
 {4 x 100 on 2:00 Backstroke
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 96

Workout #19966 - Wednesday, 17 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 10 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 2-18
 150 10 x 15 on :45 Shooters
 500 1x{1 x 125 on 3:15 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 125 on 3:10 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 125 on 3:05 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 25 on :40 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 950 1x{6 x 25 on :35 Backstroke
 {4 x 50 on 1:10 Backstroke
 {4 x 75 on 1:45 Backstroke
 {3 x 100 on 2:20 Backstroke
 500 20 x 25 on :40 100 Back Pace
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:31 PM 2,700 Yards - Stress Value = 81

Workout #19967 - Wednesday, 17 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 10 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 2-18
 150 10 x 15 on :45 Shooters
 500 1x{1 x 125 on 3:30 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 125 on 3:25 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 125 on 3:20 Streamline kick on back
 {1 x 25 on :45 Kick no board B
 {1 x 50 on 1:15 Streamline kick on back
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 800 1x{6 x 25 on :40 Backstroke
 {5 x 50 on 1:20 Backstroke
 {4 x 75 on 2:00 Backstroke
 {1 x 100 on 2:30 Backstroke
 500 20 x 25 on :40 100 Back Pace
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 2,550 Yards - Stress Value = 79

Workout #19968 - Thursday, 18 May 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,400 1x{8 x 25 on :30 Kick no board BBSLLRR
 {3 x 100 on 1:35 Kick
 {6 x 25 on :30 Kick no board BSLR +2 wkst
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:35 Kick

{2 x 25 on :30 Kick no board 2 best
 1,200 3x{1 x 100 on 1:15 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 { Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4x{1 x 125 on 1:45 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 75 on 1:05 Butterfly
 {1 x 50 on :45 Butterfly
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/
 { 1st set 2-2, 2nd set 2-3, 3rd set 2-4 (Mini
 4th set whole stroke
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,150 Yards - Stress Value = 147

Workout #19969 - Thursday, 18 May 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Shooters SP3
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 5:00 Video-2 corrections REC
 1 on 15:00 Racing Skills-Stanford turn drill
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 10:00 Your Dryland REC
 160 8 x 20 on 3:00 50 Free Pace SP2
 250 1 x 250 on 5:00 Non-specific swimming REC
 1 on 15:00 Racing Skills-timed free turns
 5:58 PM 2,885 Yards - Stress Value = 250

Workout #19970 - Thursday, 18 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Dryland REC
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3 REC
 150 10 x 15 on :45 Shooters SP3
 500 20 x 25 on :45 Kick no board S EN2
 10 KOW +1 up to 19 then repeat
 100 4 x 25 on 1:00 Odds face in sculling drills REC
 Evens-underwaters, count kicks
 1 on 22:00 Teach Day Fly REC
 600 24 x 25 on :35 100 Fly Pace SP2
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills REC
 7:30 PM 1,900 Yards - Stress Value = 76

Workout #19971 - Friday, 19 May 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers I
 225 15 x 15 on 1:00 Shooters SP3 S
 1,500 30 x 50 on :55 400 IM Pace SP2 S
 1 on 10:00 Video 1 correction for each REC M
 750 30 x 25 on :30 100 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC S
 5:00 PM 2,725 Yards - Stress Value = 234

Workout #19972 - Friday, 19 May 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 400 | 1 on 15:00 DS/Showers |
| 150 | 1 x 400 on 6:00 Reverse IM drill |
| 1,350 | 10 x 15 on :45 Shooters |
| 3x | {1 x 50 on 1:00 Kick Free-100% |
| | {1 x 25 on :30 Free breathe on 3-100% |
| | {1 x 25 on 1:30 Ez-Free |
| | {1 x 75 on 1:30 Kick Free-100% |
| | {1 x 25 on :30 Free breathe on 5-100% |
| | {1 x 50 on 1:30 Ez-Free |
| | {1 x 100 on 2:00 Kick-Free-100% |
| | {1 x 25 on :30 Free breathe on 7-100% |
| | {1 x 75 on 1:30 Ez-Free |
| 1,500 | 1x{1 x 100 on 1:30 14 strokes per length (spl) |
| | {1 x 100 on 1:30 75-14 spl /25-12 spl |
| | {1 x 100 on 1:30 50-14 spl/50-12 spl |
| | {1 x 100 on 1:30 25-14 spl/ 75-12 spl |
| | {1 x 100 on 1:30 12 strokes per length |
| | {1 x 100 on 1:25 14 strokes per length (spl) |
| | {1 x 100 on 1:25 75-14 spl /25-12 spl |
| | {1 x 100 on 1:25 50-14 spl/50-12 spl |
| | {1 x 100 on 1:25 25-14 spl/ 75-12 spl |
| | {1 x 100 on 1:25 12 strokes per length |
| | {1 x 100 on 1:20 14 strokes per length (spl) |
| | {1 x 100 on 1:20 75-14 spl /25-12 spl |
| | {1 x 100 on 1:20 50-14 spl/50-12 spl |
| | {1 x 100 on 1:20 25-14 spl/ 75-12 spl |
| | {1 x 100 on 1:20 12 strokes per length |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 5:00 PM | 3,600 Yards - Stress Value = 56 |

Workout #19974 - Tuesday, 30 May 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 3:30 PM | Start | | |
| 225 | 1 on 15:00 DS/Showers | | L |
| 1,500 | 15 x 15 on 1:00 Shooters | SP3 | S |
| | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 8:00 Video-2 corrections | M | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 on 10:00 Your Dryland Routine | REC | L |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-1 leg starts | | D |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:00 PM | 4,975 Yards - Stress Value = 459 | | |

Workout #19973 - Tuesday, 30 May 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 on 30:00 DS/Physio Balls |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 1,900 | 10 x 15 on :45 Shooters |
| 1x | {4 x 25 on :30 Kick no board B |
| | {1 x 150 on 2:25 Kick |
| | {4 x 25 on :30 Kick no board S |
| | {2 x 150 on 2:20 Kick |
| | {4 x 25 on :30 Kick no board L |
| | {3 x 150 on 2:15 Kick |
| | {4 x 25 on :30 Kick no board R |
| | {4 x 150 on 2:10 Kick |
| 1,500 | 1x{1 x 500 on 6:15 Pulls-no br L.12 yds |

| | |
|---------|---|
| | {1 x 400 on 5:00 Pulls-no br L.14 yds |
| | {1 x 300 on 3:45 Pulls-no br L.16 yds |
| | {1 x 200 on 2:30 Pulls-no br L.18 yds |
| | {1 x 100 on 1:15 Pulls-no br L.20 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,700 | 18 x 150 on 2:00 Freestyle-Descend |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:00 PM | 7,300 Yards - Stress Value = 130 |

Workout #19975 - Tuesday, 30 May 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:15 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFE |
| 700 | 10 x 15 on :45 Shooters |
| 1x | {4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:20 Kick on B/L/R |
| | {4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:15 Kick on B/L/R |
| | {2 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:10 Kick on B/L/R |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,150 | 1x{1 x 150 on 3:20 Back 3 KOW |
| | {2 x 125 on 2:45 Back 4 KOW |
| | {3 x 100 on 2:10 Back 5 KOW |
| | {4 x 75 on 1:35 Back 6 KOW |
| | {3 x 50 on 1:00 Back-7 KOW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 3,400 Yards - Stress Value = 103 |

Workout #19976 - Tuesday, 30 May 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:15 PM | Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFE |
| 650 | 10 x 15 on :45 Shooters |
| 1x | {4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:25 Kick on B/L/R |
| | {4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:20 Kick on B/L/R |
| | {2 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:15 Kick on L/R |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,050 | 1x{1 x 150 on 3:30 Back 3 KOW |
| | {2 x 125 on 2:50 Back 4 KOW |
| | {3 x 100 on 2:15 Back 5 KOW |
| | {4 x 75 on 1:40 Back 6 KOW |
| | {1 x 50 on 1:05 Back-7 KOW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:29 PM | 3,250 Yards - Stress Value = 100 |

Workout #19977 - Tuesday, 30 May 2017

6:00 PM 4,975 Yards - Stress Value = 459

Group 2 - Silver-3

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFI
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:35 Kick on B/L/R
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick on B/L/R
 {2 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:25 Kick on B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{1 x 150 on 3:45 Back 3 KOW
 {2 x 125 on 3:05 Back 4 KOW
 {3 x 100 on 2:25 Back 5 KOW
 {4 x 75 on 1:45 Back 6 KOW
 500 20 x 25 on :40 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 88

Workout #19980 - Wednesday, 31 May 2017

Group 2 - Silver-1

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :40 Wednesday Warm-up
 4-16, 5-17, 5-18
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 2:20 Breast Kick-odds FAST!
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{3 x 100 on 2:20 Breast 2X Pullouts start wal
 {6 x 25 on :40 Breast w/fly kick
 {2 x 100 on 2:15 Breast 2x Pullouts start wal
 {6 x 25 on :40 Breast w/free kick
 {1 x 100 on 2:10 Breast 2X Pullouts start wal
 {4 x 25 on :40 Breast 2K1P
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 102

Workout #19978 - Wednesday, 31 May 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 100 on 2:00 Kick-non #1 kick
 {3 x 50 on :50 Kick-descend
 {2 x 100 on 1:55 Kick-non #1 kick
 {3 x 50 on :50 Kick-descend
 {3 x 100 on 1:50 Kick-non #1 kick
 {3 x 50 on :50 Kick-descend
 {4 x 100 on 1:45 Kick-non #1 kick
 {3 x 50 on :50 Kick-descend
 1,500 1x{1 x 150 on 2:00 Pulls BWFPN
 {2 x 150 on 1:55 Pulls BWKPN
 {3 x 150 on 1:50 Pulls BWHPN
 {4 x 150 on 1:45 Pulls BWSPN
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{16 x 25 on :45 Every 4th one Fly-100%
 {12 x 25 on :50 Every 3rd one Fly-100%
 {8 x 25 on :55 Every other one Fly-100%
 {4 x 25 on 1:00 All Fly-100%
 400 8 x 50 on 1:00 Stroke Drills
 6:00 PM 5,450 Yards - Stress Value = 89

Workout #19981 - Wednesday, 31 May 2017

Group 2 - Silver-2

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 14 x 25 on :40 Wednesday Warm-up
 4-16, 5-17, 5-18
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:30 Breast Kick-odds FAST!
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{3 x 100 on 2:30 Breast 2X Pullouts start wal
 {6 x 25 on :40 Breast w/fly kick
 {2 x 100 on 2:25 Breast 2x Pullouts start wal
 {6 x 25 on :40 Breast w/free kick
 {1 x 100 on 2:20 Breast 2X Pullouts start wal
 {4 x 25 on :40 Breast 2K1P
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 90

Workout #19979 - Wednesday, 31 May 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on 1:00 Shooters SP3
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 5:00 Video 2 corrections REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 10:00 Your Dryland Routine REC
 1,500 30 x 50 on :55 200 Fly Pace SP2
 1 on 10:00 Racing Skills-6s work/starts SP3
 750 30 x 25 on :30 100 Back Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC

Workout #19982 - Wednesday, 31 May 2017

Group 2 - Silver-3

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|--|
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :40 Wednesday Warm-up 4-16, 5-17, 5-18 |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 7 x 100 on 2:45 Breast Kick-odds FAST! Only do a 50 on #7 |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 900 | 1x{3 x 100 on 2:40 Breast 2X Pullouts start wal {4 x 25 on :45 Breast w/fly kick {2 x 100 on 2:35 Breast 2x Pullouts start wal {4 x 25 on :45 Breast w/free kick {1 x 100 on 2:30 Breast 2X Pullouts start wal {4 x 25 on :45 Breast 2K1P |
| 450 | 18 x 25 on :45 100 Breast Pace 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:31 PM 2,850 Yards - Stress Value = 83 | |

Workout #19985 - Thursday, 01 June 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|--|---|
| 600 | 1 on 30:00 DS/Core/Showers |
| 150 | 1 x 600 on 10:00 Underwater trn drill |
| 2,000 | 10 x 15 on :45 Shooters |
| | 1x{3 x 100 on 2:00 Kick 25-fly/fr/br/cho {4 x 50 on 1:15 Alt 50 fly kick on back {50 tombstone kick {3 x 100 on 1:55 Kick 25-fly/fr/br/cho {4 x 50 on 1:10 Kick same as above {3 x 100 on 1:50 Kick 25-fly/fr/br/cho {4 x 50 on 1:05 Kick-Same as above {3 x 100 on 1:45 Kick 25 fly/fr/br/cho {4 x 50 on 1:00 Kick-Same as above |
| 1,000 | 1x{4 x 100 on 1:25 Pulls BTS {3 x 100 on 1:20 Pulls BTS {2 x 100 on 1:15 Pulls BTS {1 x 100 on 1:10 Pulls BTS |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,150 | 1x{1 x 200 on 2:40 Backstroke {8 x 25 on :30 Back 8KOW+1 100% {2 x 175 on 2:20 Backstroke {7 x 25 on :30 Back 9KOW+1 100% {3 x 150 on 2:00 Backstroke {6 x 25 on :30 Back 10KOW+1 100% {4 x 125 on 1:40 Backstroke {5 x 25 on :30 Back 11KOW+1 100% |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:01 PM 6,300 Yards - Stress Value = 107 | |

Workout #19983 - Thursday, 01 June 2017

Group 3 - Distance

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|--------------------------|
| | 1 on 15:00 DS/Showers | | | L DF |
| 400 | 1 x 400 on 7:00 Reverse IM drill | REC | | D I |
| 4,400 | 2x{1 x 100 on 1:15 Freestyle {1 x 100 on 1:20 Free Hold 1:08 {1 x 300 on 3:45 Freestyle {1 x 50 on :45 Freestyle | EN2 | | S F S F S F S F |

| | | | | |
|---|---------------------------------|-----|--|-----|
| | {1 x 200 on 2:30 Freestyle | EN2 | | S F |
| | {1 x 100 on 1:20 Free Hold 1:07 | EN2 | | S F |
| | {1 x 200 on 2:30 Freestyle | EN2 | | S F |
| | {1 x 50 on :45 Freestyle | REC | | S F |
| | {1 x 300 on 3:45 Freestyle | EN2 | | S F |
| | {1 x 100 on 1:20 Free hold 1:06 | EN2 | | S F |
| | {1 x 100 on 1:15 Freestyle | EN2 | | S F |
| | {1 x 50 on :45 Freestyle | REC | | S F |
| | {1 x 400 on 5:00 Freestyle | EN2 | | S F |
| | {1 x 100 on 1:20 Free hold :59 | EN2 | | S F |
| | {1 x 50 on 1:00 Freestyle | REC | | S F |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | D C |
| 7:00 AM 5,200 Yards - Stress Value = 80 | | | | |

Workout #19984 - Thursday, 01 June 2017

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | S |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 200 | 1 x 200 on 3:00 Non-specific swimming | REC | D |
| 7:00 AM 4,600 Yards - Stress Value = 375 | | | |

Workout #19986 - Thursday, 01 June 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| | 1 on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | S |
| 1,500 | 30 x 50 on :50 200 IM Pace | SP2 | S |
| | 1 on 8:00 Video 2 corrections | REC | M |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| | 1 on 8:00 Your dryland routine | REC | I |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking/arm swings | REC | I |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| 6:02 PM 4,385 Yards - Stress Value = 400 | | | |

Workout #19987 - Thursday, 01 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{2 x 25 on :45 Kick no board LR {1 x 100 on 2:15 Free Kick w/board {2 x 25 on :45 Kick no board LR {2 x 100 on 2:10 Free Kick w/board {4 x 25 on :45 Kick no board LR {3 x 100 on 2:05 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 600 | 1 on 26:00 Teach Day-Freestyle 24 x 25 on :35 100 Free Pace |
| 200 | 1 on 10:00 Racing Skills-Relay Starts 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,350 Yards - Stress Value = 82 | |

Workout #19988 - Thursday, 01 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY WOF |
|---------------|---|---------|
| 5:15 PM Start | | |
| 500 | 1 on 35:00 DS/Dryland | |
| 150 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 | |
| 750 | 10 x 15 on :45 Shooters | |
| | 1x{2 x 25 on :45 Kick no board LR | |
| | {1 x 100 on 2:20 Free Kick w/board | |
| | {2 x 25 on :45 Kick no board LR | |
| | {2 x 100 on 2:15 Free Kick w/board | |
| | {4 x 25 on :45 Kick no board LR | |
| | {2 x 100 on 2:10 Free Kick w/board | |
| | {1 x 50 on 1:05 Free Kick w/board | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| | 1 on 26:00 Teach Day-Freestyle | |
| 600 | 24 x 25 on :35 100 Free Pace | |
| | 1 on 10:00 Racing Skills-Relay Starts | |
| 200 | 1 x 200 on 4:00 Stroke Drills | |
| | 7:30 PM 2,300 Yards - Stress Value = 81 | |

Workout #19989 - Thursday, 01 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY WOF |
|---------------|---|---------|
| 5:15 PM Start | | |
| 500 | 1 on 35:00 DS/Dryland | |
| 150 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 | |
| 750 | 10 x 15 on :45 Shooters | |
| | 1x{2 x 25 on :45 Kick no board LR | |
| | {1 x 100 on 2:30 Free Kick w/board | |
| | {2 x 25 on :45 Kick no board LR | |
| | {2 x 100 on 2:25 Free Kick w/board | |
| | {2 x 25 on :45 Kick no board LR | |
| | {3 x 100 on 2:20 Free Kick w/board | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| | 1 on 26:00 Teach Day-Freestyle | |
| 500 | 20 x 25 on :40 100 Free Pace | |
| | 1 on 10:00 Racing Skills-Relay Starts | |
| 200 | 1 x 200 on 4:00 Stroke Drills | |
| | 7:30 PM 2,200 Yards - Stress Value = 71 | |

Workout #19990 - Friday, 02 June 2017

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description | EGY WOF |
|---------------|---|---------|
| 5:30 AM Start | | |
| 600 | 1 on 25:00 DS/Ted's Abs | |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC |
| 3,000 | 10 x 15 on :45 Shooters | SP3 |
| | 1x{1 x 350 on 4:35 Freestyle | EN2 |
| | {3 x 50 on :45 Free-Great Effort | EN3 |
| | {1 x 350 on 4:30 Freestyle | EN2 |
| | {3 x 50 on :45 Free-Great Effort | EN2 |
| | {1 x 350 on 4:25 Freestyle | EN2 |
| | {3 x 50 on :45 Free-Great Effort | EN3 |
| | {1 x 350 on 4:20 Freestyle | EN2 |
| | {3 x 50 on :45 Free-Great Effort | EN2 |
| | {1 x 350 on 4:15 Freestyle | EN2 |
| | {3 x 50 on :45 Free-Great Effort | EN2 |
| | {1 x 350 on 4:10 Freestyle | EN2 |
| | {3 x 50 on :45 Freestyle | EN2 |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:00 AM 4,000 Yards - Stress Value = 78 | |

Workout #19991 - Friday, 02 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY WORK |
|---------------|--|----------|
| 5:30 AM Start | | |
| 2,250 | 1 on 15:00 DS/Showers | L |
| 250 | 30 x 75 on 1:10 1000 Free Pace | SP2 S |
| 1,500 | 1 x 250 on 5:00 Non-specific swimming | REC D |
| 250 | 30 x 50 on :55 200 Breast Pace | SP2 S |
| | 1 x 250 on 4:00 Non-specific swimming | REC D |
| | 7:00 AM 4,250 Yards - Stress Value = 375 | |

Workout #19994 - Monday, 05 June 2017

Group 3 - Breast

1 minute rest between sets

| Yards | Set Description | EGY WORK |
|---------------|---|----------|
| 3:30 PM Start | | |
| 600 | 1 on 30:00 DS/Physio Balls | |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim | |
| 2,000 | 10 x 15 on :45 Shooters | |
| | 1x{1 x 100 on 2:00 Kick | |
| | {1 x 100 on 1:30 Kick | |
| | {2 x 50 on 1:00 Kick | |
| | {2 x 100 on 1:35 Kick | |
| | {4 x 25 on :30 Kick | |
| | {3 x 100 on 1:40 Kick | |
| | {2 x 50 on 1:00 Kick | |
| | {4 x 100 on 1:45 Kick | |
| | {1 x 100 on 2:00 Kick | |
| | {5 x 100 on 1:50 Kick | |
| 800 | 1 x 800 on 11:00 Pull-Alt breakouts | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 2,250 | 1x{1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| | {6 x 50 on 1:05 Descend 2X pullouts | |
| | {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| | {5 x 50 on 1:00 Descend 2X pullouts | |
| | {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| | {4 x 50 on :55 Descend 2X pullouts | |
| | {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| | {3 x 50 on :50 Descend 2X pullouts | |
| | {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| | {2 x 50 on :45 Descend 2X pullouts | |
| | {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| | {1 x 50 on :40 Breast-100% | |
| 200 | 1 x 200 on 3:00 Stroke Drills | |
| | 6:00 PM 6,200 Yards - Stress Value = 96 | |

Workout #19992 - Monday, 05 June 2017

Group 3 - Distance

1 minute rest between sets

| Yards | Set Description | EGY WC |
|---------------|---|--------|
| 5:30 AM Start | | |
| 600 | 1 on 15:00 DS/Showers | |
| 150 | 1 x 600 on 10:00 Swim-kick-drill-swim | REC |
| 3,375 | 10 x 15 on :45 Shooters | SP3 |
| | 1x{5 x 225 on 3:00 Free 1st/L.25 6bk | EN2 |
| | {4 x 225 on 2:55 Free 1st/L.25 6bk | EN2 |
| | {3 x 225 on 2:50 Free 1st/L.25 6bk | EN2 |
| | {2 x 225 on 2:45 Free 1st/L.25 6bk | EN2 |
| | {1 x 225 on 2:40 Free 1st/L.25 6bk | EN2 |
| | Last repeat of each line best effort | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC |
| | 7:00 AM 4,625 Yards - Stress Value = 73 | |

Workout #19995 - Monday, 05 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | L |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | S |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | S |
| | 1 on 5:00 Video-2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | L |
| 750 | 30 x 25 on :30 100 Free | SP2 | S |
| | 1 on 5:00 Walking | | L |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:02 PM 6,475 Yards - Stress Value = 609 | | |

Workout #19996 - Monday, 05 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | L |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | S |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | S |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 750 | 30 x 25 on :30 #2 100 Pace | SP2 | S |
| | 1 on 10:00 Walking | REC | L |
| 750 | 30 x 25 on :30 #3 100 Pace | SP2 | S |
| | 1 on 10:00 Walking | | L |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:00 PM 4,975 Yards - Stress Value = 459 | | |

Workout #19997 - Monday, 05 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 1 | on 15:00 DS/Showers | | L |
| 225 | 15 x 15 on 1:00 Shooters | SP3 | S |
| 160 | 8 x 20 on 3:00 Your #1 200 Pace | SP2 | S |
| | 1 on 8:00 Video-2 corrections | REC | M |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 10:00 Walking | REC | L |
| 750 | 30 x 25 on :30 Your Choice | SP2 | S |
| | 1 on 10:00 Walking | | L |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:01 PM 3,885 Yards - Stress Value = 350 | | |

Workout #19993 - Monday, 05 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:30 AM Start | | |
| 1 | on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| | 1 on 8:00 Video 2 corrections each stroke | REC | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| 225 | 15 x 15 on 1:00 Spinners/Sculling Drills | SP3 | |
| | 6:59 AM 2,875 Yards - Stress Value = 234 | | |

Workout #19998 - Monday, 05 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFE |
| 150 | 10 x 15 on :45 Shooters |
| 1,150 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 100 on 2:20 Free Kick w/board-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 100 on 2:15 Free Kick w/board-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {5 x 50 on 1:05 Free Kick w/board-descend |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,850 | 1x{6 x 100 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {5 x 100 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 100 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {3 x 100 on 1:50 Freestyle |
| | {1 on 1:00 Rest |
| | {1 x 50 on 1:00 Freestyle-100%!!! |
| 600 | 24 x 25 on :35 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,600 Yards - Stress Value = 126 |

Workout #19999 - Monday, 05 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFE |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {3 x 100 on 2:30 Free Kick w/board-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 100 on 2:25 Free Kick w/board-descend |
| | {4 x 25 on :45 Kick no board BSLR |
| | {4 x 50 on 1:10 Free Kick w/board-descend |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,800 | 1x{6 x 100 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {5 x 100 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {4 x 100 on 2:00 Freestyle |
| | {1 on 1:00 Rest |
| | {3 x 100 on 2:00 Free (only do a 50 on #3) |
| 600 | 24 x 25 on :35 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:31 PM 4,500 Yards - Stress Value = 124 |

Workout #20000 - Monday, 05 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 35:00 DS/Dryland | | |
| 500 | 1 x 500 on 10:00 By 100: THD + ThmbDrg + CFI | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 950 | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {3 x 100 on 2:45 Free Kick w/board-descend | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 100 on 2:40 Free Kick w/board-descend | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {3 x 50 on 1:15 Free Kick w/board-descend | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 1,500 | 1x{5 x 100 on 2:15 Freestyle | | |
| | {1 on 1:00 Rest | | |
| | {4 x 100 on 2:15 Freestyle | | |
| | {1 on 1:00 Rest | | |
| | {3 x 100 on 2:15 Freestyle | | |
| | {1 on 1:00 Rest | | |
| | {2 x 100 on 2:15 Free (only do a 50 on #3) | | |
| | {1 on 1:00 Rest | | |
| | {1 x 100 on 2:15 Freestyle | | |
| 500 | 20 x 25 on :40 100 Free Pace | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| | 7:28 PM 3,950 Yards - Stress Value = 105 | | |

Workout #20003 - Tuesday, 06 June 2017

Group 3 - Back

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 30:00 DS/Core | | |
| 600 | 1 x 600 on 10:00 Top Hat Drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,800 | 1x{2 x 150 on 2:05 Backstroke | | |
| | {3 x 100 on 1:25 Back-descend 2/3/4 KOW | | |
| | {2 x 150 on 2:00 Backstroke | | |
| | {3 x 100 on 1:25 Back descend 3/4/5 KOW | | |
| | {2 x 150 on 1:55 Backstroke | | |
| | {3 x 100 on 1:25 Back descend 4//5/6 KOW | | |
| 1,000 | 1 x 1000 on 20:00 Vertical Kick | | |
| 650 | 1x{2 x 75 on 1:00 Pulls BTB | | |
| | {2 x 50 on :40 Pulls | | |
| | {2 x 75 on 1:00 Pulls BTS | | |
| | {2 x 50 on :40 Pulls | | |
| | {2 x 75 on 1:00 Pulls alt BT S/B | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,800 | 1x{2 x 150 on 2:05 Backstroke | | |
| | {3 x 100 on 1:25 Back-descend 2/3/4 KOW | | |
| | {2 x 150 on 2:00 Backstroke | | |
| | {3 x 100 on 1:25 Back descend 3/4/5 KOW | | |
| | {2 x 150 on 1:55 Backstroke | | |
| | {3 x 100 on 1:25 Back descend 4//5/6 KOW | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | | |
| | 9:30 AM 6,700 Yards - Stress Value = 113 | | |

Workout #20004 - Tuesday, 06 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | § |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | § |
| | 1 on 5:00 Video 2 corrections | REC | M |

| | | | |
|-------|--|-----|---|
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | § |
| | 1 on 5:00 Walking | REC | I |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | § |
| | 1 on 5:00 Walking | REC | I |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 6:07 PM 6,475 Yards - Stress Value = 609 | | |

Workout #20005 - Tuesday, 06 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | § |
| 750 | 30 x 25 on :30 Your #1 100 | SP2 | § |
| | 1 on 10:00 Video 2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | § |
| | 1 on 10:00 Walking | REC | I |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | § |
| | 1 on 10:00 Your dryland routine | REC | I |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 6:01 PM 3,635 Yards - Stress Value = 325 | | |

Workout #20006 - Tuesday, 06 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | I |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | § |
| 750 | 30 x 25 on :30 100 Breast | SP2 | § |
| | 1 on 10:00 Video 2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | § |
| | 1 on 10:00 Walking | REC | I |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | § |
| | 1 on 12:00 Your dryland routine | REC | I |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 6:00 PM 3,635 Yards - Stress Value = 325 | | |

Workout #20002 - Tuesday, 06 June 2017

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | | REC |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 | § |
| | 1 on 5:00 Video 2 corrections | REC | § |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | § |
| | 1 on 10:00 Racing Skills-timed partner turn | SP3 | § |
| | 6:59 AM 2,360 Yards - Stress Value = 196 | | |

Workout #20001 - Tuesday, 06 June 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK | PF |
|---------|---|-----|------|-----|----|
| 5:30 AM | Start | | | | |
| 600 | 1 x 600 on 10:00 Top Hat Drill | REC | D | FR | 1: |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FR | 5: |
| 4,000 | 4 x 1000 on 13:00 Freestyle | EN2 | S | FR | 1: |
| | #1 3 KOW +1 up to 7-repeat | | | | |
| | #2 Alt breakouts | | | | |
| | #3 hb 2 strokes off wall +1 up to 5- repeat | | | | |
| | #4-Great Effort | | | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | D | CD | 1: |
| 7:01 AM | 4,950 Yards - Stress Value = 86 | | | | |

Workout #20007 - Tuesday, 06 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{2 x 100 on 2:30 Kick on Back |
| | {2 x 50 on 1:15 Kick on Rt/Lt side |
| | {2 x 100 on 2:25 Kick on back |
| | {2 x 50 on 1:15 Kick on Rt/Lt side |
| | {2 x 100 on 2:20 Kick on back |
| | {2 x 50 on 1:15 Kick on Rt/Lt side |
| | {1 x 100 on 2:00 Kick on back |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,550 | 1x{1 x 200 on 4:00 Backstroke |
| | {3 x 50 on 1:05 Back-descend |
| | {1 x 200 on 3:55 Backstroke |
| | {3 x 50 on 1:05 Back-descend |
| | {1 x 200 on 3:50 Backstroke |
| | {3 x 50 on 1:05 Back-descend |
| | {1 x 200 on 3:45 Backstroke |
| | {2 x 50 on 1:05 Back-descend |
| | {1 x 200 on 3:40 Backstroke |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 4,200 Yards - Stress Value = 115 |

Workout #20008 - Tuesday, 06 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{2 x 100 on 2:40 Kick on Back |
| | {2 x 50 on 1:20 Kick on Rt/Lt side |
| | {2 x 100 on 2:35 Kick on back |
| | {2 x 50 on 1:20 Kick on Rt/Lt side |
| | {2 x 100 on 2:30 Kick on back |
| | {2 x 50 on 1:20 Kick on Rt/Lt side |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,450 | 1x{1 x 200 on 4:20 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| | {1 x 200 on 4:15 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| | {1 x 200 on 4:10 Backstroke |
| | {3 x 50 on 1:10 Back-descend |

| | |
|---------|--------------------------------------|
| | {1 x 200 on 4:05 Backstroke |
| | {4 x 50 on 1:10 Back-descend |
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 3,900 Yards - Stress Value = 101 |

Workout #20009 - Tuesday, 06 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{2 x 100 on 2:50 Kick on Back |
| | {2 x 50 on 1:30 Kick on Rt/Lt side |
| | {2 x 100 on 2:45 Kick on back |
| | {2 x 50 on 1:30 Kick on Rt/Lt side |
| | {2 x 100 on 2:40 Kick on back |
| | {1 x 50 on 1:00 Kick on Rt/Lt side |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 200 on 4:40 Backstroke |
| | {3 x 50 on 1:20 Back-descend |
| | {1 x 200 on 4:35 Backstroke |
| | {3 x 50 on 1:20 Back-descend |
| | {1 x 200 on 4:30 Backstroke |
| | {3 x 50 on 1:20 Back-descend |
| | {1 x 200 on 4:25 Backstroke |
| | {1 x 50 on 1:20 Back-descend |
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 3,700 Yards - Stress Value = 97 |

Workout #20010 - Wednesday, 07 June 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| | 1 on 35:00 DS/TRX Bands |
| 500 | 20 x 25 on :30 Wednesday warm-ups |
| 150 | 10 x 15 on :45 Shooters |
| 1,550 | 1x{4 x 25 on :30 Kick no board BSLR-20KOW |
| | {3 x 125 on 2:00 Kick |
| | {4 x 25 on :30 Kick no board BSLR-18KOW |
| | {3 x 100 on 1:35 Kick |
| | {4 x 25 on :30 Kick no board BSLR-16KOW |
| | {3 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR-14KOW |
| | {3 x 50 on :45 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12KOW |
| 1,250 | 1x{2 x 125 on 1:45 Lungbuster pulls |
| | {2 x 125 on 1:40 Lungbuster pulls |
| | {2 x 125 on 1:35 Lungbuster pulls |
| | {2 x 125 on 1:30 Lungbuster pulls |
| | {2 x 125 on 1:25 Lungbuster pulls |
| | breathe 3-5-7 continuous, only 2 breaths L. |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishe |
| 2,000 | 10x{8 x 25 on :20 Butterfly |
| | {1 on 1:00 Rest |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:59 PM | 5,900 Yards - Stress Value = 101 |

Workout #20011 - Wednesday, 07 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| | 1 on 10:00 6 second work-starts | SP3 | D |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 | S |
| | 1 on 5:00 Video 2 corrections | REC | M |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | L |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:02 PM 6,650 Yards - Stress Value = 600 | | |

| | |
|-------|---|
| | {2 x 100 on 2:30 Free Kick w/board |
| | {6 x 25 on :40 Sprint kick-choice |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evans-underwaters, count kicks |
| 1,600 | 1x{3 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :35 Butterfly |
| | {3 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :35 Backstroke |
| | {3 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :35 Breaststroke |
| | {3 x 100 on 2:00 Individual Medley |
| | {4 x 25 on :30 Freestyle |
| 600 | 24 x 25 on :35 Your Choice |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,000 Yards - Stress Value = 117 |

Workout #20015 - Wednesday, 07 June 2017

Group 2 - Silver-2

1 minute rest between sets

Workout #20012 - Wednesday, 07 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| | 1 on 10:00 6 second work-starts | SP3 | D |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | S |
| | 1 on 8:00 Video 2 corrections | REC | M |
| 750 | 30 x 25 on :30 Your #3 100 Pace | SP2 | S |
| | 1 on 10:00 Walking | REC | L |
| 750 | 30 x 25 on :30 Your #2 100 Pace | SP2 | S |
| | 1 on 10:00 Walking | REC | L |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:00 PM 5,150 Yards - Stress Value = 450 | | |

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up |
| | 4-18, 5-17, 5-16 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{2 x 100 on 2:40 Fly Kick w/board |
| | {2 x 100 on 2:40 Kick streamline on back |
| | {2 x 100 on 2:40 Breast Kick 2w/board |
| | {2 x 100 on 2:40 Free kick w/board |
| | {4 x 25 on :40 Sprint kick-choice |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evans-underwaters, count kicks |
| 1,400 | 1x{3 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :40 Butterfly |
| | {3 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :40 Backstroke |
| | {2 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :40 Breaststroke |
| | {2 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :35 Freestyle |
| 600 | 24 x 25 on :35 Your Choice |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,750 Yards - Stress Value = 112 |

Workout #20013 - Wednesday, 07 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| | 1 on 10:00 6 second work-starts | SP3 | D |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | S |
| | 1 on 8:00 Video 2 corrections | REC | M |
| 750 | 30 x 25 on :30 Your Choice | SP2 | S |
| | 1 on 10:00 Walking | REC | L |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | L |
| 1,500 | 30 x 50 on :50 200 Non Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:04 PM 4,560 Yards - Stress Value = 391 | | |

Workout #20014 - Wednesday, 07 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up |
| | 4-18, 5-17, 5-16 |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{2 x 100 on 2:30 Fly Kick w/board |
| | {2 x 100 on 2:30 Kick streamline on back |
| | {2 x 100 on 2:30 Breast Kick 2w/board |

Workout #20016 - Wednesday, 07 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Dryland | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 350 | 14 x 25 on :40 Wednesday Warm-up 4-18, 5-17, 5-16 | | S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 850 | 1x{2 x 100 on 2:50 Fly Kick w/board 2 x 100 on 2:50 Kick streamline on back 2 x 100 on 2:50 Breast Kick 2w/board 2 x 100 on 2:50 Free Kick w/board 1 x 50 on 1:20 Kick your choice | | L |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks | | L |
| 1,200 | 1x{2 x 100 on 2:30 Individual Medley 4 x 25 on :45 Butterfly 2 x 100 on 2:30 Individual Medley 4 x 25 on :45 Backstroke 2 x 100 on 2:30 Individual Medley 4 x 25 on :45 Breaststroke 2 x 100 on 2:30 Individual Medley 4 x 25 on :45 Freestyle | | L |
| 500 | 20 x 25 on :40 Your Choice | | L |
| 200 | 1 on 10:00 Game | | L |
| | 1 x 200 on 5:00 Stroke Drills | | S |
| 7:30 PM 3,400 Yards - Stress Value = 96 | | | |

Workout #20018 - Thursday, 08 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Weights | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 1,800 | 1 on 10:00 RS-6 sec turns fly/back | EN2 | S |
| | 24 x 75 on 1:05 500 Free Pace | SP2 | S |
| 1,500 | 1 on 8:00 Video 2 corrections | REC | M |
| | 30 x 50 on :50 200 Fly Pace | SP2 | S |
| 1,500 | 1 on 5:00 Walking | REC | L |
| | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 750 | 1 on 5:00 Walking | REC | L |
| 250 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 9:18 AM 6,200 Yards - Stress Value = 555 | | | |

Workout #20019 - Thursday, 08 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Weights | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 1 on 10:00 RS-6 sec turns fly/back | EN2 | S |
| | 30 x 25 on :30 Your #1 100 Pace | SP2 | S |
| 1,500 | 1 on 8:00 Video 2 corrections | REC | M |
| | 30 x 50 on :55 400 IM Pace | SP2 | S |
| 1,500 | 1 on 5:00 Walking | REC | L |
| | 30 x 50 on :55 Your #3 200 | SP2 | S |
| 750 | 1 on 5:00 Walking | REC | L |
| 250 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 9:13 AM 5,150 Yards - Stress Value = 450 | | | |

Workout #20020 - Thursday, 08 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Weights | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 750 | 1 on 10:00 RS-6 sec turns fly/back | EN2 | S |
| | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 1,500 | 1 on 8:00 Video 2 corrections | REC | M |
| | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 1,500 | 1 on 5:00 Walking | REC | L |
| | 30 x 50 on :55 200 Back Pace | SP2 | S |
| 750 | 1 on 5:00 Walking | REC | L |
| 250 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 9:10 AM 5,150 Yards - Stress Value = 450 | | | |

Workout #20022 - Thursday, 08 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 5:00 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Video/Walking | REC | L |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:31 PM 3,060 Yards - Stress Value = 241 | | | |

Workout #20017 - Thursday, 08 June 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| 6:30 AM Start | | | |
| 600 | 1 on 35:00 DS/Weights | | L |
| | 1 x 600 on 10:00 Underwater trn drill | | S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 1,500 | 1x{4 x 25 on :30 Kick no board BSLR 1 x 150 on 2:15 Kick 4 x 25 on :30 Kick no board BSLR 2 x 125 on 1:55 Kick 4 x 25 on :30 Kick no board BSLR 3 x 100 on 1:30 Kick 4 x 25 on :30 Kick no board BSLR 4 x 75 on 1:10 Kick 4 x 25 on :30 Kick no board BSLR | | L |
| 1,200 | 1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds 2 x 150 on 2:00 Pulls-no br L.12/25 yds 2 x 150 on 1:55 Pulls-no br L.12/25 yds 2 x 150 on 1:50 Pulls-no br L.12/25 yds | | L |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | L |
| 3,000 | 6x{1 x 400 on 5:15 Freestyle 1 x 100 on 1:30 Freestyle Each round 400 drops 5 seconds | | L |
| 200 | 1 x 200 on 3:00 Stroke Drills | | L |
| 9:01 AM 6,850 Yards - Stress Value = 146 | | | |

Workout #20023 - Thursday, 08 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 3:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 125 on 2:55 Fly Kick w/board
 {2 x 25 on :45 Kick no board S
 {3 x 100 on 2:20 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{2 x 100 on 2:30 Fly 75 2-2/25 whole stroke
 {2 x 100 on 2:25 Fly 75 2-3/25 whole stroke
 {2 x 100 on 2:20 Fly 75 2-4/25 whole stroke
 {2 x 100 on 2:15 Fly 75 2-5/25 whole stroke
 {2 x 75 on 1:50 Fly 50 2-2/25 whole stroke
 {2 x 75 on 1:45 Fly 50 2-3/25 whole stroke
 {2 x 75 on 1:40 Fly 50 2-4/25 whole stroke
 {2 x 50 on 1:05 Fly 25 2-5/25 whole stroke
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 5:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 102

Workout #20024 - Thursday, 08 June 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 3:45 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 125 on 3:10 Fly Kick w/board
 {2 x 25 on :45 Kick no board S
 {2 x 100 on 2:30 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 1x{2 x 100 on 2:45 Fly 75 2-2/25 whole stroke
 {2 x 100 on 2:40 Fly 75 2-3/25 whole stroke
 {2 x 100 on 2:35 Fly 75 2-4/25 whole stroke
 {2 x 100 on 2:30 Fly 75 2-5/25 whole stroke
 {2 x 50 on 1:25 Fly 25 2-2/25 whole stroke
 {2 x 50 on 1:20 Fly 25 2-3/25 whole stroke
 {2 x 50 on 1:15 Fly 25 2-4/25 whole stroke
 {2 x 50 on 1:10 Fly 25 2-5/25 whole stroke
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 5:00 Stroke Drills
 7:29 PM 3,550 Yards - Stress Value = 97

Workout #20025 - Thursday, 08 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board S

{2 x 125 on 3:20 Fly Kick w/board
 {6 x 25 on :45 Kick no board S
 {1 x 100 on 2:40 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{2 x 100 on 3:00 Fly 75 2-2/25 whole stroke
 {2 x 100 on 2:55 Fly 75 2-3/25 whole stroke
 {2 x 100 on 2:50 Fly 75 2-4/25 whole stroke
 {2 x 100 on 2:45 Fly 75 2-5/25 whole stroke
 {2 x 50 on 1:45 Fly 25 2-2/25 whole stroke
 {1 x 50 on 1:40 Fly 25 2-3/25 whole stroke
 {1 x 50 on 1:35 Fly 25 2-4/25 whole stroke
 {1 x 50 on 1:30 Fly 25 2-5/25 whole stroke
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 5:00 Stroke Drills
 7:30 PM 3,400 Yards - Stress Value = 94

Workout #20021 - Thursday, 08 June 2017

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Choice
 120 8 x 15 on :45 Spinners
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yards
 400 8x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 second
 {1 x 25 on 1:29 Kick no board BSLR
 175 7x{1 on 1:00 Vertical Kick
 {1 x 25 on :01 12.5yds undr/Body Driven Frees
 {1 on 1:59 Sculling Drill Feet First
 250 1 x 250 on 4:00 Stroke Drills
 6:29 PM 1,945 Yards - Stress Value = 61

Workout #20026 - Friday, 09 June 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 2,100 1x{3 x 125 on 2:15 Kick L.25 100%
 {6 x 25 on :30 Kick no board B
 {3 x 125 on 2:10 Kick L.25 100%
 {6 x 25 on :30 Kick no board S
 {3 x 125 on 2:05 Kick L.25 100%
 {6 x 25 on :30 Kick no board L
 {3 x 125 on 2:00 Kick L.25 100%
 {6 x 25 on :30 Kick no board R
 1,000 1 x 1000 on 13:00 Lungbuster pulls
 Breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 2x{3 x 75 on 1:10 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:05 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:00 Fly-25L25R25B
 {1 x 100 on 2:30 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 9:04 AM 6,250 Yards - Stress Value = 97

Workout #20027 - Friday, 09 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 6:30 AM | Start | |
| 400 | 1 on 35:00 DS/Weights | |
| 300 | 1 x 400 on 5:00 Choice | REC |
| 3,000 | 5x{4 x 15 on :30 Undr Wtr Fly Kck {1 on 1:00 Rest | SP3 |
| | 30 x 100 on 1:20 1650 Free Pace | SP2 |
| | 1 on 8:00 Video 2 corrections | REC |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| | 1 on 12:00 Racing Skills-1 legged starts | EN1 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| 9:04 AM | 5,450 Yards - Stress Value = 462 | |

Workout #20028 - Friday, 09 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 6:30 AM | Start | |
| 400 | 1 on 35:00 DS/Weights | |
| 300 | 1 x 400 on 5:00 Choice | REC |
| 1,500 | 5x{4 x 15 on :30 Undr Wtr Fly Kck {1 on 1:00 Rest | SP3 |
| | 30 x 50 on :55 Your #1 200 | SP2 |
| | 1 on 8:00 Video 2 corrections | REC |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 |
| | 1 on 12:00 Racing Skills-1 legged starts | EN1 |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| 9:01 AM | 3,360 Yards - Stress Value = 253 | |

Workout #20029 - Friday, 09 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 6:30 AM | Start | |
| 400 | 1 on 35:00 DS/Weights | |
| 300 | 1 x 400 on 5:00 Choice | REC |
| 750 | 5x{4 x 15 on :30 Undr Wtr Fly Kck {1 on 1:00 Rest | SP3 |
| | 30 x 25 on :30 100 Breast | SP2 |
| | 1 on 5:00 Video 2 corrections | REC |
| 225 | 15 x 15 on 1:00 Shooters | SP3 |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 |
| | 1 on 12:00 Racing Skills-1 legged starts | EN1 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| 9:01 AM | 2,835 Yards - Stress Value = 187 | |

Workout #20031 - Friday, 09 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 5:00 PM | Start | |
| 400 | 1 on 15:00 DS/Showers | |
| 1,500 | 1 x 400 on 5:00 Choice | RE |
| 200 | 30 x 50 on :55 200 IM Pace | SI |
| 750 | 20 x 10 on 1:00 Missile Kicks w/diving bricks | EM |
| 250 | 30 x 25 on :30 100 Free Pace | SI |
| | 1 x 250 on 4:00 Non-specific swimming | RE |
| 6:31 PM | 3,100 Yards - Stress Value = 229 | |

Workout #20032 - Friday, 09 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 5:00 PM | Start | |
| 400 | 1 on 40:00 DS/Dryland | |
| 150 | 4 x 100 on 2:15 SwimUSS | |
| 1,150 | 25Swim, 25Under, 25Scull, 25Swim | |
| | 10 x 15 on :45 Shooters | |
| | 1x{1 x 200 on 4:15 Breaststroke | |
| | {2 x 50 on 1:10 Breast 2X pullouts BH wall | |
| | {4 x 25 on :45 Breast w/free kick-fast hands | |
| | {1 x 200 on 4:10 Breaststroke | |
| | {2 x 50 on 1:05 Breast 2X pullouts BH wall | |
| | {4 x 25 on :45 Breast w/free kick-fast hands | |
| | {1 x 200 on 4:05 Breaststroke | |
| | {3 x 50 on 1:00 Breast 2X pullous BH wall | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| 6:30 PM | 1,950 Yards - Stress Value = 29 | |

Workout #20033 - Friday, 09 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 5:00 PM | Start | |
| 400 | 1 on 40:00 DS/Dryland | |
| 150 | 4 x 100 on 2:15 SwimUSS | |
| 1,100 | 25Swim, 25Under, 25Scull, 25Swim | |
| | 10 x 15 on :45 Shooters | |
| | 1x{1 x 200 on 4:30 Breaststroke | |
| | {2 x 50 on 1:15 Breast 2X pullouts BH wall | |
| | {4 x 25 on :45 Breast w/free kick-fast hands | |
| | {1 x 200 on 4:20 Breaststroke | |
| | {2 x 50 on 1:10 Breast 2X pullouts BH wall | |
| | {4 x 25 on :45 Breast w/free kick-fast hands | |
| | {1 x 200 on 4:15 Breaststroke | |
| | {2 x 50 on 1:05 Breast 2X pullous BH wall | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| 6:31 PM | 1,900 Yards - Stress Value = 28 | |

Workout #20034 - Friday, 09 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 5:00 PM | Start | |
| 400 | 1 on 40:00 DS/Dryland | |
| 150 | 4 x 100 on 2:15 SwimUSS | |
| 1,000 | 25Swim, 25Under, 25Scull, 25Swim | |
| | 10 x 15 on :45 Shooters | |
| | 1x{1 x 200 on 4:45 Breaststroke | |
| | {2 x 50 on 1:15 Breast 2X pullouts BH wall | |
| | {2 x 25 on :45 Breast w/free kick-fast hands | |
| | {1 x 200 on 4:40 Breaststroke | |
| | {2 x 50 on 1:10 Breast 2X pullouts BH wall | |
| | {4 x 25 on :45 Breast w/free kick-fast hands | |
| | {1 x 200 on 4:35 Breaststroke | |
| | {1 x 50 on 1:15 Breast 2X pullous BH wall | |
| 250 | 1 x 250 on 4:00 Stroke Drills | |
| 6:29 PM | 1,800 Yards - Stress Value = 26 | |

Workout #20030 - Friday, 09 June 2017

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Choice
 120 8 x 15 on :45 Spinners
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yds
 2,000 1x{4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 5 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 15 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 20 strokes fast
 {1 x 100 on 1:30 Free 25 strokes fast
 {1 x 100 on 1:30 Free 30 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 35 strokes fast
 {1 x 100 on 1:30 Free 40 strokes fast
 {1 x 100 on 1:30 Free -35 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free-30 strokes fast
 {1 x 100 on 1:30 Free-25 strokes fast
 {1 x 100 on 1:30 Free-20 strokes fast
 {4 x 25 on :30 Freestyle-BC
 {1 x 100 on 1:30 Free 15 strokes fast
 {1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 5 strokes fast
 250 1 x 250 on 4:00 Stroke Drills
 6:28 PM 3,370 Yards - Stress Value = 85

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights/Showers
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR, min 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 1,000 5 x 200 on 2:30 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:20 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 4:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 9:05 AM 7,250 Yards - Stress Value = 152

Workout #20037 - Monday, 12 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

Workout #20036 - Monday, 12 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights/Showers REC I
 400 1 x 400 on 5:00 Choice REC S
 1 on 10:00 Racing Skills-6 second work SP3 S
 Freestyle turns
 1,500 30 x 50 on :55 200 Fly SP2 S
 1 on 5:00 Walking REC I
 750 30 x 25 on :30 100 Free Pace SP2 S
 1 on 5:00 Walking REC I
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 5:00 Walking REC I
 750 30 x 25 on :30 100 Back Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC I
 Video-1 correction 1 positive
 9:10 AM 5,150 Yards - Stress Value = 450

5:00 PM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 400 8 x 50 on 2:00 Tombstone Kicks-descend EN2
 1,500 5x{1 x 25 on :30 Freestyle SP2
 {1 x 25 on :40 Freestyle SP2
 {1 x 25 on :50 Freestyle SP2
 {1 x 25 on 1:00 Freestyle SP2
 {1 x 200 on 4:00 Stroke Drills REC
 250 1 x 250 on 4:00 Stroke Drills REC
 6:32 PM 2,900 Yards - Stress Value = 62

Workout #20038 - Monday, 12 June 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STK F
 =====
 1 on 15:00 DS/Showers REC L DRY
 400 1 x 400 on 5:00 Choice REC S CHO 1
 3,000 30 x 100 on 1:25 1650 Free Pace SP2 S FR 1
 1 on 5:00 Walking-Video if time REC L DRY
 200 8 x 25 on 3:00 50 Free Pace SP2 S FR 12
 6:34 PM 3,600 Yards - Stress Value = 320

Workout #20035 - Monday, 12 June 2017

Group 3 - Freestylers

1 minute rest between sets

Workout #20039 - Monday, 12 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{8 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Fly Kick w/board {6 x 25 on :45 Kick no board BSLRBS {4 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:15 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,600 | 1x{4 x 75 on 1:45 Fly-25L-25B-25R {1 x 100 on 1:45 Freestyle {4 x 75 on 1:40 Fly-25L-25B-25R {2 x 100 on 1:45 Freestyle {4 x 75 on 1:35 Fly-25L-25B-25R {3 x 100 on 1:45 Freestyle {2 x 50 on 1:05 Fly-12.5L-25B-12.5R |
| 600 | 24 x 25 on :35 100 Fly Pace 1 on 10:00 Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,100 Yards - Stress Value = 112 |

Workout #20040 - Monday, 12 June 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{8 x 25 on :45 Kick no board BSLR {2 x 50 on 1:20 Fly Kick w/board {6 x 25 on :45 Kick no board BSLRBS {4 x 50 on 1:20 Fly Kick w/board {4 x 25 on :45 Kick no board BS {1 x 50 on 1:40 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,450 | 1x{4 x 75 on 1:55 Fly-25L-25B-25R {1 x 100 on 1:55 Freestyle {4 x 75 on 1:50 Fly-25L-25B-25R {2 x 100 on 1:55 Freestyle {4 x 75 on 1:45 Fly-25L-25B-25R {2 x 100 on 1:55 Freestyle {1 x 50 on 1:00 Fly-Fast |
| 600 | 24 x 25 on :35 100 Fly Pace 1 on 10:00 Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,900 Yards - Stress Value = 108 |

Workout #20041 - Monday, 12 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{8 x 25 on :45 Kick no board BSLR {2 x 50 on 1:25 Fly Kick w/board {6 x 25 on :45 Kick no board BSLRBS {4 x 50 on 1:25 Fly Kick w/board {6 x 25 on :45 Kick no board BSLRBS |

| | |
|-------|---|
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,300 | 1x{4 x 75 on 2:05 Fly-25L-25B-25R {1 x 100 on 2:05 Freestyle {4 x 75 on 2:00 Fly-25L-25B-25R {2 x 100 on 2:05 Freestyle {4 x 75 on 1:55 Fly-25L-25B-25R {1 x 100 on 2:05 Freestyle |
| 600 | 24 x 25 on :35 100 Fly Pace 1 on 10:00 Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,750 Yards - Stress Value = 105 |

Workout #20042 - Tuesday, 13 June 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WC |
|-------|---|-----|-----|
| 600 | 1 on 35:00 DS/Weights/Showers | | |
| 600 | 1 x 600 on 10:00 Top Hat Drill | REC | |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 2,250 | 10x{1 x 200 on 3:00 Butterfly {1 on :30 5 squats {1 x 25 on :45 Underwater fly kick {1 on :30 5 squats | EN2 | EN1 |
| | After every 2nd round drop 200 flys by 5 s | | |
| 1,700 | 1x{1 x 100 on 1:20 Kick {4 x 25 on :30 Alt 2nd and 3rd kicks {2 x 100 on 1:25 Kick {6 x 25 on :30 Alt 2nd and 3rd kicks {3 x 100 on 1:30 Kick {8 x 25 on :30 Alt 2nd and 3rd kicks {4 x 100 on 1:35 Kick {10 x 25 on :30 Alt 2nd and 3rd kicks | EN2 | EN2 |
| 1,300 | 1x{2 x 200 on 2:40 Pulls BWFPF {2 x 175 on 2:20 Pulls BWFPF {2 x 150 on 2:00 Pulls BWFPF {2 x 125 on 1:40 Pulls BWFPF | EN2 | EN2 |
| | hold 1:10 base | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| | 9:06 AM 6,200 Yards - Stress Value = 111 | | |

Workout #20043 - Tuesday, 13 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| 400 | 1 on 35:00 DS/Weights/Showers | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 1 on 10:00 Racing Skills 6 second work backstroke turns | SP3 | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | I |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | I |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | I |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming +Video 1 correction 1 positive | REC | I |
| | 9:07 AM 5,150 Yards - Stress Value = 450 | | |

Workout #20045 - Tuesday, 13 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 5:00 PM Start | | |
| 1 | on 45:00 Ava/DS>Showers | | L |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Choice | REC | S |
| 750 | 30 x 25 on :30 Your #1 non free | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:46 PM 3,250 Yards - Stress Value = 300 | | |

Workout #20044 - Tuesday, 13 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:00 PM Start | | |
| | 1 on 45:00 Ava/DS>Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 120 | 8 x 15 on :45 #2 stroke | SP3 | S |
| 100 | 1 x 100 on 2:00 Kick for time | SP2 | S |
| 900 | 6x{1 x 50 on :40 Free-90% effort | SP2 | S |
| | {1 x 25 on :01 Free kick w/snorkel | SP3 | S |
| | {1 x 25 on 1:19 Fr-6bk-body driven finish | SP1 | S |
| | {1 x 50 on 2:00 Freestyle | REC | S |
| 250 | 1 x 250 on 4:00 Stroke Drill | REC | D |
| | 6:30 PM 1,770 Yards - Stress Value = 63 | | |

Workout #20046 - Tuesday, 13 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 5:00 PM Start | | |
| | 1 on 35:00 DS/Dryland | | L |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 1,650 | 1x{2 x 100 on 2:05 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:00 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:00 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:00 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 1:55 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:00 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 1:50 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:00 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 1:45 Breast, #2 with 2X pullouts | | S |
| | {1 x 50 on 1:00 25 BR/25 Free w/6bk | | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | | S |
| 600 | 24 x 25 on :35 100 Breast Pace | | S |
| | 1 on 40:00 Meeting w/Ava | | S |
| | 7:28 PM 3,150 Yards - Stress Value = 99 | | |

Workout #20047 - Tuesday, 13 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 5:00 PM Start | | |
| | 1 on 35:00 DS/Dryland | | L |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 1,550 | 1x{2 x 100 on 2:15 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:05 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:10 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:05 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:05 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:05 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:00 Breast, #2 with 2X pullouts | | S |

| | | | |
|-----|--|--|---|
| | {2 x 50 on 1:05 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 1:55 Breast, #2 with 2X pullouts | | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | | S |
| 600 | 24 x 25 on :35 100 Breast Pace | | S |
| | 1 on 40:00 Meeting w/Ava | | S |
| | 7:28 PM 3,050 Yards - Stress Value = 97 | | |

Workout #20048 - Tuesday, 13 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 5:00 PM Start | | |
| | 1 on 35:00 DS/Dryland | | L |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 1,450 | 1x{2 x 100 on 2:25 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:10 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:20 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:10 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:15 Breast, #2 with 2X pullouts | | S |
| | {3 x 50 on 1:10 25 BR/25 Free w/6bk | | S |
| | {2 x 100 on 2:10 Breast, #2 with 2X pullouts | | S |
| | {2 x 50 on 1:10 25 BR/25 Free w/6bk | | S |
| | {1 x 100 on 2:05 Breast with 2X pullouts | | S |
| 500 | 20 x 25 on :40 100 Breast Pace | | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | | S |
| | 1 on 40:00 Meeting w/Ava | | S |
| | 7:29 PM 2,850 Yards - Stress Value = 85 | | |

Workout #20049 - Wednesday, 14 June 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 6:30 AM Start | | |
| | 1 on 35:00 DS/TRX Bands | | L |
| 500 | 20 x 25 on :30 Wednesday Warm-up | | S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 1,200 | 1x{2 x 100 on 1:25 Kick | | S |
| | {2 x 100 on 1:30 Kick | | S |
| | {2 x 100 on 1:35 Kick | | S |
| | {2 x 100 on 1:40 Kick | | S |
| | {2 x 100 on 1:45 Kick | | S |
| | {2 x 100 on 1:50 Kick | | S |
| 1,500 | 12 x 125 on 1:40 Pull HB 2 SOW +1 | | S |
| 200 | 4x{1 x 25 on :50 Sculling drills | | S |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | S |
| | Hold 115 or faster on all 100's | | S |
| 2,850 | 1x{1 x 100 on 1:25 Backstroke | | S |
| | {6 x 25 on :30 Back 12yds under -1 kick | | S |
| | {2 x 100 on 1:25 Backstroke | | S |
| | {6 x 25 on :30 Back 12yds under -1 kick | | S |
| | {3 x 100 on 1:25 Backstroke | | S |
| | {6 x 25 on :30 Back 12yds under -1 kick | | S |
| | {4 x 100 on 1:25 Backstroke | | S |
| | {6 x 25 on :30 Back 12yds under -1 kick | | S |
| | {5 x 100 on 1:25 Backstroke | | S |
| | {6 x 25 on :30 Back 12yds under -1 kick | | S |
| | {6 x 100 on 1:25 Backstroke | | S |
| 250 | 1 x 250 on 4:00 Stroke Drills | | S |
| | 9:04 AM 6,650 Yards - Stress Value = 109 | | |

Workout #20050 - Wednesday, 14 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 6:30 AM | Start | | |
| 400 | 1 on 15:00 DS>Showers | | I |
| | 1 x 400 on 5:00 Choice | REC | ε |
| | 1 on 10:00 Racing Skills-6 second work Fly or Free starts | SP3 | ε |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | ε |
| | 1 on 8:00 Video-2 corrections for each | REC | M |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | ε |
| | 1 on 20:00 Social Kick Tag | REC | F |
| 1,500 | 30 x 50 on :50 400 IM Pace | SP2 | ε |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 1 on 8:00 Video 2 corrections for each | REC | M |
| | 9:01 AM 3,810 Yards - Stress Value = 316 | | |

Workout #20051 - Wednesday, 14 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 4:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :40 Wednesday Warm-up 4-18, 5-17. 5-16 |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{4 x 25 on :45 Kick no board B 2 x 100 on 2:25 Fly Kick w/board 4 x 25 on :45 Kick no board S 2 x 100 on 2:20 Kick on Back no board 4 x 25 on :45 Kick no board L 2 x 100 on 2:30 Breast kick w/board 4 x 25 on :45 Kick no board R 1 x 100 on 2:15 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,900 | 1x{1 x 400 on 8:00 Individual Medley 4 x 25 on :30 Freestyle 2 x 300 on 6:00 Individual Medley 4 x 25 on :30 Freestyle 3 x 200 on 4:00 Individual Medley 4 x 25 on :30 Freestyle |
| 600 | 24 x 25 on :35 Your Choice 100 Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:30 PM 4,500 Yards - Stress Value = 126 |

Workout #20052 - Wednesday, 14 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 4:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :40 Wednesday Warm-up 4-18, 5-17. 5-16 |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{4 x 25 on :45 Kick no board B 2 x 100 on 2:35 Fly Kick w/board 4 x 25 on :45 Kick no board S 2 x 100 on 2:30 Kick on Back no board 4 x 25 on :45 Kick no board L 2 x 100 on 2:40 Breast kick w/board 4 x 25 on :45 Kick no board R 1 x 50 on 1:15 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,700 | 1x{1 x 400 on 8:40 Individual Medley 4 x 25 on :35 Freestyle 2 x 300 on 6:30 Individual Medley |

| |
|--|
| 4 x 25 on :35 Freestyle |
| 2 x 200 on 4:20 Individual Medley |
| 4 x 25 on :35 Freestyle |
| 24 x 25 on :35 Your Choice 100 Pace |
| 1 x 250 on 4:00 Stroke Drills |
| 6:30 PM 4,250 Yards - Stress Value = 121 |

Workout #20053 - Wednesday, 14 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 4:00 PM | Start |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :40 Wednesday Warm-up 4-18, 5-17. 5-16 |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :45 Kick no board B 2 x 100 on 2:45 Fly Kick w/board 4 x 25 on :45 Kick no board S 2 x 100 on 2:40 Kick on Back no board 4 x 25 on :45 Kick no board L 2 x 100 on 2:50 Breast kick w/board 4 x 25 on :45 Kick no board R |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,600 | 1x{1 x 400 on 9:20 Individual Medley 4 x 25 on :40 Freestyle 2 x 300 on 7:00 Individual Medley 4 x 25 on :40 Freestyle 1 x 200 on 4:40 Individual Medley 4 x 25 on :40 Freestyle 1 x 100 on 2:00 Individual Medley |
| 500 | 20 x 25 on :40 Your Choice 100 Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:30 PM 4,000 Yards - Stress Value = 108 |

Workout #20054 - Thursday, 15 June 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 6:30 AM | Start |
| 600 | 1 on 35:00 DS/Weights |
| | 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 9 x 100 on 2:00 Challenge Kick Set |
| 1,600 | 2x{1 x 200 on 2:30 Pulls BTB 1 x 200 on 2:35 Pulls BTS 1 x 200 on 2:40 Pulls BTB 1 x 200 on 2:45 Pulls BTS |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,000 | 1x{1 x 200 on 2:40 3 strokes fly off walls-NB 4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick 2 x 200 on 2:40 3 strokes fly off walls-NB 3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick 3 x 200 on 2:40 3 strokes fly off walls-NB 2 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick 4 x 200 on 2:40 3 strokes fly off walls-NB 1 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 9:01 AM 6,700 Yards - Stress Value = 118 |

Workout #20055 - Thursday, 15 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--|-------|-------|
| 6:30 AM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 35:00 DS/Weights | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | £ |
| | 1 on 10:00 Racing Skills-6 second work Fly turns | EN2 | £ |
| 1,500 | 30 x 50 on :50 200 Breast Pace | SP2 | £ |
| | 1 on 5:00 Walking | REC | I |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | £ |
| | 1 on 5:00 Walking | REC | I |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | £ |
| | 1 on 10:00 Your dryland routine | REC | I |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | £ |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | Video-1 correction 1 positive | | |
| | 9:04 AM 4,650 Yards - Stress Value = 400 | | |

Workout #20057 - Thursday, 15 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-------|-------|
| 5:00 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 | |
| | 1 on 20:00 Racing Skills undwatr/scdr relay | EN2 | |
| 750 | 30 x 25 on :30 Your #2 Non Freestyle | EN2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| | 6:30 PM 3,200 Yards - Stress Value = 195 | | |

Workout #20058 - Thursday, 15 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-------|-------|
| 5:00 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 35:00 DS/Dryland | | |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 900 | 1x{4 x 25 on :45 Kick no board B-12 KOW | | |
| | {3 x 50 on 1:15 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-14 KOW | | |
| | {3 x 50 on 1:10 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-16 KOW | | |
| | {3 x 50 on 1:05 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-18 KOW | | |
| | {1 x 50 on 1:00 Streamiline kick on back | | |
| | 1 on 34:00 Teach Day Backstroke | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 600 | 24 x 25 on :35 100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| | 7:30 PM 2,500 Yards - Stress Value = 84 | | |

Workout #20059 - Thursday, 15 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--|-------|-------|
| 5:00 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 35:00 DS/Dryland | | |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 850 | 1x{4 x 25 on :45 Kick no board B-12 KOW | | |

| | | | |
|-----|---|--|--|
| | {3 x 50 on 1:20 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-14 KOW | | |
| | {3 x 50 on 1:15 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-16 KOW | | |
| | {3 x 50 on 1:10 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-18 KOW | | |
| | 1 on 34:00 Teach Day Backstroke | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 500 | 20 x 25 on :40 100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| | 7:30 PM 2,350 Yards - Stress Value = 73 | | |

Workout #20060 - Thursday, 15 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-------|-------|
| 5:00 PM Start | | | |
| ===== | ===== | ===== | ===== |
| | 1 on 35:00 DS/Dryland | | |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 800 | 1x{4 x 25 on :45 Kick no board B-12 KOW | | |
| | {3 x 50 on 1:30 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-14 KOW | | |
| | {3 x 50 on 1:25 Kick Strmln/Lt/Rt | | |
| | {4 x 25 on :45 Kick no board B-16 KOW | | |
| | {3 x 50 on 1:20 Kick Strmln/Lt/Rt | | |
| | {2 x 25 on :45 Kick no board B-18 KOW | | |
| | 1 on 34:00 Teach Day Backstroke | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 500 | 20 x 25 on :40 100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| | 7:30 PM 2,300 Yards - Stress Value = 72 | | |

Workout #20056 - Thursday, 15 June 2017

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|--|
| 600 | 1 on 15:00 DS/Showers |
| 600 | 1 x 600 on 10:00 Choice |
| 120 | 8 x 15 on :45 Spinners |
| 2,700 | 1x{1 x 100 on :20 Freestyle |
| | {1 x 100 on :25 Freestyle |
| | {1 x 100 on :30 Freestyle |
| | {1 x 100 on :35 Freestyle |
| | {1 x 100 on :40 Freestyle |
| | {1 x 100 on :45 Freestyle |
| | {1 x 100 on :50 Freestyle |
| | {1 x 100 on :55 Freestyle |
| | {1 x 100 on 1:00 Freestyle |
| | {1 x 100 on 1:05 Freestyle |
| | {1 x 100 on 1:10 Freestyle |
| | {1 x 100 on 1:15 Freestyle |
| | {1 x 100 on 1:20 Freestyle |
| | {1 x 100 on 1:25 Freestyle |
| | {1 x 100 on 1:30 Freestyle |
| | {1 x 100 on 1:35 Freestyle |
| | {1 x 100 on 1:40 Freestyle |
| | {1 x 100 on 1:45 Freestyle |
| | {1 x 100 on 1:50 Freestyle |
| | {1 x 100 on 1:55 Freestyle |
| | {1 x 100 on 2:00 Freestyle |
| | {1 x 100 on 2:05 Freestyle |
| | {1 x 100 on 2:10 Freestyle |
| | {1 x 100 on 2:15 Freestyle |
| | {1 x 100 on 2:20 Freestyle |
| | {1 x 100 on 2:25 Freestyle |
| | {1 x 100 on 2:30 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 400 | 4 x 100 on 1:30 Free descend to ludicrous sp |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:30 PM 4,320 Yards - Stress Value = 67 | |

Workout #20062 - Friday, 16 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| 400 | 1 on 35:00 DS/Weights | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 1 on 10:00 RS-Timed partner breast turns | SP3 | |
| | 30 x 50 on :50 200 Back Pace | SP2 | |
| | 1 on 5:00 Walking | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 1 on 5:00 Walkling | REC | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | |
| | 1 on 5:00 Walking | REC | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | |
| | Video 1 correction 1 positive | | |
| 9:05 AM 5,150 Yards - Stress Value = 450 | | | |

Workout #20064 - Friday, 16 June 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|-------|---------------------------------------|-----|------|-------|
| | 1 on 15:00 DS/Showers | | | L DRY |
| 400 | 1 x 400 on 5:00 Choice | REC | | D CHO |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | | S IM |
| 270 | 1x{4 x 15 on :30 Undr Wtr Fly Kck EN2 | | | K FLY |
| | {1 on 1:00 Rest | | | M |

| | |
|--|----------|
| {6 x 15 on :35 Undr Wtr Fly Kck EN2 | K FLY |
| {1 on 1:00 Rest | M |
| {8 x 15 on :40 Undr Wtr Fly Kck EN2 | K FLY |
| 160 8 x 20 on 3:00 50 Free Pace | SP2 S FR |
| 200 1 x 200 on 3:00 Non Specific | REC D CD |
| 6:32 PM 2,530 Yards - Stress Value = 171 | |

Workout #20061 - Friday, 16 June 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|--|---|
| | 1 on 35:00 DSWeights |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 100 | 1 x 100 on 2:00 Kick for time |
| 1,650 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:20 Kick |
| | {1 x 100 on 1:35 Kick |
| | {1 x 50 on :45 Kick |
| | {6 x 25 on :30 Kick no board BSLRLR |
| | {2 x 150 on 2:20 Kick |
| | {2 x 100 on 1:35 Kick |
| | {2 x 50 on :45 Kick |
| | {8 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:20 Kick |
| | {1 x 100 on 1:35 Kick |
| | {1 x 50 on :45 Kick |
| 1,600 | 2x{1 x 100 on 1:20 Pulls-no br L.12 yds |
| | {1 x 100 on 1:20 Pulls-no br L.13 yds |
| | {1 x 100 on 1:20 Pulls-no br L.14 yds |
| | {1 x 100 on 1:20 Pulls-no br L.15 yds |
| | {1 x 100 on 1:20 Pulls-no br L.16 yds |
| | {1 x 100 on 1:20 Pulls-no br L.17 yds |
| | {1 x 100 on 1:20 Pulls-no br L.18 yds |
| | {1 x 100 on 1:20 Pulls-no br L.19 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 6 x 400 on 5:15 Free-R.10 @200/Neg split |
| | dscnd in 3's, 2nd set of 3 fstr then 1st |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 9:05 AM 6,950 Yards - Stress Value = 123 | |

Workout #20063 - Friday, 16 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 15:00 DS/Showers |
| 600 | 1 x 600 on 10:00 Choice |
| 120 | 8 x 15 on :45 Spinners |
| 700 | 1x{1 x 50 on 1:00 Vertical Kick |
| | {1 x 50 on 1:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 100 on 2:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 150 on 3:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 200 on 4:00 Kick-100% |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 400 | 10 x 40 on 3:00 Running pit sprint + |
| | 1 breath down-2 back |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:30 PM 2,270 Yards - Stress Value = 53 | |

Workout #20065 - Friday, 16 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 1 on 40:00 DS/Dryland | REC | L | DRY |
| 400 | 4 x 100 on 2:15 SwimUSS 25 swim/25 underwater/25 scull/25 swim | REC | D | FR |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FR |
| 1,400 | 1x{1 x 300 on 5:30 Freestyle {6 x 50 on :55 Freestyle {1 x 250 on 4:35 Freestyle {5 x 50 on :55 Freestyle {1 x 200 on 3:40 Freestyle {2 x 50 on :55 Freestyle | EN2 | S | FR |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | CD |
| | 6:30 PM 2,150 Yards - Stress Value = 34 | | | |

Workout #20066 - Friday, 16 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 40:00 DS/Dryland | REC | L | DRY |
| 400 | 4 x 100 on 2:15 SwimUSS 25 swim/25 underwater/25 scull/25 swim | REC | D | FR |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FR |
| 1,300 | 1x{1 x 300 on 6:00 Freestyle {6 x 50 on 1:00 Freestyle {1 x 250 on 5:00 Freestyle {5 x 50 on 1:00 Freestyle {1 x 100 on 2:00 Freestyle {2 x 50 on 1:00 Freestyle | EN2 | S | FR |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | CD |
| | 6:30 PM 2,050 Yards - Stress Value = 32 | | | |

Workout #20067 - Friday, 16 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 1 on 40:00 DS/Dryland | REC | L | DRY |
| 400 | 4 x 100 on 2:15 SwimUSS 25 swim/25 underwater/25 scull/25 swim | REC | D | FR |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | FR |
| 1,100 | 1x{1 x 300 on 6:30 Freestyle {3 x 50 on 1:10 Freestyle {1 x 250 on 5:25 Freestyle {3 x 50 on 1:10 Freestyle {1 x 100 on 2:10 Freestyle {3 x 50 on 1:10 Freestyle | EN2 | S | FR |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | CD |
| | 6:29 PM 1,850 Yards - Stress Value = 28 | | | |

Workout #20069 - Monday, 19 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|-------------------------------------|-----|------|
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | D |
| | 1 on 10:00 RS-6 sec work-free turns | SP3 | S |
| 2,250 | 30 x 75 on 1:05 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Walking | REC | L |
| 1,500 | 30 x 50 on :55 200 Non Free | SP2 | S |
| | 1 on 5:00 Walking | REC | L |

| | | | |
|-------|--|-----|---|
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| | 9:05 AM 5,900 Yards - Stress Value = 525 | | |

Workout #20070 - Monday, 19 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | D |
| | 1 on 10:00 RS-6 sec work-free turns | SP3 | S |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | S |
| | 1 on 10:00 Walking/Vidoe 1 correction | REC | L |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | SP2 | S |
| | 1 on 15:00 Your dryland routine | REC | L |
| 1,500 | 30 x 50 on :55 Your #3 200 Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| | 9:05 AM 4,400 Yards - Stress Value = 375 | | |

Workout #20071 - Monday, 19 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | D |
| | 1 on 10:00 RS-6 sec work-free turns | SP3 | S |
| 750 | 30 x 25 on :30 Your Choice | SP2 | S |
| | 1 on 10:00 Walking/Vidoe 1 correction | REC | L |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| | 1 on 19:00 Your dryland routine | REC | L |
| 1,500 | 30 x 50 on :55 Your #3 200 Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| | 9:05 AM 3,060 Yards - Stress Value = 241 | | |

Workout #20073 - Monday, 19 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 500 Free Pace | SP2 | S |
| | 1 on 10:00 Video/YDR | REC | L |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:36 PM 3,060 Yards - Stress Value = 241 | | |

Workout #20068 - Monday, 19 June 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:00 Kick-100%
 {4 x 25 on :30 Kick no board BSLR-15m
 {2 x 100 on 1:55 Kick-100%
 {4 x 25 on :35 Kick no board BSLR-14m
 {3 x 100 on 1:50 Kick-100%
 {4 x 25 on :40 Kick no board BSLR-13m
 {4 x 100 on 1:45 Kick-100%
 1,650 1 x 1650 on 20:00 Pulls alt breakouts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 200 on 2:30 Free 3KOW
 {2 x 200 on 2:35 Free 5KOW+6BKL25
 {3 x 200 on 2:40 Free 7KOW+NBL12.5
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:25 Free
 {2 x 200 on 2:30 Free
 {3 x 200 on 2:35 Free
 250 1 x 250 on 4:00 Stroke Drills
 8:59 AM 6,650 Yards - Stress Value = 115

Workout #20074 - Monday, 19 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:30 Kick on back
 {4 x 25 on :45 Kick no board B
 {2 x 100 on 2:30 Kick on left side
 {4 x 25 on :45 Kick no board B
 {3 x 100 on 2:30 Kick on Rt Side
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,500 1x{4 x 50 on :55 Back-3 KOW
 {1 x 100 on 2:15 EZ Free
 {4 x 50 on 1:00 Back 4 KOW
 {1 x 100 on 2:15 EZ Free
 {4 x 50 on 1:05 Back 5 KOW
 {1 x 100 on 2:15 EZ Free
 {4 x 50 on 1:10 Back 6 KOW
 {1 x 100 on 2:15 EZ Free
 {4 x 50 on 1:15 Back 7 KOW
 {1 x 100 on 2:15 EZ Free
 600 24 x 25 on :35 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 104

Workout #20075 - Monday, 19 June 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:40 Kick on back

150 {4 x 25 on :45 Kick no board B
 {2 x 100 on 2:40 Kick on left side
 {4 x 25 on :45 Kick no board B
 {2 x 100 on 2:40 Kick on Rt Side
 {2 x 25 on :45 Kick no board B
 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{4 x 50 on 1:00 Back-3 KOW
 {1 x 100 on 2:30 EZ Free
 {4 x 50 on 1:05 Back 4 KOW
 {1 x 100 on 2:30 EZ Free
 {4 x 50 on 1:10 Back 5 KOW
 {1 x 100 on 2:30 EZ Free
 {4 x 50 on 1:15 Back 6 KOW
 {1 x 100 on 2:30 EZ Free
 {3 x 50 on 1:20 Back 7 KOW
 500 20 x 25 on :40 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,750 Yards - Stress Value = 92

Workout #20076 - Monday, 19 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 2:50 Kick on back
 {4 x 25 on :45 Kick no board B
 {2 x 100 on 2:50 Kick on left side
 {4 x 25 on :45 Kick no board B
 {2 x 100 on 2:50 Kick on Rt Side
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{3 x 50 on 1:10 Back-3 KOW
 {1 x 100 on 3:00 EZ Free
 {3 x 50 on 1:15 Back 4 KOW
 {1 x 100 on 3:00 EZ Free
 {3 x 50 on 1:20 Back 5 KOW
 {1 x 100 on 3:00 EZ Free
 {3 x 50 on 1:25 Back 6 KOW
 {1 x 100 on 3:00 EZ Free
 {3 x 50 on 1:30 Back 7 KOW
 450 18 x 25 on :45 100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,450 Yards - Stress Value = 82

Workout #20072 - Monday, 19 June 2017

HighSchl - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|---------------------------------|-----------------------|
| 5:00 PM | Start | | |
| 600 | 1 x 600 on 10:00 Choice | REC | S |
| 150 | 10 x 15 on :45 Spinners | SP3 | S |
| 100 | 1 x 100 on 2:00 Kick for time w/ a board | EN2 | S |
| 1,350 | 3x{3 x 25 on :30 Free w/ weight belts-desc 3 x 50 on :55 Free w/ weight belts-desc 3 x 75 on 1:15 Free w/ weight belts-desc 1 on 1:00 Add more weight 1 on 3:00 Switch Pools | EN2 EN2 EN2 EN2 | S S S D |
| 600 | 1x{5 x 40 on 1:00 Freestyle 1 x 120 on 3:30 Freestyle 3 x 40 on 1:00 Freestyle 1 x 120 on 3:30 Freestyle 1 x 40 on 1:00 Freestyle | SP2 REC SP2 REC SP2 | S S S S S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:30 PM | 3,050 Yards - Stress Value = 71 | | |

| Yards | Set Description | EGY | WORK |
|---------|---|-------------------|-------------|
| 6:30 AM | Start | | |
| 400 | 1 on 35:00 DS/Weights 1 x 400 on 5:00 Choice | | L S |
| 1,500 | 1 on 10:00 RS-6 sec work-back turns 30 x 50 on :55 Your #1 200 (non free) 1 on 5:00 Walking | SP3 SP2 REC | S S L |
| 1,500 | 30 x 50 on :55 200 IM Pace 1 on 15:00 Your Dryland Routine | SP2 REC | S L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | REC | D |
| 8:59 AM | 4,400 Yards - Stress Value = 375 | | |

Workout #20080 - Tuesday, 20 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-------------------|-------------|
| 6:30 AM | Start | | |
| 400 | 1 on 35:00 DS/Weights 1 x 400 on 5:00 Choice | | L S |
| 1,500 | 1 on 10:00 RS-6 sec work-back turns 30 x 50 on :50 200 Free Pace 1 on 10:00 Walking/Video | SP3 SP2 REC | S S L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 180 | 12 x 15 on 1:00 Missile Jumps | SP3 | K |
| 750 | 1 on 15:00 Your Dryland Routine | REC | L |
| 250 | 30 x 25 on :30 100 Free Pace 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | SP2 REC | S D |
| 9:01 AM | 3,830 Yards - Stress Value = 307 | | |

| Yards | Set Description | EGY | WORK |
|---------|--|-------------------|-------------|
| 6:30 AM | Start | | |
| 400 | 1 on 35:00 DS/Weights 1 x 400 on 5:00 Choice | | L S |
| 1,500 | 1 on 10:00 RS-6 sec work-back turns 30 x 50 on :50 200 Free Pace 1 on 10:00 Walking/Video | SP3 SP2 REC | S S L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 180 | 12 x 15 on 1:00 Missile Jumps | SP3 | K |
| 750 | 1 on 15:00 Your Dryland Routine | REC | L |
| 250 | 30 x 25 on :30 100 Free Pace 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | SP2 REC | S D |
| 9:01 AM | 3,830 Yards - Stress Value = 307 | | |

Workout #20077 - Tuesday, 20 June 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|-----------------------|
| 6:30 AM | Start | | |
| 600 | 1 on 35:00 DS/Weights 1 x 600 on 10:00 Top Hat Drill | | L S |
| 150 | 10 x 15 on :45 Shooters | | S |
| 640 | 1x{16 x 40 on 1:15 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR Odd sets BTB, even sets BTS | | S |
| 1,200 | 4x{1 x 150 on 2:00 Pulls 1 x 100 on 1:15 Pulls 1 x 50 on :35 Pulls | | S |
| 200 | 4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | S |
| 2,200 | 4x{4 x 25 on :45 Bathtub Drill with fins 1 x 100 on 1:20 Backstroke 1 x 100 on 1:15 Backstroke 1 x 100 on 1:10 Backstroke 1 x 100 on 1:30 Freestyle 1 x 50 on 2:00 Back-100%, min 8 KOW | | S S S S S |
| 400 | 8 x 50 on 1:00 Stroke Drills | | S |
| 9:00 AM | 5,390 Yards - Stress Value = 81 | | |

| Yards | Set Description | EGY | WORK |
|---------|--|-------------------|-------------|
| 6:30 AM | Start | | |
| 400 | 1 on 35:00 DS/Weights 1 x 400 on 5:00 Choice | | L S |
| 1,500 | 1 on 10:00 RS-6 sec work-back turns 30 x 50 on :50 200 Free Pace 1 on 10:00 Walking/Video | SP3 SP2 REC | S S L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 180 | 12 x 15 on 1:00 Missile Jumps | SP3 | K |
| 750 | 1 on 15:00 Your Dryland Routine | REC | L |
| 250 | 30 x 25 on :30 100 Free Pace 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | SP2 REC | S D |
| 9:01 AM | 3,830 Yards - Stress Value = 307 | | |

Workout #20082 - Tuesday, 20 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|------------|--------|
| 5:00 PM | Start | | |
| 400 | 1 on 35:00 DS/Showers 1 x 400 on 5:00 Choice | | L S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace 1 on 5:00 Walking | SP2 REC | S L |
| 160 | 8 x 20 on 3:00 50 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | REC | D |
| 6:31 PM | 3,060 Yards - Stress Value = 241 | | |

| Yards | Set Description | EGY | WORK |
|---------|--|------------|--------|
| 5:00 PM | Start | | |
| 400 | 1 on 35:00 DS/Showers 1 x 400 on 5:00 Choice | | L S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace 1 on 5:00 Walking | SP2 REC | S L |
| 160 | 8 x 20 on 3:00 50 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | REC | D |
| 6:31 PM | 3,060 Yards - Stress Value = 241 | | |

Workout #20078 - Tuesday, 20 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-------------------|-------------|
| 6:30 AM | Start | | |
| 400 | 1 on 35:00 DS/Weights 1 x 400 on 5:00 Choice | | L S |
| 3,000 | 1 on 10:00 RS-6 sec work-back turns 30 x 100 on 1:20 1650 Free Pace 1 on 5:00 Walking | SP3 SP2 REC | S S L |
| 750 | 30 x 25 on :30 100 Non Free Pace | SP2 | S |
| 750 | 1 on 15:00 Your Dryland Routine | REC | L |
| 250 | 30 x 25 on :30 100 Free Pace 1 x 250 on 4:00 Non-specific swimming Video 1 correction 1 positive | SP2 REC | S D |
| 8:58 AM | 5,150 Yards - Stress Value = 450 | | |

Workout #20079 - Tuesday, 20 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

Workout #20081 - Tuesday, 20 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 5:00 PM | Start | |
| 1,250 | 5x{1 x 150 on 2:00 2min swim :30sec to wall | EN2 |
| 150 | {4 x 25 on :45 Sprint IM order | SP3 |
| 150 | 10 x 15 on :45 Spinners | SP3 |
| | All Drills are at least two drills & all three 50's must be different | |
| 1,500 | 1x{1 x 150 on :01 Free L.25 5 breaths | SP2 |
| | {1 on 2:59 Rest | |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 125 on :01 Free L.25 4 breaths | SP2 |
| | {1 x 25 on 2:59 Freestyle | REC |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 100 on :01 Free L.25 3 breaths | SP2 |
| | {1 x 50 on 2:59 Freestyle | REC |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 75 on :01 Free L.25 2 breaths | SP2 |
| | {1 x 75 on 2:59 Freestyle | REC |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 50 on :01 Free L.25 1 breath | SP2 |
| | {1 x 100 on 2:59 Freestyle | REC |
| | {1 x 25 on :01 Free no breath | SP2 |
| | {1 x 125 on 3:00 Freestyle | REC |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| 6:30 PM | 3,300 Yards - Stress Value = 93 | |

Workout #20100 - Tuesday, 20 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 5:00 PM | Start | |
| 400 | 1 x 400 on 7:00 Choice | |
| 120 | 8 x 15 on :45 Spinners | |
| 1,350 | 3x{1 x 50 on 1:00 Kick Free-100% | |
| | {1 x 25 on :30 Free breathe on 3-100% | |
| | {1 x 25 on 1:30 Ez-Free | |
| | {1 x 75 on 1:30 Kick Free-100% | |
| | {1 x 25 on :30 Free breathe on 5-100% | |
| | {1 x 50 on 1:30 Ez-Free | |
| | {1 x 100 on 2:00 Kick-Free-100% | |
| | {1 x 25 on :30 Free breathe on 7-100% | |
| | {1 x 75 on 1:30 Ez-Free | |
| 1,500 | 1x{1 x 100 on 1:30 18 strokes per length | |
| | {1 x 100 on 1:30 75-17 spl /25-16 spl | |
| | {1 x 100 on 1:30 50-17 spl/50-16 spl | |
| | {1 x 100 on 1:30 25-17 spl/ 75-16 spl | |
| | {1 x 100 on 1:30 16 strokes per length-fast | |
| | {1 x 100 on 1:25 17 strokes per length (spl) | |
| | {1 x 100 on 1:25 75-16 spl /25-15 spl | |
| | {1 x 100 on 1:25 50-16 spl/50-15 spl | |
| | {1 x 100 on 1:25 25-16spl/ 75-15 spl | |
| | {1 x 100 on 1:25 15 strokes per length-fast | |
| | {1 x 100 on 1:20 16 strokes per length (spl) | |
| | {1 x 100 on 1:20 75-15 spl /25-14 spl | |
| | {1 x 100 on 1:20 50-15 spl/50-14 spl | |
| | {1 x 100 on 1:20 25-15 spl/ 75-14 spl | |
| | {1 x 100 on 1:20 14 strokes per length-fast | |
| 200 | 1 x 200 on 3:00 Stroke Drills | |
| 6:29 PM | 3,570 Yards - Stress Value = 57 | |

Workout #20083 - Tuesday, 20 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|-----------------|
| 5:00 PM | Start |

| Yards | Set Description | EGY |
|---------|--|-----|
| 1 | on 35:00 DS/Dryland | |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | |
| 150 | 10 x 15 on :45 Shooters | |
| 950 | 1x{4 x 25 on :45 Kick no board L | |
| | {2 x 100 on 2:20 Free Kick w/board | |
| | {4 x 25 on :45 Kick no board R | |
| | {2 x 100 on 2:15 Free Kick w/bord | |
| | {6 x 25 on :45 Kick no board BSBSBS | |
| | {2 x 100 on 2:10 Free Kick w/board | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 1,800 | 1x{1 x 500 on 8:45 Free L.100 6bk | |
| | {1 x 50 on 1:00 Free-Fast | |
| | {1 x 400 on 7:00 Free L.100 5 KOW | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| | {1 x 300 on 5:15 Free L.100 br on 5 | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| | {1 x 200 on 3:30 Free L.100 br twrd blchrs | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| | {1 x 100 on 1:45 Free-GREAT EFFORT | |
| | {2 x 50 on 1:00 Free-descend | |
| 600 | 24 x 25 on :35 100 Free Pace | |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:30 PM | 4,400 Yards - Stress Value = 121 | |

Workout #20084 - Tuesday, 20 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|--|-----|
| 5:00 PM | Start | |
| 1 | on 35:00 DS/Dryland | |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | |
| 150 | 10 x 15 on :45 Shooters | |
| 900 | 1x{4 x 25 on :45 Kick no board L | |
| | {2 x 100 on 2:30 Free Kick w/board | |
| | {4 x 25 on :45 Kick no board R | |
| | {2 x 100 on 2:25 Free Kick w/bord | |
| | {4 x 25 on :45 Kick no board BSBS | |
| | {2 x 100 on 2:20 Free Kick w/board | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | |
| | Evens-underwaters, count kicks | |
| 1,750 | 1x{1 x 500 on 9:10 Free L.100 6bk | |
| | {1 x 50 on 1:00 Free-Fast | |
| | {1 x 400 on 7:20 Free L.100 5 KOW | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| | {1 x 300 on 5:30 Free L.100 br on 5 | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| | {1 x 200 on 3:40 Free L.100 br twrd blchrs | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| | {1 x 100 on 1:50 Free-GREAT EFFORT | |
| | {1 x 50 on 1:00 Free-faster then previous 50 | |
| 600 | 24 x 25 on :35 100 Free Pace | |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills | |
| 7:30 PM | 4,300 Yards - Stress Value = 119 | |

Workout #20085 - Tuesday, 20 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 850 | 10 x 15 on :45 Shooters |
| | 1x{ 4 x 25 on :45 Kick no board L |
| | { 2 x 100 on 2:45 Free Kick w/board |
| | { 4 x 25 on :45 Kick no board R |
| | { 2 x 100 on 2:40 Free Kick w/bord |
| | { 2 x 25 on :45 Kick no board BS |
| | { 2 x 100 on 2:35 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,600 | 1x{ 1 x 500 on 10:00 Free L.100 6bk |
| | { 1 x 50 on 1:15 Free-Fast |
| | { 1 x 400 on 8:00 Free L.100 5 KOW |
| | { 1 x 50 on 1:15 Free-faster then previous 50 |
| | { 1 x 300 on 6:00 Free L.100 br on 5 |
| | { 1 x 50 on 1:15 Free-faster then previous 50 |
| | { 1 x 200 on 4:00 Free L.100 br twrd blchrs |
| | { 1 x 50 on 1:15 Free-faster then previous 50 |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,100 Yards - Stress Value = 115 |

Workout #20086 - Wednesday, 21 June 2017

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 35:00 DS/Weights |
| 150 | 20 x 25 on :30 Wednesday Warm-up |
| 1,800 | 10 x 15 on :45 Shooters |
| | 1x{ BSLR 100%-Make all to 15m & under |
| | { 18 seconds= -1 50 |
| | { 4 x 25 on :30 Kick no board BSLR |
| | { 4 x 50 on :45 Kick-100% |
| | { 4 x 25 on :30 Kick no board BSLR |
| | { 4 x 50 on :50 Kick-100% |
| | { 4 x 25 on :30 Kick no board BSLR |
| | { 4 x 50 on :55 Kick-100% |
| | { 4 x 25 on :30 Kick no board BSLR |
| | { 4 x 50 on :45 Kick-100% |
| | { 4 x 25 on :30 Kick no board BSLR |
| | { 4 x 50 on :50 Kick-100% |
| | { 4 x 25 on :30 Kick no board BSLR |
| | { 4 x 50 on :55 Kick-100% |
| 1,500 | 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3 |
| | { 1 x 300 on 3:55 Lungbuster pulls |
| | { 1 x 300 on 3:50 Lungbuster pulls |
| | { 1 x 300 on 3:45 Lungbuster pulls |
| | { 1 x 300 on 3:40 Lungbuster pulls |
| | { 1 x 300 on 3:35 Lungbuster pulls |
| 200 | 4x{ 1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{ 2 x 100 on 1:50 75-2k1p+1to4 25 TDrill w/fr |
| | { 2 x 75 on 1:15 Breast 2/3/4 PO |
| | { 2 x 100 on 1:45 75-2k1p+1to4 25 TDrill w/fr |
| | { 2 x 75 on 1:15 Breast 2/3/4 PO |
| | { 2 x 100 on 1:40 75-2k1p+1to4 25 TDrill w/fr |
| | { 2 x 75 on 1:15 Breast 2/3/4 PO |
| | { 2 x 100 on 1:35 75-2k1p+1to4 25 TDrill w/fr |
| | { 2 x 75 on 1:15 Breast 2/3/4 PO |
| | { 2 x 100 on 1:30 75-2k1p+1to4 25 TDrill w/fr |
| 100 | 1 x 100 on 2:00 Breast OTB |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 9:00 AM 6,100 Yards - Stress Value = 108 |

Workout #20087 - Wednesday, 21 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| 400 | 1 on 35:00 DS/Weights | | I |
| | 1 x 400 on 5:00 Choice | REC | § |
| | 1 on 15:00 RS-6 sec/fly or free starts | SP3 | § |
| 1,800 | 24 x 75 on 1:05 500 Free Pace | SP2 | § |
| | 1 on 5:00 Walk/Jump rope | REC | I |
| 1,500 | 30 x 50 on :55 200 Non Free Pace | SP2 | § |
| | 1 on 5:00 Walk/Jump rope | REC | I |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | Video 1 correction 1 positive | | |
| | 9:02 AM 5,450 Yards - Stress Value = 480 | | |

Workout #20088 - Wednesday, 21 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| 400 | 1 on 35:00 DS/Weights | | I |
| | 1 x 400 on 5:00 Choice | REC | § |
| | 1 on 15:00 RS-6 sec/fly or free starts | SP3 | § |
| 750 | 30 x 25 on :30 Your #1 100 Pace | SP2 | § |
| | 1 on 10:00 Video/Walk/Jump rope | REC | I |
| 1,500 | 30 x 50 on :55 Your #2 200 Pace | SP2 | § |
| | 1 on 10:00 Video/Walk/Jump rope | REC | I |
| 1,650 | 30 x 55 on :50 Your #3 or Free 200 Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | Video 1 correction 1 positive | | |
| | 9:01 AM 4,550 Yards - Stress Value = 390 | | |

Workout #20089 - Wednesday, 21 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| 400 | 1 on 35:00 DS/Weights | | I |
| | 1 x 400 on 5:00 Choice | REC | § |
| | 1 on 15:00 RS-6 sec/fly or free starts | SP3 | § |
| 750 | 30 x 25 on :30 Your choice 100 Pace | SP2 | § |
| | 1 on 10:00 Video/Walk/Jump rope | REC | I |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | § |
| | 1 on 10:00 Video/Walk/Jump rope | REC | I |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | Video 1 correction 1 positive | | |
| | 9:00 AM 3,060 Yards - Stress Value = 241 | | |

Workout #20090 - Wednesday, 21 June 2017

Group 2 - Silver-1

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 16 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 4-13
 150 10 x 15 on :45 Shooters
 1,150 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:15 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:45 Free Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {5 x 50 on 1:10 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,900 1x{1 x 400 on 8:00 Individual Medley
 {16 x 25 on :30 IM order
 {1 x 300 on 5:45 Individual Medley
 {12 x 25 on :30 IM order
 {1 x 200 on 3:40 Individual Medley
 {8 x 25 on :30 IM order
 {1 x 100 on 1:45 Individual Medley
 600 24 x 25 on :35 Your #1 100 Pace
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 4,600 Yards - Stress Value = 127

Workout #20091 - Wednesday, 21 June 2017

Group 2 - Silver-2

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 16 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 4-13
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:25 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 1:50 Free Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {4 x 50 on 1:15 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 8:40 Individual Medley
 {16 x 25 on :35 IM order
 {1 x 300 on 6:15 Individual Medley
 {12 x 25 on :35 IM order
 {1 x 200 on 4:00 Individual Medley
 {4 x 25 on :35 IM order
 600 24 x 25 on :35 Your #1 100 Pace
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 4,350 Yards - Stress Value = 122

Workout #20092 - Wednesday, 21 June 2017

Group 2 - Silver-3

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 16 x 25 on :35 Wednesday Warm-up
 2-16, 4-15, 6-14, 4-13
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:35 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {4 x 75 on 2:00 Free Kick w/board
 {4 x 25 on :45 Kick no board BSLR

{3 x 50 on 1:20 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,500 1x{1 x 300 on 7:00 Individual Medley
 {16 x 25 on :40 IM order
 {1 x 200 on 4:30 Individual Medley
 {12 x 25 on :40 IM order
 {1 x 100 on 2:00 Individual Medley
 {8 x 25 on :40 IM order
 600 24 x 25 on :35 Your #1 100 Pace
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 4,100 Yards - Stress Value = 117

Workout #20093 - Thursday, 22 June 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 2,000 1x{2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #3
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #3
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 2x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 300 6 x 50 on 1:00 Stroke Drills
 9:00 AM 5,650 Yards - Stress Value = 96

Workout #20094 - Thursday, 22 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 6:30 AM | Start |
| 400 | 1 on 35:00 DS/Weights |
| | 1 x 400 on 5:00 Choice |
| | 1 on 10:00 RS-6 sec work/fly turns |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace |
| | 1 on 11:00 Video/Walk/Jump rope |
| 750 | 30 x 25 on :30 100 Non Free-differnt then Tues |
| | 1 on 11:00 Video/Walk/Jump rope |
| 750 | 30 x 25 on :30 100 Free Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 1 positive 1 correction |
| 9:00 AM | 5,150 Yards - Stress Value = 450 |

Workout #20095 - Thursday, 22 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---------|------------------------------------|-----|------|-------|
| 6:30 AM | Start | | | |
| 400 | 1 on 35:00 DS/Weights | | | L DRY |
| | 1 x 400 on 5:00 Choice | REC | | S CHC |
| | 1 on 10:00 RS-6 sec work/fly turns | EN2 | | S FLY |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | | S STK |
| | 1 on 11:00 Video/Walk/Jump rope | REC | | L DRY |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | | S IM |
| | 1 on 10:00 Video/Walk/Jump rope | REC | | L DP |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | | S FF |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | D CI |
| | 1 positive 1 correction | | | |
| 9:00 AM | 4,400 Yards - Stress Value = 375 | | | |

Workout #20096 - Thursday, 22 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|---|-----|-----|
| 6:30 AM | Start | | |
| 400 | 1 on 35:00 DS/Weights | | |
| | 1 x 400 on 5:00 Choice | REC | |
| | 1 on 10:00 RS-6 sec work/fly turns | EN2 | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| | 1 on 11:00 Video/Walk/Jump rope | REC | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | |
| | 1 on 10:00 Video/Walk/Jump rope | REC | |
| 225 | 15 x 15 on 1:00 Spinners/sculling drill | SP3 | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| | 1 positive 1 correction | | |
| 9:00 AM | 3,875 Yards - Stress Value = 309 | | |

Workout #20101 - Thursday, 22 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 5:00 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | S |
| | Distance Group do 30X50 @50/55 400 IM Pace | | |
| | 1 on 5:00 Video/Walk/Jump rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Back Pace | SP2 | S |
| 200 | 1 x 200 on 3:00 Non-specific swimming | REC | D |
| 6:38 PM | 3,760 Yards - Stress Value = 316 | | |

Workout #20097 - Thursday, 22 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{1 x 125 on 2:45 Breast Kick w/board |
| | {2 x 125 on 2:50 Breast Kick w/board |
| | {3 x 125 on 2:55 Breast Kick w/board |
| | {3 x 100 on 2:30 Breast Kick w/board-all 100% |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1 on 34:00 TEACH DAY-BREAST |
| 600 | 24 x 25 on :35 100 Breast Pace |
| | 1 on 10:00 Racing Skills-Relay starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:31 PM | 2,700 Yards - Stress Value = 87 |

Workout #20098 - Thursday, 22 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 125 on 2:50 Breast Kick w/board |
| | {2 x 125 on 2:55 Breast Kick w/board |
| | {3 x 125 on 3:05 Breast Kick w/board |
| | {2 x 100 on 2:35 Breast Kick w/board-all 100% |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1 on 34:00 TEACH DAY-BREAST |
| 600 | 24 x 25 on :35 100 Breast Pace |
| | 1 on 10:00 Racing Skills-Relay starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 2,600 Yards - Stress Value = 85 |

Workout #20099 - Thursday, 22 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 125 on 3:00 Breast Kick w/board |
| | {2 x 125 on 3:05 Breast Kick w/board |
| | {3 x 125 on 3:10 Breast Kick w/board |
| | {2 x 100 on 2:40 Breast Kick w/board-all 100% |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | 1 on 34:00 TEACH DAY-BREAST |
| 500 | 20 x 25 on :40 100 Breast Pace |
| | 1 on 10:00 Racing Skills-Relay starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 2,500 Yards - Stress Value = 75 |

Workout #20102 - Friday, 23 June 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|---|-----|----|
| 6:30 AM Start | | | |
| 600 | 1 on 35:00 DS/Weight | | |
| 150 | 1 x 600 on 10:00 Reverse IM drill | | |
| 1,800 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 250 on 3:45 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 225 on 3:20 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 200 on 2:55 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 175 on 2:30 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 150 on 2:05 Kick | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 125 on 1:40 Kick | | |
| | {3 x 25 on :30 Kick no board BSC | | |
| 1,000 | 1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds | | |
| | {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds | | |
| | {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds | | |
| 200 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 3,000 | 3 x 1000 on 13:00 Individual Medley | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | |
| 9:00 AM 6,950 Yards - Stress Value = 124 | | | |

Workout #20103 - Friday, 23 June 2017

Group 3 - USRPT-Distance

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| 6:30 AM Start | | | |
| | 1 on 35:00 DS/Weights | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 1,800 | 1 on 10:00 RS-timed partner breast turns | SP3 | |
| | 24 x 75 on 1:05 500 Free Pace | SP2 | |
| 1,500 | 1 on 8:00 Walking/jump rope | REC | |
| | 30 x 50 on :55 200 Non free Pace | SP2 | |
| 1,500 | 1 on 8:00 Walking/jump rope | REC | |
| | 30 x 50 on :50 200 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| Video 1 correction 1 positive | | | |
| 9:03 AM 5,450 Yards - Stress Value = 480 | | | |

Workout #20104 - Friday, 23 June 2017

Group 3 - USRPT-IMers/Strokers

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| 6:30 AM Start | | | |
| | 1 on 35:00 DS/Weights | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 1 on 10:00 RS-timed partner breast turns | SP3 | |
| | 30 x 25 on :30 Your #1 100 Pace | SP2 | |
| 160 | 1 on 15:00 Walking/jump rope | REC | |
| | 8 x 20 on 3:00 50 Free Pace | SP2 | |
| | 1 on 12:00 Walking/jump rope | REC | |
| 1,500 | 30 x 50 on :55 Your #1 200 Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| Video 1 correction 1 positive | | | |
| 9:02 AM 3,060 Yards - Stress Value = 241 | | | |

Workout #20105 - Friday, 23 June 2017

Group 3 - USRPT-Sprinters

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| 6:30 AM Start | | | |
| | 1 on 35:00 DS/Weights | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 1 on 10:00 RS-timed partner breast turns | SP3 | |
| | 30 x 25 on :30 Your choice 100 pace | SP2 | |
| | 1 on 15:00 Walking/jump rope | REC | |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | |
| | 1 on 15:00 Walking/jump rope | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| Video 1 correction 1 positive | | | |
| 8:52 AM 2,310 Yards - Stress Value = 166 | | | |

Workout #20107 - Friday, 23 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 5:00 PM Start | | | |
| | 1 on 15:00 DS/Showers | REC | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Breast Pace | SP2 | S |
| 200 | 1 x 200 on 3:00 Non-specific swimming | REC | D |
| 6:30 PM 3,010 Yards - Stress Value = 241 | | | |

Workout #20108 - Friday, 23 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---|-----|----|
| 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,000 | 5x{8 x 25 on :35 Odds Fly/Evens fly w/free Kick | | |
| | {1 on 1:00 Rest | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | |
| 6:32 PM 1,750 Yards - Stress Value = 26 | | | |

Workout #20109 - Friday, 23 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---|---|-----|----|
| 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 800 | 4x{8 x 25 on :40 Odds Fly/Evens fly w/free Kick | | |
| | {1 on 1:00 Rest | | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | |
| 6:29 PM 1,550 Yards - Stress Value = 22 | | | |

Workout #20110 - Friday, 23 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|--|
| 400 | 1 on 40:00 DS/Dryland |
| 150 | 4 x 100 on 2:15 SwimUSS |
| 750 | 10 x 15 on :45 Shooters |
| 750 | 5x{6 x 25 on :45 Odds Fly/Evens fly w/free Kick {1 on 1:00 Rest |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:31 PM 1,500 Yards - Stress Value = 21 | |

Workout #20106 - Friday, 23 June 2017

HighSchl - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| 750 | 1 on 15:00 DS>Showers |
| 750 | 1 x 750 on 10:00 2 min easy-10/50-20/40-30/30 40/20-30/30-20/40-20/50-1 min easy |
| 150 | 10 x 15 on :45 Spinners |
| 100 | 1 x 100 on 2:00 Kick for time |
| 600 | 6 x 100 on 6:00 Off the blocks for time |
| 250 | 5 x 50 on 1:00 Stroke Drill |
| 1 on 10:00 Ice | |
| 6:30 PM 1,850 Yards - Stress Value = 72 | |

Workout #20112 - Monday, 26 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK | STK |
|--|------------------------------------|-----|------|-------|
| 400 | 1 on 35:00 DS/Weights | | | L WTS |
| 1,500 | 1 x 400 on 5:00 Choice | REC | | S CHC |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | | S FF |
| 750 | 1 on 10:00 RS-6sec work-free turns | SP3 | | S FF |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | | S FLY |
| 1,500 | 1 on 10:00 Video/Walking/Jump rope | REC | | L DRY |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | | S BF |
| 750 | 1 on 5:00 Walking/Jump Rope | REC | | L DRY |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | | S BF |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | | D CI |
| Video 1 correction 1 positive | | | | |
| 9:04 AM 5,150 Yards - Stress Value = 450 | | | | |

Workout #20114 - Monday, 26 June 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 400 | 1 on 15:00 DS>Showers | | L |
| 3,000 | 1 x 400 on 5:00 Choice | REC | S |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | S |
| 160 | 1 on 5:00 Walking/Jump Rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:39 PM 3,810 Yards - Stress Value = 316 | | | |

Workout #20111 - Monday, 26 June 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|-----------------|-----|-----|
|-------|-----------------|-----|-----|

| Yards | Set Description | EGY | WORK | STK |
|---|--------------------------------------|-----|------|-----|
| 600 | 1 on 35:00 DS/Weights | | | |
| 600 | 1 x 600 on 10:00 Swim-kick-pull-swim | REC | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | | |
| 1,850 | 1x{4 x 25 on :30 Kick no board BSLR | EN2 | | |
| | {1 x 100 on 1:15 Kick | EN2 | | |
| | {1 x 100 on 1:30 Kick | EN2 | | |
| | {1 x 100 on 1:45 Kick | EN2 | | |
| | {1 x 100 on 2:00 Kick | EN2 | | |
| | {4 x 25 on :30 Kick no board BSLR | EN2 | | |
| | {2 x 75 on 1:05 Kick | EN2 | | |
| | {2 x 75 on 1:15 Kick | EN2 | | |
| | {2 x 75 on 1:25 Kick | EN2 | | |
| | {4 x 25 on :30 Kick no board BSLR | EN2 | | |
| | {3 x 50 on :40 Kick | EN2 | | |
| | {3 x 50 on :45 Kick | EN2 | | |
| | {3 x 50 on :50 Kick | EN2 | | |
| | {3 x 50 on :55 Kick | EN2 | | |
| | {4 x 25 on :30 Kick no board BSLR | EN2 | | |
| Do in sets of 4: 1-3 10 sec off best time | | | | |
| #4 fast- Add all #4's to get 1000 free time | | | | |
| 4,000 | 1x{12 x 100 on 1:30 Freestyle | EN2 | | |
| | {12 x 100 on 1:25 Freestyle | EN2 | | |
| | {12 x 100 on 1:20 Freestyle | EN2 | | |
| | {4 x 100 on 1:15 Freestyle | EN2 | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | | |
| 9:00 AM 6,850 Yards - Stress Value = 123 | | | | |

Workout #20113 - Monday, 26 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK | STK |
|--|---|-----|------|-----|
| 600 | 1 on 15:00 DS>Showers | | | L I |
| 600 | 1 x 600 on 10:00 Choice | REC | | D C |
| 150 | 10 x 15 on :45 Spinners | SP3 | | S |
| 800 | 4x{3 x 50 on 1:10 Freestyle | SP1 | | S |
| | {1 x 50 on 1:30 Freestyle | SP1 | | S |
| | { #1 20yds sprint-30yds easy, #2 30yds sprint | | | |
| | { #3 all easy, #4 sprint, #4 of 4th set OTB | | | |
| 700 | 7 x 100 on 1:45 Kick-ALL OUT 100% | EN2 | | K C |
| 800 | 4x{3 x 50 on 1:10 Stroke | SP1 | | S S |
| | {1 x 50 on 1:30 Stroke | SP1 | | S S |
| | { Same as above --#3 can be free | | | |
| 250 | 1 x 250 on 5:00 Freestyle | REC | | S |
| 6:30 PM 3,100 Yards - Stress Value = 132 | | | | |

Workout #20115 - Monday, 26 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 3:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Kick on back
 {2 x 125 on 2:55 Breat Kick w/board
 {2 x 50 on 1:15 Breast Kick on back
 {3 x 100 on 2:20 Breast kick on board
 {2 x 50 on 1:15 Breast kick on back
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,750 1x{5 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:00 Free w/6bk
 {5 x 75 on 1:25 Breaststroke
 {2 x 50 on 1:00 Free w/6bk
 {5 x 75 on 1:20 Breaststroke
 {1 x 50 on 1:00 Free w/6bk
 {5 x 75 on 1:15 Breaststroke
 600 24 x 25 on :35 100 Breast Pace
 250 1 x 250 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,650 Yards - Stress Value = 125

Workout #20116 - Monday, 26 June 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{1 x 150 on 3:45 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick on back
 {2 x 125 on 3:10 Breat Kick w/board
 {2 x 50 on 1:20 Breast Kick on back
 {3 x 100 on 2:30 Breast kick on board
 {1 x 50 on 1:05 Breast kick on back
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,650 1x{5 x 75 on 1:35 Breaststroke
 {2 x 50 on 1:00 Free w/6bk
 {5 x 75 on 1:30 Breaststroke
 {2 x 50 on 1:00 Free w/6bk
 {5 x 75 on 1:25 Breaststroke
 {1 x 25 on 1:00 Free w/6bk
 {4 x 75 on 1:20 Breaststroke
 500 20 x 25 on :40 100 Breast Pace
 250 1 x 250 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,400 Yards - Stress Value = 111

Workout #20117 - Monday, 26 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 150 on 4:00 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick on back
 {2 x 125 on 3:20 Breat Kick w/board
 {2 x 50 on 1:30 Breast Kick on back
 {2 x 100 on 2:40 Breast kick on board

{1 x 50 on 1:30 Breast kick on back
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,500 1x{4 x 75 on 1:45 Breaststroke
 {2 x 50 on 1:10 Free w/6bk
 {4 x 75 on 1:40 Breaststroke
 {2 x 50 on 1:10 Free w/6bk
 {4 x 75 on 1:35 Breaststroke
 {2 x 50 on 1:10 Free w/6bk
 {4 x 75 on 1:30 Breaststroke
 450 18 x 25 on :45 100 Breast Pace
 250 1 x 250 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 100

Workout #20118 - Tuesday, 27 June 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,900 1x{1 x 200 on 3:20 Kick
 {4 x 25 on :45 Sprint kick
 {2 x 175 on 2:55 Kick
 {4 x 25 on :40 Sprint kick
 {3 x 150 on 2:30 Kick
 {4 x 25 on :35 Sprint kick
 {4 x 125 on 2:05 Kick
 {4 x 25 on :30 Sprint Kick
 1,000 20 x 50 on :45 Lungbuster pulls
 breathe 3-5-7-9 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 8x{3 x 50 on :40 4-5-6 strokes fly off walls
 {1 x 100 on 2:00 Fly Drill
 200 1 x 200 on 3:00 Stroke Drills
 9:00 AM 6,050 Yards - Stress Value = 96

Workout #20119 - Tuesday, 27 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights I
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Fly Pace SP2 S
 1 on 10:00 Racing Skills-6 second work SP3 S
 backstroke turns
 750 30 x 25 on :30 100 Free Pace SP2 S
 1 on 5:00 Walkkng/Jump rope REC I
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 5:00 Walking/jump rope REC I
 750 30 x 25 on :30 100 Back Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC I
 Video-1 correction 1 positive
 9:02 AM 5,150 Yards - Stress Value = 450

Workout #20121 - Tuesday, 27 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 5:00 PM | Start | | |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| 160 | 1 on 5:00 Walking/jump rope | REC | L |
| 250 | 8 x 20 on 3:00 50 Back Pace | SP2 | S |
| | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:31 PM | 3,060 Yards - Stress Value = 241 | | |

Workout #20120 - Tuesday, 27 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 5:00 PM | Start | | |
| 600 | 1 on 15:00 DS/Showers | | L |
| 120 | 1 x 600 on 10:00 Choice | REC | S |
| 800 | 8 x 15 on :45 Spinners | | |
| 200 | 1 x 800 on 12:00 Vertical Kicking w/WB | | |
| 1,800 | 4x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| | {1 x 100 on 1:30 IM OTB | | |
| | {4 x 25 on :30 Fly-100% | | |
| | {1 x 250 on 5:00 Freestyle | | |
| | {1 x 100 on 1:45 IM OTB | | |
| | {4 x 25 on :30 Backstroke-100% | | |
| | {1 x 250 on 5:00 Freestyle | | |
| | {1 x 100 on 2:00 IM OTB | | |
| | {4 x 25 on :30 Breaststroke-100% | | |
| | {1 x 250 on 5:00 Stroke Drills | | |
| | {1 x 100 on 2:15 Individual Medley | | |
| | {4 x 25 on :30 Freestyle | | |
| | {1 x 250 on 5:00 Stroke Drills | | |
| 6:29 PM | 3,520 Yards - Stress Value = 65 | | |

Workout #20122 - Tuesday, 27 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 5:00 PM | Start | | |
| 500 | 1 on 35:00 DS/Dryland | | |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | |
| 850 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {4 x 75 on 2:00 Fly Kick w/board | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {4 x 75 on 1:55 Fly Kick w/board | | |
| | {2 x 25 on :45 Kick no board BS | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 1,650 | 1x{4 x 75 on 1:40 Fly-25L-25B-25R | | |
| | {1 x 100 on 1:45 Freestyle | | |
| | {4 x 75 on 1:35 Fly-25L-25B-25R | | |
| | {2 x 100 on 1:45 Freestyle | | |
| | {4 x 75 on 1:30 Fly-25L-25B-25R | | |
| | {3 x 100 on 1:45 Freestyle | | |
| | {2 x 75 on 1:25 Fly-25L-25B-25R | | |
| 600 | 24 x 25 on :35 100 Fly Pace | | |
| | 1 on 10:00 Racing Skills-Starts | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM | 4,150 Yards - Stress Value = 113 | | |

Workout #20123 - Tuesday, 27 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 5:00 PM | Start | | |
| 500 | 1 on 35:00 DS/Dryland | | |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | |
| 800 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {4 x 75 on 2:10 Fly Kick w/board | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 75 on 2:05 Fly Kick w/board | | |
| | {4 x 25 on :45 Kick no board BS | | |
| | {1 x 50 on 1:20 Fly Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 1,550 | 1x{4 x 75 on 1:50 Fly-25L-25B-25R | | |
| | {1 x 100 on 1:50 Freestyle | | |
| | {4 x 75 on 1:45 Fly-25L-25B-25R | | |
| | {2 x 100 on 1:50 Freestyle | | |
| | {4 x 75 on 1:40 Fly-25L-25B-25R | | |
| | {3 x 100 on 1:50 Freestyle | | |
| | {1 x 50 on 1:00 Fly 25L-25R | | |
| 500 | 20 x 25 on :40 100 Fly Pace | | |
| 250 | 1 on 10:00 Racing Skills-Starts | | |
| | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM | 3,900 Yards - Stress Value = 100 | | |

Workout #20124 - Tuesday, 27 June 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 5:00 PM | Start | | |
| 500 | 1 on 35:00 DS/Dryland | | |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels | | |
| 800 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 75 on 2:20 Fly Kick w/board | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 75 on 2:15 Fly Kick w/board | | |
| | {4 x 25 on :45 Kick no board BSLR | | |
| | {2 x 75 on 2:10 Fly Kick w/board | | |
| | {1 x 50 on 1:20 Fly Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills | | |
| | Evens-underwaters, count kicks | | |
| 1,400 | 1x{4 x 75 on 2:00 Fly-25L-25B-25R | | |
| | {1 x 100 on 2:00 Freestyle | | |
| | {4 x 75 on 1:55 Fly-25L-25B-25R | | |
| | {2 x 100 on 2:00 Freestyle | | |
| | {4 x 75 on 1:50 Fly-25L-25B-25R | | |
| | {2 x 100 on 2:00 Freestyle | | |
| 500 | 20 x 25 on :40 100 Fly Pace | | |
| 250 | 1 on 10:00 Racing Skills-Starts | | |
| | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM | 3,750 Yards - Stress Value = 97 | | |

Workout #20126 - Wednesday, 28 June 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 6:30 AM | Start | | |
| 500 | 1 on 55:00 Meeting with Ava/DS-showers | REC | I |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | S |
| | 1 on 10:00 Racing Skills-Back Starts | SP3 | S |
| 160 | 8 x 20 on 3:00 50 Back Pace | SP2 | S |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | Video-1 correction 1 positive | | |
| 9:08 AM | 3,810 Yards - Stress Value = 316 | | |

Workout #20125 - Wednesday, 28 June 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|-------|---|
| 500 | 1 on 55:00 Meeting with Ava/DS-showers |
| 900 | 20 x 25 on :30 Wednesday Warm-up |
| 1x{4 | 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:25 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {3 x 100 on 1:30 Kick |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{3 x 100 on 1:13 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:12 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:11 Freestyle |
| 750 | 1x{2 x 125 on 1:45 Pull no br L.6 yds |
| | {2 x 125 on 1:45 Pull no br L.12 yds |
| | {2 x 125 on 1:45 Pull no br L.18 yds |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,300 | 1x{3 x 100 on 1:13 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:12 Freestyle |
| | {4 x 50 on 1:00 Freestyle |
| | {3 x 100 on 1:11 Freestyle |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:00 AM 5,200 Yards - Stress Value = 117 |

Workout #20127 - Wednesday, 28 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 35:00 Dynamic Stretch/Shoulders |
| | 1 x 500 on 9:00 By the 100: Top Hat Drill |
| | + Thumb Drag Drill, + Closed Fist progressi |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:45 Fly Kick on board |
| | {1 x 100 on 2:15 Free Kick on board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:20 Breast Kick on Board |
| | {1 x 100 on 2:15 Free Kick on Board |
| | {4 x 25 on :45 Kick no board BSLR |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,350 | 1x{1 x 100 on 2:15 Individual Medley |
| | {4 x 25 on :30 Butterfly |
| | {2 x 100 on 2:10 Individual Medley |
| | {4 x 25 on :30 Backstroke |
| | {3 x 100 on 2:05 Individual Medley |
| | {4 x 25 on :30 Breaststroke |
| | {4 x 100 on 2:00 Individual Medley |
| | {2 x 25 on :30 Freestyle-100% 2 breaths each |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 15:00 Racing Skills-Starts |
| | 7:30 PM 3,900 Yards - Stress Value = 113 |

Workout #20128 - Wednesday, 28 June 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--------------------------------------|
| | 1 on 35:00 Dynamic Stretch/Shoulders |

| | |
|-------|--|
| 500 | 1 x 500 on 9:00 By the 100: Top Hat Drill |
| | + Thumb Drag Drill, + Closed Fist progressi |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 3:00 Fly Kick on board |
| | {1 x 100 on 2:30 Free Kick on board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:35 Breast Kick on Board |
| | {1 x 100 on 2:30 Free Kick on Board |
| | {2 x 25 on :45 Kick no board BS |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,150 | 1x{1 x 100 on 2:30 Individual Medley |
| | {4 x 25 on :35 Butterfly |
| | {2 x 100 on 2:25 Individual Medley |
| | {4 x 25 on :35 Backstroke |
| | {3 x 100 on 2:20 Individual Medley |
| | {4 x 25 on :35 Breaststroke |
| | {2 x 100 on 2:15 Individual Medley |
| | {2 x 25 on :35 Freestyle-100% 2 breaths each |
| 500 | 20 x 25 on :40 100 Free Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 15:00 Racing Skills-starts |
| | 7:29 PM 3,550 Yards - Stress Value = 98 |

Workout #20129 - Wednesday, 28 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 35:00 Dynamic Stretch/Shoulders |
| 500 | 1 x 500 on 9:00 By the 100: Top Hat Drill |
| | + Thumb Drag Drill, + Closed Fist progressi |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 3:15 Fly Kick on board |
| | {1 x 100 on 2:45 Free Kick on board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:50 Breast Kick on Board |
| | {1 x 100 on 2:45 Free Kick on Board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,050 | 1x{1 x 100 on 2:45 Individual Medley |
| | {4 x 25 on :40 Butterfly |
| | {2 x 100 on 2:40 Individual Medley |
| | {4 x 25 on :40 Backstroke |
| | {3 x 100 on 2:35 Individual Medley |
| | {4 x 25 on :40 Breaststroke |
| | {1 x 100 on 2:30 Individual Medley |
| | {2 x 25 on :35 Freestyle-100% 2 breaths each |
| 450 | 18 x 25 on :45 100 Free Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 1 on 15:00 Racing Skills-starts |
| | 7:30 PM 3,350 Yards - Stress Value = 90 |

Workout #20130 - Thursday, 29 June 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Weights
 150 1 x 600 on 10:00 Underwater trn drill
 1,400 10 x 15 on :45 Shooters
 1x{8 x 25 on :30 Kick no board BBSSLLRR
 {3 x 100 on 1:35 Kick
 {6 x 25 on :30 Kick no board BSLR +2 wkst
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:35 Kick
 {2 x 25 on :30 Kick no board 2 best
 1,200 3x{1 x 100 on 1:15 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 {1 x 100 on 1:30 Lungbuster pulls
 { Breathe 3-5-7 continuous
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4x{1 x 125 on 1:45 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 75 on 1:05 Butterfly
 {1 x 50 on :45 Butterfly
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/
 { 1st set 2-3, 2nd set 2-4, 3rd set 2-5 (Mini
 4th set whole stroke
 200 1 x 200 on 3:00 Stroke Drills
 9:05 AM 6,150 Yards - Stress Value = 147

Workout #20131 - Thursday, 29 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights I
 400 1 x 400 on 5:00 Choice REC I
 1,500 30 x 50 on :50 200 Back Pace SP2 I
 1 on 11:00 Racing Skills-6 second work SP3 I
 Fly turns
 750 30 x 25 on :30 100 Breast Pace SP2 I
 1 on 5:00 Walking/jump rope REC I
 1,500 30 x 50 on :50 200 Free Pace SP2 I
 1 on 5:00 Walking/jump rope REC I
 750 30 x 25 on :30 100 Fly Pace SP2 I
 250 1 x 250 on 4:00 Non-specific swimming REC I
 Video 1 correction 1 positive
 9:00 AM 5,150 Yards - Stress Value = 450

Workout #20133 - Thursday, 29 June 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 13:00 DS/Showers
 400 1 x 400 on 5:00 Choice REC
 1,800 24 x 75 on 1:10 500 Free Pace SP2
 400 4x{4 x 25 on 1:00 Undr Wtr Fly Kck EN2
 { with weight belts
 {1 on :30 Rest
 160 8 x 20 on 3:00 50 Breast Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC
 6:36 PM 3,010 Yards - Stress Value = 204

Workout #20132 - Thursday, 29 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Too complicated to type out
 150 10 x 15 on :45 Spinners
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yards
 400 8x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 second
 {1 x 25 on 1:29 Kick no board BSLR
 175 7x{1 on 1:00 Vertical Kick
 {1 x 25 on :01 12.5yds undr/Body Driven Free
 {1 on 1:59 Sculling Drill Feet First
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 1,925 Yards - Stress Value = 68

Workout #20134 - Thursday, 29 June 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:05 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 86

Workout #20135 - Thursday, 29 June 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:40 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:40 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 84

Workout #20136 - Thursday, 29 June 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:50 Kick
 {1 x 100 on 2:45 Kick
 {1 x 100 on 2:50 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:50 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:50 Kick
 {1 x 100 on 2:30 Kick
 {1 x 50 on 1:20 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 83

Workout #20137 - Friday, 30 June 2017

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 2,000 1x{3 x 100 on 1:55 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:10 Alt 50 fly kick on back
 {50 tombstone kick
 {3 x 100 on 1:50 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:05 Kick same as above
 {3 x 100 on 1:45 Kick 25-fly/fr/br/cho
 {4 x 50 on 1:00 Kick-Same as above
 {3 x 100 on 1:40 Kick 25 fly/fr/br/cho
 {4 x 50 on :55 Kick-Same as above
 800 1 x 800 on 10:00 Pulls 300BTB/200C/300BTS
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 200 on 3:00 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:05 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:20 Freestyle
 {1 x 200 on 3:00 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:05 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 3:00 Individual Medley
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:05 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:10 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 9:01 AM 6,400 Yards - Stress Value = 112

Workout #20138 - Friday, 30 June 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights I
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 13:00 Racing Skills-Timed partner SP3 S
 breast turns
 750 30 x 25 on :30 100 Back Pace SP2 S
 1 on 5:00 Walking/jump rope REC I
 1,000 40 x 25 on :30 200 Fly Pace SP2 S
 1 on 5:00 Walking/jump rope REC I
 750 30 x 25 on :30 100 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC I
 Video 1 correction 1 positve
 9:00 AM 4,650 Yards - Stress Value = 400

Workout #20140 - Friday, 30 June 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice REC
 1,500 30 x 50 on :55 400 IM Pace SP2
 1 on 11:00 Racing Skills-underwater work EN2
 160 8 x 20 on 3:00 50 Free Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC
 6:30 PM 2,310 Yards - Stress Value = 166

Workout #20139 - Friday, 30 June 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STP |
|-------------------|----------------------------------|-----|------|-------|
| 5:00 PM Start | | | | |
| 500 | 1 on 40:00 DS/Dryland | | | REC |
| 500 | 4 x 125 on 2:15 SwimUSS | | | REC |
| 150 | 10 x 15 on :45 Shooters | | | SP3 |
| 400 | 1 x 400 on 5:00 Choice | REC | | S CHC |
| 1x{1 | on 10:00 Vrtcl Kck w/out zmmr | SP3 | | K FF |
| | {1 on 10:00 Running Pit Sprints | SP3 | | S FF |
| | {1 on 10:00 StrthCrzd-shllw-deep | SP3 | | S FF |
| | {1 on 10:00 12X25@45 chts/pb/pdl | SP3 | | S STP |
| | {1 on 10:00 12X25@45 undrwr fly | SP3 | | K FLY |
| | { without fins | | | |
| | {1 on 10:00 OTB 15m sprints | SP3 | | S STP |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC | | D CI |
| 6:30 PM 800 Yards | | | | |

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-----|-----|
| 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | | REC |
| | 4 x 125 on 2:15 SwimUSS | | REC |
| | 10 x 15 on :45 Shooters | | SP3 |
| 1,100 | 1x{4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:50 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:55 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:00 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:05 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:10 Backstroke | EN2 | |
| | {4 x 25 on :40 Backstroke 3/4/5/6 KOW | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| 6:29 PM 1,950 Yards - Stress Value = 28 | | | |

Workout #20141 - Friday, 30 June 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-----|-----|
| 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | | REC |
| 500 | 4 x 125 on 2:15 SwimUSS | | REC |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 1,400 | 1x{4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:30 Backstroke | EN2 | |
| | {4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:35 Backstroke | EN2 | |
| | {4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:40 Backstroke | EN2 | |
| | {4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:45 Backstroke | EN2 | |
| | {4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:50 Backstroke | EN2 | |
| | {4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:55 Backstroke | EN2 | |
| | {4 x 25 on :30 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:00 Backstroke | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| 6:30 PM 2,250 Yards - Stress Value = 34 | | | |

Workout #20145 - Monday, 03 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|-----|
| 6:30 AM Start | | | |
| | 1 on 35:00 DS/Weights | | |
| 400 | 1 x 400 on 5:00 Choice | | REC |
| 1,500 | 30 x 50 on :55 200 Fly Pace | | SP2 |
| | 1 on 10:00 Racing Skills-6sec free turns | | SP3 |
| 1,500 | 30 x 50 on :50 200 Free Pace | | SP2 |
| | 1 on 5:00 Walking/jump rope | | REC |
| 750 | 30 x 25 on :30 100 Breast Pace | | SP2 |
| | 1 on 5:00 Walking/jump rope | | REC |
| 750 | 30 x 25 on :30 100 Back Pace | | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | | REC |
| 9:02 AM 5,150 Yards - Stress Value = 450 | | | |

Workout #20147 - Monday, 03 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|-------|
| 5:00 PM Start | | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | | REC S |
| 2,250 | 30 x 75 on 1:10 1650 Free Pace | | SP2 S |
| | 1 on 5:00 Walking/jump rope | | REC L |
| 160 | 8 x 20 on 3:00 50 Fly Pace | | SP2 S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | | REC D |
| 6:31 PM 3,060 Yards - Stress Value = 241 | | | |

Workout #20142 - Friday, 30 June 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---|---|-----|-----|
| 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | | REC |
| 500 | 4 x 125 on 2:15 SwimUSS | | REC |
| 150 | 10 x 15 on :45 Shooters | | SP3 |
| 1,250 | 1x{4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:40 Backstroke | EN2 | |
| | {4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:45 Backstroke | EN2 | |
| | {4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:50 Backstroke | EN2 | |
| | {4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 1:55 Backstroke | EN2 | |
| | {4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:00 Backstroke | EN2 | |
| | {4 x 25 on :35 Backstroke 3/4/5/6 KOW | EN2 | |
| | {1 x 100 on 2:05 Backstroke | EN2 | |
| | {2 x 25 on :35 Backstroke 5/6 KOW | EN2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | | REC |
| 6:30 PM 2,100 Yards - Stress Value = 31 | | | |

Workout #20143 - Friday, 30 June 2017

Group 2 - Silver-3

Workout #20144 - Monday, 03 July 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 35:00 DS/Weights |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 1,100 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:40 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 125 on 2:05 Kick |
| | {4 x 25 on :40 Kick no board BSLR |
| | {3 x 150 on 2:30 Kick |
| 1,500 | 1x{1 x 500 on 6:15 Pull no br L.16 yds |
| | {1 x 400 on 5:00 Pull no br L.16 yds |
| | {1 x 300 on 3:45 Pull no br L.16 yds |
| | {1 x 200 on 2:30 Pull no br L.16 yds |
| | {1 x 100 on 1:15 Pull no br L.16 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,200 | 1x{4 x 200 on 2:35 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| | {3 x 200 on 2:30 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| | {2 x 200 on 2:25 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| | {1 x 200 on 2:20 Freestyle |
| | {3 x 100 on 1:20 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 9:00 AM 7,000 Yards - Stress Value = 97 |

Workout #20146 - Monday, 03 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 800 | 1 on 15:00 DS/Showers |
| 120 | 1 x 800 on 12:00 Swim-kick-pull-swim |
| 400 | 8 x 15 on :45 Spinners |
| 400 | 16 x 25 on 1:00 4 on each stroke-under water until you reach 12.5 yds |
| 2,000 | 1x{4 x 25 on :30 Freestyle-BC |
| | {1 x 100 on 1:30 Free 5 strokes fast |
| | {1 x 100 on 1:30 Free 10 strokes fast |
| | {1 x 100 on 1:30 Free 15 strokes fast |
| | {4 x 25 on :30 Freestyle-BC |
| | {1 x 100 on 1:30 Free 20 strokes fast |
| | {1 x 100 on 1:30 Free 25 strokes fast |
| | {1 x 100 on 1:30 Free 30 strokes fast |
| | {4 x 25 on :30 Freestyle-BC |
| | {1 x 100 on 1:30 Free 35 strokes fast |
| | {1 x 100 on 1:30 Free 40 strokes fast |
| | {1 x 100 on 1:30 Free -35 strokes fast |
| | {4 x 25 on :30 Freestyle-BC |
| | {1 x 100 on 1:30 Free-30 strokes fast |
| | {1 x 100 on 1:30 Free-25 strokes fast |
| | {1 x 100 on 1:30 Free-20 strokes fast |
| | {4 x 25 on :30 Freestyle-BC |
| | {1 x 100 on 1:30 Free 15 strokes fast |
| | {1 x 100 on 1:30 Free 10 strokes fast |
| | {1 x 100 on 1:30 Free 5 strokes fast |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:30 PM 3,570 Yards - Stress Value = 85 |

Workout #20148 - Monday, 03 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|-----------------|
|-------|-----------------|

| Yards | Set Description |
|-------|--|
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,100 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 175 on 3:50 Free Kick w/board |
| | {1 x 150 on 3:15 Free Kick w/board |
| | {2 x 125 on 2:45 Free Kick w/board |
| | {1 x 100 on 2:10 Free Kick w/board |
| | {2 x 75 on 1:35 Free Kick w/board |
| | {1 x 50 on 1:05 Free Kick w/board |
| | {2 x 25 on :30 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,800 | 12 x 150 on 2:45 Free-descend in 3's |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 on 10:00 Racing Skills-Starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,450 Yards - Stress Value = 124 |

Workout #20149 - Monday, 03 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 1,050 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{2 x 175 on 4:05 Free Kick w/board |
| | {1 x 150 on 3:25 Free Kick w/board |
| | {2 x 125 on 2:50 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {2 x 75 on 1:40 Free Kick w/board |
| | {1 x 50 on 1:05 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,650 | 11 x 150 on 3:00 Free-descend in 3's |
| 600 | 24 x 25 on :35 100 Free Pace |
| 250 | 1 on 10:00 Racing Skills-Starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,250 Yards - Stress Value = 120 |

Workout #20150 - Monday, 03 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 950 | 10 x 15 on :45 Shooters |
| 950 | 1x{2 x 175 on 4:25 Free Kick w/board |
| | {1 x 150 on 3:45 Free Kick w/board |
| | {2 x 125 on 3:05 Free Kick w/board |
| | {1 x 100 on 2:25 Free Kick w/board |
| | {2 x 50 on 1:10 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,350 | 9 x 150 on 3:30 Free-descend in 3's |
| 500 | 20 x 25 on :40 100 Free Pace |
| 250 | 1 on 10:00 Racing Skills-Starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:29 PM 3,750 Yards - Stress Value = 102 |

Workout #20151 - Monday, 03 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{1 x 175 on 3:50 Free Kick w/board |
| | {1 x 150 on 3:15 Free Kick w/board |
| | {1 x 125 on 2:45 Free Kick w/board |
| | {1 x 100 on 2:10 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 900 | 6 x 150 on 2:45 Free-descend in 3's |
| 300 | 12 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:53 PM 2,650 Yards - Stress Value = 65 |

Workout #20152 - Monday, 03 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 175 on 4:05 Free Kick w/board |
| | {1 x 150 on 3:25 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {1 x 75 on 1:40 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 900 | 6 x 150 on 3:00 Free-descend in 3's |
| 300 | 12 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:54 PM 2,600 Yards - Stress Value = 65 |

Workout #20153 - Monday, 03 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{1 x 175 on 4:25 Free Kick w/board |
| | {1 x 150 on 3:45 Free Kick w/board |
| | {1 x 125 on 3:05 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 750 | 5 x 150 on 3:30 Free-descend in 3's |
| 250 | 10 x 25 on :40 100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:54 PM 2,350 Yards - Stress Value = 55 |

Workout #20154 - Tuesday, 04 July 2017

Group 3 - Back

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|-------|--------------------------------|
| ===== | ===== |
| | 1 on 35:00 DS/Weights |
| 600 | 1 x 600 on 10:00 Top Hat Drill |

| | |
|-------|---|
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 20 x 50 on 1:00 Vertical Kick |
| 1,700 | 1x{1 x 250 on 3:10 Pulls BTB |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths |
| | {1 x 250 on 3:10 Pulls BTS |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths |
| | {1 x 200 on 2:25 Pulls BTS |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths |
| | {1 x 200 on 2:25 Pulls BTS |
| | {4 x 50 on :45 Pull 7/6/5/4 breaths |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 1x{6 x 100 on 1:20 Backstroke |
| | {1 on 1:00 Rest |
| | {5 x 100 on 1:20 Backstroke |
| | {1 on 1:00 Rest |
| | {4 x 100 on 1:20 Backstroke |
| | {1 on 1:00 Rest |
| | {3 x 100 on 1:20 Backstroke |
| | {1 on 1:00 Rest |
| | {2 x 100 on 1:20 Backstroke |
| | {1 on 1:00 Rest |
| | {1 x 100 on 1:20 Backstroke |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 9:00 AM 6,150 Yards - Stress Value = 104 |

Workout #20155 - Tuesday, 04 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 35:00 DS/Weights | | I |
| 400 | 1 x 400 on 5:00 Choice | REC | § |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | § |
| | 1 on 10:00 Racing Skills-6s back turns | SP3 | § |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | § |
| | 1 on 5:00 Walking/jump rope | REC | I |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | § |
| | 1 on 5:00 Walking/jump rope | REC | I |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | § |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | I |
| | 9:02 AM 5,150 Yards - Stress Value = 450 | | |

Workout #20156 - Wednesday, 05 July 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 55:00 Meeting w/Ava-DS/Showers |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 1x{1 x 100 on 2:00 Kick-non #1 kick |
| | {3 x 50 on :50 Kick-descend |
| | {2 x 100 on 1:55 Kick-non #1 kick |
| | {3 x 50 on :50 Kick-descend |
| | {3 x 100 on 1:50 Kick-non #1 kick |
| | {3 x 50 on :50 Kick-descend |
| | {4 x 100 on 1:45 Kick-non #1 kick |
| | {3 x 50 on :50 Kick-descend |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{16 x 25 on :45 Every 4th one Fly-100% |
| | {12 x 25 on :50 Every 3rd one Fly-100% |
| | {8 x 25 on :55 Every other one Fly-100% |
| | {4 x 25 on 1:00 All Fly-100% |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 9:00 AM 3,650 Yards - Stress Value = 60 |

Workout #20157 - Wednesday, 05 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 15:00 RS-Free and Fly starts | | S |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 12:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 9:00 AM 3,650 Yards - Stress Value = 300 | | | |

Workout #20159 - Wednesday, 05 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|---------------------------------------|-----|----|
| 5:00 PM Start | | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| 270 | 1x{4 x 15 on :30 Undr Wtr Fly Kck-S | EN2 | |
| | {1 on 1:00 Rest | | |
| | {4 x 15 on :30 Undr Wtr Fly Kck-B | EN2 | |
| | {1 on 1:00 Rest | | |
| | {6 x 25 on :30 Undr Wtr Fly Kck-L/R | EN2 | |
| 160 | 8 x 20 on 3:00 50 Back Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 6:29 PM 2,580 Yards - Stress Value = 171 | | | |

Workout #20158 - Wednesday, 05 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description |
|---|---|
| 5:00 PM Start | |
| 600 | 1 x 600 on 10:00 Dynamic Stretch |
| 120 | 8 x 15 on :45 Spinners |
| 1,100 | 11 x 100 on 2:00 Kick-odds 100% evens under |
| 1,500 | 5x{1 x 25 on :30 Freestyle |
| | {1 x 25 on :40 Freestyle |
| | {1 x 25 on :50 Freestyle |
| | {1 x 25 on 1:00 Freestyle |
| | {1 x 200 on 4:00 Stroke Drills |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 6:30 PM 3,520 Yards - Stress Value = 75 | |

Workout #20160 - Wednesday, 05 July 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:00 PM Start | |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :40 Wednesday Warm-up |
| | 4-18, 4-17 , 6-16 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{8 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:25 Kick |
| | {6 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:20 Kick |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:15 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |

| | |
|--|----------------------------------|
| 1,600 | 1x{2 x 125 on 2:40 Backstroke |
| | {2 x 50 on 1:00 Backstroke 5 KOW |
| | {2 x 125 on 2:35 Backstroke |
| | {2 x 50 on 1:00 Backstroke 6 KOW |
| | {2 x 125 on 2:30 Backstroke |
| | {2 x 50 on 1:00 Backstroke 7 KOW |
| | {2 x 125 on 2:25 Backstroke |
| | {2 x 50 on 1:00 Backstroke 9 KOW |
| | {2 x 100 on 1:55 Backstroke |
| 600 | 24 x 25 on :35 Backstroke |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Closed Fist |
| 7:31 PM 4,000 Yards - Stress Value = 121 | |

Workout #20161 - Wednesday, 05 July 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|--|---|
| 5:00 PM Start | |
| 350 | 1 on 35:00 DS/Dryland |
| | 14 x 25 on :40 Wednesday Warm-up |
| | 4-18, 4-17 , 6-16 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{8 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:35 Kick |
| | {6 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:30 Kick |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 150 on 3:25 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,500 | 1x{2 x 125 on 2:50 Backstroke |
| | {2 x 50 on 1:05 Backstroke 5 KOW |
| | {2 x 125 on 2:45 Backstroke |
| | {2 x 50 on 1:05 Backstroke 6 KOW |
| | {2 x 125 on 2:40 Backstroke |
| | {2 x 50 on 1:05 Backstroke 7 KOW |
| | {2 x 125 on 2:35 Backstroke |
| | {2 x 50 on 1:05 Backstroke 9 KOW |
| | {1 x 100 on 2:00 Backstroke |
| 600 | 24 x 25 on :35 Backstroke |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Closed Fist |
| 7:31 PM 3,900 Yards - Stress Value = 119 | |

Workout #20162 - Wednesday, 05 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up 4-18, 4-17 , 6-16 |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{8 x 25 on :45 Kick no board B {1 x 150 on 3:45 Kick {6 x 25 on :45 Kick no board B {1 x 150 on 3:40 Kick {4 x 25 on :45 Kick no board B {1 x 100 on 2:25 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,350 | 1x{2 x 125 on 3:10 Backstroke {2 x 50 on 1:15 Backstroke 5 KOW {2 x 100 on 2:30 Backstroke {2 x 50 on 1:15 Backstroke 6 KOW {2 x 100 on 2:20 Backstroke {2 x 50 on 1:15 Backstroke 7 KOW {2 x 100 on 2:15 Backstroke {2 x 50 on 1:15 Backstroke 9 KOW {1 x 100 on 2:10 Backstroke |
| 500 | 20 x 25 on :40 Backstroke 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Closed Fist |
| | 7:31 PM 3,600 Yards - Stress Value = 105 |

| | |
|-----|--|
| 450 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:25 Kick {4 x 25 on :45 Kick no board B {1 x 150 on 3:30 Kick |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 750 | 1x{1 x 125 on 2:50 Backstroke {1 x 50 on 1:05 Backstroke 5 KOW {1 x 125 on 2:45 Backstroke {1 x 50 on 1:05 Backstroke 6 KOW {1 x 125 on 2:40 Backstroke {1 x 50 on 1:05 Backstroke 7 KOW {1 x 125 on 2:35 Backstroke {1 x 50 on 1:05 Backstroke 9 KOW {1 x 50 on 1:00 Backstroke |
| 300 | 12 x 25 on :35 Backstroke |
| 250 | 1 x 250 on 5:00 Closed Fist |
| | 6:44 PM 2,350 Yards - Stress Value = 63 |

Workout #20165 - Wednesday, 05 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up 4-18, 4-17 , 6-16 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:30 Kick {4 x 25 on :45 Kick no board B {1 x 150 on 3:30 Kick |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 675 | 1x{1 x 125 on 3:10 Backstroke {1 x 50 on 1:15 Backstroke 5 KOW {1 x 100 on 2:30 Backstroke {1 x 50 on 1:15 Backstroke 6 KOW {1 x 100 on 2:20 Backstroke {1 x 50 on 1:15 Backstroke 7 KOW {1 x 100 on 2:15 Backstroke {1 x 50 on 1:15 Backstroke 9 KOW {1 x 50 on 1:05 Backstroke |
| 250 | 10 x 25 on :40 Backstroke |
| 250 | 1 x 250 on 5:00 Closed Fist |
| | 6:44 PM 2,225 Yards - Stress Value = 58 |

Workout #20163 - Wednesday, 05 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up 4-18, 4-17 , 6-16 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 2:15 Kick {4 x 25 on :45 Kick no board B {1 x 100 on 2:10 Kick {2 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 800 | 1x{1 x 125 on 2:40 Backstroke {1 x 50 on 1:00 Backstroke 5 KOW {1 x 125 on 2:35 Backstroke {1 x 50 on 1:00 Backstroke 6 KOW {1 x 125 on 2:30 Backstroke {1 x 50 on 1:00 Backstroke 7 KOW {1 x 125 on 2:25 Backstroke {1 x 50 on 1:00 Backstroke 9 KOW {1 x 100 on 1:55 Backstroke |
| 300 | 12 x 25 on :35 Backstroke |
| 250 | 1 x 250 on 5:00 Closed Fist |
| | 6:44 PM 2,400 Yards - Stress Value = 64 |

Workout #20164 - Wednesday, 05 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up 4-18, 4-17 , 6-16 |
| 150 | 10 x 15 on :45 Shooters |

Workout #20166 - Thursday, 06 July 2017

Group 3 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Back Pace SP2 S
 1,500 1 on 10:00 RS-6 sec Fly turns SP3 S
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Free Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Fly Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 9:01 AM 6,050 Yards - Stress Value = 57

Workout #20167 - Thursday, 06 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Back Pace SP2 S
 1,500 1 on 10:00 RS-6 sec Fly turns SP3 S
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Free Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Fly Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 9:02 AM 5,150 Yards - Stress Value = 450

Workout #20169 - Thursday, 06 July 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice REC
 1,800 24 x 75 on 1:10 500 Free Pace SP2
 1 on 11:00 Social Kick Tag in Diving Well REC
 160 8 x 20 on 3:00 50 Free Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC
 6:30 PM 2,610 Yards - Stress Value = 196

Workout #20168 - Thursday, 06 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Choice REC
 1x{1 on 10:00 Vrtcl Kck w/fins SP3
 {1 on 10:00 Running Pit Sprints SP3
 {1 on 10:00 StrthCrdez-Deep/Shlw SP3
 {1 on 10:00 12X25@45 fins/tennis balls SP3
 {1 on 10:00 12X25@45 undwtr w/fins SP3
 {1 on 10:00 OTB 15m sprints SP3
 250 1 x 250 on 4:00 Stroke Drills REC
 6:30 PM 850 Yards

Workout #20170 - Thursday, 06 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW+1 up to 10, back c
 150 10 x 15 on :45 Shooters
 1,000 1 x 1000 on 33:00 Teach Day-Breast
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 600 24 x 25 on :35 100 Breast Pace
 950 1x{2 x 125 on 3:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on back, SL
 {2 x 125 on 2:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on back, SL
 {2 x 125 on 2:50 Breast Kick w/board
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,600 Yards - Stress Value = 85

Workout #20171 - Thursday, 06 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW+1 up to 10, back c
 150 10 x 15 on :45 Shooters
 1,000 1 x 1000 on 33:00 Teach Day-Breast
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 20 x 25 on :40 100 Breast Pace
 900 1x{2 x 125 on 3:10 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on back, SL
 {2 x 125 on 3:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on back, SL
 {2 x 100 on 2:25 Breast Kick w/board
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 74

Workout #20172 - Thursday, 06 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|--|--|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW+1 up to 10, back c |
| 1,000 | 10 x 15 on :45 Shooters |
| 150 | 1 x 1000 on 33:00 Teach Day-Breast |
| 450 | 6 x 25 on 1:00 Odds face in sculling drills |
| 850 | Evens-underwaters, count kicks |
| 1x{2 x 125 on 3:20 Breast Kick w/board | |
| {4 x 25 on :45 Breast Kick on back, SL | |
| {2 x 100 on 2:35 Breast Kick w/board | |
| {4 x 25 on :45 Breast Kick on back, SL | |
| {2 x 100 on 2:35 Breast Kick w/board | |
| 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:29 | PM 3,350 Yards - Stress Value = 68 |

| Yards | Set Description |
|--|--|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW+1 up to 10, back c |
| 1,000 | 10 x 15 on :45 Shooters |
| 100 | 1 x 1000 on 33:00 Teach Day-Breast |
| 225 | 4 x 25 on 1:00 Odds face in sculling drills |
| 425 | Evens-underwaters, count kicks |
| 1x{1 x 125 on 3:20 Breast Kick w/board | |
| {2 x 25 on :45 Breast Kick on back, SL | |
| {1 x 100 on 2:35 Breast Kick w/board | |
| {2 x 25 on :45 Breast Kick on back, SL | |
| {1 x 100 on 2:35 Breast Kick w/board | |
| 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:09 | PM 2,650 Yards - Stress Value = 36 |

Workout #20176 - Monday, 10 July 2017

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Workout #20173 - Thursday, 06 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|--|--|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW+1 up to 10, back c |
| 1,000 | 10 x 15 on :45 Shooters |
| 100 | 1 x 1000 on 33:00 Teach Day-Breast |
| 300 | 4 x 25 on 1:00 Odds face in sculling drills |
| 475 | Evens-underwaters, count kicks |
| 1x{1 x 125 on 3:00 Breast Kick w/board | |
| {2 x 25 on :45 Breast Kick on back, SL | |
| {1 x 125 on 2:55 Breast Kick w/board | |
| {2 x 25 on :45 Breast Kick on back, SL | |
| {1 x 125 on 2:50 Breast Kick w/board | |
| 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:09 | PM 2,775 Yards - Stress Value = 44 |

| Yards | Set Description |
|---|---|
| 400 | 1 on 35:00 DS/Weights |
| 150 | 1 x 400 on 10:00 Swim-kick-pull-swim |
| 1,000 | 10 x 15 on :45 Shooters |
| 1x{1 x 100 on 2:00 Kick | |
| {1 x 100 on 1:30 Kick | |
| {2 x 50 on 1:00 Kick | |
| {1 x 100 on 1:35 Kick | |
| {4 x 25 on :30 Kick | |
| {1 x 100 on 1:40 Kick | |
| {2 x 50 on 1:00 Kick | |
| {1 x 100 on 1:45 Kick | |
| {1 x 100 on 2:00 Kick | |
| {1 x 100 on 1:50 Kick | |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 1,600 | 1x{1 x 200 on 3:20 Breast 2K1P+1K upto4 |
| {3 x 50 on 1:00 Descend 2X pullouts | |
| {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| {3 x 50 on :55 Descend 2X pullouts | |
| {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| {3 x 50 on :50 Descend 2X pullouts | |
| {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| {2 x 50 on :45 Descend 2X pullouts | |
| {1 x 200 on 3:20 Breast 2K1P+1K upto4 | |
| {1 x 50 on :40 Breast-100% | |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 8:21 | AM 3,450 Yards - Stress Value = 53 |

Workout #20174 - Thursday, 06 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|--|--|
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW+1 up to 10, back c |
| 1,000 | 10 x 15 on :45 Shooters |
| 100 | 1 x 1000 on 33:00 Teach Day-Breast |
| 250 | 4 x 25 on 1:00 Odds face in sculling drills |
| 450 | Evens-underwaters, count kicks |
| 1x{1 x 125 on 3:10 Breast Kick w/board | |
| {2 x 25 on :45 Breast Kick on back, SL | |
| {1 x 125 on 3:05 Breast Kick w/board | |
| {2 x 25 on :45 Breast Kick on back, SL | |
| {1 x 100 on 2:25 Breast Kick w/board | |
| 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:09 | PM 2,700 Yards - Stress Value = 39 |

Workout #20177 - Monday, 10 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|---------------------------------------|-----|------|
| 500 | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| 1,500 | 1 on 10:00 RS-6 sec free turns | SP3 | S |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 1,500 | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 750 | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| 9:02 | AM 5,150 Yards - Stress Value = 450 | | |

Workout #20175 - Thursday, 06 July 2017

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

Workout #20179 - Monday, 10 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 5:00 PM | Start | | |
| 1 | on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | S |
| 1 | on 5:00 Walking/Jump Rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:39 PM | 3,810 Yards - Stress Value = 316 | | |

Workout #20178 - Monday, 10 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 1 | on 15:00 DS/Showers |
| 750 | 1 x 750 on 10:00 2 min easy-10/50-20/40-30/40/20-30/30-20/40-20/50-1 min easy |
| 120 | 8 x 15 on :45 Spinners |
| 250 | 1 x 250 on 5:00 Social Kick w/board |
| 100 | 1 x 100 on 2:00 Kick for time w/ snorkel |
| 400 | 4x{1 x 50 on :01 Freestyle w/fins { #1-4 breaths, #2-10 KOW on turn, { #3 L.25 body driven stroke, #4 perfect swim { 1 x 50 on 2:59 Freestyle |
| 900 | 6x{1 x 50 on :40 Free-90% effort { 1 x 25 on :01 Free kick w/snorkel { 1 x 25 on 1:19 Fr-6bk-body driven finish { 1 x 50 on 2:00 Freestyle |
| 500 | 10 x 50 on 1:00 Stroke Drill |
| 6:30 PM | 3,020 Yards - Stress Value = 91 |

Workout #20180 - Monday, 10 July 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{8 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:15 Fly Kick w/board { 6 x 25 on :45 Kick no board BSLRBS { 4 x 50 on 1:15 Fly Kick w/board { 4 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:15 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,500 | 1x{4 x 75 on 1:45 Fly-25L-25B-25R { 1 x 100 on 1:45 Freestyle { 4 x 75 on 1:40 Fly-25L-25B-25R { 1 x 100 on 1:45 Freestyle { 4 x 75 on 1:35 Fly-25L-25B-25R { 1 x 100 on 1:45 Freestyle { 4 x 75 on 1:30 Fly-25L-25B-25R |
| 600 | 24 x 25 on :35 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 1 | on 10:00 Relay |
| 7:29 PM | 4,000 Yards - Stress Value = 110 |

Workout #20181 - Monday, 10 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---------|---|
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{8 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:20 Fly Kick w/board { 6 x 25 on :45 Kick no board BSLRBS { 4 x 50 on 1:20 Fly Kick w/board { 2 x 25 on :45 Kick no board BSLR { 3 x 50 on 1:20 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,400 | 1x{4 x 75 on 1:55 Fly-25L-25B-25R { 1 x 100 on 1:55 Freestyle { 4 x 75 on 1:50 Fly-25L-25B-25R { 1 x 100 on 1:55 Freestyle { 4 x 75 on 1:45 Fly-25L-25B-25R { 1 x 100 on 1:55 Freestyle { 2 x 75 on 1:40 Fly-25L-25B-25R { 1 x 50 on 1:00 Fly-Fast |
| 500 | 20 x 25 on :40 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 1 | on 10:00 Relay |
| 7:30 PM | 3,800 Yards - Stress Value = 98 |

Workout #20182 - Monday, 10 July 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| 1 | on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{8 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:25 Fly Kick w/board { 6 x 25 on :45 Kick no board BSLRBS { 4 x 50 on 1:25 Fly Kick w/board { 4 x 25 on :45 Kick no board BSLR { 1 x 50 on 1:25 Fly Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,275 | 1x{4 x 75 on 2:05 Fly-25L-25B-25R { 1 x 100 on 2:05 Freestyle { 4 x 75 on 2:00 Fly-25L-25B-25R { 1 x 100 on 2:05 Freestyle { 4 x 75 on 1:55 Fly-25L-25B-25R { 1 x 100 on 2:05 Freestyle { 1 x 75 on 1:55 Fly-25L-25B-25R |
| 450 | 18 x 25 on :45 100 Fly Pace |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 1 | on 10:00 Relay |
| 7:30 PM | 3,575 Yards - Stress Value = 90 |

Workout #20183 - Tuesday, 11 July 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 6:30 AM | Start |
| 400 | 1 on 35:00 DS/Weights |
| 150 | 1 x 400 on 10:00 Top Hat Drill |
| 500 | 10 x 15 on :45 Shooters |
| | 1x{1 x 125 on 1:50 Kick |
| | {1 x 125 on 1:55 Kick |
| | {1 x 125 on 2:00 Kick |
| | {1 x 125 on 2:05 Kick |
| 600 | 12 x 50 on :45 Pulls-descend in 3's |
| | Odd sets breathe toward bleachers |
| | even sets breathe toward scoreboard |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 1x{4 x 25 on :30 Back -6 kick switch |
| | {4 x 50 on :45 Back-descend 3/5/7/9 KOW |
| | {1 x 200 on 2:40 Backstroke |
| | {4 x 25 on :30 Back-6 kick switch |
| | {4 x 50 on :45 Back-descend 3/5/7/9 KOW |
| | {1 x 200 on 2:35 Backstroke |
| | {4 x 25 on :30 Back-6 kick switch |
| | {4 x 50 on :45 Back-descend 3/5/7/9 KOW |
| | {1 x 200 on 2:30 Backstroke |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 8:16 AM | 3,500 Yards - Stress Value = 54 |

Workout #20184 - Tuesday, 11 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 6:30 AM | Start | | |
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 10:00 RS-6 second back turns | EN2 | S |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | EN2 | S |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 9:02 AM | 5,150 Yards - Stress Value = 450 | | |

Workout #20189 - Tuesday, 11 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 5:00 PM | Start | | |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:31 PM | 3,060 Yards - Stress Value = 241 | | |

Workout #20188 - Tuesday, 11 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

| Yards | Set Description |
|---------|-------------------------|
| 5:00 PM | Start |
| | 1 on 15:00 DS/Showers |
| 600 | 1 x 600 on 10:00 Choice |

| | |
|---------|---|
| 120 | 8 x 15 on :45 Spinners |
| 1,000 | 1x{1 x 50 on 1:00 Vertical Kick |
| | {1 x 50 on 1:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 100 on 2:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 150 on 3:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 200 on 4:00 Kick-100% |
| | {1 x 50 on 1:00 Vertical Kick |
| | {1 x 250 on 5:00 Kick-100% |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 320 | 8 x 40 on 3:00 Running pit sprint |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:30 PM | 2,490 Yards - Stress Value = 53 |

Workout #20185 - Tuesday, 11 July 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 2:30 Streamline kick on back |
| | {2 x 100 on 2:25 Streamline kick on back |
| | {3 x 100 on 2:20 Streamline kick on back |
| | {4 x 100 on 2:15 Streamline kick on back |
| 300 | 6 x 50 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,600 | 1x{1 x 200 on 4:00 Backstroke |
| | {4 x 50 on 1:00 Back-descend |
| | {2 x 175 on 3:30 Backstroke |
| | {4 x 50 on 1:00 Back-descend |
| | {3 x 150 on 3:00 Backstroke |
| | {4 x 50 on 1:00 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| 250 | 1 on 10:00 Racing Skills-back starts |
| | 1 x 250 on 5:00 Stroke Drills |
| 7:29 PM | 4,400 Yards - Stress Value = 118 |

Workout #20186 - Tuesday, 11 July 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{1 x 100 on 2:40 Streamline kick on back |
| | {2 x 100 on 2:35 Streamline kick on back |
| | {3 x 100 on 2:30 Streamline kick on back |
| | {3 x 100 on 2:25 Streamline kick on back |
| | {1 x 50 on 1:15 Streamline kick on back |
| 300 | 6 x 50 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,500 | 1x{1 x 200 on 4:15 Backstroke |
| | {4 x 50 on 1:05 Back-descend |
| | {2 x 175 on 3:45 Backstroke |
| | {4 x 50 on 1:05 Back-descend |
| | {3 x 150 on 3:10 Backstroke |
| | {2 x 50 on 1:05 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:30 PM | 4,250 Yards - Stress Value = 115 |

Workout #20187 - Tuesday, 11 July 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 5:00 PM Start |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Sun Yang Free w/snorkels |
| 850 | 10 x 15 on :45 Shooters |
| | 1x{1 x 100 on 2:50 Streamline kick on back |
| | {2 x 100 on 2:45 Streamline kick on back |
| | {3 x 100 on 2:40 Streamline kick on back |
| | {2 x 100 on 2:35 Streamline kick on back |
| | {1 x 50 on 1:20 Streamline kick on back |
| 300 | 6 x 50 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,450 | 1x{1 x 200 on 4:30 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| | {2 x 175 on 3:55 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| | {3 x 150 on 3:20 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Racing Skills-back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:29 PM 4,000 Yards - Stress Value = 102 |

Workout #20190 - Wednesday, 12 July 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 6:30 AM Start |
| 500 | 1 on 55:00 Ava/DS/Showers |
| 150 | 20 x 25 on :30 Wednesday warm-ups |
| 750 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR-20KOW |
| | {2 x 125 on 2:00 Kick |
| | {4 x 25 on :30 Kick no board BSLR-18KOW |
| | {2 x 100 on 1:35 Kick |
| | {4 x 25 on :30 Kick no board BSLR-16KOW |
| 625 | 1x{1 x 125 on 1:50 Lungbuster pulls |
| | {1 x 125 on 1:45 Lungbuster pulls |
| | {1 x 125 on 1:40 Lungbuster pulls |
| | {1 x 125 on 1:35 Lungbuster pulls |
| | {1 x 125 on 1:30 Lungbuster pulls |
| | breathe 3-5-7 continuos, only 2 breaths L.2 |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 5x{8 x 25 on :20 Butterfly |
| | {1 on 1:00 Rest |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 8:38 AM 3,375 Yards - Stress Value = 50 |

Workout #20191 - Wednesday, 12 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 6:30 AM Start | | |
| | 1 on 55:00 Ava/DS/Showers | | M |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | S |
| | 1 on 15:00 RS 6 sec back starts | SP3 | S |
| 160 | 8 x 20 on :30 50 Free Pace | SP2 | S |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | S |
| | 1 on 10:00 Walking/jump rope | REC | L |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| | 9:03 AM 3,810 Yards - Stress Value = 316 | | |

Workout #20196 - Wednesday, 12 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 6:30 AM Start | | |
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| | 1 on 10:00 RS-6 sec work fly turns | SP3 | S |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| | 9:02 AM 5,150 Yards - Stress Value = 450 | | |

Workout #20192 - Wednesday, 12 July 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| | 4:00 PM Start |
| | 1 on 35:00 DS//Dryland |
| 350 | 14 x 25 on :40 Wednesday Warm-up |
| | 4-19, 4-18, 4-17, 2-16 |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:10 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:10 Kick on L/R |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 50 on 1:15 Breast Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {3 x 50 on 1:05 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,450 | 1x{1 x 300 on 6:30 Individual Medley |
| | {6 x 25 on :40 Butterfly |
| | {2 x 200 on 4:20 Individual Medley |
| | {6 x 25 on :35 Backstroke |
| | {3 x 100 on 2:10 Individual Medley |
| | {6 x 25 on :45 Breaststroke |
| 600 | 24 x 25 on :35 Your choice 100 Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 6:30 PM 3,750 Yards - Stress Value = 112 |

Workout #20193 - Wednesday, 12 July 2017

Group 2 - Silver-2
1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS//Dryland
 350 14 x 25 on :40 Wednesday Warm-up
 4-19, 4-18, 4-17, 2-16
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Kick on L/R
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:20 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:10 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,400 1x{1 x 300 on 7:00 Individual Medley
 {6 x 25 on :40 Butterfly
 {2 x 200 on 4:40 Individual Medley
 {6 x 25 on :35 Backstroke
 {3 x 100 on 2:20 Individual Medley
 {4 x 25 on :45 Breaststroke
 600 24 x 25 on :35 Your choice 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 3,650 Yards - Stress Value = 110

Workout #20194 - Wednesday, 12 July 2017

Group 2 - Silver-3
1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS//Dryland
 350 14 x 25 on :40 Wednesday Warm-up
 4-19, 4-18, 4-17, 2-16
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:25 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:25 Kick on L/R
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:30 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:20 Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,250 1x{1 x 300 on 8:00 Individual Medley
 {4 x 25 on :45 Butterfly
 {2 x 200 on 5:20 Individual Medley
 {4 x 25 on :45 Backstroke
 {3 x 100 on 2:40 Individual Medley
 {2 x 25 on :45 Breaststroke
 600 24 x 25 on :35 Your choice 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,450 Yards - Stress Value = 106

Workout #20201 - Thursday, 13 July 2017

Group 3 - USRPT
1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Choice REC
 1,800 24 x 75 on 1:10 500 Free Pace SP2
 1 on 11:00 Social Kick Tag in Diving Well REC

160 8 x 20 on 3:00 50 Free Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC
 6:30 PM 2,610 Yards - Stress Value = 196

Workout #20200 - Thursday, 13 July 2017

Group 3 - Speed Acquisition
1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Choice REC
 1x{1 on 10:00 Vrtcl Kck w/fins SP3
 {1 on 10:00 Running Pit Sprints SP3
 {1 on 10:00 StrthCrzd-Deep/Shlw SP3
 {1 on 10:00 12X25@45 fins/tennis balls SP3
 {1 on 10:00 12X25@45 undwtr w/fins SP3
 {1 on 10:00 OTB 15m sprints SP3
 250 1 x 250 on 4:00 Stroke Drills REC
 6:30 PM 850 Yards

Workout #20197 - Thursday, 13 July 2017

Group 2 - Silver-1
1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS//Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:10 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:05 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1 x 500 on 33:00 Teach Day-FREESTYLE
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 86

Workout #20198 - Thursday, 13 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:25 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:20 Kick |
| | {1 x 100 on 2:40 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 500 | 1 x 500 on 33:00 Teach Day-FREESTYLE |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,050 Yards - Stress Value = 84 |

Workout #20199 - Thursday, 13 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:45 Kick |
| | {1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:40 Kick |
| | {1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:35 Kick |
| | {1 x 100 on 2:50 Kick |
| | {1 x 100 on 2:30 Kick |
| | {1 x 50 on 1:20 Kick |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 500 | 1 x 500 on 33:00 Teach Day-FREESTYLE |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,000 Yards - Stress Value = 83 |

Workout #20195 - Thursday, 13 July 2017

Taper 1 - Distance

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Weights |
| 400 | 1 x 400 on 8:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{2 x 50 on :45 Kick |
| | {2 x 75 on 1:30 Kick 2 weakest kicks |
| | {2 x 50 on :45 Kick |
| | {2 x 75 on 1:25 Kick 2 weakest kicks |
| | {2 x 50 on :45 Kick |
| | {2 x 75 on 1:20 Kick 2 weakest kicks |
| | {2 x 50 on :45 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,600 | 1x{1 x 100 on 1:15 Freestyle |
| | {1 x 100 on 1:25 Free Hold 1:06 |

| | |
|-----|---|
| | {1 x 300 on 3:45 Freestyle |
| | {1 x 50 on :55 Freestyle |
| | {1 x 200 on 2:30 Freestyle |
| | {1 x 100 on 1:25 Free Hold 1:05 |
| | {1 x 200 on 2:30 Freestyle |
| | {1 x 50 on :55 Freestyle |
| | {1 x 300 on 3:45 Freestyle |
| | {1 x 100 on 1:25 Free hold 1:04 |
| | {1 x 100 on 1:15 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 8:10 AM 3,350 Yards - Stress Value = 53 |

Workout #20202 - Friday, 14 July 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| ===== | ===== | === | === |
| | 1 on 35:00 DS/Weights | | |
| 400 | 1 x 400 on 8:00 Underwater trn drill | REC | |
| 150 | 10 x 15 on :45 Shooters | SP3 | |
| 1,125 | 5x{1 x 200 on 2:50 Butterfly | EN2 | |
| | {1 on :30 5 squats | EN1 | |
| | {1 x 25 on :45 Underwater fly kick | EN2 | |
| | {1 on :30 5 squats | EN1 | |
| | After every 2nd round drop 200 flys by 5 se | | |
| 800 | 1x{1 x 100 on 1:20 Kick | EN2 | |
| | {4 x 25 on :30 Sprint Kicks | EN2 | |
| | {1 x 100 on 1:25 Kick | EN2 | |
| | {4 x 25 on :30 Sprint Kicks | EN2 | |
| | {1 x 100 on 1:30 Kick | EN2 | |
| | {4 x 25 on :30 Sprint Kicks | EN2 | |
| | {1 x 100 on 1:35 Kick | EN2 | |
| | {4 x 25 on :30 Sprint Kicks | EN2 | |
| 650 | 1x{1 x 200 on 2:40 Pulls BWFPF | EN2 | |
| | {1 x 175 on 2:20 Pulls BWFPF | EN2 | |
| | {1 x 150 on 2:00 Pulls BWFPF | EN2 | |
| | {1 x 125 on 1:40 Pulls BWFPF | EN2 | |
| | hold 1:10 base | | |
| 500 | 10 x 50 on 1:00 Stroke Drills | REC | |
| | 8:22 AM 3,625 Yards - Stress Value = 57 | | |

Workout #20203 - Friday, 14 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| ===== | ===== | === | === |
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 10:00 RS-Timed Breast Turns | SP3 | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video 1 correction 1 positive | | |
| | 8:55 AM 4,900 Yards - Stress Value = 400 | | |

Workout #20207 - Friday, 14 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|------------|---------------------------------------|-----|----|
| 5:00 PM | Start | | |
| 1 on 15:00 | DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| 1 on 11:00 | Racing Skills-underwater work | EN2 | |
| 160 | 8 x 20 on 3:00 50 Breast Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| 6:30 PM | 2,310 Yards - Stress Value = 166 | | |

Workout #20204 - Friday, 14 July 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|------------|---|-----|----|
| 5:00 PM | Start | | |
| 1 on 40:00 | DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS 25Swim, 25Under, 25Scull, 25Swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,150 | 1x{1 x 200 on 4:15 Breaststroke {2 x 50 on 1:10 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:10 Breaststroke {2 x 50 on 1:05 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:05 Breaststroke {3 x 50 on 1:00 Breast 2X pullouts BH wall | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 6:30 PM | 1,950 Yards - Stress Value = 29 | | |

Workout #20205 - Friday, 14 July 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|------------|---|-----|----|
| 5:00 PM | Start | | |
| 1 on 40:00 | DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS 25Swim, 25Under, 25Scull, 25Swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,100 | 1x{1 x 200 on 4:30 Breaststroke {2 x 50 on 1:15 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:20 Breaststroke {2 x 50 on 1:10 Breast 2X pullouts BH wall {4 x 25 on :45 Breast w/free kick-fast hands {1 x 200 on 4:15 Breaststroke {2 x 50 on 1:05 Breast 2X pullouts BH wall | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 6:31 PM | 1,900 Yards - Stress Value = 28 | | |

Workout #20206 - Friday, 14 July 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|------------|---|-----|----|
| 5:00 PM | Start | | |
| 1 on 40:00 | DS/Dryland | | |
| 400 | 4 x 100 on 2:15 SwimUSS 25Swim, 25Under, 25Scull, 25Swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 950 | 1x{1 x 200 on 5:00 Breaststroke {2 x 50 on 1:30 Breast 2X pullouts BH wall {2 x 25 on 1:00 Breast w/free kick-fast hands {1 x 200 on 4:50 Breaststroke | | |

| | | |
|---|---------------------------------|--|
| {2 x 50 on 1:25 Breast 2X pullouts BH wall | | |
| {2 x 25 on 1:00 Breast w/free kick-fast hands | | |
| {1 x 200 on 4:40 Breaststroke | | |
| {1 x 50 on 1:20 Breast 2X pullouts BH wall | | |
| 250 1 x 250 on 4:00 Stroke Drills | | |
| 6:30 PM | 1,750 Yards - Stress Value = 25 | |

Workout #20209 - Monday, 17 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|------------|---------------------------------------|-----|------|
| 6:30 AM | Start | | |
| 1 on 35:00 | DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 1 on 10:00 | RS-6 sec free turns | SP3 | S |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| 1 on 5:00 | Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 1 on 5:00 | Walking/jump rope | REC | L |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video-2 positives | | |
| 9:02 AM | 5,150 Yards - Stress Value = 450 | | |

Workout #20210 - Monday, 17 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|------------|---------------------------------------|-----|------|
| 5:00 PM | Start | | |
| 1 on 15:00 | DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | S |
| 1 on 5:00 | Walking/Jump Rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 6:39 PM | 3,810 Yards - Stress Value = 316 | | |

Workout #20208 - Monday, 17 July 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|------------|--|-----|------|
| 6:30 AM | Start | | |
| 1 on 35:00 | DS/Weights | | L |
| 400 | 1 x 400 on 8:00 Swim-kick-pull-swim | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 1,000 | 1x{4 x 25 on :30 Kick no board B {1 x 150 on 2:25 Kick {4 x 25 on :30 Kick no board S {1 x 150 on 2:20 Kick {4 x 25 on :30 Kick no board L {1 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board R {1 x 150 on 2:10 Kick | | |
| 600 | 1x{1 x 300 on 3:45 Pulls-no br L.16 yds {1 x 200 on 2:30 Pulls-no br L.18 yds {1 x 100 on 1:15 Pulls-no br L.20 yds | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,350 | 9 x 150 on 2:00 Freestyle-Descend | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 8:21 AM | 3,950 Yards - Stress Value = 67 | | |

Workout #20211 - Monday, 17 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:20 Kick on left side |
| | {1 x 100 on 2:20 Kick on right side |
| | {1 x 100 on 2:20 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:15 Kick on left side |
| | {1 x 100 on 2:15 Kick on right side |
| | {1 x 100 on 2:15 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,700 | 1x{4 x 125 on 2:30 Back 10KOLW |
| | {3 x 50 on 1:00 Back-descend |
| | {3 x 125 on 2:25 Back 10 KOLW |
| | {3 x 50 on 1:00 Back-descend |
| | {2 x 125 on 2:20 Back 10 KOLW |
| | {3 x 50 on 1:00 Back-descend |
| | {1 x 125 on 2:15 Back 10 KOLW |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,250 Yards - Stress Value = 118 |

Workout #20212 - Monday, 17 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:30 Kick on left side |
| | {1 x 100 on 2:30 Kick on right side |
| | {1 x 100 on 2:30 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:25 Kick on left side |
| | {1 x 100 on 2:25 Kick on right side |
| | {1 x 50 on 1:10 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,575 | 1x{4 x 125 on 2:40 Back 10KOLW |
| | {3 x 50 on 1:05 Back-descend |
| | {3 x 125 on 2:35 Back 10 KOLW |
| | {3 x 50 on 1:05 Back-descend |
| | {2 x 125 on 2:35 Back 10 KOLW |
| | {3 x 50 on 1:05 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,075 Yards - Stress Value = 115 |

Workout #20213 - Monday, 17 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel |
| 150 | 10 x 15 on :45 Shooters |

| | |
|-------|---|
| 800 | 1x{4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:40 Kick on left side |
| | {1 x 100 on 2:40 Kick on right side |
| | {1 x 50 on 1:20 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| | {1 x 100 on 2:35 Kick on left side |
| | {1 x 100 on 2:35 Kick on right side |
| | {1 x 50 on 1:15 Streamline kick on back |
| | {4 x 25 on :45 Kick no board B |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,350 | 1x{4 x 100 on 2:30 Back 10KOLW |
| | {3 x 50 on 1:15 Back-descend |
| | {3 x 100 on 2:25 Back 10 KOLW |
| | {3 x 50 on 1:15 Back-descend |
| | {2 x 100 on 2:20 Back 10 KOLW |
| | {3 x 50 on 1:15 Back-descend |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 3,800 Yards - Stress Value = 109 |

Workout #20215 - Tuesday, 18 July 2017

Group 3 - Fly

1 minute rest between sets

7:56 AM Start

| Yards | Set Description | EC |
|-------|--|----|
| ===== | ===== | == |
| 1,000 | 4x{3 x 50 on :40 3-4-5 strokes fly off walls | EN |
| | {1 x 100 on 2:00 Fly Drill | EM |
| 250 | 1 x 250 on 5:00 Stroke Drills | RE |
| | 8:18 AM 1,250 Yards - Stress Value = 20 | |

Workout #20216 - Tuesday, 18 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| ===== | ===== | == | ==== |
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 10:00 RS-6 sec back starts | SP3 | S |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video 2 positives | | |
| | 8:57 AM 4,650 Yards - Stress Value = 400 | | |

Workout #20217 - Tuesday, 18 July 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| ===== | ===== | == | == |
| | 1 on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Choice | REC | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| | 1 on 11:00 Racing Skills-underwater work | EN2 | |
| 160 | 8 x 20 on 3:00 50 Back Pace | SP2 | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | |
| | 6:30 PM 2,310 Yards - Stress Value = 166 | | |

Workout #20214 - Tuesday, 18 July 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 150 on 2:20 Kick
 {2 x 100 on 1:35 Kick
 {2 x 50 on :45 Kick
 500 1x{1 x 100 on 1:20 Pulls-no br L.12 yds
 {1 x 100 on 1:20 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls-no br L.14 yds
 {1 x 100 on 1:20 Pulls-no br L.15 yds
 {1 x 100 on 1:20 Pulls-no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 3 x 400 on 5:15 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 250 1 x 250 on 5:00 Stroke Drills
 8:18 AM 3,700 Yards - Stress Value = 61

1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:50 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 2:45 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 2:35 Breast Kick w/board
 {1 x 100 on 3:00 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 2:45 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 100 on 2:45 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:20 Breast-descend
 {1 x 100 on 2:45 Breast-Kick on back
 {3 x 50 on 1:20 Breast-descend
 {1 x 100 on 2:45 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:15 Breast-descend
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 89

Workout #20218 - Tuesday, 18 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:25 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:15 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {1 x 50 on 1:20 Breast Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,300 1x{1 x 100 on 2:30 Breast 2K1P
 {3 x 50 on 1:15 Breast descend
 {1 x 100 on 2:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 100 on 2:30 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 100 on 2:30 Breast-Kick on back
 {3 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:10 Breast-descend
 {1 x 50 on 1:15 Breast 2K1P
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,900 Yards - Stress Value = 100

Workout #20220 - Tuesday, 18 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:00 Breast Kick w/board
 {1 x 100 on 3:15 Breast Kick w/board
 {1 x 100 on 2:55 Breast Kick w/board
 {1 x 100 on 3:15 Breast Kick w/board
 {1 x 100 on 2:50 Breast Kick w/board
 {1 x 100 on 3:15 Breast Kick w/board
 {1 x 100 on 2:45 Breast Kick w/board
 {1 x 50 on 2:00 Breast Kick w/board-100%
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 3:00 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 100 on 3:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:30 Breast-descend
 {1 x 100 on 3:00 Breast-Kick on back
 {3 x 50 on 1:25 Breast-descend
 {1 x 100 on 3:00 Breast-Kick on back
 {3 x 50 on 1:25 Breast-descend
 {1 x 100 on 3:00 Breast 3-4-5-6 glide
 450 18 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 79

Workout #20219 - Tuesday, 18 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

Workout #20221 - Wednesday, 19 July 2017

Group 3 - Race day warmup

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--------------------------------------|-----|------|
| 6:30 AM | Start | | |
| 1 | on 55:00 Meeting w/Ava-DS/Showers | | M |
| 400 | 1 x 400 on 6:00 Freestyle Drill | REC | D |
| 150 | 10 x 15 on :45 Shooters | SP3 | S C |
| 300 | 3 x 100 on 2:15 Kick | EN1 | K C |
| 400 | 8 x 50 on 1:15 Down Drill Back Build | EN1 | S C |
| 300 | 12 x 25 on :40 Variable Speed | EN1 | S C |
| 50 | 2 x 25 on 2:30 OTB | SP3 | S C |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D |
| | Any technique work you need | | |
| 8:19 AM | 1,850 Yards - Stress Value = 18 | | |

Workout #20222 - Wednesday, 19 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 6:30 AM | Start | | |
| 1 | on 55:00 Meeting w/Ava-DS/Showers | | M |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Your Choice Pace | SP2 | S |
| | 1 on 10:00 RS-Starts | SP3 | S |
| 750 | 30 x 25 on :30 100 Your Choice Pace | SP2 | S |
| | 1 on 10:00 Vidoe-Walking/jump rope | REC | L |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 9:02 AM | 3,060 Yards - Stress Value = 241 | | |

Workout #20223 - Wednesday, 19 July 2017

Group 2 - Silver-1

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 5:00 PM | Start | | |
| 1 | on 35:00 DS/Dryland | | |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 950 | 1x{1 x 100 on 2:15 Free Kick w/board {2 x 50 on 1:10 Free Kick w/board {4 x 25 on :40 Free Kick w/board-100% {1 x 100 on 2:15 Free Kick w/board {2 x 50 on 1:10 Free Kick w/board {4 x 25 on :40 Free Kick w/board {1 x 100 on 2:15 Free Kick w/board {2 x 50 on 1:10 Free Kick w/board {6 x 25 on :40 Free Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks | | |
| 1,750 | 1x{5 x 150 on 2:50 Free L.25 3KOW Br on 5 {4 x 125 on 2:20 Free L.25 3KOW Br on 5 {3 x 100 on 1:50 Free L.25 3KOW Br on 5 {2 x 75 on 1:20 Free L.25 3KOW Br on 5 {1 x 50 on :55 Free L.25 3KOW Br on 5 | | |
| 600 | 24 x 25 on :35 100 Free Pace | | |
| | 1 on 10:00 Game | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM | 4,200 Yards - Stress Value = 120 | | |

Workout #20224 - Wednesday, 19 July 2017

Group 2 - Silver-2

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|-----------------|-----|------|
| 5:00 PM | Start | | |

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 1 | on 35:00 DS/Dryland | | |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 900 | 1x{1 x 100 on 2:20 Free Kick w/board {2 x 50 on 1:15 Free Kick w/board {4 x 25 on :45 Free Kick w/board-100% {1 x 100 on 2:20 Free Kick w/board {2 x 50 on 1:15 Free Kick w/board {4 x 25 on :45 Free Kick w/board {1 x 100 on 2:20 Free Kick w/board {2 x 50 on 1:15 Free Kick w/board {4 x 25 on :45 Free Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks | | |
| 1,600 | 1x{5 x 150 on 3:05 Free L.25 3KOW Br on 5 {4 x 125 on 2:30 Free L.25 3KOW Br on 5 {3 x 100 on 1:55 Free L.25 3KOW Br on 5 {1 x 50 on :55 Free L.25 3KOW Br on 5 | | |
| 600 | 24 x 25 on :35 100 Free Pace | | |
| | 1 on 10:00 Game | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM | 4,000 Yards - Stress Value = 116 | | |

Workout #20225 - Wednesday, 19 July 2017

Group 2 - Silver-3

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 5:00 PM | Start | | |
| 1 | on 35:00 DS/Dryland | | |
| 350 | 14 x 25 on :35 Wednesday Warm-up 2-16, 4-15, 6-14, 2-13 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 850 | 1x{1 x 100 on 2:30 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board {4 x 25 on :45 Free Kick w/board-100% {1 x 100 on 2:30 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board {4 x 25 on :45 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board {4 x 25 on :45 Free Kick w/board | | |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks | | |
| 1,500 | 1x{5 x 150 on 3:15 Free L.25 3KOW Br on 5 {4 x 125 on 2:40 Free L.25 3KOW Br on 5 {2 x 100 on 2:05 Free L.25 3KOW Br on 5 {1 x 50 on 1:00 Free L.25 3KOW Br on 5 | | |
| 600 | 24 x 25 on :35 100 Free Pace | | |
| | 1 on 10:00 Game | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| 7:30 PM | 3,850 Yards - Stress Value = 113 | | |

Workout #20226 - Thursday, 20 July 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---|-----|------|
| 6:30 AM | Start | | |
| 1 | on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| | 1 on 10:00 RS-6 sec fly turns | SP3 | S |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video-2 corrections to be put in your logbook | | |
| 9:02 AM | 5,150 Yards - Stress Value = 450 | | |

Workout #20227 - Thursday, 20 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 3:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 125 on 2:55 Fly Kick w/board
 {2 x 25 on :45 Kick no board S
 {3 x 100 on 2:20 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 33:00 Teach Day-fly
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 5:00 Stroke Drills
 7:30 PM 2,450 Yards - Stress Value = 75

Workout #20228 - Thursday, 20 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 3:45 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 125 on 3:10 Fly Kick w/board
 {2 x 25 on :45 Kick no board S
 {2 x 100 on 2:30 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 33:00 Teach Day-Fly
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 5:00 Stroke Drills
 7:29 PM 2,350 Yards - Stress Value = 73

Workout #20229 - Thursday, 20 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 10:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 125 on 3:20 Fly Kick w/board
 {6 x 25 on :45 Kick no board S
 {1 x 100 on 2:40 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 33:00 Teach Day-Fly
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 5:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 73

Workout #20230 - Friday, 21 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 200 Back Pace SP2 S
 1 on 10:00 RS-Timed breast turns SP3 S
 750 30 x 25 on :30 100 Breast Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Free Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 1,500 30 x 50 on :55 200 Fly Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 9:05 AM 5,150 Yards - Stress Value = 450

Workout #20232 - Monday, 24 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 5:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1 on 10:00 Racing Skills-Free Starts 6 sec SP3
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 5:00 Walking/jump rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 5:00 Walking/jump rope REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC
 Video 1 correction 1 positive
 9:03 AM 4,800 Yards - Stress Value = 406

Workout #20234 - Monday, 24 July 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 3,000 30 x 100 on 1:25 1650 Free Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 160 8 x 20 on 3:00 50 Fly Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 6:39 PM 3,810 Yards - Stress Value = 316

Workout #20231 - Monday, 24 July 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR, min 15m underwater
 800 1x{2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{2 x 150 on 1:55 Freestyle
 {1 x 300 on 4:00 Freestyle
 {2 x 125 on 1:35 Freestyle
 {1 x 250 on 3:20 Freestyle
 {2 x 100 on 1:15 Freestyle
 {1 x 200 on 2:40 Freestyle
 {2 x 75 on :55 Freestyle
 {1 x 250 on 2:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 250 1 x 250 on 4:00 Stroke Drills
 8:12 AM 3,600 Yards - Stress Value = 76

Workout #20233 - Monday, 24 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 7:00 Choice REC
 120 8 x 15 on :45 Spinners SP3
 100 1 x 100 on 3:00 Kick for time w/ a board EN2
 900 2x{3 x 25 on :30 Free w/ weight belts-desc EN2
 {3 x 50 on :55 Free w/ weight belts-desc EN2
 {3 x 75 on 1:15 Free w/ weight belts-desc EN2
 {1 on 1:00 Add more weight
 40's=20 closed fist build 20 fast w/great t
 1,000 1x{7 x 40 on 1:00 Freestyle SP2
 {1 x 120 on 3:30 Freestyle REC
 {5 x 40 on 1:00 Freestyle SP2
 {1 x 120 on 3:30 Freestyle REC
 {3 x 40 on 1:00 Freestyle SP2
 {1 x 120 on 3:30 Freestyle REC
 {1 x 40 on 1:00 Freestyle SP2
 500 10 x 50 on 1:00 Stroke Drills REC
 6:31 PM 3,020 Yards - Stress Value = 89

Workout #20235 - Monday, 24 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{2 x 25 on :45 Kick no board S 12 KOW
 {3 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S 14 KOW
 {3 x 100 on 2:25 Fly Kick w/board
 {6 x 25 on :45 Kick no board S 16 KOW
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 1x{5 x 75 on 2:00 Fly-25L25R25B

{4 x 25 on :45 Fly 5/7/9/11 KOW
 {4 x 75 on 1:55 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {3 x 75 on 1:50 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 500 20 x 25 on :40 100 Fly Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 98

Workout #20236 - Monday, 24 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{2 x 25 on :45 Kick no board S 12 KOW
 {3 x 100 on 2:40 Fly Kick w/board
 {4 x 25 on :45 Kick no board S 14 KOW
 {2 x 100 on 2:35 Fly Kick w/board
 {6 x 25 on :45 Kick no board S 16 KOW
 {1 x 50 on 1:15 Fly Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,100 1x{5 x 75 on 2:10 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {4 x 75 on 2:05 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {3 x 75 on 2:00 Fly-25L25R25B
 450 18 x 25 on :45 100 Fly Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:29 PM 3,450 Yards - Stress Value = 90

Workout #20237 - Monday, 24 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{2 x 25 on :45 Kick no board S 12 KOW
 {3 x 100 on 2:50 Fly Kick w/board
 {4 x 25 on :45 Kick no board S 14 KOW
 {2 x 100 on 2:45 Fly Kick w/board
 {6 x 25 on :45 Kick no board S 16 KOW
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{5 x 75 on 2:20 Fly-25L25R25B
 {4 x 25 on :45 Fly 5/7/9/11 KOW
 {4 x 75 on 2:15 Fly-25L25R25B
 {2 x 25 on :45 Fly 9/11 KOW
 {3 x 75 on 2:10 Fly-25L25R25B
 450 18 x 25 on :45 100 Fly Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:28 PM 3,350 Yards - Stress Value = 88

Workout #20238 - Tuesday, 25 July 2017

Group 3 - Back

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 35:00 DS/Weights | |
| 400 | 1 x 400 on 8:00 Top Hat Drill | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,800 | 1x{2 x 150 on 2:10 Backstroke | EN2 |
| | {3 x 100 on 1:25 Back-descend 2/3/4 KOW | EN2 |
| | {2 x 150 on 2:05 Backstroke | EN2 |
| | {3 x 100 on 1:25 Back descend 3/4/5 KOW | EN2 |
| | {2 x 150 on 2:00 Backstroke | EN2 |
| | {3 x 100 on 1:25 Back descend 4//5/6 KOW | EN2 |
| 200 | 2 x 100 on 2:00 Kick on fpi | EN2 |
| 400 | 1 x 400 on 8:00 Vertical Kick | EN2 |
| 650 | 1x{2 x 75 on :55 Pulls BTB | EN2 |
| | {2 x 50 on :35 Pulls | EN2 |
| | {2 x 75 on :55 Pulls BTS | EN2 |
| | {2 x 50 on :35 Pulls | EN2 |
| | {2 x 75 on :55 Pulls alt BT S/B | EN2 |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC |
| | 8:16 AM 3,800 Yards - Stress Value = 67 | |

Workout #20239 - Tuesday, 25 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | F |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 35:00 DS/Weights | |
| 400 | 1 x 400 on 5:00 Choice | F |
| 1,500 | 30 x 50 on :50 200 Free Pace | S |
| | 1 on 10:00 RS-Fly Starts 6 sec | S |
| 750 | 30 x 25 on :30 100 Fly Pace | S |
| | 1 on 5:00 Walking/jump rope | F |
| 750 | 30 x 25 on :30 12.5 ez 12.5 fast grt finishes | S |
| | 1 on 5:00 Walking/jump rope | F |
| 1,500 | 30 x 50 on :55 200 Breast Pace | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | F |
| | Video-1 correction 1 positive | |
| | 9:02 AM 5,150 Yards - Stress Value = 450 | |

Workout #20241 - Tuesday, 25 July 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 | S |
| | 1 on 11:00 Underwater work | SP3 | S |
| 160 | 8 x 20 on 3:00 50 Back Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:30 PM 2,610 Yards - Stress Value = 196 | | |

Workout #20240 - Tuesday, 25 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | |
| 1,250 | 5x{1 x 150 on 2:00 2min swim :30sec to wall | EN2 |
| | {4 x 25 on :45 Sprint IM order | SP3 |
| 150 | 10 x 15 on :45 Spinners | SP3 |
| | All Drills are at least two drills & all three 50's must be different | |

| | | |
|-------|---|-----|
| 1,500 | 1x{1 x 150 on :01 Free L.25 5 breaths | SP2 |
| | {1 on 2:59 Rest | |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 125 on :01 Free L.25 4 breaths | SP2 |
| | {1 x 25 on 2:59 Freestyle | REC |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 100 on :01 Free L.25 3 breaths | SP2 |
| | {1 x 50 on 2:59 Freestyle | REC |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 75 on :01 Free L.25 2 breaths | SP2 |
| | {1 x 75 on 2:59 Freestyle | REC |
| | {3 x 50 on 1:00 Stroke Drills | REC |
| | {1 x 50 on :01 Free L.25 1 breath | SP2 |
| | {1 x 100 on 2:59 Freestyle | REC |
| | {1 x 25 on :01 Free no breath | SP2 |
| | {1 x 125 on 3:00 Freestyle | REC |
| 400 | 8 x 50 on 1:00 Stroke Drills | REC |
| | 6:30 PM 3,300 Yards - Stress Value = 93 | |

Workout #20242 - Tuesday, 25 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{4 x 100 on 2:25 Free Kick w/board |
| | {4 x 25 on :45 Sprint Free Kick w/board |
| | {4 x 75 on 1:40 Free Kick w/board |
| | {4 x 25 on :45 Sprint Free Kick w/board |
| | {1 x 50 on 1:05 Free Kick w/board |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 1,700 | 1x{2 x 125 on 2:30 Free br on 5 L.25 |
| | {3 x 50 on 1:00 Free 3 KOW breathe on LEFT si |
| | {2 x 125 on 2:25 Free br on 5 L.25 |
| | {3 x 50 on 1:00 Free 3 KOW breathe on RIGHT s |
| | {2 x 125 on 2:20 Free br on 5 L.25 |
| | {3 x 50 on 1:00 Free 3 KOW breathe on LEFT si |
| | {2 x 125 on 2:15 Free br on 5 L.25 |
| | {3 x 50 on 1:00 Free 3 KOW breathe on RIGHT s |
| | {1 x 100 on 1:45 Free br on 5 L.25 |
| 600 | 24 x 25 on :35 100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:30 PM 4,300 Yards - Stress Value = 115 |

Workout #20243 - Tuesday, 25 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 900 1x{4 x 100 on 2:35 Free Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {4 x 75 on 1:50 Free Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,550 1x{2 x 125 on 2:40 Free br on 5 L.25
 {3 x 50 on 1:05 Free 3 KOW breathe on LEFT si
 {2 x 125 on 2:35 Free br on 5 L.25
 {3 x 50 on 1:05 Free 3 KOW breathe on RIGHT s
 {2 x 125 on 2:30 Free br on 5 L.25
 {3 x 50 on 1:05 Free 3 KOW breathe on LEFT si
 {2 x 125 on 2:25 Free br on 5 L.25
 {2 x 50 on 1:05 Free 3 KOW breathe on RIGHT s
 600 24 x 25 on :35 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 111

Workout #20244 - Tuesday, 25 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle w/snorkel
 150 10 x 15 on :45 Shooters
 850 1x{4 x 100 on 2:45 Free Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {4 x 75 on 2:00 Free Kick w/board
 {2 x 25 on :45 Sprint Free Kick w/board
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,450 1x{2 x 125 on 2:50 Free br on 5 L.25
 {3 x 50 on 1:10 Free 3 KOW breathe on LEFT si
 {2 x 125 on 2:45 Free br on 5 L.25
 {2 x 50 on 1:10 Free 3 KOW breathe on RIGHT s
 {2 x 125 on 2:40 Free br on 5 L.25
 {2 x 50 on 1:10 Free 3 KOW breathe on LEFT si
 {2 x 125 on 2:35 Free br on 5 L.25
 {2 x 50 on 1:10 Free 3 KOW breathe on RIGHT s
 500 20 x 25 on :40 100 Free Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:30 PM 3,850 Yards - Stress Value = 98

Workout #20245 - Wednesday, 26 July 2017

Group 3 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 55:00 Meeting w/Ava-DS/Showers
 400 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{ BSLR 100%-Make all underwater= - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Kick-100%

{4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Kick-100%
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:15 Breast 2/3/4 PO
 {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 250 1 x 250 on 4:00 Stroke Drills
 8:37 AM 3,400 Yards - Stress Value = 56

Workout #20246 - Wednesday, 26 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 55:00 Meeting w/Ava-DS/Showers M
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 400 IM Pace SP2 S
 1 on 10:00 RS-Back Turns SP3 S
 200 8 x 25 on 3:00 50 Free Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Your Choice SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 9:00 AM 3,100 Yards - Stress Value = 245

Workout #20247 - Wednesday, 26 July 2017

Group 2 - Silver-1

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 16 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 2x{1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 100 on 2:20 Kick
 {1 x 100 on 2:15 Kick
 {1 x 100 on 2:10 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,450 1x{1 x 150 on 3:00 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 2:55 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 2:50 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 2:45 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 2:40 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 600 24 x 25 on :35 100 Breast Pace
 1 on 10:00 Killer Relays
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 4,000 Yards - Stress Value = 115

Workout #20248 - Wednesday, 26 July 2017

Group 2 - Silver-2

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 16 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 2x{1 x 100 on 2:40 Kick
 {1 x 100 on 2:35 Kick
 {1 x 100 on 2:30 Kick
 {1 x 100 on 2:25 Kick
 {1 x 50 on 1:10 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,400 1x{1 x 150 on 3:15 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:10 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:05 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:00 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 2:50 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Killer Relays
 250 1 x 250 on 4:00 Stroke Drills
 6:29 PM 3,750 Yards - Stress Value = 102

Workout #20249 - Wednesday, 26 July 2017

Group 2 - Silver-3

1 minute rest between sets

4:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 16 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 2x{1 x 100 on 2:50 Kick
 {1 x 100 on 2:45 Kick
 {1 x 100 on 2:40 Kick
 {1 x 100 on 2:35 Kick
 {1 x 50 on 1:10 Kick
 150 6 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,250 1x{1 x 150 on 3:30 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {1 x 150 on 3:25 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {1 x 150 on 3:20 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {1 x 150 on 3:15 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {1 x 150 on 3:10 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 500 20 x 25 on :40 100 Breast Pace
 1 on 10:00 Killer Relays
 250 1 x 250 on 4:00 Stroke Drills
 6:29 PM 3,600 Yards - Stress Value = 99

Workout #20250 - Thursday, 27 July 2017

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 8:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :30 Kick no board BSLR-10 KOW

{4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-11 KOW
 {4 x 75 on 1:05 Kick
 500 1 x 500 on 6:45 Lungbuster pulls
 breathe 3-5-7 continuous
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{4 x 100 on 1:25 Fly 2-3-4-5 strokes off wall
 {4 x 100 on 1:20 Fly 2-3-4-5 strokes off wall
 {4 x 100 on 1:15 Fly 2-3-4-5 strokes off wall
 300 6 x 50 on 1:00 Stroke Drills
 8:12 AM 3,450 Yards - Stress Value = 51

Workout #20251 - Thursday, 27 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Back Pace SP2 S
 1 on 10:00 RS-6 second Free Turns SP3 S
 750 30 x 25 on :30 100 Breast Pace SP2 S
 1 on 5:00 Walking/jum rope REC L
 750 30 x 25 on :30 100 Free Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 1,500 30 x 50 on :55 200 Fly Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 Video 1 correction 1 positive
 9:02 AM 5,150 Yards - Stress Value = 450

Workout #20258 - Thursday, 27 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 10:00 RS-Timed Brst Turns SP3 S
 750 30 x 25 on :30 100 Back Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Fly Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 1,500 30 x 50 on :50 200 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 Video 1 correction 1 positive
 9:02 AM 5,150 Yards - Stress Value = 450

Workout #20253 - Thursday, 27 July 2017

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers L
 400 1 x 400 on 5:00 Choice REC S
 2,250 30 x 75 on 1:10 1000 Free Pace SP2 S
 1 on 4:00 RS-Starts SP3 S
 160 8 x 20 on 3:00 50 Breast Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 6:30 PM 3,060 Yards - Stress Value = 241

Workout #20252 - Thursday, 27 July 2017

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WC |
|-------------------|--|-----|----|
| 600 | 1 on 15:00 DS/Showers | | |
| | 1 x 600 on 9:00 Choice | REC | |
| | 1x{1 on 10:00 Vrtcl Kck w/fins | SP3 | |
| | {1 on 10:00 Running Pit Sprints | SP3 | |
| | {1 on 10:00 StrthCrdz-Deep/Shlw | SP3 | |
| | {1 on 10:00 12X25@45 fins/tennis balls | SP3 | |
| | {1 on 10:00 12X25@45 undwtr w/fins | SP3 | |
| | {1 on 10:00 OTB 15m sprints | SP3 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 6:30 PM 850 Yards | | | |

| Yards | Set Description |
|---|---|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board B-12 KOW |
| | {3 x 50 on 1:30 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-14 KOW |
| | {3 x 50 on 1:25 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-16 KOW |
| | {3 x 50 on 1:20 Kick Strmln/Lt/Rt |
| | {2 x 25 on :45 Kick no board B-18 KOW |
| | 1 on 34:00 Teach Day Backstroke |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,300 Yards - Stress Value = 72 | |

Workout #20254 - Thursday, 27 July 2017

Group 2 - Silver-1

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :45 Kick no board B-12 KOW |
| | {3 x 50 on 1:15 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-14 KOW |
| | {3 x 50 on 1:10 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-16 KOW |
| | {3 x 50 on 1:05 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-18 KOW |
| | {1 x 50 on 1:00 Streamiline kick on back |
| | 1 on 34:00 Teach Day Backstroke |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 600 | 24 x 25 on :35 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,500 Yards - Stress Value = 84 | |

Workout #20257 - Friday, 28 July 2017

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

| Yards | Set Description |
|---|---|
| | 1 on 35:00 DS/Weights |
| 400 | 1 x 400 on 10:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 250 on 3:45 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 200 on 3:00 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 2:15 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:30 Kick |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,500 | 3 x 500 on 7:30 Individual Medley |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 8:17 AM 3,500 Yards - Stress Value = 58 | |

Workout #20255 - Thursday, 27 July 2017

Group 2 - Silver-2

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 10:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :45 Kick no board B-12 KOW |
| | {3 x 50 on 1:20 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-14 KOW |
| | {3 x 50 on 1:15 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-16 KOW |
| | {3 x 50 on 1:10 Kick Strmln/Lt/Rt |
| | {4 x 25 on :45 Kick no board B-18 KOW |
| | 1 on 34:00 Teach Day Backstroke |
| 150 | 6 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 500 | 20 x 25 on :40 100 Back Pace |
| | 1 on 10:00 Racing Skills-Back Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,350 Yards - Stress Value = 73 | |

Workout #20260 - Monday, 31 July 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

| Yards | Set Description | EGY |
|--|--|-----|
| | 1 on 55:00 Meeting w/Ava-DS/Showers | |
| 400 | 1 x 400 on 5:00 Choice | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 |
| | 1 on 15:00 Racing Skills-Free Starts 6 sec | SP3 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| | 1 on 5:00 Walking/jump rope | REC |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 |
| | 1 on 5:00 Walking/jump rope | REC |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | Video 1 correction 1 positive | |
| 9:02 AM 3,300 Yards - Stress Value = 256 | | |

Workout #20256 - Thursday, 27 July 2017

Group 2 - Silver-3

1 minute rest between sets

5:00 PM Start

Workout #20259 - Monday, 31 July 2017

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 55:00 Meeting w/Ava-DS/Showers
 150 1 x 400 on 8:00 Swim-kick-pull-swim
 500 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:15 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Do in sets of 4: 1-3 10 sec off best time
 #4 fast-
 2,000 1x{8 x 100 on 1:30 Freestyle
 {8 x 100 on 1:25 Freestyle
 {4 x 100 on 1:20 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 8:32 AM 3,400 Yards - Stress Value = 56

Workout #20261 - Tuesday, 01 August 2017

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Weights
 150 1 x 400 on 8:00 Top Hat Drill
 900 10 x 15 on :45 Shooters
 1x{1 x 150 on 2:05 Backstroke
 {3 x 100 on 1:25 Back-descend 2/3/4 KOW
 {1 x 150 on 2:00 Backstroke
 {3 x 100 on 1:25 Back descend 3/4/5 KOW
 325 1x{1 x 75 on 1:00 Pulls BTB
 {1 x 50 on :40 Pulls
 {1 x 75 on 1:00 Pulls BTS
 {1 x 50 on :40 Pulls
 {1 x 75 on 1:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,350 1x{1 x 150 on 2:05 Backstroke
 {3 x 100 on 1:25 Back-descend 2/3/4 KOW
 {1 x 150 on 2:00 Backstroke
 {3 x 100 on 1:25 Back descend 3/4/5 KOW
 {1 x 150 on 1:55 Backstroke
 {3 x 100 on 1:25 Back descend 4//5/6 KOW
 250 1 x 250 on 4:00 Stroke Drills
 8:11 AM 3,475 Yards - Stress Value = 59

Workout #20262 - Tuesday, 01 August 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :50 200 Free Pace SP2 S
 1 on 10:00 RS-Fly Starts 6 sec SP3 S
 750 30 x 25 on :30 100 Fly Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Back Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 Video-1 correction 1 positive
 9:02 AM 5,150 Yards - Stress Value = 450

Workout #20263 - Wednesday, 02 August 2017

Group 3 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Weights
 16 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:00 Kick
 {1 x 100 on 1:30 Kick
 {2 x 50 on 1:00 Kick
 {2 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick
 {3 x 100 on 1:40 Kick
 {2 x 50 on 1:00 Kick
 400 1 x 400 on 5:30 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{4 x 50 on :55 Descend 2X pullouts
 {1 x 200 on 3:20 Breast 2K1P+1K upto4
 {3 x 50 on :50 Descend 2X pullouts
 {1 x 200 on 3:20 Breast 2K1P+1K upto4
 {2 x 50 on :45 Descend 2X pullouts
 {1 x 200 on 3:20 Breast 2K1P+1K upto4
 {1 x 50 on :40 Breast-100%
 250 1 x 250 on 4:00 Stroke Drills
 8:17 AM 3,400 Yards - Stress Value = 49

Workout #20264 - Wednesday, 02 August 2017

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY WORK
 =====
 1 on 35:00 DS/Weights L
 400 1 x 400 on 5:00 Choice REC S
 1,500 30 x 50 on :55 400 IM Pace SP2 S
 1 on 15:00 RS-Back Starts SP3 S
 1,500 30 x 50 on :50 200 Back Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Your Choice SP2 S
 1 on 5:00 Walking/jump rope REC L
 250 1 x 250 on 4:00 Non-specific swimming REC D
 8:51 AM 4,400 Yards - Stress Value = 375

Workout #20265 - Thursday, 03 August 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Weights | | |
| | 1 x 400 on 8:00 Underwater trn drill | | |
| | Odd 100's free even 100's back | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 600 | 6 x 100 on 2:00 Challenge Kick Set | | |
| 800 | 1x{1 x 200 on 2:30 Pulls BTB | | |
| | {1 x 200 on 2:35 Pulls BTS | | |
| | {1 x 200 on 2:40 Pulls BTB | | |
| | {1 x 200 on 2:45 Pulls BTS | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,500 | 1x{1 x 100 on 1:20 3 strokes fly off walls-NB | | |
| | {4 x 50 on :45 Alt 25fr br 5/25fl w/fr kick | | |
| | {2 x 100 on 1:20 3 strokes fly off walls-NB | | |
| | {3 x 50 on :45 Alt 25fr br 5/25fl w/fr kick | | |
| | {3 x 100 on 1:20 3 strokes fly off walls-NB | | |
| | {2 x 50 on :45 Alt 25fr br 5/25fl w/fr kick | | |
| | {4 x 100 on 1:20 3 strokes fly off walls-NB | | |
| | {1 x 50 on :45 Alt 25fr br 5/25fl w/fr kick | | |
| 250 | 1 x 250 on 5:00 Stroke Drills | | |
| 8:19 AM 3,800 Yards - Stress Value = 64 | | | |

Workout #20266 - Thursday, 03 August 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Weights | | L |
| | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| | 1 on 10:00 RS-6 second Free Turns | SP3 | S |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 on 5:00 Walking/jum rope | REC | L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 1,500 | 30 x 50 on :55 200 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| Video 1 correction 1 positive | | | |
| 9:02 AM 5,150 Yards - Stress Value = 450 | | | |

Workout #20267 - Friday, 04 August 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|---|-----|------|
| 6:30 AM Start | | | |
| 400 | 1 on 35:00 DS/Weights | | |
| | 1 x 400 on 8:00 Reverse IM drill | | F |
| 150 | 10 x 15 on :45 Shooters | | S |
| 1,400 | 1x{1 x 100 on 1:25 Individual Medley | | F |
| | {2 x 75 on 1:10 Fly-25L 25R 25 B | | F |
| | {2 x 100 on 1:20 Individual Medley | | F |
| | {2 x 75 on 1:10 Back 25L 25R 25B | | F |
| | {3 x 100 on 1:15 Individual Medley | | F |
| | {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk | | F |
| | {2 x 100 on 1:10 Individual Medley | | F |
| | {2 x 75 on 1:05 Fr 25sclsdfst25catchup25reg | | F |
| 450 | 1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds | | F |
| | {1 x 150 on 2:00 Pulls-nbbf&w + 2 yds | | F |
| | {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds | | F |
| 800 | 1x{2 x 25 on :30 Kick no board B | | F |
| | {1 x 100 on 1:30 Kick | | F |
| | {2 x 25 on :30 Kick no board S | | F |
| | {2 x 100 on 1:30 Kick | | F |
| | {2 x 25 on :30 Kick no board L | | F |

{3 x 100 on 1:30 Kick

{2 x 25 on :30 Kick no board R

250 1 x 250 on 4:00 Stroke Drills

8:09 AM 3,450 Yards - Stress Value = 55

Workout #20268 - Friday, 04 August 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 6:30 AM Start | | | |
| | 1 on 35:00 DS/Weights | | L |
| 400 | 1 x 400 on 5:00 Choice | REC | S |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| | 1 on 10:00 RS-Timed Brst Turns | SP3 | S |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| Video 1 correction 1 positive | | | |
| 9:02 AM 5,150 Yards - Stress Value = 450 | | | |

Workout #20275 - Tuesday, 05 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|--|-----|------|
| 3:30 PM Start | | | |
| | 1 on 20:00 Spotlight/DS | | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | | REC |
| 1,000 | 20 x 50 on :50 200 Back Pace | | SP2 |
| | 1 on 8:00 Vid-2 corrections/walk-jump rope | | REC |
| 500 | 20 x 25 on :30 100 Breast Pace | | SP2 |
| 1,100 | 11 x 100 on 1:00 Racing Skills-Free turns | | SP3 |
| 500 | 20 x 25 on :30 100 Free Pace | | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | | REC |
| 5:00 PM 3,750 Yards - Stress Value = 244 | | | |

Workout #20274 - Tuesday, 05 September 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---|---|-----|------|
| 3:30 PM Start | | | |
| | 1 on 30:00 Spotlight/DS/Core | | |
| 500 | 1 x 500 on 8:00 Top Hat Drill | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 800 | 1x{2 x 100 on 2:00 Kick-Free | | |
| | {2 x 100 on 1:55 Kick-Free | | |
| | {2 x 100 on 1:50 Kick-Free | | |
| | {2 x 100 on 1:45 Kick-Free | | |
| 100 | 2x{1 x 25 on :50 Sculling drills | | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,000 | 1x{1 x 400 on 6:00 Free L.25 of each 100 6bk | | |
| | {1 x 300 on 4:30 Free L.25 of each 100 br on | | |
| | {1 x 200 on 3:00 Free L.25 of each 100 hb 12. | | |
| | {1 x 100 on 1:30 Free L.25 no breath L12.5 yc | | |
| 300 | 6 x 50 on 1:00 Stroke Drills | | |
| 5:00 PM 2,850 Yards - Stress Value = 42 | | | |

Workout #20273 - Tuesday, 05 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|---|
| 200 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 200 on 5:00 Sun Yang Free w/snorkel |
| 300 | 6 x 15 on :45 Shooters |
| 100 | 6 x 50 on 1:30 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 600 | 1x{2 x 100 on 2:00 Freestyle |
| | {2 x 100 on 2:05 Freestyle |
| | {2 x 100 on 2:10 Freestyle |
| 200 | 8 x 25 on 1:00 USRPT-Free |
| 200 | 1 on 9:00 Racing Skills-Starts |
| 200 | 1 x 200 on 5:00 Stroke Drills |
| 6:59 PM 1,690 Yards - Stress Value = 42 | |

Workout #20269 - Tuesday, 05 September 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|---|
| 300 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 300 on 5:00 Sun Yang Free w/snorkel |
| 450 | 6 x 15 on :45 Shooters |
| 100 | 9 x 50 on 1:00 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 900 | 1x{3 x 100 on 1:20 Freestyle |
| | {3 x 100 on 1:25 Freestyle |
| | {3 x 100 on 1:30 Freestyle |
| 375 | 15 x 25 on :30 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:59 PM 2,465 Yards - Stress Value = 69 | |

Workout #20270 - Tuesday, 05 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|---|
| 300 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 300 on 5:00 Sun Yang Free w/snorkel |
| 400 | 6 x 15 on :45 Shooters |
| | 8 x 50 on 1:05 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 900 | 1x{3 x 100 on 1:25 Freestyle |
| | {3 x 100 on 1:30 Freestyle |
| | {3 x 100 on 1:35 Freestyle |
| 375 | 15 x 25 on :30 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM 2,415 Yards - Stress Value = 68 | |

Workout #20271 - Tuesday, 05 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|-----------------------|
| | 1 on 25:00 DS/Dryland |

| | |
|---|---|
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkel |
| 90 | 6 x 15 on :45 Shooters |
| 350 | 7 x 50 on 1:10 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 800 | 1x{3 x 100 on 1:35 Freestyle |
| | {3 x 100 on 1:40 Freestyle |
| | {2 x 100 on 1:45 Freestyle |
| 325 | 13 x 25 on :35 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM 2,165 Yards - Stress Value = 59 | |

Workout #20272 - Tuesday, 05 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|---|
| 200 | 1 on 25:00 DS/Dryland |
| 90 | 1 x 200 on 5:00 Sun Yang Free w/snorkel |
| 300 | 6 x 15 on :45 Shooters |
| | 6 x 50 on 1:20 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 800 | 1x{3 x 100 on 1:45 Freestyle |
| | {3 x 100 on 1:50 Freestyle |
| | {2 x 100 on 1:55 Freestyle |
| 300 | 12 x 25 on :40 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| 200 | 1 x 200 on 5:00 Stroke Drills |
| 7:00 PM 1,990 Yards - Stress Value = 56 | |

Workout #20281 - Wednesday, 06 September 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|---|
| 400 | 1 on 30:00 Spotlight/DS/TRX |
| | 16 x 25 on :30 Wednesday Warm-up |
| | 1-12, 2-13, 3-14, 4-15, 5-16, 1-17 |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{2 x 25 on :30 Kick no board BS |
| | {1 x 100 on 2:00 Kick L/R alt 25's |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 150 on 3:00 Kick L/R by 25's L.50 Stream |
| 100 | 2x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,350 | 1x{1 x 200 on 3:00 Back 3 KOW+1 |
| | {2 x 175 on 2:40 Back 10 KOW-1 |
| | {3 x 150 on 2:20 Back 4 KOW+1 |
| | {2 x 125 on 2:00 Back 9 KOW-1 |
| | {1 x 100 on 1:40 Back-best effort |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:00 PM 2,800 Yards - Stress Value = 44 | |

Workout #20282 - Wednesday, 06 September 2017

**Group 3 - USRPT
1 minute rest between sets**

| Yards | Set Description | EGY |
|-------|--|-----|
| | 3:30 PM Start | |
| 400 | 1 on 20:00 Spotlight/DS | REC |
| 1,000 | 1 x 400 on 5:00 Non-specific swimming | REC |
| | 20 x 50 on :55 200 Breast Pace | SP2 |
| 500 | 1 on 8:00 Vid 2 corrections/walk-jump rope | REC |
| | 20 x 25 on :30 100 Back Pace | SP2 |
| 500 | 1 on 10:00 Kick board tag | REC |
| 250 | 20 x 25 on :30 100 Fly Pace | SP2 |
| | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 5:00 PM 2,650 Yards - Stress Value = 200 | |

Workout #20276 - Wednesday, 06 September 2017

**Group 2 - Back
1 minute rest between sets**

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| 250 | 1 on 25:00 DS/Dryland |
| | 10 x 25 on :30 Wednesday Warm-up |
| 75 | 1-12, 2-13, 3-14, 4-15 |
| | 5 x 15 on :45 Shooters |
| 350 | All BLSR's 12.5 yds minimum |
| | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:00 Kick no board L/R/S |
| 100 | {4 x 25 on :45 Kick no board B |
| | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | Longer swims focus on PERFECT STREAMLINE-3F |
| | 50'S=Start with 4 KOW +1 each wall |
| 800 | 1x{1 x 200 on 3:10 Backstroke |
| | {4 x 50 on :55 Back-descend |
| | {1 x 150 on 2:25 Backstroke |
| | {3 x 50 on :55 Back-descend |
| | {1 x 100 on 1:40 Backstroke |
| 375 | 15 x 25 on :30 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,200 Yards - Stress Value = 64 |

Workout #20280 - Wednesday, 06 September 2017

**Group 2 - Copper
1 minute rest between sets**

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| 125 | 1 on 25:00 DS/Dryland |
| | 5 x 25 on 1:00 Wednesday Warm-up |
| 75 | 1-20, 2-21, 3-22 |
| | 5 x 15 on :45 Shooters |
| | All BLSR's 5 yds minimum |
| 200 | 1x{2 x 25 on 1:15 Kick no board B |
| | {2 x 50 on 2:00 Kick no board L/R |
| | {2 x 25 on 1:15 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | Longer swims focus on PERFECT STREAMLINE-3F |
| | 50'S=Start with 4 KOW +1 each wall |
| 400 | 1x{1 x 150 on 4:30 Backstroke |
| | {2 x 50 on 1:45 Back-descend |
| | {1 x 100 on 3:15 Backstroke |
| | {1 x 50 on 1:45 Back-descend |
| 200 | 8 x 25 on 1:00 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:59 PM 1,350 Yards - Stress Value = 35 |

Workout #20277 - Wednesday, 06 September 2017

**Group 2 - Gold
1 minute rest between sets**

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| 200 | 1 on 25:00 DS/Dryland |
| | 8 x 25 on :35 Wednesday Warm-up |
| 75 | 1-13, 2-14, 3-15, 2-16 |
| | 5 x 15 on :45 Shooters |
| | All BLSR's 12.5 yds minimum |
| 325 | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:05 Kick no board L/R/S |
| | {3 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | Longer swims focus on PERFECT STREAMLINE-3F |
| | 50'S=Start with 4 KOW +1 each wall |
| 750 | 1x{1 x 200 on 3:20 Backstroke |
| | {3 x 50 on 1:00 Back-descend |
| | {1 x 150 on 2:35 Backstroke |
| | {3 x 50 on 1:00 Back-descend |
| | {1 x 100 on 1:45 Backstroke |
| 325 | 13 x 25 on :35 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,025 Yards - Stress Value = 57 |

Workout #20278 - Wednesday, 06 September 2017

**Group 2 - Silver
1 minute rest between sets**

| Yards | Set Description |
|-------|---|
| | 5:30 PM Start |
| 175 | 1 on 25:00 DS/Dryland |
| | 7 x 25 on :40 Wednesday Warm-up |
| 75 | 1-14, 2-15, 3-16, 1-17 |
| | 5 x 15 on :45 Shooters |
| | All BLSR's 10 yds minimum |
| 325 | 1x{4 x 25 on :45 Kick no board B |
| | {3 x 50 on 1:10 Kick no board L/R/S |
| | {3 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| | Longer swims focus on PERFECT STREAMLINE-3F |
| | 50'S=Start with 4 KOW +1 each wall |
| 600 | 1x{1 x 200 on 4:10 Backstroke |
| | {3 x 50 on 1:10 Back-descend |
| | {1 x 150 on 3:15 Backstroke |
| | {2 x 50 on 1:10 Back-descend |
| 300 | 12 x 25 on :40 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,825 Yards - Stress Value = 52 |

Workout #20279 - Wednesday, 06 September 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 150 | 1 on 25:00 DS/Dryland |
| 75 | 6 x 25 on :45 Wednesday Warm-up 1-16, 2-17, 3-18 |
| 250 | 5 x 15 on :45 Shooters All BLSR's 8 yds minimum |
| 100 | 1x{2 x 25 on 1:00 Kick no board B 3 x 50 on 1:30 Kick no board L/R/S 2 x 25 on 1:00 Kick no board B |
| 500 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3F 50'S=Start with 4 KOW +1 each wall |
| 250 | 1x{1 x 150 on 3:45 Backstroke 3 x 50 on 1:30 Back-descend 1 x 100 on 2:45 Backstroke 2 x 50 on 1:30 Back-descend |
| 250 | 10 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM | 1,575 Yards - Stress Value = 43 |

Workout #20288 - Thursday, 07 September 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 500 | 1 on 30:00 Spotlight/DS/Shoulders |
| 150 | 1 x 500 on 8:00 Underwater trn drill |
| 500 | 10 x 15 on :45 Shooters |
| 100 | 1x{4 x 25 on :30 Kick no board S 1 x 150 on 2:45 Fly Kick w/board 4 x 25 on :30 Fly Kick w/board 1 x 150 on 2:40 Fly Kick w/board |
| 1,050 | 2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1x{1 x 25 on :30 Fly 1 x 25 on :30 Breaststroke 2 x 25 on :30 Fly 2 x 25 on :30 Breaststroke 3 x 25 on :30 Fly 3 x 25 on :30 Breaststroke 4 x 25 on :30 Fly 4 x 25 on :30 Breaststroke 5 x 25 on :30 Fly 5 x 25 on :30 Breaststroke 6 x 25 on :30 Fly 6 x 25 on :30 Breaststroke |
| 5:00 PM | 5 x 50 on 1:00 Stroke Drills 2,550 Yards - Stress Value = 36 |

Workout #20289 - Thursday, 07 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 400 | 1 on 20:00 DS/Spotlight | REC |
| 500 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 375 | 20 x 25 on :30 200 Fly Pace | SP2 |
| 375 | 1 on 10:00 Vid 1 correction -jump rope/walk | REC |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 |
| 250 | 1 on 20:00 Racing Skills-Tivo Starts/6 sec | SP3 |
| 250 | 15 x 25 on :30 100 Breast Pace | SP2 |
| 5:00 PM | 1 x 250 on 5:00 Non-specific swimming | REC |
| 5:00 PM | 1,900 Yards - Stress Value = 126 | |

Workout #20283 - Thursday, 07 September 2017

Group 2 - Breast

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 300 | 1 on 25:00 DS/Dryland |
| 75 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 400 | 5 x 15 on :45 Shooters |
| 100 | 1x{1 x 200 on 4:30 Kick 1 x 100 on 2:15 Kick 1 x 100 on 2:10 Kick |
| 350 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks 1 on 15:00 Teach Day-Breast |
| 250 | 14 x 25 on :35 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts 1 x 250 on 4:00 Stroke Drills |
| 7:00 PM | 1,475 Yards - Stress Value = 46 |

Workout #20287 - Thursday, 07 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 200 | 1 on 25:00 DS/Dryland |
| 75 | 1 x 200 on 5:00 Free 3KOW to 10 back to 3 |
| 250 | 5 x 15 on :45 Shooters |
| 100 | 1x{1 x 100 on 3:30 Kick 1 x 100 on 3:20 Kick 1 x 50 on 1:45 Kick |
| 225 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks 1 on 15:00 Teach Day-Breast |
| 200 | 9 x 25 on 1:00 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts 1 x 200 on 4:00 Stroke Drills |
| 7:00 PM | 1,050 Yards - Stress Value = 30 |

Workout #20284 - Thursday, 07 September 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 300 | 1 on 25:00 DS/Dryland |
| 75 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 350 | 5 x 15 on :45 Shooters |
| 100 | 1x{1 x 200 on 4:45 Kick 1 x 100 on 2:20 Kick 1 x 50 on 1:10 Kick |
| 350 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks 1 on 15:00 Teach Day-Breast |
| 250 | 14 x 25 on :35 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts 1 x 250 on 4:00 Stroke Drills |
| 7:00 PM | 1,425 Yards - Stress Value = 45 |

Workout #20285 - Thursday, 07 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 75 5 x 15 on :45 Shooters
 300 1x{1 x 150 on 4:00 Kick
 {1 x 100 on 2:35 Kick
 {1 x 50 on 1:15 Kick
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 Teach Day-Breast
 325 13 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,250 Yards - Stress Value = 41

Workout #20286 - Thursday, 07 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 75 5 x 15 on :45 Shooters
 300 1x{1 x 100 on 3:00 Kick
 {1 x 100 on 2:55 Kick
 {1 x 100 on 2:50 Kick
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 Teach Day-Breast
 300 12 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,225 Yards - Stress Value = 39

Workout #20298 - Monday, 11 September 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS
 400 1 x 400 on 5:00 Non-specific swimming RE
 750 30 x 25 on :30 100 Fly Pace SE
 1 on 8:00 Video-1 correction RE
 1,500 30 x 50 on :50 200 Back Pace SE
 120 8 x 15 on 1:00 Racing Skills-Breast Shooters SE
 750 30 x 25 on :30 100 Breast Pace SE
 250 1 x 250 on 4:00 Non-specific swimming RE
 5:15 PM 3,770 Yards - Stress Value = 305

Workout #20296 - Monday, 11 September 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS/Physio Balls
 500 1 x 500 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{2 x 25 on :30 Kick no board BS
 {1 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick
 {6 x 25 on :30 Kick no board BSLRLR

{1 x 100 on 1:50 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,275 1x{5 x 125 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {4 x 125 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {3 x 125 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {2 x 125 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {1 x 125 on 1:40 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 4,025 Yards - Stress Value = 59

Workout #20297 - Monday, 11 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS/Physio Balls
 500 1 x 500 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 650 1x{2 x 25 on :30 Kick no board BS
 {1 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {1 x 50 on 1:00 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{5 x 100 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {4 x 100 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {3 x 100 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {2 x 100 on 1:40 Freestyle
 {1 x 100 on 2:00 Stroke Drills
 {1 x 100 on 1:40 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 5:16 PM 3,600 Yards - Stress Value = 51

Workout #20290 - Monday, 11 September 2017

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 75 5 x 15 on :45 Shooters
 425 1x{5 x 75 on 1:35 Breast Kick w/board
 {1 x 50 on 1:05 Breast Kick-100%
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 700 1x{1 x 200 on 4:00 Breast w/2X pullots bhw
 {2 x 150 on 3:00 Breast w/2X pullots bhw
 {2 x 100 on 2:00 Breast w/2X pullots bhw
 350 14 x 25 on :35 USRPT-100 Breast Pace
 1 on 9:00 Breast Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,200 Yards - Stress Value = 61

Workout #20295 - Monday, 11 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 150 | 1 x 150 on 5:00 By 100: THD + ThmbDrg + CFP |
| 75 | 5 x 15 on :45 Shooters |
| 200 | 1x{4 x 50 on 2:15 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 350 | 1x{1 x 150 on 5:20 Breast w/2X pullots bhw {1 x 100 on 4:00 Breast w/2X pullots bhw {1 x 75 on 2:40 Breast w/2X pullots bhw {1 x 25 on 1:20 Breast w/2X pullots bhw |
| 225 | 9 x 25 on 1:00 USRPT-100 Breast Pace |
| | 1 on 9:00 Breast Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,350 Yards - Stress Value = 36 |

Workout #20291 - Monday, 11 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP |
| 75 | 5 x 15 on :45 Shooters |
| 375 | 1x{5 x 75 on 1:45 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 650 | 1x{1 x 200 on 4:20 Breast w/2X pullots bhw {2 x 150 on 3:15 Breast w/2X pullots bhw {1 x 100 on 2:10 Breast w/2X pullots bhw {1 x 50 on 1:00 Breast w/2X pullots bhw |
| 325 | 13 x 25 on :40 USRPT-100 Breast Pace |
| | 1 on 9:00 Breast Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,075 Yards - Stress Value = 56 |

Workout #20292 - Monday, 11 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP |
| 75 | 5 x 15 on :45 Shooters |
| 350 | 1x{4 x 75 on 1:55 Breast Kick w/board |
| | {1 x 50 on 1:15 Breast-100% |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 600 | 1x{1 x 200 on 4:40 Breast w/2X pullots bhw {2 x 150 on 3:30 Breast w/2X pullots bhw {1 x 100 on 2:20 Breast w/2X pullots bhw |
| 300 | 12 x 25 on :45 USRPT-100 Breast Pace |
| | 1 on 9:00 Breast Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,925 Yards - Stress Value = 52 |

Workout #20294 - Monday, 11 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|-----------------------|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |

| | |
|-----|---|
| 200 | 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP |
| 75 | 5 x 15 on :45 Shooters |
| 300 | 1x{4 x 75 on 2:15 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 500 | 1x{1 x 200 on 5:20 Breast w/2X pullots bhw {1 x 150 on 4:00 Breast w/2X pullots bhw {1 x 100 on 2:40 Breast w/2X pullots bhw {1 x 50 on 1:20 Breast w/2X pullots bhw |
| 225 | 9 x 25 on :55 USRPT-100 Breast Pace |
| | 1 on 9:00 Breast Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,650 Yards - Stress Value = 41 |

Workout #20293 - Monday, 11 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP |
| 75 | 5 x 15 on :45 Shooters |
| 300 | 1x{4 x 75 on 2:05 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 550 | 1x{1 x 200 on 5:00 Breast w/2X pullots bhw {1 x 150 on 3:45 Breast w/2X pullots bhw {2 x 100 on 2:30 Breast w/2X pullots bhw |
| 250 | 10 x 25 on :50 USRPT-100 Breast Pace |
| | 1 on 9:00 Breast Relay |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,775 Yards - Stress Value = 45 |

Workout #20305 - Tuesday, 12 September 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 Spotlight/DS/Core |
| 500 | 1 x 500 on 8:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters L.25 of each change kick |
| 1,000 | 1x{2 x 125 on 2:05 Kick {2 x 125 on 2:00 Kick {2 x 125 on 1:55 Kick {2 x 125 on 1:50 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,675 | 1x{1 x 100 on 1:30 Backstroke {3 x 75 on 1:15 Back alt 15m under {2 x 100 on 1:30 Backstroke {3 x 75 on 1:15 Back alt 15m under {3 x 100 on 1:30 Backstroke {3 x 75 on 1:15 Back alt 15m under {4 x 100 on 1:30 Backstroke |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 5:15 PM 3,775 Yards - Stress Value = 60 |

Workout #20307 - Tuesday, 12 September 2017

1 minute rest between sets

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 20:00 Spotlight/DS REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 8:00 Video 1 correction REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 75 5 x 15 on 1:00 Racing Skills-Free Shooters SP3
 750 30 x 25 on :30 100 Free Pace SP2
 250 1 x 250 on 5:00 Non-specific swimming REC
 5:16 PM 3,725 Yards - Stress Value = 303

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 150 1 x 150 on 5:00 Sun Yang Free
 75 5 x 15 on :45 Shooters
 All BLSR's 5 yds minimum
 200 1x{2 x 25 on 1:15 Kick no board B
 {2 x 50 on 2:00 Kick no board L/R
 {2 x 25 on 1:15 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 350 1x{1 x 100 on 3:30 Backstroke
 {2 x 50 on 2:00 Back-descend
 {1 x 100 on 4:00 Backstroke
 {1 x 50 on 2:00 Back-fast
 225 9 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:01 PM 1,350 Yards - Stress Value = 36

Workout #20306 - Tuesday, 12 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS/Core
 500 1 x 500 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 L.25 of each change kick
 800 1x{2 x 100 on 2:05 Kick
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,575 1x{1 x 100 on 1:40 Backstroke
 {3 x 75 on 1:20 Back alt 15m under
 {2 x 100 on 1:40 Backstroke
 {3 x 75 on 1:20 Back alt 15m under
 {3 x 100 on 1:40 Backstroke
 {3 x 75 on 1:20 Back alt 15m under
 {3 x 100 on 1:40 Backstroke
 250 5 x 50 on 1:00 Stroke Drills
 5:15 PM 3,475 Yards - Stress Value = 54

Workout #20300 - Tuesday, 12 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Sun Yang Free w/snorkels
 75 5 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 700 1x{1 x 200 on 3:20 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 150 on 2:35 Backstroke
 {2 x 50 on 1:05 Back-descend
 {1 x 100 on 1:45 Backstroke
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,075 Yards - Stress Value = 56

Workout #20299 - Tuesday, 12 September 2017

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Sun Yang Free w/snorkels
 75 5 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 350 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:00 Kick no board L/R/S
 {4 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 800 1x{1 x 200 on 3:10 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 150 on 2:25 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:40 Backstroke
 375 15 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,250 Yards - Stress Value = 64

Workout #20304 - Tuesday, 12 September 2017

Group 2 - Copper

Workout #20301 - Tuesday, 12 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 75 | 5 x 15 on :45 Shooters All BLSR's 10 yds minimum |
| 300 | 1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:20 Kick no board L/R/S {2 x 25 on :45 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3P 50'S=Start with 4 KOW +1 each wall |
| 600 | 1x{1 x 200 on 4:30 Backstroke {3 x 50 on 1:15 Back-descend {1 x 150 on 3:30 Backstroke {2 x 50 on 1:15 Back-descend |
| 300 | 12 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Racing Skills-back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:01 PM 1,875 Yards - Stress Value = 51 |

Workout #20303 - Tuesday, 12 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 200 | 1 x 200 on 5:00 Sun Yang Free |
| 75 | 5 x 15 on :45 Shooters All BLSR's 5 yds minimum |
| 200 | 1x{2 x 25 on 1:15 Kick no board B {2 x 50 on 2:00 Kick no board L/R {2 x 25 on 1:15 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3P 50'S=Start with 4 KOW +1 each wall |
| 400 | 1x{1 x 150 on 4:10 Backstroke {2 x 50 on 1:45 Back-descend {1 x 100 on 2:55 Backstroke {1 x 50 on 1:45 Back-fast |
| 250 | 10 x 25 on :50 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,475 Yards - Stress Value = 40 |

Workout #20302 - Tuesday, 12 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 75 | 5 x 15 on :45 Shooters All BLSR's 8 yds minimum |
| 250 | 1x{2 x 25 on 1:00 Kick no board B {3 x 50 on 1:30 Kick no board L/R/S {2 x 25 on 1:00 Kick no board B |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3P 50'S=Start with 4 KOW +1 each wall |
| 500 | 1x{1 x 150 on 3:45 Backstroke {3 x 50 on 1:30 Back-descend {1 x 100 on 2:45 Backstroke |

| | |
|-----|---|
| | {2 x 50 on 1:30 Back-descend |
| 250 | 10 x 25 on :45 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-back starts |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 1,675 Yards - Stress Value = 43 |

Workout #20314 - Wednesday, 13 September 2017

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 Spotlight/DS/TRX |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{4 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick-fast {4 x 25 on :30 Kick no board S {3 x 50 on :55 Kick-fast {4 x 25 on :30 Kick no board L {3 x 50 on :50 Kick-fast {4 x 25 on :30 Kick no board R |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,475 | 1x{1 x 200 on 3:20 Breast 1st 25 free Kick {4 x 25 on :30 Breast +1 pullouts {1 x 175 on 2:55 Breast 1st 25 free Kick {4 x 25 on :30 Breast +1 pullouts {1 x 150 on 2:30 Breast 1st 25 free Kick {4 x 25 on :30 Breast +1 pullouts {1 x 125 on 2:05 Breast 1st 25 free Kick {4 x 25 on :30 Breast +1 pullouts {1 x 100 on 1:40 Breast 1st 25 free Kick {4 x 25 on :30 Breast +1 pullouts {1 x 75 on 1:15 Breast 1st 25 free Kick {4 x 25 on :30 Breast +1 pullouts {1 x 50 on :50 Breast 1st 25 free Kick |
| | 1 x 200 on 3:00 Stroke Drills |
| | 5:16 PM 3,375 Yards - Stress Value = 55 |

Workout #20315 - Wednesday, 13 September 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY W |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 20:00 Spotlight/DS | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 |
| | 1 on 8:00 Video 1 correction | REC |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| 120 | 8 x 15 on 1:00 Racing Skills-Fly Shooters | SP3 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 5:15 PM 3,770 Yards - Stress Value = 305 | |

Workout #20313 - Wednesday, 13 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 125 | 1 on 25:00 DS/Dryland |
| 75 | 5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22 |
| 250 | 5 x 15 on :45 Shooters |
| 100 | 5 x 50 on 1:45 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 450 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 200 | 1x{3 x 75 on 2:25 Freestyle {2 x 75 on 2:30 Freestyle {1 x 75 on 2:35 Freestyle |
| 200 | 8 x 25 on 1:00 USRPT-Free |
| 200 | 1 on 9:00 Racing Skills-Starts |
| | 1 x 200 on 5:00 Stroke Drills |
| | 7:00 PM 1,400 Yards - Stress Value = 37 |

Workout #20308 - Wednesday, 13 September 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 250 | 1 on 25:00 DS/Dryland |
| 75 | 10 x 25 on :30 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15 |
| 450 | 5 x 15 on :45 Shooters |
| 100 | 9 x 50 on 1:00 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 1,000 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 375 | 1x{3 x 125 on 1:40 Freestyle {3 x 125 on 1:45 Freestyle {2 x 125 on 1:50 Freestyle |
| 250 | 15 x 25 on :30 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 6:59 PM 2,500 Yards - Stress Value = 71 |

Workout #20309 - Wednesday, 13 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 200 | 1 on 25:00 DS/Dryland |
| 75 | 8 x 25 on :35 Wednesday Warm-up 1-13, 2-14, 3-15, 2-16 |
| 400 | 5 x 15 on :45 Shooters |
| 100 | 8 x 50 on 1:05 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 1,000 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 375 | 1x{3 x 125 on 1:50 Freestyle {3 x 125 on 1:55 Freestyle {2 x 125 on 2:00 Freestyle |
| 250 | 15 x 25 on :30 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:01 PM 2,400 Yards - Stress Value = 70 |

Workout #20310 - Wednesday, 13 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 175 | 1 on 25:00 DS/Dryland |
| 75 | 7 x 25 on :40 1-14, 2-15, 3-16, 1-17 |
| 350 | 5 x 15 on :45 Shooters |
| 100 | 7 x 50 on 1:10 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 875 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 325 | 1x{3 x 125 on 2:05 Freestyle {3 x 125 on 2:10 Freestyle {1 x 125 on 2:15 Freestyle |
| 250 | 13 x 25 on :35 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| | 1 x 250 on 5:00 Stroke Drills |
| | 7:00 PM 2,150 Yards - Stress Value = 60 |

Workout #20312 - Wednesday, 13 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 125 | 1 on 25:00 DS/Dryland |
| 75 | 5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22 |
| 300 | 5 x 15 on :45 Shooters |
| 100 | 6 x 50 on 1:30 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 600 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 250 | 1x{3 x 100 on 2:25 Freestyle {2 x 100 on 2:30 Freestyle {1 x 100 on 2:35 Freestyle |
| 200 | 10 x 25 on :45 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| | 1 x 200 on 5:00 Stroke Drills |
| | 7:00 PM 1,650 Yards - Stress Value = 46 |

Workout #20311 - Wednesday, 13 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 150 | 1 on 25:00 DS/Dryland |
| 75 | 6 x 25 on :45 Wednesday Warm-up 1-16, 2-17, 3-18 |
| 300 | 5 x 15 on :45 Shooters |
| 100 | 6 x 50 on 1:20 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 750 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 300 | 1x{3 x 125 on 2:25 Freestyle {2 x 125 on 2:30 Freestyle {1 x 125 on 2:35 Freestyle |
| 200 | 12 x 25 on :40 USRPT-Free |
| | 1 on 9:00 Racing Skills-Starts |
| | 1 x 200 on 5:00 Stroke Drills |
| | 6:59 PM 1,875 Yards - Stress Value = 54 |

Workout #20322 - Thursday, 14 September 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---|--|
| 500 | 1 on 30:00 Spotlight/DS/Shoulders 1 x 500 on 8:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{1 x 50 on 1:00 Kick-weakest {1 x 100 on 1:45 Kick #1 {2 x 50 on 1:00 KICK-weakest {1 x 100 on 1:40 Kick #1 {3 x 50 on 1:00 Kick-weakest {1 x 100 on 1:35 Kick #1 {4 x 50 on 1:00 KICK-weakest {1 x 100 on 1:30 Kick #1 |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,750 | 1x{2 x 25 on :30 Fly w/free kick {1 x 50 on :40 Freestyle {4 x 25 on :30 Fly w/free kick {2 x 50 on :40 Freestyle {6 x 50 on :30 Fly w/free kick {3 x 50 on :40 Freestyle {8 x 25 on :30 Fly w/free kick {4 x 50 on :40 Freestyle {6 x 25 on :30 Fly w/free kick {3 x 50 on :40 Freestyle {4 x 25 on :30 Fly w/free kick {2 x 50 on :40 Freestyle {2 x 25 on :30 Fly w/free kick {1 x 50 on :40 Freestyle |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:15 PM 3,750 Yards - Stress Value = 61 | |

Workout #20324 - Thursday, 14 September 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY |
|--|--|-----|
| 400 | 1 on 20:00 Spotlight/DS | REC |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 1,500 | 1 on 8:00 Video-1 correction | REC |
| 120 | 30 x 50 on :50 200 Fly Pace | SP2 |
| 750 | 8 x 15 on 1:00 Racing Skills-back shooters | SP3 |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| 5:15 PM 3,770 Yards - Stress Value = 305 | | |

Workout #20323 - Thursday, 14 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 30:00 Spotlight/DS/Shoulders 1 x 500 on 8:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 50 on 1:05 Kick-weakest {1 x 100 on 2:00 Kick #1 {2 x 50 on 1:05 KICK-weakest {1 x 100 on 1:55 Kick #1 {3 x 50 on 1:05 Kick-weakest {1 x 100 on 1:50 Kick #1 {4 x 50 on 1:05 KICK-weakest |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |

| | |
|---|--|
| 1,500 | 1x{2 x 25 on :35 Fly w/free kick {1 x 50 on :45 Freestyle {4 x 25 on :35 Fly w/free kick {2 x 50 on :45 Freestyle {6 x 50 on :35 Fly w/free kick {3 x 50 on :45 Freestyle {8 x 25 on :35 Fly w/free kick {4 x 50 on :45 Freestyle {6 x 25 on :35 Fly w/free kick {3 x 50 on :45 Freestyle {2 x 25 on :35 Fly w/free kick |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:15 PM 3,400 Yards - Stress Value = 54 | |

Workout #20321 - Thursday, 14 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|--|
| 300 | 1 on 25:00 DS/Dryland 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 75 | 5 x 15 on :45 Shooters |
| 200 | 1x{4 x 25 on 1:00 Kick no board S {1 x 50 on 2:30 Fly Kick w/board {2 x 25 on 1:00 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 200 | 1 on 15:00 TEACH DAY-Fly 8 x 25 on 1:00 USRPT-100 Fly Pace |
| 250 | 1 on 10:00 Racing Skills-Starts 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM 1,125 Yards - Stress Value = 27 | |

Workout #20316 - Thursday, 14 September 2017

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---|---|
| 300 | 1 on 25:00 DS/Dryland 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 75 | 5 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board S {1 x 100 on 2:15 Fly Kick w/board {4 x 25 on :45 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 375 | 1 on 15:00 TEACH DAY-Fly 15 x 25 on :30 USRPT-100 Fly Pace |
| 250 | 1 on 10:00 Racing Skills-Starts 1 x 250 on 5:00 Stroke Drills |
| 7:00 PM 1,400 Yards - Stress Value = 47 | |

Workout #20317 - Thursday, 14 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 75 5 x 15 on :45 Shooters
 300 1x{4 x 25 on :45 Kick no board S
 {1 x 100 on 2:25 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 TEACH DAY-Fly
 325 13 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,350 Yards - Stress Value = 41

Workout #20318 - Thursday, 14 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 75 5 x 15 on :45 Shooters
 300 1x{4 x 25 on :45 Kick no board S
 {1 x 100 on 2:35 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 TEACH DAY-Fly
 300 12 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,325 Yards - Stress Value = 39

Workout #20320 - Thursday, 14 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 75 5 x 15 on :45 Shooters
 250 1x{4 x 25 on 1:00 Kick no board S
 {1 x 100 on 2:55 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board S
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 TEACH DAY-Fly
 200 8 x 25 on :55 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,175 Yards - Stress Value = 28

Workout #20319 - Thursday, 14 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 75 5 x 15 on :45 Shooters
 300 1x{4 x 25 on :45 Kick no board S

{1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1 on 15:00 TEACH DAY-Fly
 250 10 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,275 Yards - Stress Value = 34

Workout #20333 - Monday, 18 September 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :50 200 Fly Pace
 150 10 x 15 on 1:00 Racing Skills-Back Shooters
 1,500 30 x 50 on :50 200 Back Pace
 270 1x{4 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {8 x 15 on :30 Undr Wtr Fly Kck
 750 30 x 25 on :30 100 Breast Pace
 250 1 x 250 on 4:00 Non-specific swimming
 Video 1 correction
 5:30 PM 4,820 Yards - Stress Value = 386

Workout #20331 - Monday, 18 September 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotligh/DS/Physio Balls
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:40 Kick
 {6 x 25 on :30 Kick no board BSLRBS
 {2 x 100 on 1:40 Kick
 {8 x 25 on :30 Kick no board BSLR X2
 {1 x 100 on 1:40 Kick
 750 1x{2 x 125 on 1:50 Pulls-no br L.12 yds
 {2 x 100 on 1:25 Pulls-no br L.12 yds
 {2 x 75 on 1:05 Pulls-no br L.12 yds
 {2 x 50 on :40 Pulls-no br L.12 yds
 {2 x 25 on :20 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 All walls 3 strokes before 1st breath
 #1-4 corresponding 100 br on 5
 #5 FAST
 2,000 1x{1 x 400 on 5:20 Freestyle
 {1 x 400 on 5:15 Freestyle
 {1 x 400 on 5:10 Freestyle
 {1 x 400 on 5:05 Freestyle
 {1 x 400 on 5:00 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 5:30 PM 5,000 Yards - Stress Value = 79

Workout #20332 - Monday, 18 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 30:00 Spotligh/DS/Physio Balls |
| 150 | 1 x 600 on 9:00 Swim-kick-pull-swim |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {3 x 100 on 1:55 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {2 x 100 on 1:55 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:55 Kick |
| 650 | 1x{2 x 125 on 2:05 Pulls-no br L.12 yds |
| | {2 x 100 on 1:35 Pulls-no br L.12 yds |
| | {2 x 75 on 1:10 Pulls-no br L.12 yds |
| | {1 x 50 on :45 Pulls-no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| | All walls 3 strokes before 1st breath |
| | #1-4 corresponding 100 br on 5 |
| | #5 FAST |
| 1,700 | 1x{1 x 325 on 5:20 Freestyle |
| | {1 x 325 on 5:15 Freestyle |
| | {1 x 325 on 5:10 Freestyle |
| | {1 x 325 on 5:05 Freestyle |
| | {1 x 400 on 5:00 Freestyle |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| | 5:30 PM 4,500 Yards - Stress Value = 67 |

Workout #20330 - Monday, 18 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 200 | 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 200 | 1x{2 x 25 on 1:00 Kick no board S |
| | {1 x 100 on 4:55 Fly Kick w/board |
| | {2 x 25 on 1:00 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 475 | 1x{2 x 75 on 2:40 Fly 25R, 25L, 25B |
| | {1 x 50 on 2:00 Fly lupldown+1 to 3 down |
| | {2 x 75 on 2:35 Fly 25R, 25L, 25B |
| | {1 x 50 on 2:00 Fly lupldown+1 to 3 down |
| | {1 x 75 on 2:30 Fly 25R, 25L, 25B |
| 375 | 15 x 25 on 1:00 USRPT-100 Fly Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:14 PM 1,750 Yards - Stress Value = 58 |

Workout #20325 - Monday, 18 September 2017

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :30 Kick no board S |
| | {1 x 200 on 4:30 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,050 | 1x{2 x 75 on 1:30 Fly 25R, 25L, 25B |
| | {2 x 50 on :45 Fly lupldown+1 to 3 down |

| | |
|-----|--|
| | {2 x 75 on 1:25 Fly 25R, 25L, 25B |
| | {2 x 50 on :50 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:20 Fly 25R, 25L, 25B |
| | {2 x 50 on :55 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:15 Fly 25R, 25L, 25B |
| | {3 x 50 on 1:00 Fly lupldown+1 to 3 down |
| 750 | 30 x 25 on :30 USRPT-100 Fly Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:16 PM 3,000 Yards - Stress Value = 110 |

Workout #20326 - Monday, 18 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on :35 Kick no board S |
| | {1 x 150 on 3:30 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 950 | 1x{2 x 75 on 1:40 Fly 25R, 25L, 25B |
| | {2 x 50 on :50 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:35 Fly 25R, 25L, 25B |
| | {2 x 50 on :55 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:30 Fly 25R, 25L, 25B |
| | {2 x 50 on 1:00 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:25 Fly 25R, 25L, 25B |
| | {1 x 50 on 1:05 Fly lupldown+1 to 3 down |
| 625 | 25 x 25 on :35 USRPT-100 Fly Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:16 PM 2,725 Yards - Stress Value = 94 |

Workout #20327 - Monday, 18 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :40 Kick no board S |
| | {1 x 100 on 2:30 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 825 | 1x{2 x 75 on 1:50 Fly 25R, 25L, 25B |
| | {2 x 50 on 1:00 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:45 Fly 25R, 25L, 25B |
| | {2 x 50 on 1:05 Fly lupldown+1 to 3 down |
| | {2 x 75 on 1:40 Fly 25R, 25L, 25B |
| | {2 x 50 on 1:10 Fly lupldown+1 to 3 down |
| | {1 x 75 on 1:35 Fly 25R, 25L, 25B |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace |
| | 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 7:15 PM 2,425 Yards - Stress Value = 84 |

Workout #20329 - Monday, 18 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---------|---|
| 200 | 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 250 | 1x{2 x 25 on 1:00 Kick no board S {1 x 150 on 4:55 Fly Kick w/board {2 x 25 on 1:00 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 600 | 1x{2 x 75 on 2:20 Fly 25R, 25L, 25B {2 x 50 on 1:30 Fly lupldown+1 to 3 down {2 x 75 on 2:15 Fly 25R, 25L, 25B {1 x 50 on 1:35 Fly lupldown+1 to 3 down {2 x 75 on 2:10 Fly 25R, 25L, 25B |
| 450 | 18 x 25 on :50 USRPT-100 Fly Pace 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:16 PM | 2,000 Yards - Stress Value = 68 |

Workout #20328 - Monday, 18 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---------|---|
| 250 | 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board S {1 x 100 on 2:45 Fly Kick w/board {4 x 25 on :45 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 750 | 1x{2 x 75 on 2:00 Fly 25R, 25L, 25B {2 x 50 on 1:05 Fly lupldown+1 to 3 down {2 x 75 on 1:55 Fly 25R, 25L, 25B {2 x 50 on 1:10 Fly lupldown+1 to 3 down {2 x 75 on 1:50 Fly 25R, 25L, 25B {2 x 50 on 1:15 Fly lupldown+1 to 3 down |
| 500 | 20 x 25 on :45 USRPT-100 Fly Pace 1 on 10:00 Game |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 7:16 PM | 2,300 Yards - Stress Value = 77 |

Workout #20340 - Tuesday, 19 September 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 600 | 1 x 600 on 9:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{1 x 150 on 2:30 Kick {3 x 50 on :50 Kick-descend {1 x 150 on 2:25 Kick {3 x 50 on :50 Kick-descend {1 x 150 on 2:20 Kick {3 x 50 on :50 Kick-descend {1 x 150 on 2:15 Kick {3 x 50 on :50 Kick-descend |
| 800 | 1 x 800 on 11:00 Pulls-odds 100's BTB Even 100's BTS |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 1x{1 x 100 on 1:30 Back 3/5/7/9 KOW {2 x 50 on :40 Backstroke |

| |
|-----------------------------------|
| {2 x 100 on 1:30 Back 3/5/7/9 KOW |
| {2 x 75 on 1:00 Backstroke |
| {3 x 100 on 1:30 Back 3/5/7/9 KOW |
| {2 x 100 on 1:20 Backstroke |
| {4 x 100 on 1:30 Back 3/5/7/9 KOW |
| {2 x 125 on 1:40 Backstroke |
| 5 x 50 on 1:00 Stroke Drills |

5:30 PM 4,900 Yards - Stress Value = 74

Workout #20342 - Tuesday, 19 September 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY |
|---------|---|-----|
| 1 | on 20:00 Spotlight/DS | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 |
| 150 | 10 x 15 on 1:00 Racing Skills-Free Shooters | SP3 |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| 160 | 8 x 20 on 1:00 Undr Wtr Fly Kck-count kicks | EN2 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | Video 1 correction | |
| 5:31 PM | 4,710 Yards - Stress Value = 384 | |

Workout #20341 - Tuesday, 19 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|--|
| 1 | on 30:00 Spotlight/DS/Core |
| 600 | 1 x 600 on 9:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{1 x 150 on 2:50 Kick {3 x 50 on 1:00 Kick-descend {1 x 150 on 2:45 Kick {3 x 50 on 1:00 Kick-descend {1 x 150 on 2:40 Kick {3 x 50 on 1:00 Kick-descend {1 x 150 on 2:35 Kick |
| 700 | 1 x 700 on 11:00 Pulls-odds 100's BTB Even 100's BTS |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,525 | 1x{1 x 100 on 1:40 Back 3/5/7/9 KOW {2 x 50 on :50 Backstroke {2 x 100 on 1:40 Back 3/5/7/9 KOW {2 x 75 on 1:10 Backstroke {3 x 100 on 1:40 Back 3/5/7/9 KOW {2 x 100 on 1:30 Backstroke {4 x 100 on 1:40 Back 3/5/7/9 KOW {1 x 75 on 1:05 Backstroke |
| 250 | 5 x 50 on 1:00 Stroke Drills |
| 5:30 PM | 4,475 Yards - Stress Value = 67 |

Workout #20334 - Tuesday, 19 September 2017

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 300 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 400 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 1:35 Breast Kick w/board |
| | {2 x 100 on 2:05 Breast Kick w/board |
| | {1 x 50 on 1:05 Breast Kick w/board |
| 950 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 625 | 1x{1 x 250 on 5:00 Breast 2X pullouts start wal |
| | {2 x 200 on 4:00 Breast 2X pullouts start wal |
| | {3 x 100 on 2:00 Breast 2X pullouts start wal |
| 250 | 25 x 25 on :35 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Finishes |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,775 Yards - Stress Value = 95 |

Workout #20339 - Tuesday, 19 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 200 on 5:00 Sun Yang Free w/snorkels |
| 200 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 3:00 Breast Kick w/board |
| | {1 x 50 on 2:00 Breast Kick w/board |
| 500 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 375 | 1x{1 x 200 on 7:00 Breast 2X pullouts start wal |
| | {1 x 150 on 5:15 Breast 2X pullouts start wal |
| | {1 x 100 on 3:30 Breast 2X pullouts start wal |
| | {1 x 50 on 1:45 Breast 2X pullouts start wall |
| 250 | 15 x 25 on 1:00 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Finishes |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:13 PM 1,775 Yards - Stress Value = 58 |

Workout #20335 - Tuesday, 19 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 300 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 375 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 1:45 Breast Kick w/board |
| | {2 x 100 on 2:15 Breast Kick w/board |
| | {1 x 25 on :40 Breast Kick NO board |
| 850 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 550 | 1x{1 x 250 on 5:30 Breast 2X pullouts start wal |
| | {2 x 200 on 4:20 Breast 2X pullouts start wal |
| | {2 x 100 on 2:10 Breast 2X pullouts start wal |
| 250 | 22 x 25 on :40 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Finishes |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,575 Yards - Stress Value = 85 |

Workout #20336 - Tuesday, 19 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 250 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 350 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 1:55 Breast Kick w/board |
| | {2 x 100 on 2:30 Breast Kick w/board |
| 800 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 500 | 1x{1 x 250 on 5:50 Breast 2X pullouts start wal |
| | {2 x 200 on 4:40 Breast 2X pullouts start wal |
| | {1 x 150 on 3:30 Breast 2X pullouts start wal |
| 250 | 20 x 25 on :45 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Finishes |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,400 Yards - Stress Value = 79 |

Workout #20338 - Tuesday, 19 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 200 on 5:00 Sun Yang Free w/snorkels |
| 250 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 2:15 Breast Kick w/board |
| | {2 x 50 on 1:30 Breast Kick w/board |
| 650 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 450 | 1x{1 x 200 on 6:00 Breast 2X pullouts start wal |
| | {2 x 150 on 4:30 Breast 2X pullouts start wal |
| | {1 x 100 on 3:00 Breast 2X pullouts start wal |
| | {1 x 50 on 1:00 Breast 2X pullouts start wall |
| 250 | 18 x 25 on :50 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Finishes |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:14 PM 2,050 Yards - Stress Value = 69 |

Workout #20337 - Tuesday, 19 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 250 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 300 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 2:05 Breast Kick w/board |
| | {3 x 50 on 1:20 Breast Kick w/board |
| 750 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 500 | 1x{1 x 250 on 6:15 Breast 2X pullouts start wal |
| | {2 x 200 on 5:00 Breast 2X pullouts start wal |
| | {1 x 100 on 2:30 Breast 2X pullouts start wal |
| 250 | 20 x 25 on :45 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Finishes |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,300 Yards - Stress Value = 77 |

Workout #20349 - Wednesday, 20 September 2017

Group 3 - Breast

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 500 | 1 on 30:00 Spotlight/DS/TRX |
| 150 | 20 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 8-15 |
| 1,400 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{1 x 200 on 4:00 Breast Kick w/board {8 x 25 on :30 Kick no board BSLR {2 x 175 on 3:30 Breast Kick w/board {8 x 25 on :30 Kick no board BSLR {3 x 150 on 3:00 Breast Kick w/board |
| 800 | 1x{1 x 100 on 1:30 Lungbuster pulls {2 x 125 on 1:45 Lungbuster pulls {3 x 150 on 2:05 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,000 | 1x{1 x 100 on 1:45 Breast L.25 2K1P+1K {2 x 100 on 1:40 Breast L.25 2K1P+1K {3 x 100 on 1:35 Breast L.25 2K1P+1K {4 x 100 on 1:30 Breast L.25 2K1P+1K |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:30 PM | 4,300 Yards - Stress Value = 72 |

Workout #20351 - Wednesday, 20 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 3:30 PM | Start | | |
| 400 | 1 on 20:00 Spotlight/DS | | L |
| 1,500 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 150 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| 1,000 | 10 x 15 on 1:00 Fly Shooters | SP3 | S |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| 750 | 1 on 15:00 Social Kick Tag | EN1 | K |
| 250 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | Video-1 correction | | |
| 5:29 PM | 4,050 Yards - Stress Value = 331 | | |

Workout #20350 - Wednesday, 20 September 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 500 | 1 on 30:00 Spotlight/DS/TRX |
| 150 | 20 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 8-15 |
| 1,400 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{1 x 200 on 4:00 Breast Kick w/board {8 x 25 on :30 Kick no board BSLR {2 x 175 on 3:30 Breast Kick w/board {8 x 25 on :30 Kick no board BSLR {3 x 150 on 3:00 Breast Kick w/board |
| 750 | 1x{2 x 100 on 1:40 Lungbuster pulls {2 x 125 on 1:55 Lungbuster pulls {2 x 150 on 2:15 Lungbuster pulls |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 900 | 1x{1 x 100 on 1:55 Breast L.25 2K1P+1K {2 x 100 on 1:50 Breast L.25 2K1P+1K {3 x 100 on 1:45 Breast L.25 2K1P+1K {3 x 100 on 1:40 Breast L.25 2K1P+1K |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:30 PM | 4,150 Yards - Stress Value = 69 |

Workout #20348 - Wednesday, 20 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| 150 | 1 on 25:00 DS/Dryland |
| 150 | 6 x 25 on 1:00 Wednesday Warm-up 2-20, 2-21, 2-22 |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:30 Fly Kick w/board {2 x 25 on 1:00 Kick no board BS {1 x 100 on 4:00 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| | On the last round only do the IM |
| 800 | 4x{1 x 100 on 3:00 Individual Medley {1 x 50 on 1:30 Freestyle {1 x 50 on 2:00 Freestyle |
| 500 | 20 x 25 on :45 USRPT 100 Back Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:18 PM | 2,300 Yards - Stress Value = 75 |

Workout #20343 - Wednesday, 20 September 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 300 | 1 on 25:00 DS/Dryland |
| 150 | 12 x 25 on :30 Wednesday Warm-up 2-13, 4-14, 6-15 |
| 550 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 100 on 2:00 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 1,400 | 7x{1 x 100 on 1:30 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Freestyle |
| 750 | 30 x 25 on :30 USRPT 100 Back Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:15 PM | 3,500 Yards - Stress Value = 113 |

Workout #20344 - Wednesday, 20 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 10 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 4-16 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:05 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks . On the last round do 2X50's@:50 |
| 1,200 | 6x{1 x 100 on 1:40 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle |
| 625 | 25 x 25 on :35 USRPT 100 Back Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:14 PM 3,075 Yards - Stress Value = 96 |

Workout #20345 - Wednesday, 20 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 225 | 9 x 25 on :40 Wednesday Warm-up 2-15, 3-16, 4-17 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks . On the last round don't do the easy 50 |
| 1,200 | 6x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle |
| 625 | 25 x 25 on :35 USRPT 100 Back Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:16 PM 3,050 Yards - Stress Value = 96 |

Workout #20347 - Wednesday, 20 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 200 | 8 x 25 on :45 Wednesday Warm-up 2-20, 3-21, 2-22 |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Breast Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks . On the last round do 2X50's@1:15 |

| | |
|-----|--|
| 800 | 4x{1 x 100 on 2:30 Individual Medley {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Freestyle |
| 500 | 20 x 25 on :45 USRPT 100 Back Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:13 PM 2,400 Yards - Stress Value = 76 |

Workout #20346 - Wednesday, 20 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 200 | 8 x 25 on :45 Wednesday Warm-up 2-16, 3-17, 2-18 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks . On the last round do 2X50's@1:00 |
| 1,000 | 5x{1 x 100 on 2:00 Individual Medley {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Freestyle |
| 550 | 22 x 25 on :40 USRPT 100 Back Pace |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:14 PM 2,750 Yards - Stress Value = 86 |

Workout #20358 - Thursday, 21 September 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 Spotlight/DS/Shoulders |
| 600 | 1 x 600 on 9:00 Underwater trn drill Odd 100's free evens back |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{2 x 100 on 2:00 Your #2 Kick {1 x 100 on 1:30 Your #1 Kick {2 x 100 on 1:55 Your #2 Kick {2 x 100 on 1:35 Your #1 Kick {2 x 100 on 1:50 Your #2 Kick {3 x 100 on 1:40 Your #1 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,100 | 1x{1 x 200 on 3:00 Fly {4 x 50 on :50 Fly 2-2+1 {2 x 175 on 2:35 Fly {4 x 50 on :50 Fly 2-2+1 {3 x 150 on 2:10 Fly {4 x 50 on :50 Fly 2-2+1 {4 x 125 on 1:45 Fly |
| 400 | 8 x 50 on 1:00 Stroke Drills |
| | 5:30 PM 4,650 Yards - Stress Value = 74 |

Workout #20360 - Thursday, 21 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | E |
|---------------|---|---|
| 3:30 PM Start | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | F |
| 1,500 | 30 x 50 on :50 200 Free Pace | F |
| 150 | 10 x 15 on 1:00 Racing Skills-Breast Shooters | ε |
| 1,500 | 30 x 50 on :55 200 Breast Pace | ε |
| | 1 on 8:00 Racing Skills 6 second work | ε |
| 750 | 30 x 25 on :30 100 Back Pace | ε |
| 250 | 1 x 250 on 4:00 Non-specific swimming | F |
| | Video 1 correction | |
| | 5:30 PM 4,550 Yards - Stress Value = 381 | |

Workout #20359 - Thursday, 21 September 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | E |
|---------------|---|---|
| 3:30 PM Start | | |
| 600 | 1 on 30:00 Spotlight/DS/Shoulders | |
| | 1 x 600 on 9:00 Underwater trn drill | |
| | Odd 100's free evens back | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,100 | 1x{2 x 100 on 2:10 Your #2 Kick | |
| | {1 x 100 on 1:45 Your #1 Kick | |
| | {2 x 100 on 2:05 Your #2 Kick | |
| | {2 x 100 on 1:50 Your #1 Kick | |
| | {2 x 100 on 2:00 Your #2 Kick | |
| | {2 x 100 on 1:55 Your #1 Kick | |
| 200 | 4x{1 x 25 on :50 Sculling drills | |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | |
| 1,900 | 1x{1 x 200 on 3:20 Fly | |
| | {4 x 50 on :55 Fly 2-2+1 | |
| | {2 x 175 on 2:50 Fly | |
| | {4 x 50 on :55 Fly 2-2+1 | |
| | {3 x 150 on 2:20 Fly | |
| | {4 x 50 on :55 Fly 2-2+1 | |
| | {4 x 75 on 1:10 Fly | |
| 400 | 8 x 50 on 1:00 Stroke Drills | |
| | 5:30 PM 4,350 Yards - Stress Value = 68 | |

Workout #20357 - Thursday, 21 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|---|-----|
| 5:30 PM Start | | |
| 200 | 1 on 25:00 DS/Dryland | |
| 150 | 1 x 200 on 5:00 Free 3KOW to 10 back to 3 | REC |
| 250 | 10 x 15 on :45 Shooters | SP3 |
| | 250 5 x 50 on 1:45 Free Kick | EN2 |
| | #1 fast turn, #2 no board, #3 FAST | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| | 1 on 20:00 Teach Day Freestyle | REC |
| 500 | 20 x 25 on :45 USRPT 100 Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:15 PM 1,450 Yards - Stress Value = 61 | |

Workout #20352 - Thursday, 21 September 2017

Group 2 - Freestylers

1 minute rest between sets

| Yards | Set Description | EGY |
|---------------|-----------------|-----|
| 5:30 PM Start | | |

| | | |
|-----------------------|---|-----|
| 1 on 25:00 DS/Dryland | | |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 450 | 9 x 50 on 1:00 Free Kick | EN2 |
| | #1 fast turn, #2 no board, #3 FAST | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| | 1 on 20:00 Teach Day Freestyle | REC |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:15 PM 2,000 Yards - Stress Value = 90 | |

Workout #20353 - Thursday, 21 September 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|-----------------------|---|-----|
| 5:30 PM Start | | |
| ===== | | |
| 1 on 25:00 DS/Dryland | | |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 400 | 8 x 50 on 1:05 Free Kick | EN2 |
| | #1 fast turn, #2 no board, #3 FAST | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| | 1 on 20:00 Teach Day Freestyle | REC |
| 625 | 25 x 25 on :35 USRPT 100 Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:15 PM 1,825 Yards - Stress Value = 76 | |

Workout #20354 - Thursday, 21 September 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | EGY |
|-----------------------|---|-----|
| 5:30 PM Start | | |
| ===== | | |
| 1 on 25:00 DS/Dryland | | |
| 250 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 350 | 7 x 50 on 1:10 Free Kick | EN2 |
| | #1 fast turn, #2 no board, #3 FAST | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| | 1 on 20:00 Teach Day Freestyle | REC |
| 625 | 25 x 25 on :35 USRPT 100 Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:15 PM 1,725 Yards - Stress Value = 75 | |

Workout #20356 - Thursday, 21 September 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY |
|-----------------------|---|-----|
| 5:30 PM Start | | |
| ===== | | |
| 1 on 25:00 DS/Dryland | | |
| 200 | 1 x 200 on 5:00 Free 3KOW to 10 back to 3 | REC |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 300 | 6 x 50 on 1:30 Free Kick | EN2 |
| | #1 fast turn, #2 no board, #3 FAST | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| | 1 on 20:00 Teach Day Freestyle | REC |
| 550 | 22 x 25 on :40 USRPT 100 Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:15 PM 1,550 Yards - Stress Value = 67 | |

Workout #20355 - Thursday, 21 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 5:30 PM Start | |
| 250 | 1 on 25:00 DS/Dryland | REC |
| 150 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 | SP3 |
| 300 | 10 x 15 on :45 Shooters | EN2 |
| | 6 x 50 on 1:20 Free Kick | |
| | #1 fast turn, #2 no board, #3 FAST | |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills | REC |
| | Evens-underwaters, count kicks | |
| | 1 on 20:00 Teach Day Freestyle | REC |
| 550 | 22 x 25 on :40 USRPT 100 Free Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC |
| | 7:14 PM 1,600 Yards - Stress Value = 67 | |

Workout #20367 - Friday, 22 September 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 5:45 AM Start | |
| | 1 on 12:00 DS/Showers | |
| 400 | 1 x 400 on 6:00 Reverse IM drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 2,300 | 1x{1 x 200 on 3:00 Individual Medley | |
| | {6 x 25 on :30 100 Fly Pace | |
| | {2 x 250 on 3:35 Individual Medley w/100 Fly | |
| | {6 x 25 on :30 100 Back Pace | |
| | {2 x 250 on 3:30 Individual Medley w/100 Back | |
| | {6 x 25 on :30 100 Breast Pace | |
| | {2 x 250 on 3:40 Individual Medley w/100 Brea | |
| | {6 x 25 on :30 100 Free Pace | |
| 200 | 1 x 200 on 3:00 IM for time | |
| 250 | 5 x 50 on 1:00 Stroke Drills | |
| | 7:00 AM 3,300 Yards - Stress Value = 104 | |

Workout #20369 - Friday, 22 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 5:45 AM Start | | |
| | 1 on 12:00 DS/Showers | REC | L |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 | S |
| | 7:14 AM 4,750 Yards - Stress Value = 450 | | |

Workout #20368 - Friday, 22 September 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 5:45 AM Start | |
| | 1 on 12:00 DS/Showers | |
| 400 | 1 x 400 on 6:00 Reverse IM drill | |
| 150 | 10 x 15 on :45 Shooters | |
| 1,850 | 1x{1 x 200 on 3:30 Individual Medley | |
| | {4 x 25 on :35 100 Fly Pace | |
| | {2 x 250 on 4:30 Individual Medley w/100 Fly | |
| | {4 x 25 on :35 100 Back Pace | |
| | {2 x 250 on 4:25 Individual Medley w/100 Back | |
| | {4 x 25 on :35 100 Breast Pace | |
| | {1 x 250 on 4:45 Individual Medley w/100 Brea | |
| | {4 x 25 on :35 100 Free Pace | |
| 200 | 1 x 200 on 3:00 IM for time | |

250 5 x 50 on 1:00 Stroke Drills
6:59 AM 2,850 Yards - Stress Value = 79

Workout #20361 - Friday, 22 September 2017

Group 2 - Back

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 5:00 PM Start | |
| | 1 on 40:00 DS/Dryland | REC |
| 500 | 4 x 125 on 2:30 Swim USS | REC |
| | 50 swim, 25 underwater 25 scull 25 back | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,475 | 1x{1 x 200 on 3:00 Backstroke | EN2 |
| | {3 x 75 on 1:20 Back alt 25's 12yds under | EN2 |
| | {1 x 200 on 2:55 Backstroke | EN2 |
| | {3 x 75 on 1:20 Back alt 25's 12yds under | EN2 |
| | {1 x 200 on 2:50 Backstroke | EN2 |
| | {3 x 75 on 1:20 Back alt 25's 12yds under | EN2 |
| | {1 x 200 on 2:45 Backstroke | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| | 6:30 PM 2,375 Yards - Stress Value = 34 | |

Workout #20366 - Friday, 22 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|---|-----|------|
| | 5:00 PM Start | | |
| | 1 on 40:00 DS/Dryland | REC | L |
| 300 | 4 x 75 on 2:30 Swim USS | REC | D |
| | 25 swim, 25 scull, 25 back | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 750 | 1x{1 x 100 on 3:00 Backstroke | EN2 | S |
| | {3 x 50 on 1:45 Back alt 25's 7 KOW | EN2 | S |
| | {1 x 100 on 2:55 Backstroke | EN2 | S |
| | {3 x 50 on 1:45 Back alt 25's 7 KOW | EN2 | S |
| | {1 x 100 on 2:50 Backstroke | EN2 | S |
| | {3 x 50 on 1:45 Back alt 25's 7 KOW | EN2 | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D |
| | 6:31 PM 1,450 Yards - Stress Value = 21 | | |

Workout #20362 - Friday, 22 September 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | EGY |
|-------|---|-----|
| | 5:00 PM Start | |
| | 1 on 40:00 DS/Dryland | REC |
| 500 | 4 x 125 on 2:30 Swim USS | REC |
| | 50 swim, 25 underwater 25 scull 25 back | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,425 | 1x{1 x 200 on 3:15 Backstroke | EN2 |
| | {3 x 75 on 1:20 Back alt 25's 12yds under | EN2 |
| | {1 x 200 on 3:10 Backstroke | EN2 |
| | {3 x 75 on 1:20 Back alt 25's 12yds under | EN2 |
| | {1 x 200 on 3:05 Backstroke | EN2 |
| | {3 x 75 on 1:20 Back alt 25's 12yds under | EN2 |
| | {1 x 150 on 2:15 Backstroke | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| | 6:30 PM 2,325 Yards - Stress Value = 33 | |

Workout #20363 - Friday, 22 September 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | EG |
|-------|--|----|
| 400 | 1 on 40:00 DS/Dryland | RE |
| | 4 x 100 on 2:30 Swim USS | RE |
| | 25 swim, 25 underwater 25 scull 25 back | |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,275 | 1x{1 x 150 on 2:45 Backstroke | EN |
| | {3 x 75 on 1:30 Back alt 25's 10 yds under | EN |
| | {1 x 150 on 2:40 Backstroke | EN |
| | {3 x 75 on 1:30 Back alt 25's 10yds under | EN |
| | {1 x 150 on 2:35 Backstroke | EN |
| | {3 x 75 on 1:30 Back alt 25's 10yds under | EN |
| | {1 x 150 on 2:30 Backstroke | EN |
| 250 | 1 x 250 on 5:00 Stroke Drills | RE |
| 6:30 | PM 2,075 Yards - Stress Value = 30 | |

Workout #20365 - Friday, 22 September 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|-------------------------------------|-----|------|
| 300 | 1 on 40:00 DS/Dryland | REC | L |
| | 4 x 75 on 2:30 Swim USS | REC | D |
| | 25 swim, 25 scull, 25 back | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S |
| 850 | 1x{1 x 100 on 2:45 Backstroke | EN2 | S |
| | {3 x 50 on 1:30 Back alt 25's 7 KOW | EN2 | S |
| | {1 x 100 on 2:40 Backstroke | EN2 | S |
| | {3 x 50 on 1:30 Back alt 25's 7 KOW | EN2 | S |
| | {1 x 100 on 2:35 Backstroke | EN2 | S |
| | {3 x 50 on 1:30 Back alt 25's 7 KOW | EN2 | S |
| | {1 x 100 on 2:30 Backstroke | EN2 | S |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC | D |
| 6:30 | PM 1,550 Yards - Stress Value = 23 | | |

Workout #20364 - Friday, 22 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | EG |
|-------|--|----|
| 400 | 1 on 40:00 DS/Dryland | RE |
| | 4 x 100 on 2:30 Swim USS | RE |
| | 25 swim, 25 underwater 25 scull 25 back | |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,125 | 1x{1 x 150 on 3:00 Backstroke | EN |
| | {3 x 75 on 1:45 Back alt 25's 10 yds under | EN |
| | {1 x 150 on 2:55 Backstroke | EN |
| | {3 x 75 on 1:45 Back alt 25's 10yds under | EN |
| | {1 x 150 on 2:50 Backstroke | EN |
| | {3 x 75 on 1:45 Back alt 25's 10yds under | EN |
| 250 | 1 x 250 on 5:00 Stroke Drills | RE |
| 6:31 | PM 1,925 Yards - Stress Value = 27 | |

Workout #20402 - Sunday, 24 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| 300 | 1 on 25:00 DS/Dryland |
| | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| | All BLSR's 12.5 yds minimum |
| 200 | 1x{2 x 25 on 1:15 Kick no board B |

| | |
|------|---|
| | {2 x 50 on 2:00 Kick no board L/R |
| | {2 x 25 on 1:15 Kick no board B |
| | 1 on 20:00 Teach Day-Backstroke |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evns-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-back starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 7:15 | PM 1,750 Yards - Stress Value = 85 |

Workout #20378 - Monday, 25 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|---------------------------------------|-----|----|
| 400 | 1 on 20:00 Spotlight/DS | REC | |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 310 | 1x{4 x 25 on :15 Undr Wtr Fly Kck | EN2 | |
| | {1 on :30 Rest | | |
| | {6 x 15 on :30 Undr Wtr Fly Kck | EN2 | |
| | {1 on :30 Rest | | |
| 1,500 | {8 x 15 on :30 Undr Wtr Fly Kck | EN2 | |
| | 30 x 50 on :50 200 Ba k pa e | SP2 | |
| | 1 on 5:00 Walking/ju p rope | REC | |
| 750 | 30 x 25 on :30 100 Breast Pa e | SP2 | |
| | 1 on 5:00 Walking/ju p rope | REC | |
| 1,500 | 30 x 50 on :50 200 Free Pa e | SP2 | |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | |
| 5:44 | PM 5,460 Yards - Stress Value = 456 | | |

Workout #20376 - Monday, 25 September 2017

Group 3 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|-------|---|
| 600 | 1 on 30:00 Spotlight/DS/Physio Balls |
| 150 | 1 x 600 on 9:00 Swim-kick-pull-swim |
| 1,850 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 300 on 5:15 Kick |
| | {6 x 25 on :30 Kick no board BSLRBS |
| | {2 x 250 on 4:15 Kick |
| | {8 x 25 on :30 Kick no board BSLRX2 |
| | {3 x 200 on 3:20 Kick |
| 750 | 1x{2 x 100 on 1:20 Pulls-no br L.12 yds |
| | {2 x 125 on 1:40 Pulls-no br L.12 yds |
| | {2 x 150 on 2:00 Pulls-no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,250 | 1x{3 x 200 on 2:30 Freestyle |
| | {3 x 50 on :50 Free 2@200 Fr Pace 1-ez |
| | {3 x 200 on 2:25 Freestyle |
| | {3 x 50 on :50 Free 2@200 Fr Pace 1-ez |
| | {3 x 200 on 2:20 Freestyle |
| | {3 x 50 on :50 Free 2@200 Fr Pace 1-ez |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| 5:45 | PM 6,000 Yards - Stress Value = 105 |

Workout #20377 - Monday, 25 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 30:00 Spotlight/DS/Physio Balls |
| 150 | 1 x 600 on 9:00 Swim-kick-pull-swim |
| 1,800 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 300 on 5:30 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 250 on 4:30 Kick |
| | {8 x 25 on :30 Kick no board BSLRX2 |
| | {3 x 200 on 3:30 Kick |
| 650 | 1x{2 x 100 on 1:30 Pulls-no br L.12 yds |
| | {2 x 125 on 1:50 Pulls-no br L.12 yds |
| | {2 x 100 on 1:30 Pulls-no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,250 | 1x{3 x 200 on 2:30 Freestyle |
| | {3 x 50 on :50 Free 2@200 Fr Pace 1-ez |
| | {3 x 200 on 2:25 Freestyle |
| | {3 x 50 on :50 Free 2@200 Fr Pace 1-ez |
| | {3 x 200 on 2:20 Freestyle |
| | {3 x 50 on :50 Free 2@200 Fr Pace 1-ez |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:45 PM 5,850 Yards - Stress Value = 102 |

Workout #20375 - Monday, 25 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP |
| 250 | 10 x 15 on :45 Shooters |
| | 5 x 50 on 1:45 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 550 | 1x{3 x 75 on 2:25 Freestyle |
| | {3 x 75 on 2:30 Freestyle |
| | {2 x 50 on 1:45 Freestyle |
| 500 | 20 x 25 on :45 USRPT-Free |
| | 1 on 10:00 Killer Relays |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 1,950 Yards - Stress Value = 71 |

Workout #20370 - Monday, 25 September 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 300 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP |
| 450 | 10 x 15 on :45 Shooters |
| | 1x{4 x 100 on 2:00 Kick |
| | {1 x 50 on 1:00 100% Effort! |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,325 | 1x{3 x 125 on 1:40 Freestyle |
| | {3 x 125 on 1:45 Freestyle |
| | {3 x 125 on 1:50 Freestyle |
| | {2 x 100 on 1:30 Freestyle |
| 750 | 30 x 25 on :30 USRPT-Free |
| | 1 on 10:00 Killer Relays |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 3,275 Yards - Stress Value = 118 |

Workout #20371 - Monday, 25 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 300 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP |
| 400 | 10 x 15 on :45 Shooters |
| | 1x{4 x 100 on 2:10 Kick |
| | { #1 Fast Turn, #2 no board Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,175 | 1x{3 x 125 on 1:50 Freestyle |
| | {3 x 125 on 1:55 Freestyle |
| | {3 x 125 on 2:00 Freestyle |
| | {1 x 50 on :50 Freestyle |
| 750 | 30 x 25 on :30 USRPT-Free |
| | 1 on 10:00 Killer Relays |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 3,075 Yards - Stress Value = 114 |

Workout #20372 - Monday, 25 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 250 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP |
| 350 | 10 x 15 on :45 Shooters |
| | 1x{3 x 100 on 2:20 Kick |
| | { #1 Fast Turn, #2 no board, #3 Fast! |
| | {1 x 50 on 1:10 Kick-100% |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,050 | 1x{3 x 125 on 2:05 Freestyle |
| | {3 x 125 on 2:10 Freestyle |
| | {2 x 125 on 2:15 Freestyle |
| | {1 x 50 on :55 Freestyle |
| 625 | 25 x 25 on :35 USRPT-Free |
| | 1 on 10:00 Killer Relays |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,725 Yards - Stress Value = 97 |

Workout #20374 - Monday, 25 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP |
| 300 | 10 x 15 on :45 Shooters |
| | 3 x 100 on 3:00 Kick |
| | #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 750 | 1x{3 x 100 on 2:25 Freestyle |
| | {2 x 100 on 2:30 Freestyle |
| | {2 x 100 on 2:35 Freestyle |
| | {1 x 50 on 1:20 Freestyle |
| 550 | 22 x 25 on :40 USRPT-Free |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,250 Yards - Stress Value = 82 |

Workout #20373 - Monday, 25 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 600 | 1 on 30:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{3 x 100 on 2:40 Kick { #1 Fast Turn, #2 no board, #3 Fast!!-Repeat |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 950 | 1x{3 x 125 on 2:25 Freestyle { 3 x 125 on 2:30 Freestyle { 2 x 100 on 2:05 Freestyle |
| 625 | 25 x 25 on :35 USRPT-Free |
| 200 | 1 on 10:00 Killer Relays |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:14 PM | 2,575 Yards - Stress Value = 94 |

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 600 | 1 on 30:00 Spotlight/DS/Core |
| 150 | 1 x 600 on 9:00 Top Hat Drill |
| 1,140 | 10 x 15 on :45 Shooters |
| 1,140 | 1x{1 x 50 on 1:00 Vertical Kick-30/30 { 4 x 40 on 1:00 20 underwater 20 sprint free { 2 x 50 on 1:00 Vertical Kick 35/25 { 4 x 40 on :55 20 underwater 20 sprint free { 3 x 50 on 1:00 Vertical Kick 40/20 { 4 x 40 on :50 20 underwater 20 sprint free { 4 x 50 on 1:00 Vertical Kick 45/15 { 4 x 40 on :45 20 underwater 20 sprint free |
| 1,650 | 1x{1 x 300 on 4:20 Pulls { 3 x 100 on 1:35 BTB { 1 x 300 on 4:10 Pulls { 3 x 100 on 1:35 Pulls BTS { 1 x 250 on 3:20 Pulls { 2 x 100 on 1:35 Pulls BTWS |
| 200 | 4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 16 x 75 on 1:30 Backstroke 3/5/7 KOW |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:46 PM | 5,190 Yards - Stress Value = 76 |

Workout #20385 - Tuesday, 26 September 2017

Group 3 - Back

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 600 | 1 on 30:00 Spotlight/DS/Core |
| 600 | 1 x 600 on 9:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,140 | 1x{1 x 50 on 1:00 Vertical Kick-30/30 { 4 x 40 on 1:00 20 underwater 20 sprint free { 2 x 50 on 1:00 Vertical Kick 35/25 { 4 x 40 on :55 20 underwater 20 sprint free { 3 x 50 on 1:00 Vertical Kick 40/20 { 4 x 40 on :50 20 underwater 20 sprint free { 4 x 50 on 1:00 Vertical Kick 45/15 { 4 x 40 on :45 20 underwater 20 sprint free |
| 1,800 | 1x{1 x 300 on 4:00 Pulls { 3 x 100 on 1:25 BTB { 1 x 300 on 3:50 Pulls { 3 x 100 on 1:25 Pulls BTS { 1 x 300 on 3:40 Pulls { 3 x 100 on 1:25 Pulls BTWS |
| 200 | 4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,200 | 16 x 75 on 1:30 Backstroke 3/5/7 KOW |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 5:46 PM | 5,340 Yards - Stress Value = 78 |

Workout #20384 - Tuesday, 26 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:30 PM | Start |
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 1 x 200 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 200 | 1x{2 x 25 on 1:00 Kick no board S { 1 x 100 on 4:55 Fly Kick w/board { 2 x 25 on 1:00 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 475 | 1x{2 x 75 on 2:40 Fly 25R, 25L, 25B { 1 x 50 on 2:00 Fly lupldown+1 to 3 down { 2 x 75 on 2:35 Fly 25R, 25L, 25B { 1 x 50 on 2:00 Fly lupldown+1 to 3 down { 1 x 75 on 2:30 Fly 25R, 25L, 25B |
| 375 | 15 x 25 on 1:00 USRPT-100 Fly Pace |
| 200 | 1 on 10:00 Relay Starts |
| 200 | 1 x 200 on 5:00 Stroke Drills |
| 7:14 PM | 1,700 Yards - Stress Value = 58 |

Workout #20387 - Tuesday, 26 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 3:30 PM | Start | | |
| 400 | 1 on 20:00 Spotlight/DS | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 1,500 | 1 on 5:00 Video 1 correction | REC | M |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | S |
| 750 | 1 on 5:00 Walking/Ju p rope | REC | L |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 160 | 8 x 20 on 1:00 Undwtr Fly Kick golf | EN2 | K |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Stroke Drills | REC | D |
| 5:46 PM | 5,310 Yards - Stress Value = 453 | | |

Workout #20386 - Tuesday, 26 September 2017

Group 3 - Gold

Workout #20379 - Tuesday, 26 September 2017

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :30 Kick no board S {1 x 200 on 4:30 Fly Kick w/board {4 x 25 on :30 Kick no board S |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,050 | 1x{2 x 75 on 1:30 Fly 25R, 25L, 25B {2 x 50 on :45 Fly lupldown+1 to 3 down {2 x 75 on 1:25 Fly 25R, 25L, 25B {2 x 50 on :50 Fly lupldown+1 to 3 down {2 x 75 on 1:20 Fly 25R, 25L, 25B {2 x 50 on :55 Fly lupldown+1 to 3 down {2 x 75 on 1:15 Fly 25R, 25L, 25B {3 x 50 on 1:00 Fly lupldown+1 to 3 down |
| 750 | 30 x 25 on :30 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,950 Yards - Stress Value = 110 |

Workout #20380 - Tuesday, 26 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on :35 Kick no board S {1 x 150 on 3:30 Fly Kick w/board {4 x 25 on :35 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 950 | 1x{2 x 75 on 1:40 Fly 25R, 25L, 25B {2 x 50 on :50 Fly lupldown+1 to 3 down {2 x 75 on 1:35 Fly 25R, 25L, 25B {2 x 50 on :55 Fly lupldown+1 to 3 down {2 x 75 on 1:30 Fly 25R, 25L, 25B {2 x 50 on 1:00 Fly lupldown+1 to 3 down {2 x 75 on 1:25 Fly 25R, 25L, 25B {1 x 50 on 1:05 Fly lupldown+1 to 3 down |
| 625 | 25 x 25 on :35 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,675 Yards - Stress Value = 94 |

Workout #20381 - Tuesday, 26 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :40 Kick no board S {1 x 100 on 2:30 Fly Kick w/board {4 x 25 on :40 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 825 | 1x{2 x 75 on 1:50 Fly 25R, 25L, 25B {2 x 50 on 1:00 Fly lupldown+1 to 3 down {2 x 75 on 1:45 Fly 25R, 25L, 25B {2 x 50 on 1:05 Fly lupldown+1 to 3 down |

| | |
|-----|--|
| | {2 x 75 on 1:40 Fly 25R, 25L, 25B |
| | {2 x 50 on 1:10 Fly lupldown+1 to 3 down |
| | {1 x 75 on 1:35 Fly 25R, 25L, 25B |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:14 PM 2,375 Yards - Stress Value = 84 |

Workout #20383 - Tuesday, 26 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 200 | 1 x 200 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 250 | 1x{2 x 25 on 1:00 Kick no board S {1 x 150 on 4:55 Fly Kick w/board {2 x 25 on 1:00 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 600 | 1x{2 x 75 on 2:20 Fly 25R, 25L, 25B {2 x 50 on 1:30 Fly lupldown+1 to 3 down {2 x 75 on 2:15 Fly 25R, 25L, 25B {1 x 50 on 1:35 Fly lupldown+1 to 3 down {2 x 75 on 2:10 Fly 25R, 25L, 25B |
| 450 | 18 x 25 on :50 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 1,950 Yards - Stress Value = 68 |

Workout #20382 - Tuesday, 26 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board S {1 x 100 on 2:45 Fly Kick w/board {4 x 25 on :45 Kick no board S |
| 100 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 750 | 1x{2 x 75 on 2:00 Fly 25R, 25L, 25B {2 x 50 on 1:05 Fly lupldown+1 to 3 down {2 x 75 on 1:55 Fly 25R, 25L, 25B {2 x 50 on 1:10 Fly lupldown+1 to 3 down {2 x 75 on 1:50 Fly 25R, 25L, 25B {2 x 50 on 1:15 Fly lupldown+1 to 3 down |
| 500 | 20 x 25 on :45 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,250 Yards - Stress Value = 77 |

Workout #20394 - Wednesday, 27 September 2017

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 Meeting w/Ava-DS
 20 x 25 on :30 Wednesday Warm-up
 2-12,4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 125 on 1:50 Kick with flippers
 {3 x 125 on 1:45 Kick with flippers
 {2 x 125 on 1:40 Kick with flippers
 {1 x 125 on 1:35 Kick with flippers
 1,000 1x{1 x 200 on 2:50 Lungbuster pulls
 {1 x 200 on 2:45 Lungbuster pulls
 {1 x 200 on 2:40 Lungbuster pulls
 {1 x 200 on 2:35 Lungbuster pulls
 {1 x 200 on 2:30 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{1 x 200 on 3:30 Breaststroke
 {3 x 50 on 1:00 Breaststroke-desend
 {1 x 200 on 3:25 Breaststroke
 {3 x 50 on 1:00 Breaststroke-desend
 {1 x 200 on 3:25 Breaststroke
 {3 x 50 on 1:00 Breaststroke-desend
 {1 x 200 on 3:20 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:44 PM 4,600 Yards - Stress Value = 78

Workout #20396 - Wednesday, 27 September 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 45:00 Meeting w/Ava-DS REC M
 400 1 x 400 on 5:00 Non-specific swimming REC D
 3,000 30 x 100 on 1:25 1650 Free Pace SP2 S
 1 on 10:00 Social Kick Tag REC D
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 5:48 PM 5,150 Yards - Stress Value = 450

Workout #20395 - Wednesday, 27 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 45:00 Meeting w/Ava-DS
 20 x 25 on :30 Wednesday Warm-up
 2-12,4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 1,175 1x{4 x 125 on 2:00 Kick with flippers
 {3 x 125 on 1:55 Kick with flippers
 {2 x 125 on 1:50 Kick with flippers
 {1 x 50 on :40 Kick with flippers
 900 1x{1 x 200 on 3:00 Lungbuster pulls
 {1 x 200 on 2:55 Lungbuster pulls
 {1 x 200 on 2:50 Lungbuster pulls
 {1 x 200 on 2:45 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,150 1x{1 x 200 on 3:45 Breaststroke
 {3 x 50 on 1:05 Breaststroke-desend
 {1 x 200 on 3:40 Breaststroke
 {3 x 50 on 1:05 Breaststroke-desend
 {1 x 200 on 3:35 Breaststroke
 {3 x 50 on 1:05 Breaststroke-desend

{1 x 100 on 1:40 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 5:44 PM 4,325 Yards - Stress Value = 73

Workout #20388 - Wednesday, 27 September 2017

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 12 x 25 on :30 Wednesday Warm-up
 2-13 4-14 6-15
 150 10 x 15 on :45 Shooters
 650 1x{2 x 75 on 1:35 Breast Kick w/board
 {3 x 100 on 2:05 Breast Kick w/board
 {4 x 50 on 1:05 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{1 x 250 on 5:00 Breast 2X pullouts start wal
 {2 x 200 on 4:00 Breast 2X pullouts start wal
 {3 x 100 on 2:00 Breast 2X pullouts start wal
 {4 x 50 on 1:00 Breast 2 pullouts start wall
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,225 Yards - Stress Value = 104

Workout #20393 - Wednesday, 27 September 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 150 6 x 25 on 1:00 Wednesday Warm-up
 2-20 2-21 2-22
 150 10 x 15 on :45 Shooters
 350 1x{2 x 75 on 3:00 Breast Kick w/board
 {4 x 50 on 2:00 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 650 1x{1 x 200 on 7:00 Breast 2X pullouts start wal
 {2 x 150 on 5:15 Breast 2X pullouts start wal
 {1 x 100 on 3:30 Breast 2X pullouts start wal
 {1 x 50 on 1:45 Breast 2X pullouts start wall
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,025 Yards - Stress Value = 64

Workout #20389 - Wednesday, 27 September 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:30 PM Start | |
| 250 | 1 on 25:00 DS/Dryland |
| 150 | 10 x 25 on :35 Wednesday Warm-up 2-14 4-15 4-15 |
| 600 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{2 x 75 on 1:45 Breast Kick w/board 3 x 100 on 2:15 Breast Kick w/board 3 x 50 on 1:15 Breast Kick NO board |
| 550 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 250 | 1x{1 x 250 on 5:30 Breast 2X pullouts start wal 2 x 200 on 4:20 Breast 2X pullouts start wal 3 x 100 on 2:10 Breast 2X pullouts start wal 2 x 50 on 1:05 Breast 2X pullouts start wall |
| 7:15 PM | 22 x 25 on :40 USRPT-100 Breast Pace |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,950 Yards - Stress Value = 94 |

| Yards | Set Description |
|---------------|---|
| 5:30 PM Start | |
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 8 x 25 on :45 Wednesday Warm-up 2-16 3-17 2-18 |
| 475 | 10 x 15 on :45 Shooters |
| 100 | 1x{3 x 75 on 2:05 Breast Kick w/board 1 x 50 on 1:20 Breast Kick w/board 2 x 100 on 2:45 Breast Ki k w/board |
| 900 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 500 | 1x{1 x 250 on 6:15 Breast 2X pullouts start wal 2 x 200 on 5:00 Breast 2X pullouts start wal 2 x 100 on 2:30 Breast 2X pullouts start wal 1 x 50 on 1:15 Breast 2X pullouts start wall |
| 250 | 20 x 25 on :45 USRPT-100 Breast Pace |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,575 Yards - Stress Value = 83 |

Workout #20403 - Thursday, 28 September 2017

Group 3 - Fly

1 minute rest between sets

Workout #20390 - Wednesday, 27 September 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:30 PM Start | |
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 8 x 25 on :45 Wednesday Warm-up 2-15 3-16 4-17 |
| 550 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 1:55 Breast Kick w/board 3 x 100 on 2:30 Breast Kick w/board 2 x 50 on 1:15 Breast Kick w/board |
| 950 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 500 | 1x{1 x 250 on 5:50 Breast 2X pullouts start wal 2 x 200 on 4:40 Breast 2X pullouts start wal 3 x 100 on 2:20 Breast 2X pullouts start wal |
| 250 | 20 x 25 on :45 USRPT-100 Breast Pace |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,700 Yards - Stress Value = 86 |

| Yards | Set Description |
|---------------|---|
| 3:30 PM Start | |
| 600 | 1 on 30:00 SL/DS/Shoulders |
| 1,200 | 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{4 x 100 on 1:40 KICK 3 x 100 on 1:35 Kick 2 x 100 on 1:30 Kick 1 x 100 on 1:25 Kick 1 x 50 on 2:00 Kick 3 x 50 on 1:00 Kick-100% Effort |
| 200 | 4x{1 x 250 on 3:05 Pulls 5 x 50 on 1:00 Pulls 4 breaths 1 x 200 on 2:30 Pulls 4 x 50 on 1:00 Pulls-4 breaths 1 x 150 on 1:50 Pulls 3 x 50 on 1:00 Pulls 4 breaths 1 x 100 on 1:15 Pulls 2 x 50 on 1:00 Pulls 4 breaths |
| 1,200 | 6x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:44 PM 5,000 Yards - Stress Value = 89 |

Workout #20392 - Wednesday, 27 September 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------------|---|
| 5:30 PM Start | |
| 200 | 1 on 25:00 DS/Dryland |
| 150 | 8 x 25 on :45 Wednesday Warm-up 2-20 3-21 2-22 |
| 450 | 10 x 15 on :45 Shooters |
| 100 | 1x{2 x 75 on 2:15 Breast Kick w/board 2 x 50 on 1:30 Breast Kick w/board 2 x 100 on 3:00 Breast Ki k w/board |
| 750 | 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks |
| 250 | 1x{1 x 200 on 6:00 Breast 2X pullouts start wal 2 x 150 on 4:30 Breast 2X pullouts start wal 2 x 100 on 3:00 Breast 2X pullouts start wal 1 x 50 on 1:30 Breast 2X pullouts start wall |
| | 18 x 25 on :50 USRPT-100 Breast Pace |
| | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,350 Yards - Stress Value = 75 |

Workout #20405 - Thursday, 28 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------------|--|-----|------|
| 3:30 PM Start | | | |
| 400 | 1 on 20:00 Spotlilght/DS | REC | L |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 25 on :30 100 Breast Pa e | SP2 | S |
| | 1 on 8:00 Video 1 | REC | M |
| 750 | 30 x 50 on :50 200 Free Pa e | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 250 | 30 x 25 on :30 100 Fly Pa e | SP2 | S |
| 1,500 | 1 on 10:00 Diving stick races | EN2 | K |
| 250 | 30 x 50 on :50 200 Back Pa e | SP2 | S |
| | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:47 PM 5,150 Yards - Stress Value = 450 | | |

Workout #20391 - Wednesday, 27 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #20404 - Thursday, 28 September 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 SL/DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on 2:00 Kick
 {3 x 50 on 1:00 Kick-100% Effort
 1,350 1x{1 x 250 on 3:35 Pulls
 {5 x 50 on 1:00 Pulls 4 breaths
 {1 x 200 on 2:50 Pulls
 {4 x 50 on 1:00 Pulls-4 breaths
 {1 x 150 on 2:05 Pulls
 {3 x 50 on 1:00 Pulls 4 breaths
 {1 x 100 on 1:25 Pulls
 {1 x 50 on 1:00 Pulls 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 6x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 5:48 PM 4,750 Yards - Stress Value = 84

Workout #20397 - Thursday, 28 September 2017

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 350 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:00 Kick no board L/R/S
 {4 x 25 on :45 Kick no board B
 1 on 20:00 Teach Day-Backstroke
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,900 Yards - Stress Value = 88

Workout #20398 - Thursday, 28 September 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:05 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 1 on 20:00 Teach Day-Backstroke
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,875 Yards - Stress Value = 88

Workout #20399 - Thursday, 28 September 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 1 on 20:00 Teach Day-Backstroke
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,875 Yards - Stress Value = 88

Workout #20401 - Thursday, 28 September 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 200 1x{2 x 25 on 1:15 Kick no board B
 {2 x 50 on 2:00 Kick no board L/R/
 {2 x 25 on 1:15 Kick no board B
 1 on 20:00 Teach Day-Backstroke
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,750 Yards - Stress Value = 85

Workout #20400 - Thursday, 28 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 250 1x{2 x 25 on 1:00 Kick no board B
 {3 x 50 on 1:30 Kick no board L/R/S
 {2 x 25 on 1:00 Kick no board B
 1 on 20:00 Teach Day-Backstroke
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,800 Yards - Stress Value = 86

Workout #20412 - Friday, 29 September 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 on 20:00 SL/DS |
| 150 | 1 x 600 on 10:00 Reverse IM drill |
| 600 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 125 on 2:05 Kick |
| | {1 x 125 on 2:00 Kick |
| | {1 x 125 on 1:55 Kick |
| | {1 x 125 on 1:50 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{1 x 400 on 5:30 Individual Medley |
| | {2 x 100 on 1:20 Freestyle |
| | {1 x 300 on 4:00 Individual Medley |
| | {2 x 100 on 1:30 Backstroke |
| | {1 x 200 on 2:35 Individual Medley |
| | {2 x 100 on 1:40 Breaststroke |
| | {1 x 100 on 1:15 Individual Medley |
| | {2 x 100 on 1:30 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 4:59 PM | 3,600 Yards - Stress Value = 47 |

Workout #20414 - Friday, 29 September 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 3:30 PM | Start | | |
| 1 | on 20:00 Spotlight/DS | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| 1,000 | 1 on 5:00 Walking/jump rope | REC | L |
| 400 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| 1,000 | 1 on 5:00 Walking/jump rope | REC | L |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | S |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D |
| 5:03 PM | 3,100 Yards - Stress Value = 250 | | |

Workout #20413 - Friday, 29 September 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 on 20:00 SL/DS |
| 150 | 1 x 600 on 10:00 Reverse IM drill |
| 500 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 125 on 2:25 Kick |
| | {1 x 125 on 2:20 Kick |
| | {1 x 100 on 1:50 Kick |
| | {1 x 50 on :55 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,700 | 1x{1 x 400 on 6:00 Individual Medley |
| | {2 x 100 on 1:25 Freestyle |
| | {1 x 300 on 4:25 Individual Medley |
| | {2 x 100 on 1:35 Backstroke |
| | {1 x 200 on 2:55 Individual Medley |
| | {2 x 75 on 1:20 Breaststroke |
| | {1 x 100 on 1:25 Individual Medley |
| | {2 x 75 on 1:15 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 4:59 PM | 3,400 Yards - Stress Value = 45 |

Workout #20411 - Friday, 29 September 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 300 | 1 on 40:00 DS/Dryland |
| 150 | 4 x 75 on 2:15 Swim US |
| 150 | 25 Swim-25 under-25 scull |
| 100 | 10 x 15 on :45 Shooters |
| 600 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 600 | 3x{1 x 100 on 3:00 Individual Medley |
| | {1 x 50 on 1:30 Freestyle |
| | {1 x 50 on 2:00 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:30 PM | 1,400 Yards - Stress Value = 15 |

Workout #20406 - Friday, 29 September 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 500 | 1 on 40:00 DS/Dryland |
| 150 | 4 x 125 on 2:15 Swim USS |
| 150 | 50 Swim-25 under-25 scull-25 swim |
| 100 | 10 x 15 on :45 Shooters |
| 1,200 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,200 | 6x{1 x 100 on 1:30 Individual Medley |
| | {1 x 50 on :45 Freestyle |
| | {1 x 50 on 1:00 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:30 PM | 2,200 Yards - Stress Value = 24 |

Workout #20407 - Friday, 29 September 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:00 PM | Start |
| 500 | 1 on 40:00 DS/Dryland |
| 150 | 4 x 125 on 2:15 Swim USS |
| 150 | 50 Swim-25 under-25 scull-25 swim |
| 100 | 10 x 15 on :45 Shooters |
| 1,200 | 4 x 25 on 1:00 Odds face in sculling drills |
| | Evens-underwaters, count kicks |
| 1,200 | 6x{1 x 100 on 1:40 Individual Medley |
| | {1 x 50 on :50 Freestyle |
| | {1 x 50 on 1:05 Freestyle |
| | On Round 6 only do the IM |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:32 PM | 2,200 Yards - Stress Value = 24 |

Workout #20408 - Friday, 29 September 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS/Dryland
 4 x 100 on 2:15 Swim USS
 25 Swim-25 under-25 scull-25 swim
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 5x{1 x 100 on 1:55 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 1,900 Yards - Stress Value = 21

Workout #20410 - Friday, 29 September 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 300 1 on 40:00 DS/Dryland
 4 x 75 on 2:15 Swim US
 25 Swim-25 under-25 scull
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 800 4x{1 x 100 on 2:30 Individual Medley
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 1:30 Freestyle
 On Round 4 only do the 1st 50
 250 1 x 250 on 5:00 Stroke Drills
 6:31 PM 1,600 Yards - Stress Value = 18

Workout #20409 - Friday, 29 September 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS/Dryland
 4 x 100 on 2:15 Swim USS
 25 Swim-25 under-25 scull-25 swim
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 5x{1 x 100 on 2:00 Individual Medley
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:15 Freestyle
 On Round 5 only do the IM
 250 1 x 250 on 5:00 Stroke Drills
 6:32 PM 1,900 Yards - Stress Value = 21

Workout #20421 - Monday, 02 October 2017

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 Spotlight/DS/Physio Ball
 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{ All BSLR's 12 KOW
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick

{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:25 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:30 Kick
 {1 x 50 on :40 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {1 x 100 on 1:25 Kick
 {1 x 50 on :35 Kick
 1,400 1x{ Hold breath L.12yds of each 100
 {1 x 500 on 6:40 Pulls-no br L.12 yds
 {1 x 400 on 5:20 Pulls-no br L.12 yds
 {1 x 300 on 4:00 Pulls-no br L.12 yds
 {1 x 200 on 2:40 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,200 4 x 800 on 10:00 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 7,400 Yards - Stress Value = 132

Workout #20423 - Monday, 02 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WC
 =====
 400 1 on 20:00 Spotlight/DS REC
 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 8:00 Video 1 correction/Wlk-jr REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 270 1x{4 x 15 on :30 Undr Wtr Fly Kck EN2
 {1 on :30 Rest
 {6 x 15 on :30 Undr Wtr Fly Kck EN2
 {1 on :30 Rest EN2
 {8 x 15 on :30 Undr Wtr Fly Kck EN2
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 10:00 Racing Skills-1 Leg Starts REC
 750 30 x 25 on :30 100 Fly Pace SP2
 250 1 x 250 on 4:00 Non-specific swimming REC
 5:56 PM 5,420 Yards - Stress Value = 455

Workout #20422 - Monday, 02 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 550 1 on 30:00 Spotlight/DS/Physio Ball
 150 1 x 550 on 10:00 Swim-kick-pull-swim
 1,350 10 x 15 on :45 Shooters
 1x{ All BSLR's 12 KOW
 { 4 x 25 on :30 Kick no board BSLR
 { 1 x 150 on 3:00 Kick
 { 1 x 100 on 2:00 Kick
 { 1 x 50 on 1:00 Kick
 { 4 x 25 on :30 Kick no board BSLR
 { 1 x 150 on 2:55 Kick
 { 1 x 100 on 1:55 Kick
 { 1 x 50 on :55 Kick
 { 4 x 25 on :30 Kick no board BSLR
 { 1 x 150 on 2:45 Kick
 { 1 x 100 on 1:50 Kick
 { 1 x 50 on :50 Kick
 { 6 x 25 on :30 Kick no board BSLRS
 1,200 1x{ Hold breath L.12yds of each 100
 { 1 x 500 on 7:55 Pulls-no br L.12 yds
 { 1 x 400 on 6:20 Pulls-no br L.12 yds
 { 1 x 200 on 3:10 Pulls-no br L.12 yds
 { 1 x 100 on 1:35 Pulls-no br L.12 yds
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 4 x 700 on 10:00 Free-descend
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,500 Yards - Stress Value = 115

{ 1 x 150 on 3:00 Fly Kick w/board
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{ 2 x 100 on 1:30 75 Free 25 Fly w/free kick
 { 4 x 25 on :30 Fly 8/9/10/11 KOW
 { 2 x 100 on 1:30 75 Free 25 Fly w/free kick
 { 4 x 25 on :30 Fly 9/10/11/12 KOW
 { 2 x 100 on 1:30 75 Free 25 Fly w/free kick
 { 4 x 25 on :30 Fly 10/11/12/13 KOW
 { 2 x 100 on 1:30 75 Free 25 Fly w/free kick
 { 2 x 25 on :30 Fly 13/14 KOW
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,075 Yards - Stress Value = 52

Workout #20416 - Monday, 02 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 150 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 400 10 x 15 on :45 Shooters
 1x{ 1 x 50 on 1:05 Fly Kick w/board
 { 1 x 100 on 2:10 Fly Kick w/board
 { 1 x 125 on 2:45 Fly Kick w/board
 { 1 x 125 on 2:40 Fly Kick w/board
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{ 2 x 100 on 1:40 75 Free 25 Fly w/free kick
 { 4 x 25 on :35 Fly 8/9/10/11 KOW
 { 2 x 100 on 1:40 75 Free 25 Fly w/free kick
 { 4 x 25 on :35 Fly 9/10/11/12 KOW
 { 2 x 100 on 1:40 75 Free 25 Fly w/free kick
 { 4 x 25 on :35 Fly 10/11/12/13 KOW
 { 1 x 100 on 1:40 75 Free 25 Fly w/free kick
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,775 Yards - Stress Value = 45

Workout #20420 - Monday, 02 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 200 1 on 25:00 DS/Dryland
 150 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
 250 10 x 15 on :45 Shooters
 1x{ 1 x 50 on 1:45 Fly Kick w/board
 { 2 x 100 on 3:30 Fly Kick w/board
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{ 1 x 100 on 3:00 75 Free 25 Fly w/free kick
 { 2 x 25 on 1:00 Fly 8/9 KOW
 { 1 x 100 on 3:00 75 Free 25 Fly w/free kick
 { 2 x 25 on 1:00 Fly 8/9 KOW
 { 1 x 100 on 3:00 75 Free 25 Fly w/free kick
 { 2 x 25 on 1:00 Fly 8/9 KOW
 { 1 x 50 on 1:30 25 Free 25 Fly w/free kick
 { 2 x 25 on 1:00 Fly 8/9 KOW
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 1,825 Yards - Stress Value = 30

Workout #20417 - Monday, 02 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 250 1 on 25:00 DS/Dryland
 150 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{ 1 x 50 on 1:10 Fly Kick w/board
 { 1 x 100 on 2:20 Fly Kick w/board
 { 1 x 125 on 2:55 Fly Kick w/board
 { 1 x 75 on 1:45 Fly Kick w/board
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{ 2 x 100 on 1:55 75 Free 25 Fly w/free kick
 { 4 x 25 on :40 Fly 8/9/10/11 KOW
 { 2 x 100 on 1:55 75 Free 25 Fly w/free kick
 { 4 x 25 on :40 Fly 9/10/11/12 KOW
 { 1 x 100 on 1:55 75 Free 25 Fly w/free kick
 { 6 x 25 on :40 Fly 8/9/10/11/12/13 KOW
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,450 Yards - Stress Value = 41

Workout #20415 - Monday, 02 October 2017

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 150 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 425 1x{ 1 x 50 on 1:00 Fly Kick w/board
 { 1 x 100 on 2:00 Fly Kick w/board
 { 1 x 125 on 2:30 Fly Kick w/board

Workout #20419 - Monday, 02 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 300 1x{1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 9/10/11/12 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 10/11/12/13 KOW
 {1 x 50 on 1:15 25 Free 25 Fly w/free kick
 450 18 x 25 on :50 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,050 Yards - Stress Value = 34

Workout #20418 - Monday, 02 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{1 x 50 on 1:15 Fly Kick w/board
 {1 x 100 on 2:30 Fly Kick w/board
 {1 x 125 on 3:10 Fly Kick w/board
 {1 x 75 on 1:55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 8/9/10/11 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 9/10/11/12 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {2 x 25 on :45 Fly 10/11 KOW
 500 20 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,300 Yards - Stress Value = 38

Workout #20430 - Wednesday, 04 October 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 SL/Ava/DS
 500 20 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 1,500 1x{6 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 200 4x{1 x 25 on :50 Sculling drills

{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,200 1x{4 x 100 on 1:30 Fly 2-3-4-5 SOW
 {4 x 100 on 1:25 Fly 2-3-4-5 SOW
 {4 x 100 on 1:20 Fly 2-3-4-5 SOW
 {4 x 100 on 1:15 Fly 2-3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {3 x 75 on 1:05 Fly 3-4-5 SOW
 {3 x 75 on 1:00 Fly 3-4-5 SOW
 {3 x 75 on :55 Fly 3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {2 x 50 on :45 Fly 4-5 SOW
 {2 x 50 on :40 Fly 4-5 SOW
 {1 x 225 on 3:30 Stroke Drills
 {1 x 100 on 1:30 100 Fly OTB
 300 6 x 50 on 1:00 Stroke Drills
 6:01 PM 5,850 Yards - Stress Value = 88

Workout #20432 - Wednesday, 04 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 45:00 SL/Ava/DS REC
 40 1 x 40 on 5:00 Non-specific swimming REC
 2,250 30 x 75 on 1:15 1000 Free Pace SP2
 200 1 x 200 on 8:00 CFP/Video 1 correction REC
 1,500 30 x 50 on :55 200 IM Pace SP2
 1 on 10:00 Racing Skills-Trophy Starts
 150 10 x 15 on 1:00 Racing Skills-Free Shooters SP3
 250 1 x 250 on 4:00 Non-specific swimming REC
 6:03 PM 4,390 Yards - Stress Value = 381

Workout #20431 - Wednesday, 04 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 45:00 SL/Ava/DS
 500 20 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 {5 x 50 on :55 Kick
 {8 x 25 on :35 Kick your weakest kick
 {4 x 50 on :55 Kick
 {4 x 25 on :35 Kick your weakest kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{4 x 100 on 1:40 Fly 2-3-4-5 SOW
 {4 x 100 on 1:35 Fly 2-3-4-5 SOW
 {4 x 100 on 1:30 Fly 2-3-4-5 SOW
 {4 x 100 on 1:25 Fly 2-3-4-5 SOW
 {1 x 100 on 2:00 Stroke Drills
 {3 x 75 on 1:15 Fly 3-4-5 SOW
 {3 x 75 on 1:05 Fly 3-4-5 SOW
 {3 x 75 on 1:00 Fly 3-4-5 SOW
 {1 x 100 on 2:00 Stroke Drills
 {1 x 50 on :45 Fly 4-5 SOW
 {1 x 50 on :40 Fly 4-5 SOW
 {1 x 125 on 2:30 Stroke Drills
 {1 x 100 on 1:30 100 Fly OTB
 300 6 x 50 on 1:00 Stroke Drills
 6:01 PM 5,200 Yards - Stress Value = 81

Workout #20429 - Wednesday, 04 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 200 | 1 x 200 on 6:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{1 x 100 on 3:00 Free Kick w/board { 2 x 100 on 3:05 Free Kick w/board { 1 x 100 on 3:10 Free Kick w/board { 1 x 50 on 1:40 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 600 | 1x{6 x 100 on 3:45 Free descend in sets of 3 Each set of three descends |
| 375 | 15 x 25 on 1:00 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,075 Yards - Stress Value = 65 |

Workout #20424 - Wednesday, 04 October 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 400 | 1 x 400 on 6:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 1:50 Free Kick w/board { 2 x 100 on 1:55 Free Kick w/board { 3 x 100 on 2:00 Free Kick w/board { 1 x 100 on 2:05 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,350 | 9 x 150 on 2:30 Free descend in sets of 3 Each set of three descends |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 3,650 Yards - Stress Value = 122 |

Workout #20425 - Wednesday, 04 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 350 | 1 x 350 on 6:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 100 on 1:55 Free Kick w/board { 2 x 100 on 2:00 Free Kick w/board { 3 x 100 on 2:05 Free Kick w/board { 1 x 50 on 1:05 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,250 | 1x{8 x 150 on 2:40 Free descend in sets of 3 { 1 x 50 on :55 Free-Fast! Each set of three descends |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 3,450 Yards - Stress Value = 119 |

Workout #20426 - Wednesday, 04 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|-----------------|
| ===== | ===== |

| | |
|-------|--|
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 6:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{1 x 100 on 2:05 Free Kick w/board { 2 x 100 on 2:10 Free Kick w/board { 3 x 100 on 2:15 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,150 | 1x{7 x 150 on 2:55 Free descend in sets of 3 { 1 x 100 on 1:55 Free-Fast! Each set of three descends |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 3,125 Yards - Stress Value = 103 |

Workout #20428 - Wednesday, 04 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 6:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 100 on 2:40 Free Kick w/board { 2 x 100 on 2:45 Free Kick w/board { 2 x 100 on 2:50 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 900 | 1x{6 x 150 on 3:45 Free descend in sets of 3 Each set of three descends |
| 500 | 20 x 25 on :45 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,600 Yards - Stress Value = 84 |

Workout #20427 - Wednesday, 04 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 6:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{1 x 100 on 2:20 Free Kick w/board { 2 x 100 on 2:25 Free Kick w/board { 2 x 100 on 2:30 Free Kick w/board { 1 x 50 on 1:15 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,050 | 1x{7 x 150 on 3:15 Free descend in sets of 3 Each set of three descends |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:15 PM 2,900 Yards - Stress Value = 93 |

Workout #20441 - Thursday, 05 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 1 on 20:00 Spotlight/DS | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :55 200 Back Pace | SP2 | S |
| | 1 on 10:00 Video-1 correctiion | REC | M |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | S |
| | 1 on 13:00 YDR | REC | D |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | S |
| | 1 on 15:00 Underwater races | EN2 | K |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 6:00 PM 4,650 Yards - Stress Value = 400 | | |

Workout #20439 - Thursday, 05 October 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Spotlight/DS/Shoulders |
| 600 | 1 x 600 on 10:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:55 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR |
| 1,200 | 1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds {2 x 150 on 2:00 Pulls-no br L.12/25 yds {2 x 150 on 1:55 Pulls-no br L.12/25 yds {2 x 150 on 1:50 Pulls-no br L.12/25 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,000 | 6x{1 x 400 on 5:15 Freestyle {1 x 100 on 1:30 Freestyle Each round 400 drops 5 seconds |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:59 PM 6,950 Yards - Stress Value = 146 |

Workout #20440 - Thursday, 05 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 Spotlight/DS/Shoulders |
| 600 | 1 x 600 on 10:00 Underwater trn drill |
| 150 | 10 x 15 on :45 Shooters |
| 1,350 | 1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:45 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Kick {4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:25 Kick {4 x 25 on :30 Kick no board BSLR |
| 1,050 | 1x{2 x 150 on 2:20 Pulls-no br L.12/25 yds {2 x 150 on 2:15 Pulls-no br L.12/25 yds {2 x 150 on 2:10 Pulls-no br L.12/25 yds {1 x 150 on 2:05 Pulls-no br L.25 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |

| | |
|-------|---|
| 2,400 | 6x{1 x 325 on 5:15 Freestyle {1 x 75 on 1:30 Freestyle Each round 400 drops 5 seconds |
| 300 | 6 x 50 on 1:00 Stroke Drills |
| | 5:59 PM 6,050 Yards - Stress Value = 122 |

Workout #20433 - Thursday, 05 October 2017

Group 2 - Back

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick on L/R/S {4 x 25 on :30 Kick no board B {2 x 50 on 1:00 Kick on L/R 1 on 20:00 Teach Day Backstroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 100 Back Pace 1 on 10:00 Racing Skills-Back Finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 2,000 Yards - Stress Value = 90 |

Workout #20438 - Thursday, 05 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 200 | 1 x 200 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 200 | 1x{2 x 25 on 1:00 Kick no board B {1 x 50 on 2:00 Kick Streamline on back {2 x 25 on 1:00 Kick no board B {1 x 50 on 2:00 Kick Streamline on back 1 on 20:00 Teach Day Backstroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 375 | 15 x 25 on 1:00 100 Back Pace 1 on 10:00 Racing Skills-Back Finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:14 PM 1,275 Yards - Stress Value = 48 |

Workout #20434 - Thursday, 05 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 25:00 DS/Dryland |
| 300 | 1 x 300 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{4 x 25 on :35 Kick no board B {3 x 50 on 1:05 Kick on L/R/S {2 x 25 on :35 Kick no board B {2 x 50 on 1:05 Kick on L/R 1 on 20:00 Teach Day Backstroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 100 Back Pace 1 on 10:00 Racing Skills-Back Finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 1,825 Yards - Stress Value = 76 |

Workout #20435 - Thursday, 05 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on :40 Kick no board B {2 x 50 on 1:15 Kick on L/R/ {2 x 25 on :40 Kick no board B {2 x 50 on 1:15 Kick on L/R 1 on 20:00 Teach Day Backstroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 100 Back Pace 1 on 10:00 Racing Skills-Back Finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 1,650 Yards - Stress Value = 68 |

| | |
|-------|---|
| 600 | 1 x 600 on 9:00 Reverse IM drill |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1 x 750 on 12:00 Vertical Kicking |
| 2,000 | 1x{16 x 50 on :45 Freestyle every 4th one 100% {12 x 50 on :50 Freestyle every 3rd one 100% {8 x 50 on :55 Freestyle every 2nd one 100% {4 x 50 on 1:00 Freestyle all 100% |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 5:00 PM 3,700 Yards - Stress Value = 69 |

Workout #20437 - Thursday, 05 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 200 | 1 x 200 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 250 | 1x{4 x 25 on 1:00 Kick no board B {1 x 50 on 1:30 Kick Streamline on back {2 x 25 on 1:00 Kick no board B {1 x 50 on 1:30 Kick Streamline on back 1 on 20:00 Teach Day Backstroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 450 | 18 x 25 on :50 100 Back Pace 1 on 10:00 Racing Skills-Back Finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 1,400 Yards - Stress Value = 56 |

Workout #20449 - Friday, 06 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| ===== | ===== | === | ==== |
| | 1 on 20:00 Spotlight/DS | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 | S |
| | 1 on 5:00 Walking/jump rope | REC | L |
| 150 | 10 x 15 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:05 PM 2,600 Yards - Stress Value = 195 | | |

Workout #20442 - Friday, 06 October 2017

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|----|
| ===== | ===== | === | ==== | == |
| | 1 on 40:00 DS/Dryland | REC | L | DF |
| 500 | 4 x 125 on 2:30 SwimUSS | REC | D | CM |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | F |
| 1,000 | 1x{1 x 50 on 1:00 Breast L.25 2k1p {2 x 75 on 1:30 Breast L.25 2k1p {3 x 100 on 2:00 Breast L.25 2k1p {3 x 100 on 1:55 Breast L.25 2k1p {2 x 75 on 1:25 Breast L.25 2k1p {1 x 50 on :55 Breast L.25 2k1p | EN2 | S | F |
| 100 | 1 x 100 on 4:00 100 Breast OTB | SP2 | S | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | C |
| | 6:30 PM 1,950 Yards - Stress Value = 36 | | | |

Workout #20436 - Thursday, 05 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 25:00 DS/Dryland |
| 250 | 1 x 250 on 5:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 300 | 1x{4 x 25 on :45 Kick no board B {2 x 50 on 1:20 Kick on L/R/ {2 x 25 on :45 Kick no board B {1 x 50 on 1:20 Kick Streamline on back 1 on 20:00 Teach Day Backstroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 100 Back Pace 1 on 10:00 Racing Skills-Back Finishes |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:15 PM 1,550 Yards - Stress Value = 62 |

Workout #20447 - Friday, 06 October 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK | ST |
|-------|---|-----|------|----|
| ===== | ===== | === | ==== | == |
| | 1 on 40:00 DS/Dryland | REC | L | DF |
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | CM |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | F |
| 500 | 1x{1 x 50 on 2:00 Breast L.25 2k1p {2 x 75 on 3:00 Breast L.25 2k1p {3 x 100 on 4:00 Breast L.25 2k1p | EN2 | S | F |
| 100 | 1 x 100 on 4:00 100 Breast OTB | SP2 | S | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | C |
| | 6:30 PM 1,250 Yards - Stress Value = 26 | | | |

Workout #20448 - Friday, 06 October 2017

Group 3 - Swim Like A Champion Day

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|-------------------------|
| ===== | ===== |
| | 1 on 20:00 Spotlight/DS |

Workout #20443 - Friday, 06 October 2017

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, ST. Includes sets for DS/Dryland, SwimUSS, Shooters, Breast L.25 2k1p, Breast OTB, and Stroke Drills. Total: 6:30 PM 1,900 Yards - Stress Value = 35

Workout #20444 - Friday, 06 October 2017

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, ST. Includes sets for DS/Dryland, SwimUSS, Shooters, Breast L.25 2k1p, Breast OTB, and Stroke Drills. Total: 6:30 PM 1,700 Yards - Stress Value = 33

Workout #20446 - Friday, 06 October 2017

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, ST. Includes sets for DS/Dryland, SwimUSS, Shooters, Breast L.25 2k1p, Breast OTB, and Stroke Drills. Total: 6:29 PM 1,400 Yards - Stress Value = 29

Workout #20445 - Friday, 06 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK, ST. Includes sets for DS/Dryland, SwimUSS, Shooters, Breast L.25 2k1p, Breast OTB, and Stroke Drills. Total: 6:00 PM 5,600 Yards - Stress Value = 486

Summary table for Workout #20443: 100 1 x 100 on 4:00 100 Breast OTB SP2 S F; 200 1 x 200 on 4:00 Stroke Drills REC D C; 6:30 PM 1,650 Yards - Stress Value = 32

Workout #20456 - Monday, 09 October 2017

Group 3 - Fly

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes sets for Spotlight/Team Mtg/DS, Swim-kick-pull-swim, Shooters, Butterfly 2-2, Butterfly 1up 1down, Butterfly 2-3, Butterfly 1up 2down, Butterfly 2-4, Butterfly 1up 3down, Butterfly 2-5, Butterfly-descend, Kick, Sculling drills, Butterfly 2-2, Butterfly 1up 1down, Butterfly 2-3, Butterfly 1up 2down, Butterfly 2-4, Butterfly 1up 3down, Butterfly-descend, Pulls, Sculling drills, Butterfly 2-2, Butterfly 1up 1down, Butterfly 2-3, Butterfly 1up 2down, Butterfly 2-4, Butterfly 1up 3down, Butterfly 2-5, Stroke Drills. Total: 6:00 PM 6,350 Yards - Stress Value = 93

Workout #20458 - Monday, 09 October 2017

Group 3 - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes sets for Spotlight/Team Mtg/DS, Non-specific swimming, Free Pace, Racing Skills-Fly Shooters, Fly Pace, Walking, Back Pace, Free Pace, Non-specific swimming. Total: 6:00 PM 5,600 Yards - Stress Value = 486

Workout #20457 - Monday, 09 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 Spotlight/Team Mtg/DS
 150 1 x 600 on 9:00 Swim-kick-pull-swim
 800 10 x 15 on :45 Shooters
 1x{1 x 50 on :50 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :50 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :50 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {2 x 50 on :50 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 1,000 1x{3 x 100 on 2:00 Kick
 {3 x 100 on 1:55 Kick
 {2 x 100 on 1:50 Kick
 {2 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 50 on :50 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :50 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :50 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {2 x 50 on :50 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 950 1x{2 x 200 on 3:00 Pulls
 {1 x 200 on 2:55 Pulls
 {1 x 200 on 2:50 Pulls
 {1 x 150 on 2:00 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 800 1x{1 x 50 on :50 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {2 x 50 on :50 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :50 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {2 x 50 on :50 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 5,800 Yards - Stress Value = 83

Workout #20450 - Monday, 09 October 2017

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Dryland
 150 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 700 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board B
 {3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :30 Kick no board B
 {2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 100 on 1:20 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {2 x 100 on 1:25 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {3 x 100 on 1:30 Backstroke 3KOW+1
 {2 x 50 on :50 Back descend-min 5KOW
 {4 x 100 on 1:35 Backstroke 3KOW+1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,700 Yards - Stress Value = 123

Workout #20455 - Monday, 09 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 250 1 on 30:00 DS/Dryland
 150 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on 1:00 Kick no board B
 {1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 1:45 Kick 25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 2:30 Backstroke 3KOW+1
 {3 x 50 on 1:30 Back descend-min 5KOW
 {2 x 100 on 2:35 Backstroke 3KOW+1
 {3 x 50 on 1:30 Back descend-min 5KOW
 {2 x 100 on 2:40 Backstroke 3KOW+1
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,225 Yards - Stress Value = 67

Workout #20451 - Monday, 09 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Dryland
 150 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board B
 {3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 1:30 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {2 x 100 on 1:35 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {3 x 100 on 1:40 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {2 x 100 on 1:45 Backstroke 3KOW+1
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 105

Workout #20452 - Monday, 09 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on :40 Kick no board B {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks {2 x 25 on :40 Kick no board B {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,150 | 1x{1 x 100 on 1:40 Backstroke 3KOW+1 {3 x 50 on 1:00 Back descend-min 5KOW {2 x 100 on 1:45 Backstroke 3KOW+1 {3 x 50 on 1:00 Back descend-min 5KOW {3 x 100 on 1:50 Backstroke 3KOW+1 {3 x 50 on 1:00 Back descend-min 5KOW {1 x 100 on 1:55 Backstroke 3KOW+1 |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game with fins |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,050 Yards - Stress Value = 95 |

Workout #20454 - Monday, 09 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 300 | 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 25 on :45 Kick no board B {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks {6 x 25 on :45 Kick no board B {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 900 | 1x{1 x 100 on 2:15 Backstroke 3KOW+1 {3 x 50 on 1:15 Back descend-min 5KOW {2 x 100 on 2:20 Backstroke 3KOW+1 {3 x 50 on 1:15 Back descend-min 5KOW {3 x 100 on 2:25 Backstroke 3KOW+1 |
| 500 | 20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Game with fins |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,600 Yards - Stress Value = 83 |

Workout #20453 - Monday, 09 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :40 Kick no board B {2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks {4 x 25 on :40 Kick no board B {1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,050 | 1x{1 x 100 on 1:50 Backstroke 3KOW+1 {3 x 50 on 1:05 Back descend-min 5KOW {2 x 100 on 1:55 Backstroke 3KOW+1 {3 x 50 on 1:05 Back descend-min 5KOW {3 x 100 on 2:00 Backstroke 3KOW+1 |

| | |
|-----|---|
| | {3 x 50 on 1:05 Back descend-min 5KOW |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace |
| | 1 on 10:00 Game with fins |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,900 Yards - Stress Value = 92 |

Workout #20467 - Tuesday, 10 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 20:00 Spotlight/DS | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 2,250 | 30 x 75 on 1:15 1000 Free Pace | SP2 |
| 150 | 10 x 15 on 1:00 Racing Skills-Back Shooters | SP3 |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 |
| 160 | 8 x 20 on 1:00 Undwtr Fly Kick Golf | EN2 |
| 750 | 30 x 25 on :30 100 Breast Pace* | SP2 |
| | 1 on 5:00 Walking | REC |
| 750 | 30 x 25 on :30 100 Fly Pace* | SP2 |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 6:02 PM 6,210 Yards - Stress Value = 534 | |

Workout #20465 - Tuesday, 10 October 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 Spotlight/DS/Core |
| 600 | 1 x 600 on 9:00 Top Hat Drill |
| 150 | 10 x 15 on :45 Shooters All BSLR, min 15m underwater |
| 1,500 | 1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:30 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:35 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:40 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Kick best effort |
| 1,000 | 5 x 200 on 2:30 Pulls-no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,600 | 1x{4 x 150 on 1:55 Freestyle {1 x 600 on 8:00 Freestyle {4 x 125 on 1:35 Freestyle {1 x 500 on 6:40 Freestyle {4 x 100 on 1:15 Freestyle {1 x 400 on 5:20 Freestyle {4 x 75 on :55 Freestyle {1 x 300 on 4:00 Freestyle |
| | Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 7,300 Yards - Stress Value = 152 |

Workout #20466 - Tuesday, 10 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|---------|--|
| 600 | 1 on 30:00 Spotlight/DS/Core |
| 150 | 1 x 600 on 9:00 Top Hat Drill |
| 1,400 | 10 x 15 on :45 Shooters All BSLR, min 15m underwater |
| 1,400 | 1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:40 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Kick best effort {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Kick best effort {4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Kick best effort |
| 1,000 | 5 x 200 on 2:30 Pulls-no br L.12 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| 3,225 | 1x{4 x 150 on 2:10 Freestyle {1 x 600 on 9:00 Freestyle {4 x 125 on 1:45 Freestyle {1 x 500 on 7:30 Freestyle {4 x 100 on 1:20 Freestyle {1 x 400 on 6:00 Freestyle {3 x 75 on 1:00 Freestyle Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 6:00 PM | 6,825 Yards - Stress Value = 142 |

Workout #20464 - Tuesday, 10 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---------|---|
| 250 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 250 on 7:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{1 x 100 on 3:00 Free Kick w/board {2 x 100 on 3:05 Free Kick w/board {1 x 50 on 1:40 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 600 | 6 x 100 on 3:45 Free descend in sets of 3 Each set of three descends |
| 375 | 15 x 25 on 1:00 USRPT-100 Free Pace |
| 200 | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:28 PM | 2,025 Yards - Stress Value = 63 |

Workout #20459 - Tuesday, 10 October 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 450 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 450 on 7:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 1:50 Free Kick w/board {2 x 100 on 1:55 Free Kick w/board {3 x 100 on 2:00 Free Kick w/board {1 x 100 on 2:05 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,500 | 15 x 100 on 1:30 Free descend in sets of 3 |

Each set of three descends

| | |
|---------|-------------------------------------|
| 750 | 30 x 25 on :30 USRPT-100 Free Pace |
| 1 | on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:31 PM | 3,850 Yards - Stress Value = 125 |

Workout #20460 - Tuesday, 10 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---------|---|
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{1 x 100 on 1:55 Free Kick w/board {2 x 100 on 2:00 Free Kick w/board {3 x 100 on 2:05 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,300 | 13 x 100 on 1:40 Free descend in sets of 3 Each set of three descends |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace |
| 1 | on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 3,550 Yards - Stress Value = 120 |

Workout #20461 - Tuesday, 10 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---------|--|
| 350 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 350 on 7:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{1 x 100 on 2:05 Free Kick w/board {2 x 100 on 2:10 Free Kick w/board {3 x 100 on 2:15 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,200 | 12 x 100 on 1:50 Free descend in sets of 3 Each set of three descends |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace |
| 1 | on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 3,225 Yards - Stress Value = 104 |

Workout #20463 - Tuesday, 10 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|---------|--|
| 300 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 300 on 7:00 Sun Yang Free w/ssnorkels |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 100 on 2:40 Free Kick w/board {2 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:50 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 900 | 9 x 100 on 2:20 Free descend in sets of 3 Each set of three descends |
| 500 | 20 x 25 on :45 USRPT-100 Free Pace |
| 1 | on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:29 PM | 2,650 Yards - Stress Value = 84 |

Workout #20462 - Tuesday, 10 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Sun Yang Free w/ssnorkels
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:20 Free Kick w/board
 {2 x 100 on 2:25 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 11 x 100 on 2:00 Free descend in sets of 3
 Each set of three descends
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 94

Workout #20474 - Wednesday, 11 October 2017

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY W
 =====
 1 on 45:00 Spotlight/Ava/DS REC
 500 20 x 25 on :30 Wednesday Warm-up REC
 2-12, 4-14, 6-15, 8-16
 150 10 x 15 on :45 Shooters SP3
 2,250 10x{1 x 200 on 3:00 Butterfly EN2
 {1 on :30 5 squats EN1
 {1 x 25 on :45 Underwater fly kick EN2
 {1 on :30 5 squats EN1
 After every 2nd round drop 200 flys by 5 s
 1,700 1x{1 x 100 on 1:20 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {2 x 100 on 1:25 Kick EN2
 {6 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {3 x 100 on 1:30 Kick EN2
 {8 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {4 x 100 on 1:35 Kick EN2
 {10 x 25 on :30 Alt. 2nd and 3rd kicks EN2
 250 5 x 50 on 1:00 Stroke Drills REC
 5:59 PM 4,850 Yards - Stress Value = 85

Workout #20476 - Wednesday, 11 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description F
 =====
 1 on 45:00 Spotlight/DS/Ava F
 400 1 x 400 on 5:00 Non-specific swimming F
 3,000 30 x 100 on 1:30 1650 Free Pace S
 150 10 x 15 on 1:00 Racing Skills-Breast Shooters S
 1,500 30 x 50 on :55 200 Breast Pace S
 1 on 15:00 Vertical Kicking w/med balls F
 6:00 PM 5,050 Yards - Stress Value = 456

Workout #20475 - Wednesday, 11 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 45:00 Spotlight/Ava/DS REC I
 500 20 x 25 on :30 Wednesday Warm-up REC I

2-12, 4-14, 6-15, 8-16
 150 10 x 15 on :45 Shooters SP3 S
 2,025 9x{1 x 200 on 3:30 Butterfly EN2 S
 {1 on :30 5 squats EN1 I
 {1 x 25 on :45 Underwater fly kick EN2 F
 {1 on :30 5 squats EN1 I
 After every 2nd round drop 200 flys by 5 se
 1,450 1x{1 x 100 on 1:45 Kick EN2 F
 {4 x 25 on :35 Alt 2nd and 3rd kicks EN2 F
 {2 x 100 on 1:50 Kick EN2 F
 {6 x 25 on :35 Alt 2nd and 3rd kicks EN2 F
 {3 x 100 on 1:55 Kick EN2 F
 {8 x 25 on :35 Alt 2nd and 3rd kicks EN2 F
 {4 x 100 on 2:00 Kick EN2 F
 250 5 x 50 on 1:00 Stroke Drills REC I
 6:00 PM 4,375 Yards - Stress Value = 75

Workout #20468 - Wednesday, 11 October 2017

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS Meeting w/Ava
 300 12 x 25 on :30 Wednesday Warm-up
 2-13, 4-14, 6-15
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:00 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 50 on 1:00 Breast L.25 2k1p
 {2 x 75 on 1:30 Breast L.25 2k1p
 {3 x 100 on 2:00 Breast L.25 2k1p
 {6 x 25 on :30 Breast 2X Pullouts
 {3 x 100 on 1:55 Breast L.25 2k1p
 {2 x 75 on 1:25 Breast L.25 2k1p
 {1 x 50 on :55 Breast L.25 2k1p
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 105

Workout #20473 - Wednesday, 11 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS Meeting w/Ava
 150 6 x 25 on 1:00 Wednesday Warm-up
 1-19, 2-20, 3-21
 150 10 x 15 on :45 Shooters
 450 1x{4 x 100 on 2:45 Breast Kick-odds fast
 {1 x 50 on 1:20 Breast Kick-fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:00 Breast L.25 2k1p
 {2 x 75 on 3:00 Breast L.25 2k1p
 {3 x 100 on 4:00 Breast L.25 2k1p
 {4 x 25 on 1:00 Breast 2X Pullouts
 750 15 x 50 on 1:00 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,450 Yards - Stress Value = 102

Workout #20469 - Wednesday, 11 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS Meeting w/Ava
 250 10 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 4-16
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:10 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:05 Breast L.25 2k1p
 { 2 x 75 on 1:35 Breast L.25 2k1p
 { 3 x 100 on 2:05 Breast L.25 2k1p
 { 6 x 25 on :35 Breast 2X Pullouts
 { 3 x 100 on 2:00 Breast L.25 2k1p
 { 2 x 75 on 1:30 Breast L.25 2k1p
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 3,000 Yards - Stress Value = 95

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS Meeting w/Ava
 200 8 x 25 on :40 Wednesday Warm-up
 1-15, 2-16, 3-17, 2-18
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:30 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 50 on 1:15 Breast L.25 2k1p
 { 2 x 75 on 1:50 Breast L.25 2k1p
 { 3 x 100 on 2:25 Breast L.25 2k1p
 { 4 x 25 on :45 Breast 2X Pullouts
 { 2 x 100 on 2:20 Breast L.25 2k1p
 { 2 x 75 on 1:45 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 80

Workout #20470 - Wednesday, 11 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS Meeting w/Ava
 200 8 x 25 on :40 Wednesday Warm-up
 1-15, 2-16, 3-17, 2-18
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:20 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 50 on 1:10 Breast L.25 2k1p
 { 2 x 75 on 1:40 Breast L.25 2k1p
 { 3 x 100 on 2:20 Breast L.25 2k1p
 { 6 x 25 on :40 Breast 2X Pullouts
 { 2 x 100 on 2:15 Breast L.25 2k1p
 { 2 x 50 on 1:05 Breast L.25 2k1p
 500 20 x 25 on :45 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 87

Workout #20483 - Thursday, 12 October 2017

Group 3 - Distance

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS/Shoulders
 600 1 x 600 on 10:00 Underwater Turn Drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 { 2 x 100 on 1:45 Kick-1 fast 1 jmi
 { 4 x 25 on :30 Kick no board BSLR
 { 2 x 100 on 1:40 Kick 1 fast 1 jmi
 { 4 x 25 on :30 Kick no board BSLR
 { 2 x 100 on 1:35 Kick 1 fast 1 jmi
 { 4 x 25 on :30 Kick no board BSLR
 { 2 x 100 on 1:30 Kick 1 fast 1 jmi
 { 4 x 25 on :30 Kick no board BSLR
 { 2 x 100 on 1:25 Kick 1 fast 1 jmi
 1,500 1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc
 { 4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc
 { 4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{5 x 200 on 2:40 Freestyle
 { 4 x 200 on 2:35 Freestyle
 { 3 x 200 on 2:30 Freestyle
 { 2 x 200 on 2:20 Freestyle
 { 1 x 200 on 2:15 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:00 PM 7,200 Yards - Stress Value = 128

Workout #20472 - Wednesday, 11 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS Meeting w/Ava
 175 7 x 25 on :45 Wednesday Warm-up
 1-17, 2-18, 3-19, 1-20
 150 10 x 15 on :45 Shooters
 450 1x{4 x 100 on 2:45 Breast Kick-odds fast
 { 1 x 50 on 1:20 Breast Kick-fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 50 on 1:30 Breast L.25 2k1p
 { 2 x 75 on 2:15 Breast L.25 2k1p
 { 3 x 100 on 3:00 Breast L.25 2k1p
 { 4 x 25 on :45 Breast 2X Pullouts
 { 1 x 100 on 2:55 Breast L.25 2k1p
 { 2 x 50 on 1:25 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 76

Workout #20471 - Wednesday, 11 October 2017

Workout #20485 - Thursday, 12 October 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 400 | 1 on 20:00 Spotlight/DS | REC |
| 1,500 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 150 | 30 x 50 on :55 400 IM Pace | SP2 |
| 1,500 | 10 x 15 on 1:00 Racing Skills-Free Shooters | SP2 |
| 150 | 30 x 50 on :50 200 Free Pace | SP2 |
| 750 | 1 on 12:00 Underwater Racing | EN2 |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| 250 | 1 on 10:00 Walking | REC |
| 250 | 30 x 25 on :30 100 Back Pace | SP2 |
| 6:00 PM | 1 x 250 on 4:00 Non-specific swimming | REC |
| | 6:00 PM 5,300 Yards - Stress Value = 456 | |

Workout #20484 - Thursday, 12 October 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 3:30 PM | Start |
| 600 | 1 on 30:00 Spotlight/DS/Shoulders |
| 150 | 1 x 600 on 10:00 Underwater trn drill |
| 1,250 | Odd 100's free evens back |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 1:55 Kick-1 fast 1 jmi |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 1:50 Kick 1 fast 1 jmi |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 1:45 Kick 1 fast 1 jmi |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 75 on 1:15 Kick 1 fast 1 jmi |
| | {4 x 25 on :35 Kick no board BSLR |
| 1,300 | 1x{4 x 125 on 1:55 Pulls-no br L.12/14/16/18 yc |
| | {4 x 125 on 1:50 Pulls-no br L.12/14/16/18 yc |
| | {4 x 75 on 1:05 Pulls-no br L.12/14/16/18 yds |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,600 | 1x{5 x 200 on 2:55 Freestyle |
| | {4 x 200 on 2:50 Freestyle |
| | {3 x 200 on 2:45 Freestyle |
| | {1 x 200 on 2:40 Freestyle |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 5:58 PM | 6,350 Yards - Stress Value = 111 |

Workout #20482 - Thursday, 12 October 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 250 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 250 on 7:00 Free 3KOW to 10 back to 3 |
| 350 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 4:00 Fly Kick w/board |
| | {4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 50 on 2:00 Fly Kick w/board |
| | 1 on 23:00 TEACH DAY-Fly |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 375 | 15 x 25 on 1:00 USRPT 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Fly Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 1,425 Yards - Stress Value = 51 |

Workout #20477 - Thursday, 12 October 2017

Group 2 - Fly

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 450 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 450 on 7:00 Free 3KOW to 10 back to 3 |
| 700 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 150 on 3:00 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 125 on 2:25 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | 1 on 23:00 TEACH DAY-Fly |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Fly Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 2,350 Yards - Stress Value = 95 |

Workout #20478 - Thursday, 12 October 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Free 3KOW to 10 back to 3 |
| 600 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 150 on 3:15 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 2:00 Fly Kick w/board |
| | {2 x 25 on :35 Kick no board BSLR |
| | 1 on 23:00 TEACH DAY-Fly |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Fly Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 2,200 Yards - Stress Value = 93 |

Workout #20479 - Thursday, 12 October 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 350 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 |
| 550 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 150 on 3:35 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board BSLR |
| | {2 x 100 on 2:25 Fly Kick w/board |
| | 1 on 23:00 TEACH DAY-Fly |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT 100 Fly Pace |
| | 1 on 10:00 Racing Skills-Fly Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 1,900 Yards - Stress Value = 72 |

Workout #20481 - Thursday, 12 October 2017

1 minute rest between sets

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 300 | 1 x 30:00 DS/Dryland |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board 1 on 23:00 TEACH DAY-Fly |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 450 | 18 x 25 on :50 USRPT 100 Fly Pace |
| 200 | 1 on 10:00 Racing Skills-Fly Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 1,650 Yards - Stress Value = 60 |

| Yards | Set Description | EGY | WORK |
|---------|---------------------------------------|-----|------|
| 3:30 PM | Start | | |
| 400 | 1 on 20:00 Spotlight/DS | REC | L |
| 600 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 600 | 30 x 20 on :30 100 Fly Pace | SP2 | S |
| 600 | 1 on 5:00 Walking | REC | L |
| 600 | 30 x 20 on :30 100 Back Pace | SP2 | S |
| 600 | 1 on 5:00 Walking | REC | L |
| 600 | 30 x 20 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 5:00 Non-specific swimming | REC | D |
| 4:59 PM | 2,450 Yards - Stress Value = 180 | | |

Workout #20480 - Thursday, 12 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 350 | 1 on 30:00 DS/Dryland |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:55 Fly Kick w/board {2 x 25 on :40 Kick no board BSLR {2 x 100 on 2:35 Fly Kick w/board 1 on 23:00 TEACH DAY-Fly |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 USRPT 100 Fly Pace |
| 200 | 1 on 10:00 Racing Skills-Fly Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 1,800 Yards - Stress Value = 66 |

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| 3:30 PM | Start | | |
| 600 | 1 on 20:00 SL/DS | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 500 | 1x{4 x 25 on :30 Kick no board BSLR {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick {1 x 100 on 1:50 Kick {1 x 50 on :55 Kick | | |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes | | |
| 1,700 | 1x{1 x 400 on 6:00 Individual Medley {2 x 100 on 1:25 Freestyle {1 x 300 on 4:25 Individual Medley {2 x 100 on 1:35 Backstroke {1 x 200 on 2:55 Individual Medley {2 x 75 on 1:20 Breaststroke {1 x 100 on 1:25 Individual Medley {2 x 75 on 1:15 Butterfly | | |
| 250 | 1 x 250 on 4:00 Stroke Drills | | |
| 4:59 PM | 3,400 Yards - Stress Value = 45 | | |

Workout #20492 - Friday, 13 October 2017

Group 3 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 3:30 PM | Start |
| 600 | 1 on 20:00 SL/DS |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :30 Kick no board BSLR {1 x 125 on 2:05 Kick {1 x 125 on 2:00 Kick {1 x 125 on 1:55 Kick {1 x 125 on 1:50 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,800 | 1x{1 x 400 on 5:30 Individual Medley {2 x 100 on 1:20 Freestyle {1 x 300 on 4:00 Individual Medley {2 x 100 on 1:30 Backstroke {1 x 200 on 2:35 Individual Medley {2 x 100 on 1:40 Breaststroke {1 x 100 on 1:15 Individual Medley {2 x 100 on 1:30 Butterfly |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| 4:59 PM | 3,600 Yards - Stress Value = 47 |

| Yards | Set Description | EGY | WORK |
|---------|--|-----|-----------------------|
| 5:00 PM | Start | | |
| 300 | 1 on 40:00 DS/Dryland | REC | L I |
| 150 | 4 x 75 on 2:30 SwimUSS 25Swim-25Undwtr-25IMO | REC | D |
| 750 | 1x{10 x 15 on :45 Shooters {1 x 200 on 6:00 Individual Medley {2 x 25 on 1:00 Fly lup2down {1 x 200 on 5:55 Individual Medley {2 x 25 on 1:00 Back 5KOW+1 {1 x 200 on 5:50 Individual Medley {2 x 25 on 1:00 Breast 2K1P | EN2 | S S S S K |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D |
| 6:29 PM | 1,400 Yards - Stress Value = 21 | | |

Workout #20494 - Friday, 13 October 2017

Group 3 - USRPT

Workout #20486 - Friday, 13 October 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ε |
|-------|---|-----|------|---|
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | |
| | 25Swim-25Undwtr-25IMO | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 900 | 1x{1 x 200 on 5:00 Individual Medley | EN2 | S | |
| | {4 x 25 on :45 Fly lup2down | EN2 | S | F |
| | {1 x 200 on 4:55 Individual Medley | EN2 | S | |
| | {4 x 25 on :45 Back 5KOW+1 | EN2 | S | |
| | {1 x 200 on 4:50 Individual Medley | EN2 | S | |
| | {4 x 25 on :45 Breast 2K1P | EN2 | K | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 6:29 PM 1,550 Yards - Stress Value = 24 | | | |

Workout #20489 - Friday, 13 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ε |
|-------|---|-----|------|---|
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | |
| | 25Swim-25Undwtr-25scull-25IMO | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 1,100 | 1x{1 x 200 on 3:55 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Fly lup2down | EN2 | S | F |
| | {1 x 200 on 3:50 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Back 5KOW+1 | EN2 | S | |
| | {1 x 200 on 3:45 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Breast 2K1P | EN2 | K | |
| | {1 x 100 on 1:50 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Free 6BK | EN2 | S | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 6:29 PM 1,850 Yards - Stress Value = 28 | | | |

Workout #20487 - Friday, 13 October 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ε |
|-------|---|-----|------|---|
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | |
| | 50Swim-25Undwtr-25scull-25IMO | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 1,300 | 1x{1 x 200 on 3:20 Individual Medley | EN2 | S | |
| | {4 x 25 on :35 Fly lup2down | EN2 | S | F |
| | {1 x 200 on 3:15 Individual Medley | EN2 | S | |
| | {4 x 25 on :35 Back 5KOW+1 | EN2 | S | |
| | {1 x 200 on 3:10 Individual Medley | EN2 | S | |
| | {6 x 25 on :35 Breast 2K1P | EN2 | K | |
| | {1 x 200 on 3:05 Individual Medley | EN2 | S | |
| | {6 x 25 on :30 Free 6BK | EN2 | S | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 6:29 PM 2,150 Yards - Stress Value = 32 | | | |

Workout #20497 - Monday, 16 October 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ε |
|-------|--|-----|------|---|
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | |
| | 25Swim-25Undwtr-25scull-25IMO | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 1,500 | 1x{4 x 15 on :30 Undr Wtr Fly Kck | EN2 | S | |
| | {1 on :30 Rest | | | |
| | {6 x 15 on :30 Undr Wtr Fly Kck | | | |
| | {1 on :30 Rest | | | |
| | {8 x 15 on :30 Undr Wtr Fly Kck | | | |
| 750 | 30 x 25 on :30 100 Breast Pace | EN2 | S | |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D | |
| | 6:00 PM 5,645 Yards - Stress Value = 462 | | | |

Workout #20488 - Friday, 13 October 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ε |
|-------|---|-----|------|---|
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | |
| | 25Swim-25Undwtr-25scull-25IMO | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 1,200 | 1x{1 x 200 on 3:40 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Fly lup2down | EN2 | S | F |
| | {1 x 200 on 3:35 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Back 5KOW+1 | EN2 | S | |
| | {1 x 200 on 3:30 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Breast 2K1P | EN2 | K | |
| | {1 x 200 on 3:25 Individual Medley | EN2 | S | |
| | {4 x 25 on :40 Free 6BK | EN2 | S | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 6:30 PM 1,950 Yards - Stress Value = 30 | | | |

Workout #20490 - Friday, 13 October 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | ε |
|-------|---|-----|------|---|
| 300 | 4 x 75 on 2:30 SwimUSS | REC | D | |
| | 25Swim-25Undwtr-25scull-25IMO | | | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S | |
| 1,400 | 1x{1 x 200 on 3:10 Individual Medley | EN2 | S | |
| | {6 x 25 on :30 Fly lup2down | EN2 | S | F |
| | {1 x 200 on 3:05 Individual Medley | EN2 | S | |
| | {6 x 25 on :30 Back 5KOW+1 | EN2 | S | |
| | {1 x 200 on 3:00 Individual Medley | EN2 | S | |
| | {6 x 25 on :30 Breast 2K1P | EN2 | K | |
| | {1 x 200 on 2:55 Individual Medley | EN2 | S | |
| | {6 x 25 on :30 Free 6BK | EN2 | S | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D | |
| | 6:30 PM 2,250 Yards - Stress Value = 34 | | | |

Workout #20495 - Monday, 16 October 2017

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 30:00 Spotlight/DS/Physio Balls |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 1,600 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :30 Kick no board BSLR |
| | {4 x 125 on 2:05 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {4 x 100 on 1:35 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| | {4 x 75 on 1:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR |
| 1,800 | 1x{16 x 50 on :45 Pulls every 4tn one 4 breaths |
| | {12 x 50 on :50 Pulls every 3rd one 4 breaths |
| | {8 x 50 on :55 Pulls every 2nd one 4 breaths |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,250 | 15 x 150 on 2:00 Free-descend |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:01 PM 6,800 Yards - Stress Value = 121 |

Workout #20496 - Monday, 16 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| 600 | 1 on 30:00 Spotlight/DS/Physio Balls |
| 150 | 1 x 600 on 10:00 Swim-kick-pull-swim |
| 1,350 | 10 x 15 on :45 Shooters |
| | 1x{4 x 25 on :35 Kick no board BSLR |
| | {4 x 125 on 2:25 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {4 x 100 on 1:55 Kick |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 75 on 1:25 Kick |
| 1,650 | 1x{16 x 50 on :50 Pulls every 4tn one 4 breaths |
| | {12 x 50 on :55 Pulls every 3rd one 4 breaths |
| | {5 x 50 on 1:00 Pulls every 2nd one 4 breaths |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 1,950 | 13 x 150 on 2:15 Freestyle-descend |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:01 PM 6,100 Yards - Stress Value = 107 |

Workout #20539 - Monday, 16 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 200 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP |
| 350 | 10 x 15 on :45 Shooters |
| | 1x{2 x 25 on 1:00 Kick no board BS |
| | {1 x 50 on 2:00 Fly Kick w/board |
| | {2 x 25 on 1:00 Kick no board LR |
| | {1 x 50 on 2:00 Streamline Kick on back |
| | {2 x 25 on 1:00 Kick no board BS |
| | {1 x 50 on 2:00 Breast Kick w/board |
| | {2 x 25 on 1:00 Kick no board LR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 1x{1 x 100 on 3:45 Individual Medley |
| | {4 x 25 on 1:00 Fly lup2down |
| | {1 x 100 on 3:40 Individual Medley |
| | {4 x 25 on 1:00 Back 5KOW+1 |
| | {1 x 100 on 3:35 Individual Medley |

| | |
|-----|---|
| | {2 x 25 on 1:00 Breast 2K1P |
| 375 | 15 x 25 on 1:00 USRPT-Your #1 100 Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 1,925 Yards - Stress Value = 62 |

Workout #20534 - Monday, 16 October 2017

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 2:00 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 2:00 Streamline Kick on back |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 2:00 Breast Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,250 | 1x{1 x 200 on 3:10 Individual Medley |
| | {6 x 25 on :30 Fly lup2down |
| | {1 x 200 on 3:05 Individual Medley |
| | {6 x 25 on :30 Back 5KOW+1 |
| | {1 x 200 on 3:00 Individual Medley |
| | {6 x 25 on :30 Breast 2K1P |
| | {1 x 200 on 2:55 Individual Medley |
| 750 | 30 x 25 on :30 USRPT-Your #1 100 Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,550 Yards - Stress Value = 120 |

Workout #20535 - Monday, 16 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| | 1 on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Streamline Kick on back |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Breast Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,200 | 1x{1 x 200 on 3:20 Individual Medley |
| | {4 x 25 on :35 Fly lup2down |
| | {1 x 200 on 3:15 Individual Medley |
| | {4 x 25 on :35 Back 5KOW+1 |
| | {1 x 200 on 3:10 Individual Medley |
| | {6 x 25 on :35 Breast 2K1P |
| | {1 x 200 on 3:05 Individual Medley |
| | {2 x 25 on :30 Free 6BK |
| 625 | 25 x 25 on :35 USRPT-Your #1 100 Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,275 Yards - Stress Value = 104 |

Workout #20536 - Monday, 16 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 550 22 x 25 on :40 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

{2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 500 20 x 25 on :45 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 86

Workout #20498 - Tuesday, 17 October 2017

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:00 Kick @ fastest interval
 1,120 2x{ Alt 20 Tombstone Kick 20 underwater
 {2 x 40 on 1:10 Kick
 {2 x 40 on 1:05 Kick
 {2 x 40 on 1:00 Kick
 {2 x 40 on :55 Kick
 {2 x 40 on :50 Kick
 {2 x 40 on :45 Kick
 {2 x 40 on :40 Kick
 600 1 x 600 on 8:00 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100 1 x 100 on 3:00 Back for time from a push
 2,200 1x{3 x 150 on 2:20 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 5 secs
 {3 x 150 on 2:15 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 4 secs
 {3 x 150 on 2:10 Backstroke
 {1 x 100 on 2:30 Backstroke w/in 3 secs
 {3 x 150 on 2:05 Backstroke
 {1 x 100 on 2:30 Backstroke afop
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,720 Yards - Stress Value = 119

Workout #20538 - Monday, 16 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly lup2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,275 Yards - Stress Value = 68

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 6:00 Video-1 correction
 750 30 x 25 on :30 100 Back Pace
 160 8 x 20 on 1:00 Under water fly golf
 1,500 30 x 50 on :55 200 Fly Pace
 1 on 5:00 Walking/jump rope
 750 30 x 25 on :30 100 Free Pace
 250 1 x 250 on 4:00 Non-specific swimming
 6:00 PM 5,310 Yards - Stress Value = 453

Workout #20500 - Tuesday, 17 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 30:00 Spotlight/DS REC L
 400 1 x 400 on 5:00 Non-specific swimming REC D
 1,500 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 6:00 Video-1 correction REC L
 750 30 x 25 on :30 100 Back Pace SP2 S
 160 8 x 20 on 1:00 Under water fly golf EN2 K
 1,500 30 x 50 on :55 200 Fly Pace SP2 S
 1 on 5:00 Walking/jump rope REC L
 750 30 x 25 on :30 100 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 6:00 PM 5,310 Yards - Stress Value = 453

Workout #20537 - Monday, 16 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back

Workout #20499 - Tuesday, 17 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 600 | 1 on 30:00 Spotlight/DS |
| 150 | 1 x 600 on 10:00 Top Hat Drill |
| 500 | 10 x 15 on :45 Shooters |
| 1,120 | 5 x 100 on 2:00 Kick @ fastest interval |
| | 2x{ Alt 20 Tombstone Kick 20 underwater |
| | { 2 x 40 on 1:10 Kick |
| | { 2 x 40 on 1:05 Kick |
| | { 2 x 40 on 1:00 Kick |
| | { 2 x 40 on :55 Kick |
| | { 2 x 40 on :50 Kick |
| | { 2 x 40 on :45 Kick |
| | { 2 x 40 on :40 Kick |
| 550 | 1 x 550 on 8:00 Pulls BWFPF |
| 200 | 4x{ 1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 100 | 1 x 100 on 3:00 Back for time from a push |
| 2,000 | 1x{ 3 x 150 on 2:35 Backstroke |
| | { 1 x 100 on 2:30 Backstroke w/in 5 secs |
| | { 3 x 150 on 2:30 Backstroke |
| | { 1 x 100 on 2:30 Backstroke w/in 4 secs |
| | { 3 x 150 on 2:25 Backstroke |
| | { 1 x 100 on 2:30 Backstroke w/in 3 secs |
| | { 2 x 125 on 1:55 Backstroke |
| | { 1 x 100 on 2:30 Backstroke afof |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 5,470 Yards - Stress Value = 114 |

Workout #20501 - Tuesday, 17 October 2017

Group 2 - Back

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Sun Yang Free w/snorkels |
| 700 | 10 x 15 on :45 Shooters |
| | 1x{ 4 x 25 on :30 Kick no board B |
| | { 3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks |
| | { 4 x 25 on :30 Kick no board B |
| | { 2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{ 4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,400 | 1x{ 1 x 100 on 1:20 Backstroke 3KOW+1 |
| | { 3 x 50 on :50 Back descend-min 5KOW |
| | { 2 x 100 on 1:25 Backstroke 3KOW+1 |
| | { 3 x 50 on :50 Back descend-min 5KOW |
| | { 3 x 100 on 1:30 Backstroke 3KOW+1 |
| | { 2 x 50 on :50 Back descend-min 5KOW |
| | { 4 x 100 on 1:35 Backstroke 3KOW+1 |
| 750 | 30 x 25 on :30 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Partner Back start |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,700 Yards - Stress Value = 123 |

Workout #20506 - Tuesday, 17 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 250 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 250 on 7:00 Sun Yang Free w/snorkels |
| 350 | 10 x 15 on :45 Shooters |
| | 1x{ 4 x 25 on 1:00 Kick no board B |
| | { 1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks |
| | { 4 x 25 on 1:00 Kick no board B |

| | |
|-----|---|
| 100 | 1x{ 4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 800 | 1x{ 1 x 100 on 2:30 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:30 Back descend-min 5KOW |
| | { 2 x 100 on 2:35 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:30 Back descend-min 5KOW |
| | { 2 x 100 on 2:40 Backstroke 3KOW+1 |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Partner Back start |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,225 Yards - Stress Value = 67 |

Workout #20502 - Tuesday, 17 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Sun Yang Free w/snorkels |
| 600 | 10 x 15 on :45 Shooters |
| | 1x{ 4 x 25 on :35 Kick no board B |
| | { 3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks |
| | { 4 x 25 on :35 Kick no board B |
| | { 1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{ 4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,150 | 1x{ 1 x 100 on 1:40 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:00 Back descend-min 5KOW |
| | { 2 x 100 on 1:45 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:00 Back descend-min 5KOW |
| | { 3 x 100 on 1:50 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:00 Back descend-min 5KOW |
| | { 1 x 100 on 1:55 Backstroke 3KOW+1 |
| 625 | 25 x 25 on :35 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Partner Back start |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,225 Yards - Stress Value = 103 |

Workout #20503 - Tuesday, 17 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 350 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 350 on 7:00 Sun Yang Free w/snorkels |
| 550 | 10 x 15 on :45 Shooters |
| | 1x{ 4 x 25 on :40 Kick no board B |
| | { 2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks |
| | { 2 x 25 on :40 Kick no board B |
| | { 2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{ 4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,050 | 1x{ 1 x 100 on 1:50 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:05 Back descend-min 5KOW |
| | { 2 x 100 on 1:55 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:05 Back descend-min 5KOW |
| | { 3 x 100 on 2:00 Backstroke 3KOW+1 |
| | { 3 x 50 on 1:05 Back descend-min 5KOW |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Partner Back start |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,950 Yards - Stress Value = 93 |

Workout #20505 - Tuesday, 17 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 300 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 300 on 7:00 Sun Yang Free w/snorkels |
| 450 | 10 x 15 on :45 Shooters |
| 1x{4 | 25 on :45 Kick no board B |
| | {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks |
| | {6 x 25 on :45 Kick no board B |
| | {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 900 | 1x{1 x 100 on 2:15 Backstroke 3KOW+1 |
| | {3 x 50 on 1:15 Back descend-min 5KOW |
| | {2 x 100 on 2:20 Backstroke 3KOW+1 |
| | {3 x 50 on 1:15 Back descend-min 5KOW |
| | {3 x 100 on 2:25 Backstroke 3KOW+1 |
| 500 | 20 x 25 on :45 USRPT-100 Back Pace |
| 200 | 1 on 10:00 Racing Skills-Partner Back start |
| | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,600 Yards - Stress Value = 83 |

Workout #20504 - Tuesday, 17 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 350 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 350 on 7:00 Sun Yang Free w/snorkels |
| 500 | 10 x 15 on :45 Shooters |
| 1x{4 | 25 on :40 Kick no board B |
| | {2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks |
| | {4 x 25 on :40 Kick no board B |
| | {1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,000 | 1x{1 x 100 on 2:00 Backstroke 3KOW+1 |
| | {3 x 50 on 1:05 Back descend-min 5KOW |
| | {2 x 100 on 2:05 Backstroke 3KOW+1 |
| | {3 x 50 on 1:05 Back descend-min 5KOW |
| | {3 x 100 on 2:10 Backstroke 3KOW+1 |
| | {2 x 50 on 1:05 Back descend-min 5KOW |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace |
| 200 | 1 on 10:00 Racing Skills-Partner Back start |
| | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,850 Yards - Stress Value = 91 |

Workout #20507 - Wednesday, 18 October 2017

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| 500 | 1 on 45:00 Spotlight/Mtg w/Ava-DS |
| | 20 x 25 on :30 Wednesday Warm-up |
| | 2-12, 4-13, 6-14, 8-15 |
| 150 | 10 x 15 on :45 Shooters |
| 1,450 | 1x{4 x 25 on :30 Kick no board BSLR-15 KOW |
| | {1 x 150 on 2:20 Kick |
| | {4 x 25 on :30 Kick no board BSLR-14 KOW |
| | {1 x 150 on 2:15 Kick |
| | {4 x 25 on :30 Kick no board BSLR 13 KOW |
| | {1 x 150 on 2:10 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12 KOW |
| | {1 x 150 on 2:05 Kick |
| | {4 x 25 on :30 Kick no board BSLR-11 KOW |
| | {1 x 150 on 2:00 Kick |
| | {4 x 50 on :30 Kick no board BSLR-10 KOW |

| | |
|-------|---|
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,450 | 1x{4 x 125 on 2:00 Breast L.25 3X pullouts |
| | {3 x 50 on :45 Breaststroke |
| | {4 x 125 on 1:55 Breast L.25 3X pullouts |
| | {3 x 50 on :50 Breaststroke |
| | {4 x 125 on 1:50 Breast L.25 3X pullouts |
| | {3 x 50 on :55 Breaststroke |
| | {4 x 125 on 1:45 Breast L.25 3X pullouts |
| 50 | 1 x 50 on 1:00 Freestyle |
| 100 | 1 x 100 on 3:00 Breast OTB |
| 450 | 9 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 5,350 Yards - Stress Value = 94 |

Workout #20509 - Wednesday, 18 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 45:00 Spotlight/Mtg w/Ava-DS |
| 400 | 1 x 400 on 5:00 Non-specific swimming |
| 3,000 | 30 x 100 on 1:30 1650 Free Pace |
| 225 | 15 x 15 on 1:00 Racing Skills IM shooters |
| 1,500 | 30 x 50 on :55 400 IM Pace |
| 250 | 1 x 250 on 8:00 CFP-Video 1 correction for each |
| | 6:00 PM 5,375 Yards - Stress Value = 459 |

Workout #20508 - Wednesday, 18 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|---|
| | 1 on 45:00 Spotlight/Mtg w/Ava-DS |
| 500 | 20 x 25 on :30 Wednesday Warm-up |
| | 2-12, 4-13, 6-14, 8-15 |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{4 x 25 on :30 Kick no board BSLR-15 KOW |
| | {1 x 150 on 2:50 Kick |
| | {4 x 25 on :30 Kick no board BSLR-14 KOW |
| | {1 x 150 on 2:45 Kick |
| | {4 x 25 on :30 Kick no board BSLR 13 KOW |
| | {1 x 150 on 2:40 Kick |
| | {4 x 25 on :30 Kick no board BSLR-12 KOW |
| | {1 x 150 on 2:35 Kick |
| | {4 x 25 on :30 Kick no board BSLR-11 KOW |
| | {1 x 100 on 1:40 Kick |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | {1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,275 | 1x{4 x 125 on 2:10 Breast L.25 3X pullouts |
| | {3 x 50 on :50 Breaststroke |
| | {4 x 125 on 2:05 Breast L.25 3X pullouts |
| | {3 x 50 on :55 Breaststroke |
| | {4 x 125 on 2:00 Breast L.25 3X pullouts |
| | {2 x 50 on 1:00 Breaststroke |
| | {3 x 125 on 1:55 Breast L.25 3X pullouts |
| 50 | 1 x 50 on 1:00 Freestyle |
| 100 | 1 x 100 on 3:00 Breaststroke OTB |
| 450 | 9 x 50 on 1:00 Stroke Drills |
| | 6:00 PM 4,925 Yards - Stress Value = 88 |

Workout #20551 - Wednesday, 18 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 150 1 on 40:00 DS/Meeting w/Ava
 6 x 25 on 1:00 Wednesday Warm-up
 2-19, 2-20, 2-21
 150 10 x 15 on :45 Shooters
 400 1x{1 x 50 on 2:00 Fly Kick w/board
 {1 x 100 on 3:30 Fly Kick w/board
 {1 x 150 on 6:00 Fly Kick w/board
 {1 x 100 on 3:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 25 Free 25 Fly w/free kick
 {4 x 25 on 1:00 Fly 8/9/10/11 KOW
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,025 Yards - Stress Value = 35

Workout #20546 - Wednesday, 18 October 2017

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 40:00 DS/Meeting W/Ava
 12 x 25 on :30 Wednesday Warm-up
 2-13, 4-14, 6-15
 150 10 x 15 on :45 Shooters
 725 1x{2 x 50 on 1:00 Fly Kick w/board
 {1 x 75 on 1:30 Fly Kick w/board
 {1 x 100 on 2:00 Fly Kick w/board
 {1 x 125 on 2:30 Fly Kick w/board
 {1 x 150 on 3:00 Fly Kick w/board
 {1 x 175 on 3:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 8/9/10/11 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 9/10/11/12 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 10/11/12/13 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 11/12/13/14 KOW
 {1 x 100 on 1:30 Butterfly
 750 30 x 25 on :30 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 62

Workout #20547 - Wednesday, 18 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 250 1 on 40:00 DS/Meeting w/Ava
 10 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 4-16
 150 10 x 15 on :45 Shooters
 650 1x{1 x 50 on 1:05 Fly Kick w/board
 {1 x 75 on 1:40 Fly Kick w/board
 {1 x 100 on 2:10 Fly Kick w/board

{1 x 125 on 2:45 Fly Kick w/board
 {2 x 150 on 3:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 8/9/10/11 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 9/10/11/12 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 10/11/12/13 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {2 x 25 on :35 Fly 13/14 KOW
 625 25 x 25 on :35 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,125 Yards - Stress Value = 54

Workout #20548 - Wednesday, 18 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 225 1 on 40:00 DS/Meeting w/Ava
 9 x 25 on :40 Wednesday Warm-up
 2-16, 3-17, 4-18
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:15 Fly Kick w/board
 {1 x 75 on 1:55 Fly Kick w/board
 {2 x 100 on 2:30 Fly Kick w/board
 {1 x 125 on 3:05 Fly Kick w/board
 {1 x 150 on 3:45 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 8/9/10/11 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 9/10/11/12 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 10/11/12/13 KOW
 {1 x 100 on 1:55 75 Free 25 Fly w/free kick
 550 22 x 25 on :40 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,825 Yards - Stress Value = 49

Workout #20550 - Wednesday, 18 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 150 1 on 40:00 DS/Meeting w/Ava
 6 x 25 on 1:00 Wednesday Warm-up
 2-19, 2-20, 2-21
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {1 x 200 on 6:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 9/10/11/12 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 10/11/12/13 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {2 x 25 on :50 Fly 13/14 KOW
 450 18 x 25 on :50 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,300 Yards - Stress Value = 40

Workout #20549 - Wednesday, 18 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| 200 | 1 on 40:00 DS/Meeting w/Ava |
| 150 | 8 x 25 on :45 Wednesday Warm-up 2-17, 4-18, 2-19 |
| 550 | 10 x 15 on :45 Shooters |
| 1x{ | 2 x 50 on 1:20 Fly Kick w/board |
| | { 1 x 75 on 2:00 Fly Kick w/board |
| | { 1 x 100 on 2:40 Fly Kick w/board |
| | { 1 x 125 on 3:20 Fly Kick w/board |
| | { 1 x 150 on 4:00 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 850 | 1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick |
| | { 4 x 25 on :45 Fly 8/9/10/11 KOW |
| | { 1 x 100 on 2:05 75 Free 25 Fly w/free kick |
| | { 4 x 25 on :45 Fly 9/10/11/12 KOW |
| | { 1 x 100 on 2:05 75 Free 25 Fly w/free kick |
| | { 4 x 25 on :45 Fly 10/11/12/13 KOW |
| | { 1 x 100 on 2:05 75 Free 25 Fly w/free kick |
| | { 6 x 25 on :45 Fly 10/11/12/13/14/15 KOW |
| 500 | 20 x 25 on :45 USRPT 100 Fly Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,550 Yards - Stress Value = 44 |

| | | | |
|-------|--|-----|---|
| | 1 on 20:00 Spotlight/DS | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | S |
| | 1 on 8:00 200 CFP Video 1 correction | REC | D |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | S |
| | 1 on 10:00 Underwater RACING! | EN2 | K |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | S |
| | 1 on 9:00 Walking/jump rope | REC | L |
| 120 | 8 x 15 on 3:00 50 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | S |
| | 6:00 PM 4,520 Yards - Stress Value = 387 | | |

Workout #20511 - Thursday, 19 October 2017

Group 3 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| 600 | 1 on 30:00 Spotlight/DS/Shoulders/ |
| 150 | 1 x 600 on 10:00 Underwater trn drill |
| 1,400 | 10 x 15 on :45 Shooters |
| 1x{ | 1 x 200 on 3:40 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| | { 2 x 150 on 2:45 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| | { 3 x 100 on 1:50 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| | { 1 x 50 on :55 Kick |
| | { 4 x 25 on :30 Kick weak kick |
| 900 | 9 x 100 on 1:35 Pulls oddsBTB/evensBTS |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,850 | 1x{4 x 100 on 1:40 2 strokes fly off walls |
| | { 3 x 100 on 1:35 2 strokes fly off walls |
| | { 2 x 100 on 1:30 2 strokes fly off walls |
| | { 1 x 100 on 1:25 2 strokes fly off walls |
| | { 1 x 50 on 1:00 Freestyle |
| | { 4 x 100 on 1:35 3 strokes fly off walls |
| | { 3 x 100 on 1:30 3 strokes fly off walls |
| | { 2 x 100 on 1:25 3 strokes fly off walls |
| | { 1 x 100 on 1:20 3 strokes fly off walls |
| | { 1 x 50 on 1:00 Freestyle |
| | { 1 x 50 on :45 4 strokes fly off walls |
| | { 1 x 100 on 1:30 4 strokes fly off walls |
| | { 3 x 100 on 1:25 4 strokes fly off walls |
| | { 2 x 100 on 1:20 4 strokes fly off walls |
| | { 1 x 100 on 1:15 4 strokes fly off walls |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 6:00 PM 6,350 Yards - Stress Value = 109 |

Workout #20510 - Thursday, 19 October 2017

Group 3 - Fly

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| 600 | 1 on 30:00 Spotlight/DS/Shoulders |
| 150 | 1 x 600 on 10:00 Underwater trn drill |
| 1,600 | 10 x 15 on :45 Shooters |
| 1x{ | 1 x 200 on 3:05 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| | { 2 x 150 on 2:15 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| | { 3 x 100 on 1:25 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| | { 4 x 50 on :40 Kick |
| | { 6 x 25 on :30 Kick weak kick |
| 1,000 | 10 x 100 on 1:25 Pulls oddsBTB/evensBTS |
| 200 | 4x{1 x 25 on :50 Sculling drills |
| | { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 3,100 | 1x{4 x 100 on 1:35 4 strokes fly off walls |
| | { 3 x 100 on 1:30 4 strokes fly off walls |
| | { 2 x 100 on 1:25 4 strokes fly off walls |
| | { 1 x 100 on 1:20 4 strokes fly off walls |
| | { 1 x 50 on 1:00 Freestyle |
| | { 4 x 100 on 1:30 2 strokes fly off walls |
| | { 3 x 100 on 1:25 2 strokes fly off walls |
| | { 2 x 100 on 1:20 2 strokes fly off walls |
| | { 1 x 100 on 1:15 2 strokes fly off walls |
| | { 1 x 50 on 1:00 Freestyle |
| | { 4 x 100 on 1:25 3 strokes fly off walls |
| | { 3 x 100 on 1:20 3 strokes fly off walls |
| | { 2 x 100 on 1:15 3 strokes fly off walls |
| | { 1 x 100 on 1:10 3 strokes fly off walls |
| 200 | 1 x 200 on 3:00 Stroke Drills |
| | 6:00 PM 6,850 Yards - Stress Value = 110 |

Workout #20522 - Thursday, 19 October 2017

Group 2 - Breast

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| 400 | 1 on 30:00 DS/Dryland |
| 150 | 1 x 400 on 7:00 Free 3KOW to 10 back to 3 |
| 700 | 10 x 15 on :45 Shooters |
| | 7 x 100 on 2:00 Breast Kick-odds fast |
| | 1 on 23:00 TEACH DAY-BREASTSTROKE |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 2,225 Yards - Stress Value = 82 |

Workout #20512 - Thursday, 19 October 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY WORK |
|---------|-----------------|----------|
| 3:30 PM | Start | |

Workout #20527 - Thursday, 19 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 200 | 1 x 200 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{3 x 100 on 4:00 Breast Kick-odds fast { 1 x 50 on 2:00 Breast Kick-FAST 1 on 23:00 TEACH DAY-BREASTSTROKE |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 750 | 15 x 50 on 1:00 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 1,800 Yards - Stress Value = 88 |

Workout #20523 - Thursday, 19 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{6 x 100 on 2:10 Breast Kick-odds fast { 1 x 50 on 1:00 Breast Kick-FAST 1 on 23:00 TEACH DAY-BREASTSTROKE |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 2,100 Yards - Stress Value = 74 |

Workout #20524 - Thursday, 19 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{5 x 100 on 2:30 Breast Kick-odds fast { 1 x 50 on 1:15 Breast Kick-FAST 1 on 23:00 TEACH DAY-BREASTSTROKE |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 1,900 Yards - Stress Value = 67 |

Workout #20526 - Thursday, 19 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 300 | 1 x 300 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 100 on 3:00 Breast Kick-odds fast { 1 x 50 on 1:30 Breast Kick-FAST 1 on 23:00 TEACH DAY-BREASTSTROKE |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |

| | |
|-----|---|
| | { Evens-underwaters, count kicks |
| 450 | 18 x 25 on :50 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 1,700 Yards - Stress Value = 60 |

Workout #20525 - Thursday, 19 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 5 x 100 on 2:45 Breast Kick-odds fast 1 on 23:00 TEACH DAY-BREASTSTROKE |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 450 | 18 x 25 on :50 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Starts |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 1,800 Yards - Stress Value = 61 |

Workout #20519 - Friday, 20 October 2017

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 20:00 Spotlight/DS |
| 400 | 1 x 400 on 7:00 Reverse IM drill |
| 160 | 8x{1 on :30 Flutter Kick on Wall { 1 x 20 on 1:30 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu |
| 100 | 2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes |
| 2,400 | 1x{4 x 100 on 1:16 Individual Medley { 4 x 50 on 1:00 Fly-100% { 4 x 100 on 1:15 Individual Medley { 4 x 50 on 1:00 Back-100% { 4 x 100 on 1:14 Individual Medley { 4 x 50 on 1:00 Breast-100% { 4 x 100 on 1:13 Individual Medley { 4 x 50 on 1:00 Free-100% |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 5:00 PM 3,310 Yards - Stress Value = 83 |

Workout #20521 - Friday, 20 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

| Yards | Set Description | EGY | WORK |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 20:00 Spotlight/DS | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 600 | 30 x 20 on :30 100 Fly Pace | SP2 | S |
| | 1 on 6:00 Walking | REC | L |
| 600 | 30 x 20 on :30 100 Back Pace | SP2 | S |
| | 1 on 6:00 Walking | REC | L |
| 600 | 30 x 20 on :30 100 Free Pace | SP2 | S |
| 250 | 1 x 250 on 4:00 Non-specific swimming | REC | D |
| | 5:00 PM 2,450 Yards - Stress Value = 180 | | |

Workout #20520 - Friday, 20 October 2017

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS
 350 1 x 350 on 7:00 Reverse IM drill
 160 8x{1 on :30 Flutter Kick on Wall
 {1 x 20 on 1:30 Flip on whistle underwater fl
 {kick to other side
 {every line you don't make = 5 pu
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,150 1x{4 x 100 on 1:28 Individual Medley
 {4 x 50 on 1:00 Fly-100%
 {4 x 100 on 1:27 Individual Medley
 {4 x 50 on 1:00 Back-100%
 {3 x 100 on 1:26 Individual Medley
 {4 x 50 on 1:00 Breast-100%
 {3 x 100 on 1:25 Individual Medley
 {3 x 50 on 1:00 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 5:00 PM 3,010 Yards - Stress Value = 76

Workout #20518 - Friday, 20 October 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS/Dryland REC L I
 300 4 x 75 on 2:30 SwimSS REC D
 25swim, 25scull. 25drill
 150 10 x 15 on :45 Shooters SP3 S
 900 6 x 150 on 4:00 Descend in sets of 3 EN2 S
 Each set of 3 faster then previous set
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:28 PM 1,550 Yards - Stress Value = 24

Workout #20513 - Friday, 20 October 2017

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS/Dryland REC L
 500 4 x 125 on 2:30 SwimUSS REC D
 50swim, 25underwater, 25scull. 25drill
 150 10 x 15 on :45 Shooters SP3 S
 1,800 12 x 150 on 2:15 Descend in sets of 3 EN2 S
 Each set of 3 faster then previous set
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:31 PM 2,650 Yards - Stress Value = 42

Workout #20514 - Friday, 20 October 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS/Dryland REC L
 500 4 x 125 on 2:30 SwimUSS REC D
 50swim, 25underwater, 25scull. 25drill
 150 10 x 15 on :45 Shooters SP3 S
 1,500 10 x 150 on 2:30 Descend in sets of 3 EN2 S
 Each set of 3 faster then previous set
 #10 as fast as #9
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:29 PM 2,350 Yards - Stress Value = 36

Workout #20515 - Friday, 20 October 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS/Dryland REC L I
 400 4 x 100 on 2:30 SwimUSS REC D
 25swim, 25underwater, 25scull. 25drill
 150 10 x 15 on :45 Shooters SP3 S
 1,350 9 x 150 on 2:50 Descend in sets of 3 EN2 S
 Each set of 3 faster then previous set
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:30 PM 2,100 Yards - Stress Value = 33

Workout #20517 - Friday, 20 October 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS/Dryland REC L I
 300 4 x 75 on 2:30 SwimSS REC D
 25swim, 25scull. 25drill
 150 10 x 15 on :45 Shooters SP3 S
 1,050 7 x 150 on 3:40 Descend in sets of 3 EN2 S
 Each set of 3 faster then previous set
 #7 as fast as #6
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:30 PM 1,700 Yards - Stress Value = 27

Workout #20516 - Friday, 20 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 40:00 DS/Dryland REC L I
 400 4 x 100 on 2:30 SwimUSS REC D
 25swim, 25underwater, 25scull. 25drill
 150 10 x 15 on :45 Shooters SP3 S
 1,200 8 x 150 on 3:10 Descend in sets of 3 EN2 S
 Each set of 3 faster then previous set
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:30 PM 1,950 Yards - Stress Value = 30

Workout #20552 - Monday, 23 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 6:00 Video 1 correction
 1,500 30 x 50 on :50 200 Back Pace
 1 on 5:00 Walking/Jump Rope
 750 30 x 25 on :30 100 Fly Pace
 225 15 x 15 on 1:00 Racing Skills-Free Shooters
 750 30 x 25 on :30 100 Free Pace
 270 1x{4 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {8 x 15 on :30 Undr Wtr Fly Kck
 6:00 PM 5,395 Yards - Stress Value = 464

Workout #20528 - Monday, 23 October 2017

1 minute rest between sets

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 2:00 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:00 Breast L.25 2k1p
 {2 x 75 on 1:30 Breast L.25 2k1p
 {3 x 100 on 2:00 Breast L.25 2k1p
 {6 x 25 on :30 Breast 2X Pullouts
 {3 x 100 on 1:55 Breast L.25 2k1p
 {2 x 75 on 1:25 Breast L.25 2k1p
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 104

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:20 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:10 Breast L.25 2k1p
 {2 x 75 on 1:40 Breast L.25 2k1p
 {3 x 100 on 2:20 Breast L.25 2k1p
 {6 x 25 on :40 Breast 2X Pullouts
 {2 x 100 on 2:15 Breast L.25 2k1p
 {1 x 50 on 1:05 Breast L.25 2k1p
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 86

Workout #20532 - Monday, 23 October 2017

Group 2 - Bronze

1 minute rest between sets

Workout #20533 - Monday, 23 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{3 x 100 on 4:00 Breast Kick-odds fast
 {1 x 50 on 2:00 Breast Kick-fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 50 on 2:00 Breast L.25 2k1p
 {2 x 75 on 3:00 Breast L.25 2k1p
 {3 x 100 on 4:00 Breast L.25 2k1p
 {2 x 25 on 1:00 Breast 2X Pullouts
 750 15 x 50 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,400 Yards - Stress Value = 99

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:45 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 50 on 1:30 Breast L.25 2k1p
 {2 x 75 on 2:15 Breast L.25 2k1p
 {3 x 100 on 3:00 Breast L.25 2k1p
 {4 x 25 on :45 Breast 2X Pullouts
 {1 x 100 on 2:55 Breast L.25 2k1p
 {1 x 50 on 1:00 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,500 Yards - Stress Value = 76

Workout #20531 - Monday, 23 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #20529 - Monday, 23 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{6 x 100 on 2:10 Breast Kick-odds fast
 {1 x 50 on 1:00 Kick-FAST
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 50 on 1:05 Breast L.25 2k1p
 {2 x 75 on 1:35 Breast L.25 2k1p
 {3 x 100 on 2:05 Breast L.25 2k1p
 {6 x 25 on :35 Breast 2X Pullouts
 {3 x 100 on 2:00 Breast L.25 2k1p
 {2 x 50 on 1:00 Breast L.25 2k1p
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 95

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{5 x 100 on 2:30 Breast Kick-odds fast
 {1 x 50 on 1:15 Breast Kick-FAST
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 875 1x{1 x 50 on 1:15 Breast L.25 2k1p
 {2 x 75 on 1:50 Breast L.25 2k1p
 {3 x 100 on 2:25 Breast L.25 2k1p
 {4 x 25 on :45 Breast 2X Pullouts
 {2 x 100 on 2:20 Breast L.25 2k1p
 {1 x 75 on 1:45 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,725 Yards - Stress Value = 80

Workout #20530 - Monday, 23 October 2017

Group 2 - Silver

Workout #20553 - Tuesday, 24 October 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|-------|--|-----|------|
| | 3:30 PM Start | | |
| 400 | 1 on 20:00 Spotlight/DS | REC | I |
| 1,500 | 1 x 400 on 5:00 Non-specific swimming | REC | £ |
| | 30 x 50 on :55 200 Fly Pace | SP2 | £ |
| 1,500 | 1 on 8:00 Video 1 correction | REC | M |
| | 30 x 50 on :50 200 Free Pace | SP2 | £ |
| | 1 on 5:00 Walking/jump rope | REC | I |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | £ |
| 225 | 15 x 15 on 1:00 Racing Skills-Shooters | SP3 | £ |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | £ |
| 160 | 8 x 20 on 1:00 Undr Wtr Fly Kck Golf | EN2 | K |
| | 6:00 PM 5,285 Yards - Stress Value = 462 | | |

Workout #20559 - Tuesday, 24 October 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| | 1 on 30:00 DS/Dryland |
| 200 | 1 x 200 on 7:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{2 x 25 on 1:00 Kick no board BS |
| | {1 x 50 on 2:00 Fly Kick w/board |
| | {2 x 25 on 1:00 Kick no board LR |
| | {1 x 50 on 2:00 Streamline Kick on back |
| | {2 x 25 on 1:00 Kick no board BS |
| | {1 x 50 on 2:00 Breast Kick w/board |
| | {2 x 25 on 1:00 Kick no board LR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 1x{1 x 100 on 3:45 Individual Medley |
| | {4 x 25 on 1:00 Fly lup2down |
| | {1 x 100 on 3:40 Individual Medley |
| | {4 x 25 on 1:00 Back 5KOW+1 |
| | {1 x 100 on 3:35 Individual Medley |
| | {2 x 25 on 1:00 Breast 2K1P |
| 375 | 15 x 25 on 1:00 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 1,925 Yards - Stress Value = 62 |

Workout #20554 - Tuesday, 24 October 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| | 1 on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 2:00 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 2:00 Streamline Kick on back |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 2:00 Breast Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,250 | 1x{1 x 200 on 3:10 Individual Medley |
| | {6 x 25 on :30 Fly lup2down |
| | {1 x 200 on 3:05 Individual Medley |
| | {6 x 25 on :30 Back 5KOW+1 |
| | {1 x 200 on 3:00 Individual Medley |
| | {6 x 25 on :30 Breast 2K1P |
| | {1 x 200 on 2:55 Individual Medley |

750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 120

Workout #20555 - Tuesday, 24 October 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| | 1 on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Streamline Kick on back |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Breast Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,200 | 1x{1 x 200 on 3:20 Individual Medley |
| | {4 x 25 on :35 Fly lup2down |
| | {1 x 200 on 3:15 Individual Medley |
| | {4 x 25 on :35 Back 5KOW+1 |
| | {1 x 200 on 3:10 Individual Medley |
| | {6 x 25 on :35 Breast 2K1P |
| | {1 x 200 on 3:05 Individual Medley |
| | {2 x 25 on :30 Free 6BK |
| 625 | 25 x 25 on :35 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,275 Yards - Stress Value = 104 |

Workout #20556 - Tuesday, 24 October 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:30 PM Start |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:30 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:30 Streamline Kick on back |
| | {2 x 25 on :40 Kick no board BS |
| | {1 x 100 on 2:15 Breast Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,050 | 1x{1 x 200 on 3:40 Individual Medley |
| | {4 x 25 on :40 Fly lup2down |
| | {1 x 200 on 3:35 Individual Medley |
| | {4 x 25 on :40 Back 5KOW+1 |
| | {1 x 200 on 3:30 Individual Medley |
| | {4 x 25 on :40 Breast 2K1P |
| | {1 x 150 on 2:35 IM w/out the free |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,950 Yards - Stress Value = 93 |

Workout #20558 - Tuesday, 24 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly lUp2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,275 Yards - Stress Value = 68

750 30 x 25 on :30 100 Free Pace* SP2
 150 10 x 15 on 1:00 Racing Skills-Fly Shooters SP3
 750 30 x 25 on :30 100 Fly Pace* EN2
 6:03 PM 5,050 Yards - Stress Value = 396

Workout #20540 - Wednesday, 25 October 2017

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-13, 4-14, 6-15, 6-16
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board B
 {3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :30 Kick no board B
 {2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {6 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Kick 25L/25R/25SL/25-6ks
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 100 on 1:20 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {2 x 100 on 1:25 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {3 x 100 on 1:30 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {4 x 100 on 1:35 Backstroke 3KOW+1
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 129

Workout #20557 - Tuesday, 24 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lUp2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 86

Workout #20545 - Wednesday, 25 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on 1:00 Kick no board B
 {1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 1:45 Kick 25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 3:15 Backstroke 3KOW+1
 {3 x 50 on 1:45 Back descend-min 5KOW
 {2 x 100 on 3:20 Backstroke 3KOW+1
 {2 x 50 on 1:45 Back descend-min 5KOW
 {1 x 100 on 3:25 Backstroke 3KOW+1
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,075 Yards - Stress Value = 64

Workout #20560 - Wednesday, 25 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 40:00 Spotlight-Meeting w/Ava-DS REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Walking w/arm swings REC
 1,500 30 x 50 on :55 200 Breast Pace* SP2
 1 on 5:00 Walking w/arm swings REC

Workout #20541 - Wednesday, 25 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 6-16, 4-17
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :35 Kick no board B
 {3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :35 Kick no board B
 {2 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {6 x 25 on :35 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 1:40 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {2 x 100 on 1:45 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {3 x 100 on 1:50 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {2 x 100 on 1:55 Backstroke 3KOW+1
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,575 Yards - Stress Value = 110

Workout #20542 - Wednesday, 25 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-16, 6-17, 3-18
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B
 {3 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :40 Kick no board B
 {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
 {2 x 25 on :40 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 1:50 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {2 x 100 on 1:55 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {3 x 100 on 2:00 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {1 x 100 on 2:05 Backstroke 3KOW+1
 550 22 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 99

Workout #20544 - Wednesday, 25 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
 {6 x 25 on :45 Kick no board B
 {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 2:30 Backstroke 3KOW+1

500 {3 x 50 on 1:15 Back descend-min 5KOW
 {2 x 100 on 2:35 Backstroke 3KOW+1
 {4 x 50 on 1:15 Back descend-min 5KOW
 {2 x 100 on 2:40 Backstroke 3KOW+1
 200 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,550 Yards - Stress Value = 82

Workout #20543 - Wednesday, 25 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board B
 {2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :40 Kick no board B
 {1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 1:55 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 {2 x 100 on 2:05 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 {3 x 100 on 2:10 Backstroke 3KOW+1
 {2 x 50 on 1:05 Back descend-min 5KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 91

Workout #20561 - Thursday, 26 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :50 200 Free Pace
 1 on 8:00 Video-1 correction
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 10:00 Walking/jump rope
 750 30 x 25 on :30 100 Back Pace
 225 15 x 15 on 1:00 Racing Skills-Breast Shooters
 750 30 x 25 on :30 100 Breast Pace
 1 on 12:00 Underwater Racing
 6:00 PM 4,625 Yards - Stress Value = 409

Workout #20544 - Wednesday, 25 October 2017

Group 2 - Bronze

1 minute rest between sets

Workout #20567 - Thursday, 26 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 400 1x{1 x 100 on 3:10 Free Kick w/board
 {2 x 100 on 3:15 Free Kick w/board
 {2 x 50 on 1:40 Free Kick w/board
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,475 Yards - Stress Value = 52

Workout #20562 - Thursday, 26 October 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 1 x 450 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:50 Free Kick w/board
 {2 x 100 on 1:55 Free Kick w/board
 {3 x 100 on 2:00 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 95

Workout #20563 - Thursday, 26 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 1:55 Free Kick w/board
 {2 x 100 on 2:00 Free Kick w/board
 {3 x 100 on 2:05 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,250 Yards - Stress Value = 94

Workout #20564 - Thursday, 26 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3

150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:05 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {3 x 100 on 2:15 Free Kick w/board
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,025 Yards - Stress Value = 80

Workout #20566 - Thursday, 26 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:40 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 100 on 2:50 Free Kick w/board
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,750 Yards - Stress Value = 66

Workout #20565 - Thursday, 26 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:20 Free Kick w/board
 {2 x 100 on 2:25 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,850 Yards - Stress Value = 72

Workout #20568 - Friday, 27 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 20:00 Spotlight/DS REC L
 400 1 x 400 on 5:00 Non-specific swimming REC D
 600 30 x 20 on :30 100 Fly Pace SP2 S
 1 on 6:00 Walking REC L
 600 30 x 20 on :30 100 Back Pace SP2 S
 1 on 6:00 Walking REC L
 600 30 x 20 on :30 100 Free Pace SP2 S
 250 1 x 250 on 4:00 Non-specific swimming REC D
 5:00 PM 2,450 Yards - Stress Value = 180

Workout #20574 - Friday, 27 October 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | F |
| 300 | 4 x 75 on 2:30 Swim-kick-pull-swim | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 700 | 1x{1 x 100 on 3:30 75 Free 25 Fly w/free kick | F |
| | {2 x 25 on 1:00 Fly 8/9 KOW | E |
| | {2 x 100 on 3:30 75 Free 25 Fly w/free kick | F |
| | {2 x 25 on 1:00 Fly 8/9 KOW | E |
| | {3 x 100 on 3:30 75 Free 25 Fly w/free kick | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 6:30 PM | 1,350 Yards - Stress Value = 20 | |

Workout #20569 - Friday, 27 October 2017

Group 2 - Fly

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | F |
| 400 | 4 x 100 on 2:15 SwimUSS | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 1,500 | 1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :30 Fly 8/9/10/11 KOW | E |
| | {2 x 100 on 1:30 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :30 Fly 9/10/11/12 KOW | E |
| | {3 x 100 on 1:30 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :30 Fly 10/11/12/13 KOW | E |
| | {4 x 100 on 1:30 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :30 Fly 11/12/13/14 KOW | E |
| | {1 x 100 on 1:30 Butterfly | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 6:29 PM | 2,250 Yards - Stress Value = 36 | |

Workout #20570 - Friday, 27 October 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | F |
| 500 | 4 x 125 on 2:30 SwimUSS | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 1,350 | 1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :35 Fly 8/9/10/11 KOW | E |
| | {2 x 100 on 1:40 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :35 Fly 9/10/11/12 KOW | E |
| | {3 x 100 on 1:40 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :35 Fly 10/11/12/13 KOW | E |
| | {4 x 100 on 1:40 75 Free 25 Fly w/free kick | F |
| | {2 x 25 on :35 Fly 13/14 KOW | E |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 6:30 PM | 2,200 Yards - Stress Value = 33 | |

Workout #20571 - Friday, 27 October 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | F |
| 400 | 4 x 100 on 2:30 SwimUSS | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 1,150 | 1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :40 Fly 8/9/10/11 KOW | E |
| | {2 x 100 on 1:55 75 Free 25 Fly w/free kick | F |

| | | |
|---------|---|---|
| | {4 x 25 on :40 Fly 9/10/11/12 KOW | E |
| | {3 x 100 on 1:55 75 Free 25 Fly w/free kick | F |
| | {6 x 25 on :40 Fly 10/11/12/13/14/15 KOW | E |
| | {2 x 100 on 1:55 75 Free 25 Fly w/free kick | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 6:30 PM | 1,900 Yards - Stress Value = 29 | |

Workout #20573 - Friday, 27 October 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | F |
| 300 | 4 x 75 on 2:30 Swim-kick-pull | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 800 | 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :50 Fly 8/9/10/11 KOW | E |
| | {2 x 100 on 3:00 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :50 Fly 9/10/11/12 KOW | E |
| | {2 x 100 on 3:00 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :50 Fly 10/11/12/13 KOW | E |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 6:30 PM | 1,450 Yards - Stress Value = 22 | |

Workout #20572 - Friday, 27 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 5:00 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | F |
| 400 | 4 x 100 on 2:30 SwimUSS | F |
| 150 | 10 x 15 on :45 Shooters | S |
| 1,000 | 1x{1 x 100 on 2:10 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :45 Fly 8/9/10/11 KOW | E |
| | {2 x 100 on 2:10 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :45 Fly 9/10/11/12 KOW | E |
| | {3 x 100 on 2:10 75 Free 25 Fly w/free kick | F |
| | {4 x 25 on :45 Fly 10/11/12/13 KOW | E |
| | {1 x 100 on 2:10 75 Free 25 Fly w/free kick | F |
| 200 | 1 x 200 on 4:00 Stroke Drills | F |
| 6:30 PM | 1,750 Yards - Stress Value = 26 | |

Workout #20575 - Monday, 30 October 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 3:30 PM | Start | |
| ===== | ===== | ===== |
| | 1 on 20:00 Spotlight/DS | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | |
| 225 | 15 x 15 on 1:00 Racing Skills-Free Shooters | |
| 1,500 | 30 x 50 on :50 200 Free Pace | |
| | 1 on 8:00 Video-1 correction | |
| 750 | 30 x 25 on :30 100 Breast Pace | |
| | 1 on 7:00 Walking/Jump Rope | |
| 750 | 30 x 25 on :30 100 Back Pace | |
| 270 | 1x{8 x 15 on :30 Undr Wtr Fly Kck | |
| | {1 on :30 Rest | |
| | {6 x 15 on :25 Undr Wtr Fly Kck | |
| | {1 on :30 Undr Wtr Fly Kck | |
| | {4 x 15 on :20 Undr Wtr Fly Kck | |
| 6:00 PM | 5,395 Yards - Stress Value = 464 | |

Workout #20585 - Monday, 30 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 200 | 1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{1 x 100 on 4:00 Fly Kick w/board {2 x 75 on 3:00 Fly Kick w/board {2 x 50 on 2:00 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 550 | 1x{1 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {3 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly |
| 375 | 15 x 25 on 1:00 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:31 PM 1,925 Yards - Stress Value = 60 |

Workout #20580 - Monday, 30 October 2017

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 450 | 1 x 450 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{2 x 100 on 1:50 Fly Kick w/board {4 x 75 on 1:25 Fly Kick w/board {5 x 50 on :55 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {2 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {3 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {4 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {5 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {6 x 50 on :50 Butterfly |
| 750 | 30 x 25 on :30 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,700 Yards - Stress Value = 119 |

Workout #20581 - Monday, 30 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{2 x 100 on 2:05 Fly Kick w/board {4 x 75 on 1:35 Fly Kick w/board {3 x 50 on 1:05 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,100 | 1x{1 x 50 on 1:00 Butterfly {1 x 50 on :55 Freestyle |

{2 x 50 on 1:00 Butterfly

{1 x 50 on :55 Freestyle

{3 x 50 on 1:00 Butterfly

{1 x 50 on :55 Freestyle

{4 x 50 on 1:00 Butterfly

{1 x 50 on :55 Freestyle

{5 x 50 on 1:00 Butterfly

{1 x 50 on :55 Freestyle

{2 x 50 on 1:00 Butterfly

625 25 x 25 on :35 USRPT-100 Fly Pace

1 on 10:00 Racing Skills-Starts

200 1 x 200 on 4:00 Stroke Drills

7:30 PM 3,225 Yards - Stress Value = 100

Workout #20582 - Monday, 30 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{2 x 100 on 2:25 Fly Kick w/board {4 x 75 on 1:50 Fly Kick w/board {1 x 50 on 1:15 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 950 | 1x{1 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {2 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {3 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {4 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {5 x 50 on 1:10 Butterfly |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,850 Yards - Stress Value = 88 |

Workout #20584 - Monday, 30 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 30:00 DS/Dryland |
| 250 | 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{1 x 100 on 3:00 Fly Kick w/board {2 x 75 on 2:15 Fly Kick w/board {4 x 50 on 1:30 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 750 | 1x{1 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {2 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {3 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {4 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Butterfly |
| 450 | 18 x 25 on :50 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,350 Yards - Stress Value = 72 |

Workout #20583 - Monday, 30 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{2 x 100 on 2:40 Fly Kick w/board
 { 4 x 75 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:15 Butterfly
 { 1 x 50 on 1:05 Freestyle
 { 2 x 50 on 1:15 Butterfly
 { 1 x 50 on 1:05 Freestyle
 { 3 x 50 on 1:15 Butterfly
 { 1 x 50 on 1:05 Freestyle
 { 4 x 50 on 1:15 Butterfly
 { 1 x 50 on 1:05 Freestyle
 { 4 x 50 on 1:15 Butterfly
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 81

250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 109

Workout #20591 - Tuesday, 31 October 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 300 1 x 300 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 { 4 x 25 on 1:00 Breast Kick on Back-Streamlir
 { 1 x 150 on 4:05 Breast Kick w/board
 { 4 x 25 on 1:00 Breast Kick on Back-Streamlir
 { 1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{3 x 100 on 4:00 Breaststroke
 { 1 on 1:00 Rest
 { 2 x 100 on 4:00 Breaststroke
 { 1 on 1:00 Rest
 { 1 x 100 on 4:00 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:31 PM 2,275 Yards - Stress Value = 64

Workout #20576 - Tuesday, 31 October 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :50 200 Back Pace
 1 on 8:00 Video-1 correction
 750 30 x 25 on :30 100 Fly Pace
 1 on 5:00 Walking/jump rope
 750 30 x 25 on :30 100 Free Pace
 225 15 x 15 on 1:00 Racing Skills-Breast Shooters
 1,500 30 x 50 on :55 200 Breast Pace
 160 8 x 20 on 1:00 Underwater Fly Golf
 2 on Back, 2 on Stomach, 2 on Right, 2 on Left
 6:00 PM 5,285 Yards - Stress Value = 462

Workout #20587 - Tuesday, 31 October 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 550 1 x 550 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:15 Breast Kick w/board
 { 4 x 25 on :35 Breast Kick on Back-Streamline
 { 1 x 200 on 4:20 Breast Kick w/board
 { 4 x 25 on :35 Breast Kick on Back-Streamline
 { 1 x 200 on 4:25 Breast Kick w/board
 { 2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:55 Breaststroke
 { 1 on 1:00 Rest
 { 4 x 100 on 1:55 Breaststroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:55 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 106

Workout #20586 - Tuesday, 31 October 2017

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 600 1 x 600 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:40 Breast Kick w/board
 { 4 x 25 on :30 Breast Kick on Back-Streamline
 { 1 x 200 on 3:45 Breast Kick w/board
 { 4 x 25 on :30 Breast Kick on Back-Streamline
 { 1 x 200 on 3:50 Breast Kick w/board
 { 4 x 25 on :30 Breast Kick on Back-Streamline
 { 1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{5 x 100 on 1:45 Breaststroke
 { 1 on 1:00 Rest
 { 4 x 100 on 1:45 Breaststroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:45 Breaststroke
 { 1 on 1:00 Rest
 { 1 x 50 on 1:00 Breast-100%
 625 25 x 25 on :35 USRPT-100 Breast Pace

Workout #20588 - Tuesday, 31 October 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 500 1 x 500 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 94

{1 on 1:00 Rest
 {2 x 100 on 2:25 Breaststroke
 {1 on 1:00 Rest
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 92

Workout #20577 - Wednesday, 01 November 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 40:00 Spotlight-Meeting w/Ava-DS REC
 1,500 15 x 100 on 1:00 Racing Skills- IM Shooters SP3
 1,500 30 x 50 on :55 200 IM Pace SP2
 1 on 10:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Video-1 Correctionn REC
 160 8 x 20 on 3:00 50 Free Pace SP2
 250 1 x 250 on 5:00 Non-specific swimming REC
 5:59 PM 4,160 Yards - Stress Value = 301

Workout #20597 - Wednesday, 01 November 2017

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS-Meeting w/Ava
 100 4 x 25 on 1:00 Wednesday Warm-up
 2-18 2-19,
 150 10 x 15 on :45 Shooters
 400 1x{1 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 750 1x{1 x 200 on 5:30 Freestyle
 {3 x 100 on 3:00 Freestyle
 {1 x 150 on 4:10 Freestyle
 {2 x 50 on 1:30 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,250 Yards - Stress Value = 84

Workout #20590 - Tuesday, 31 October 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 350 1 x 350 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{4 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 450 18 x 25 on :50 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 78

Workout #20589 - Tuesday, 31 October 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Spotlight/DS
 450 1 x 450 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{4 x 100 on 2:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:25 Breaststroke

Workout #20592 - Wednesday, 01 November 2017

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 200 | 1 on 35:00 DS-Meeting w/Ava 8 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 2-14 |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{2 x 150 on 2:45 Free Kick w/board 2 x 125 on 2:20 Free Kick w/board 1 x 100 on 1:50 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,500 | 1x{1 x 400 on 5:40 Freestyle 3 x 100 on 1:30 Freestyle 1 x 300 on 4:15 Freestyle 3 x 100 on 1:30 Freestyle 1 x 200 on 2:50 Freestyle |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,550 Yards - Stress Value = 124 |

Workout #20593 - Wednesday, 01 November 2017

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 175 | 1 on 35:00 DS-Meeting w/Ava 7 x 25 on :35 Wednesday Warm-up 2-14, 2-15, 3-16 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 150 on 3:05 Free Kick w/board 2 x 125 on 2:35 Free Kick w/board 1 x 100 on 2:05 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,350 | 1x{1 x 300 on 4:30 Freestyle 3 x 100 on 1:40 Freestyle 1 x 250 on 3:45 Freestyle 3 x 100 on 1:40 Freestyle 1 x 200 on 3:00 Freestyle |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,225 Yards - Stress Value = 118 |

Workout #20594 - Wednesday, 01 November 2017

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 150 | 1 on 35:00 DS-Meeting w/Ava 6 x 25 on :40 Wednesday Warm-up 2-15, 2-16, 2-17 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{1 x 150 on 3:30 Free Kick w/board 2 x 100 on 2:20 Free Kick w/board 2 x 75 on 1:45 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,250 | 1x{1 x 250 on 4:10 Freestyle 3 x 100 on 1:50 Freestyle 1 x 200 on 3:20 Freestyle 3 x 100 on 1:50 Freestyle |

| | |
|-----|--|
| | {1 x 200 on 3:20 Freestyle |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,975 Yards - Stress Value = 103 |

Workout #20596 - Wednesday, 01 November 2017

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|---|
| 100 | 1 on 35:00 DS-Meeting w/Ava 4 x 25 on 1:00 Wednesday Warm-up 2-18 2-19, |
| 150 | 10 x 15 on :45 Shooters |
| 400 | 1x{1 x 150 on 4:10 Free Kick w/board 2 x 100 on 2:45 Free Kick w/board 1 x 50 on 1:25 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 800 | 1x{1 x 200 on 5:00 Freestyle 3 x 100 on 2:45 Freestyle 1 x 150 on 3:45 Freestyle 3 x 50 on 1:20 Freestyle |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 2,300 Yards - Stress Value = 85 |

Workout #20595 - Wednesday, 01 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

| Yards | Set Description |
|-------|--|
| 125 | 1 on 35:00 DS-Meeting w/Ava 5 x 25 on :45 Wednesday Warm-up 2-16, 2-17, 1-18 |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{1 x 150 on 3:45 Free Kick w/board 2 x 100 on 2:30 Free Kick w/board 2 x 50 on 1:15 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,100 | 1x{1 x 200 on 3:50 Freestyle 3 x 100 on 2:00 Freestyle 1 x 150 on 2:50 Freestyle 3 x 100 on 2:00 Freestyle 1 x 150 on 2:50 Freestyle |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,750 Yards - Stress Value = 99 |

Workout #20578 - Thursday, 02 November 2017

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-----|
| 3:30 PM | Start | |
| 1 | on 15:00 Spotlight/DS | REC |
| 225 | 15 x 15 on 1:00 Racing Skills-Back Shooters | SP3 |
| 1,500 | 30 x 50 on :50 200 Back Pace* | SP2 |
| 1 | on 5:00 Walking | REC |
| 1,500 | 30 x 50 on :55 200 Breast Pace* | SP2 |
| 1 | on 5:00 Walking | REC |
| 1,500 | 30 x 50 on :50 200 Free Pace* | SP2 |
| 1 | on 5:00 Walking | REC |
| 1,500 | 30 x 50 on :50 200 Fly Pace* | SP2 |
| 1 | on 5:00 Video 1 correction | REC |
| 6:07 PM | 6,225 Yards - Stress Value = 609 | |

| | |
|-----|--|
| 1 | on 30:00 DS/Dryland |
| 400 | 1 x 400 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:05 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:10 Stremline Kick on Back |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:05 Breat Kick w/board |
| | 1 on 23:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,075 Yards - Stress Value = 18 |

Workout #20600 - Thursday, 02 November 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 1 | on 30:00 DS/Dryland |
| 200 | 1 x 200 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 50 on 1:45 Fly Kick w/board |
| | {4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 50 on 2:00 Stremline Kick on Back |
| | {2 x 25 on 1:00 Kick no board BS |
| | 1 on 23:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 1,375 Yards - Stress Value = 13 |

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 1 | on 30:00 DS/Dryland |
| 350 | 1 x 350 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 50 on 1:10 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 50 on 1:15 Stremline Kick on Back |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 50 on 1:10 Breat Kick w/board |
| | {2 x 25 on :40 Kick no board BS |
| | 1 on 23:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 1,850 Yards - Stress Value = 16 |

Workout #20598 - Thursday, 02 November 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 1 | on 30:00 DS/Dryland |
| 450 | 1 x 450 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:50 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:55 Stremline Kick on Back |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:50 Breat Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | 1 on 23:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,350 Yards - Stress Value = 20 |

Workout #20602 - Thursday, 02 November 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:30 PM | Start |
| 1 | on 30:00 DS/Dryland |
| 250 | 1 x 250 on 7:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 350 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 50 on 1:25 Fly Kick w/board |
| | {4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 50 on 1:30 Stremline Kick on Back |
| | {2 x 25 on 1:00 Kick no board BS |
| | 1 on 23:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 1,550 Yards - Stress Value = 13 |

Workout #20599 - Thursday, 02 November 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|-----------------|
| 5:30 PM | Start |

Workout #20601 - Thursday, 02 November 2017

6:30 PM 1,250 Yards - Stress Value = 19

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, Free 3KOW, Shooters, Kick no board BSLR, Stremline Kick on Back, Breat Kick w/board, and TEACH DAY-IM.

Workout #20605 - Friday, 03 November 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, SwimUSS, Shooters, Backstroke, and Stroke Drills.

Workout #20606 - Friday, 03 November 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, SwimUSS, Shooters, Backstroke, and Stroke Drills.

Workout #20579 - Friday, 03 November 2017

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for Spotlight/DS, Racing Skills-Fly Shooters, 100 Fly Pace*, Walking, 100 Back Pace*, and Non-specific swimming.

Workout #20608 - Friday, 03 November 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, SwimUSS, Shooters, Backstroke, and Stroke Drills.

Workout #20604 - Friday, 03 November 2017

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, SwimUSS, Shooters, Backstroke, and Stroke Drills.

Workout #20607 - Friday, 03 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, SwimUSS, Shooters, Backstroke, and Stroke Drills.

Workout #20609 - Friday, 03 November 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Table with columns: Yards, Set Description, EGY, WORK, STK, F. Includes sets for DS/Dryland, SwimUSS, Shooters, Backstroke, and Stroke Drills.

Workout #20612 - Monday, 06 November 2017

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{5 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:00 Breast-100%
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 109

Workout #20617 - Monday, 06 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{3 x 100 on 4:00 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 4:00 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:00 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,275 Yards - Stress Value = 64

Workout #20613 - Monday, 06 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:25 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 106

Workout #20614 - Monday, 06 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 94

Workout #20616 - Monday, 06 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{4 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 78

Workout #20615 - Monday, 06 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 1 x 450 on 9:00 Sun Yang Free w/Snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{1 x 200 on 4:55 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {1 x 200 on 5:00 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {1 x 150 on 2:35 Breast Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 900 | 1x{4 x 100 on 2:25 Breaststroke {1 on 1:00 Rest {3 x 100 on 2:25 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:25 Breaststroke {1 on 1:00 Rest |
| 550 | 22 x 25 on :40 USRPT-100 Breast Pace 1 on 10:00 Relay |
| 250 | 1 x 250 on 4:00 Stroke Drills |
| | 7:30 PM 3,150 Yards - Stress Value = 92 |

Workout #20610 - Monday, 06 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 |
| 750 | 15 x 50 on 1:00 Racing Skills-Fly Shooters | SP3 |
| | 7:00 AM 2,950 Yards - Stress Value = 210 | |

Workout #20611 - Monday, 06 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS>Showers | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| | 1 on 10:00 Walking/jump rope | REC |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| 500 | 20 x 25 on :30 Kick no board BSLR w/fins | EN2 |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 |
| 300 | 1x{8 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck | EN2 |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 |
| 200 | 1 x 200 on 8:00 CFP-Video 1 correction | REC |
| | 5:25 PM 5,900 Yards - Stress Value = 466 | |

Workout #20625 - Tuesday, 07 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|-----------------------|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |

| | |
|-----|---|
| 300 | 1 x 300 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 150 on 4:30 Free Kick w/board {2 x 100 on 3:00 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 850 | 1x{1 x 200 on 5:30 Freestyle {3 x 100 on 3:00 Freestyle {1 x 150 on 4:10 Freestyle {2 x 100 on 3:00 Freestyle |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 2,750 Yards - Stress Value = 90 |

Workout #20620 - Tuesday, 07 November 2017

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 150 on 2:30 Free Kick w/board {2 x 125 on 2:05 Free Kick w/board {2 x 100 on 1:40 Free Kick w/board {2 x 75 on 1:15 Free Kick w/board {4 x 50 on :50 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,800 | 1x{1 x 400 on 5:30 Freestyle {3 x 100 on 1:20 Freestyle {1 x 300 on 4:05 Freestyle {3 x 100 on 1:20 Freestyle {1 x 200 on 2:45 Freestyle {3 x 100 on 1:20 Freestyle |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,700 Yards - Stress Value = 139 |

Workout #20621 - Tuesday, 07 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{2 x 150 on 2:55 Free Kick w/board {2 x 125 on 2:25 Free Kick w/board {2 x 100 on 1:55 Free Kick w/board {2 x 75 on 1:25 Free Kick w/board {1 x 50 on :55 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,650 | 1x{1 x 400 on 5:40 Freestyle {3 x 100 on 1:35 Freestyle {1 x 300 on 4:15 Freestyle {3 x 100 on 1:35 Freestyle {1 x 200 on 2:50 Freestyle {3 x 50 on :50 Freestyle |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,350 Yards - Stress Value = 133 |

Workout #20622 - Tuesday, 07 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 800 1x{2 x 150 on 3:25 Free Kick w/board
 {2 x 125 on 2:50 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,400 1x{1 x 250 on 4:05 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 50 on :55 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 112

Workout #20624 - Tuesday, 07 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:10 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 75 on 2:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 250 on 6:15 Freestyle
 {3 x 100 on 2:45 Freestyle
 {1 x 200 on 5:00 Freestyle
 {2 x 100 on 2:45 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

Workout #20623 - Tuesday, 07 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,250 1x{1 x 300 on 5:45 Freestyle
 {3 x 100 on 2:00 Freestyle
 {1 x 200 on 3:50 Freestyle
 {3 x 100 on 2:00 Freestyle
 {1 x 150 on 2:50 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace

1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 108

Workout #20618 - Tuesday, 07 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :55 200 IM Pace SP2
 225 15 x 15 on 1:00 Racing Skills-Back Shooters SP3
 7:00 AM 2,125 Yards - Stress Value = 159

Workout #20619 - Tuesday, 07 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers I
 400 1 x 400 on 5:00 Non-specific swimming REC I
 750 30 x 25 on :30 100 Back Pace SP2 S
 1,500 1 on 10:00 Walking//Jump rope REC I
 30 x 50 on :55 200 Breast Pace SP2 S
 1 on 10:00 Racing Skills-Starts I
 750 30 x 25 on :30 100 Free Pace SP2 S
 160 8 x 20 on 1:00 Underwater Golf EN2 F
 1,500 30 x 50 on :50 200 Fly Pace SP2 S
 200 1 x 200 on 8:00 CFP/Video-1 correction REC I
 5:25 PM 5,260 Yards - Stress Value = 453

Workout #20627 - Wednesday, 08 November 2017

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-13, 4-14, 6-15, 6-16
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Streamline Kick on Back
 {6 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{8 x 75 on 1:15 Backstroke
 {6 x 75 on 1:10 Backstroke
 {4 x 75 on 1:05 Backstroke
 {3 x 75 on 1:00 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,175 Yards - Stress Value = 131

Workout #20632 - Wednesday, 08 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|---|
| 300 | 1 on 35:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-20, 4-21, 6-22 |
| 150 | 10 x 15 on :45 Shooters |
| 550 1x{ | 4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Streamline Kick on Back {4 x 25 on 1:00 Kick no board BSLR {2 x 100 on 3:00 Streamline Kick on Back {2 x 25 on 1:00 Kick no board BSLR |
| 100 1x{ | 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 650 1x{ | 6 x 50 on 1:55 Backstroke {4 x 50 on 1:50 Backstroke {3 x 50 on 1:45 Backstroke |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,325 Yards - Stress Value = 30 | |

Workout #20628 - Wednesday, 08 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|--|--|
| 375 | 1 on 35:00 DS/Dryland 15 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 6-16, 3-17 |
| 150 | 10 x 15 on :45 Shooters |
| 850 1x{ | 8 x 25 on :35 Kick no board BSLR {1 x 100 on 2:05 Streamline Kick on Back {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:05 Streamline Kick on Back {2 x 25 on :35 Kick no board BSLR {2 x 100 on 2:05 Streamline Kick on Back |
| 100 1x{ | 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,500 1x{ | 8 x 75 on 1:20 Backstroke {6 x 75 on 1:15 Backstroke {4 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke |
| 625 | 25 x 25 on :35 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 3,800 Yards - Stress Value = 115 | |

Workout #20629 - Wednesday, 08 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-----------|---|
| 325 | 1 on 35:00 DS/Dryland 13 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 1-18 |
| 150 | 10 x 15 on :45 Shooters |
| 750 1x{ | 4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:20 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:20 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:45 Streamline Kick on Back |
| 100 1x{ | 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,200 1x{ | 7 x 75 on 1:35 Backstroke {6 x 75 on 1:30 Backstroke |

| | |
|--|---|
| 625 | {3 x 75 on 1:25 Backstroke 25 x 25 on :35 USRPT 100 Back Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 3,350 Yards - Stress Value = 106 | |

Workout #20631 - Wednesday, 08 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|--|
| 300 | 1 on 35:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-18, 4-19, 6-20 |
| 150 | 10 x 15 on :45 Shooters |
| 600 1x{ | 4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on Back {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:45 Streamline Kick on Back {4 x 25 on 1:00 Kick no board BSLR |
| 100 1x{ | 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 975 1x{ | 6 x 75 on 1:55 Backstroke {4 x 75 on 1:50 Backstroke {3 x 75 on 1:45 Backstroke |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,700 Yards - Stress Value = 37 | |

Workout #20630 - Wednesday, 08 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|--|
| 300 | 1 on 35:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-17, 4-18, 6-19, |
| 150 | 10 x 15 on :45 Shooters |
| 700 1x{ | 4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Streamline Kick on Back {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:30 Streamline Kick on Back {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Streamline Kick on Back |
| 100 1x{ | 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,125 1x{ | 6 x 75 on 1:40 Backstroke {5 x 75 on 1:35 Backstroke {4 x 75 on 1:30 Backstroke |
| 500 | 20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:29 PM 3,075 Yards - Stress Value = 93 | |

Workout #20626 - Wednesday, 08 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 3:00 PM Start | | |
| | 1 on 15:00 DS>Showers | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 1 on 10:00 Walking/jump rope | EN2 | |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Relay Starts | REC | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| | 1 on 15:00 Underwater Fly Kick Relay | EN2 | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | |
| 250 | 1 x 250 on 10:00 CFP/Video-2 Corrections | REC | |
| | 5:30 PM 5,150 Yards - Stress Value = 450 | | |

| | | | |
|-----|--|--|--|
| | 1 on 35:00 DS/Dryland | | |
| 550 | 1 x 550 on 9:00 Free 3KOW to 10 back to 3 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 850 | 1x{4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:05 Fly Kick w/board | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:10 Stremline Kick on Back | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:05 Breat Kick w/board | | |
| | {6 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:05 Free Kick w/board | | |
| | 1 on 26:00 TEACH DAY-IM | | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | |
| | { Evens-underwaters, count kicks | | |
| 625 | 25 x 25 on :35 USRPT-100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Relay Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| | 7:30 PM 2,475 Yards - Stress Value = 23 | | |

Workout #20640 - Thursday, 09 November 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:15 PM Start |
| | 1 on 35:00 DS/Dryland |
| 300 | 1 x 300 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 3:00 Fly Kick w/board |
| | {4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 3:30 Streamline Kick on Back |
| | {4 x 25 on 1:00 Kick no board BS |
| | 1 on 26:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 1,625 Yards - Stress Value = 16 |

Workout #20637 - Thursday, 09 November 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:15 PM Start |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:20 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:20 Stremline Kick on Back |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:20 Breat Kick w/board |
| | {4 x 25 on :40 Kick no board BS |
| | {1 x 50 on 1:00 Free Kick /board |
| | 1 on 26:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,250 Yards - Stress Value = 21 |

Workout #20635 - Thursday, 09 November 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:15 PM Start |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:50 Fly Kick w/board |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:55 Stremline Kick on Back |
| | {4 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:50 Breat Kick w/board |
| | {6 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:50 Free Kick w/board |
| | 1 on 26:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,750 Yards - Stress Value = 100 |

Workout #20639 - Thursday, 09 November 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:15 PM Start |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 2:45 Fly Kick w/board |
| | {4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 3:00 Stremline Kick on Back |
| | {1 x 100 on 2:45 Breat Kick w/board |
| | {2 x 25 on 1:00 Kick no board BS |
| | 1 on 26:00 TEACH DAY-IM |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 USRPT-100 Back Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 1,850 Yards - Stress Value = 17 |

Workout #20636 - Thursday, 09 November 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|-----------------|
| | 5:15 PM Start |

Workout #20638 - Thursday, 09 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|--|-----|------|-----|
| | 5:15 PM Start | | | |
| 400 | 1 on 35:00 DS/Dryland | | | |
| 150 | 1 x 400 on 9:00 Free 3KOW to 10 back to 3 | | | |
| 700 | 10 x 15 on :45 Shooters | | | |
| | 1x{4 x 25 on :45 Kick no board BSLR | | | |
| | {1 x 100 on 2:30 Fly Kick w/board | | | |
| | {4 x 25 on :45 Kick no board BSLR | | | |
| | {1 x 100 on 2:30 Streamline Kick on Back | | | |
| | {4 x 25 on :45 Kick no board BSLR | | | |
| | {1 x 100 on 2:30 Breat Kick w/board | | | |
| | {2 x 25 on :45 Kick no board BS | | | |
| | {1 x 50 on 1:00 Free Kick w/board | | | |
| | 1 on 26:00 TEACH DAY-IM | | | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | | |
| | { Evens-underwaters, count kicks | | | |
| 550 | 22 x 25 on :40 USRPT-100 Back Pace | | | |
| | 1 on 10:00 Racing Skills-Relay Starts | | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | | |
| | 7:30 PM 2,100 Yards - Stress Value = 20 | | | |

Workout #20633 - Thursday, 09 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|------|-----|
| | 5:30 AM Start | | | |
| | 1 on 40:00 DS/Weights | | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | | | |
| 1,500 | 30 x 50 on :55 400 IM Pace | | | |
| 225 | 15 x 15 on 1:00 Racing Skills-Breast Shooters | | | |
| | 7:00 AM 2,125 Yards - Stress Value = 69 | | | |

Workout #20634 - Thursday, 09 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| | 3:00 PM Start | | |
| | 1 on 15:00 DS>Showers | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| | 1 on 10:00 Walking Jump Rope | REC | |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | |
| | 1 on 15:00 Racing Skills-Back Starts | REC | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| | 1 on 10:00 Underwater Racing | EN2 | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| 250 | 1 x 250 on 10:00 CFP/Video 2 corrections | REC | |
| | 5:28 PM 4,650 Yards - Stress Value = 400 | | |

Workout #20648 - Friday, 10 November 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|-----------------------------|-----|-------|-----|
| | 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | REC | L DRY | |
| 300 | 4 x 75 on 2:15 SwimUSS | REC | D FR | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S FLY | |
| 600 | 1x{1 x 50 on 2:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:30 Freestyle | EN1 | S FR | |
| | {2 x 50 on 2:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:30 Freestyle | EN2 | S FR | |
| | {3 x 50 on 2:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:30 Freestyle | EN1 | S FR | |

| | | | |
|-----|---|-----|-------|
| | {3 x 50 on 2:15 Butterfly | EN2 | S FLY |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D CD |
| | 6:29 PM 1,250 Yards - Stress Value = 16 | | |

Workout #20643 - Friday, 10 November 2017

Group 2 - Fly

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|-------|-----|
| | 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | REC | L DRY | |
| 500 | 4 x 125 on 2:15 SwimUSS | REC | D FR | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S FLY | |
| 1,550 | 1x{1 x 50 on :50 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :50 Freestyle | EN1 | S FR | |
| | {2 x 50 on :50 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :50 Freestyle | EN2 | S FR | |
| | {3 x 50 on :50 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :50 Freestyle | EN1 | S FR | |
| | {4 x 50 on :50 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :50 Freestyle | EN1 | S FR | |
| | {5 x 50 on :50 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :50 Freestyle | EN2 | S FR | |
| | {6 x 50 on :50 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :50 Freestyle | EN1 | S FR | |
| | {4 x 50 on :50 Butterfly | EN2 | S FLY | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D CD | |
| | 6:30 PM 2,400 Yards - Stress Value = 33 | | | |

Workout #20644 - Friday, 10 November 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|-------|---|-----|-------|-----|
| | 5:00 PM Start | | | |
| | 1 on 40:00 DS/Dryland | REC | L DRY | |
| 500 | 4 x 125 on 2:15 SwimUSS | REC | D FR | |
| 150 | 10 x 15 on :45 Shooters | SP3 | S FLY | |
| 1,300 | 1x{1 x 50 on 1:00 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :55 Freestyle | EN1 | S FR | |
| | {2 x 50 on 1:00 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :55 Freestyle | EN2 | S FR | |
| | {3 x 50 on 1:00 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :55 Freestyle | EN1 | S FR | |
| | {4 x 50 on 1:00 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :55 Freestyle | EN1 | S FR | |
| | {5 x 50 on 1:00 Butterfly | EN2 | S FLY | |
| | {1 x 50 on :55 Freestyle | EN2 | S FR | |
| | {6 x 50 on 1:00 Butterfly | EN2 | S FLY | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D CD | |
| | 6:30 PM 2,150 Yards - Stress Value = 29 | | | |

Workout #20645 - Friday, 10 November 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|-------------------------------|-----|-------|-----|
| 5:00 PM Start | | | | |
| 400 | 1 on 40:00 DS/Dryland | REC | L DRY | |
| 150 | 4 x 100 on 2:15 SwimUSS | REC | D FR | |
| 1,150 | 10 x 15 on :45 Shooters | SP3 | S FLY | |
| | 1x{1 x 50 on 1:10 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:00 Freestyle | EN1 | S FR | |
| | {2 x 50 on 1:10 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:00 Freestyle | EN2 | S FR | |
| | {3 x 50 on 1:10 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:00 Freestyle | EN1 | S FR | |
| | {4 x 50 on 1:10 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:00 Freestyle | EN1 | S FR | |
| | {6 x 50 on 1:10 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:00 Freestyle | EN1 | S FR | |
| | {2 x 50 on 1:10 Butterfly | EN2 | S FLY | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D CD | |
| 6:30 PM 1,900 Yards - Stress Value = 25 | | | | |

Workout #20647 - Friday, 10 November 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|-------------------------------|-----|-------|-----|
| 5:00 PM Start | | | | |
| 300 | 1 on 40:00 DS/Dryland | REC | L DRY | |
| 150 | 4 x 75 on 2:15 SwimUSS | REC | D FR | |
| 900 | 10 x 15 on :45 Shooters | SP3 | S FLY | |
| | 1x{1 x 50 on 1:30 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:15 Freestyle | EN1 | S FR | |
| | {2 x 50 on 1:30 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:15 Freestyle | EN2 | S FR | |
| | {3 x 50 on 1:30 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:15 Freestyle | EN1 | S FR | |
| | {4 x 50 on 1:30 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:15 Freestyle | EN1 | S FR | |
| | {4 x 50 on 1:30 Butterfly | EN2 | S FLY | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D CD | |
| 6:30 PM 1,550 Yards - Stress Value = 21 | | | | |

Workout #20646 - Friday, 10 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WORK | STK |
|---|-------------------------------|-----|-------|-----|
| 5:00 PM Start | | | | |
| 400 | 1 on 40:00 DS/Dryland | REC | L DRY | |
| 150 | 4 x 100 on 2:15 SwimUSS | REC | D FR | |
| 1,050 | 10 x 15 on :45 Shooters | SP3 | S FLY | |
| | 1x{1 x 50 on 1:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:05 Freestyle | EN1 | S FR | |
| | {2 x 50 on 1:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:05 Freestyle | EN2 | S FR | |
| | {3 x 50 on 1:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:05 Freestyle | EN1 | S FR | |
| | {4 x 50 on 1:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:05 Freestyle | EN1 | S FR | |
| | {5 x 50 on 1:15 Butterfly | EN2 | S FLY | |
| | {1 x 50 on 1:05 Freestyle | REC | S FR | |
| | {1 x 50 on 1:15 Butterfly | EN2 | S FLY | |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | D CD | |
| 6:30 PM 1,800 Yards - Stress Value = 23 | | | | |

Workout #20641 - Friday, 10 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|--|---|-----|
| 5:30 AM Start | | |
| 400 | 1 on 40:00 DS/Showers | REC |
| 3,000 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 225 | 30 x 100 on 1:25 1650 Free Pace* | SP2 |
| | 15 x 15 on 1:00 Racing Skills-Free Shooters | SP3 |
| |only if time permits | |
| 7:15 AM 3,625 Yards - Stress Value = 309 | | |

Workout #20642 - Friday, 10 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 3:00 PM Start | | | |
| 400 | 1 on 15:00 DS/Showers | REC | L |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| | 30 x 25 on :30 100 Fly Pace* | SP2 | S |
| | 1 on 15:00 Yoga | REC | L |
| 750 | 30 x 25 on :30 100 Back Pace* | SP2 | S |
| | 1 on 15:00 Yoga | REC | L |
| 750 | 30 x 25 on :30 100 Free Pace* | SP2 | S |
| | 1 on 20:00 Yoga | REC | D |
| 4:58 PM 2,650 Yards - Stress Value = 225 | | | |

Workout #20649 - Saturday, 11 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|--|---|-----|-----|
| 7:00 AM Start | | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 1 on 5:00 Walking/jump rope | REC | |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace* | SP2 | |
| | 1 on 5:00 Walking/jump rope | REC | |
| 1,000 | 40 x 25 on :30 200 Fly Pace* | SP2 | |
| 225 | 15 x 15 on 1:00 Free Shooters | SP3 | |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | |
| 9:33 AM 4,985 Yards - Stress Value = 425 | | | |

Workout #20652 - Monday, 13 November 2017

Group 2 - Back

1 minute rest between sets

| Yards | Set Description |
|--|--|
| 5:15 PM Start | |
| 600 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP |
| 950 | 10 x 15 on :45 Shooters |
| | 1x{8 x 25 on :30 Kick no board BSLR |
| | {1 x 100 on 1:50 Streamline Kick on Back |
| | {6 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:50 Streamline Kick on Back |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 1:50 Streamline Kick on Back |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,575 | 1x{8 x 75 on 1:15 Back L.25 11 KOW |
| | {6 x 75 on 1:10 Back L.25 9 KOW |
| | {4 x 75 on 1:05 Back L.25 7 KOW |
| | {3 x 75 on 1:00 Back L.25 5 KOW |
| 750 | 30 x 25 on :30 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 4,325 Yards - Stress Value = 131 | |

Workout #20657 - Monday, 13 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 550 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 3:00 Streamline Kick on Back |
| | {4 x 25 on 1:00 Kick no board BSLR |
| | {2 x 100 on 3:00 Streamline Kick on Back |
| | {2 x 25 on 1:00 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 650 | 1x{6 x 50 on 1:55 Back L.25 7 KOW |
| | {4 x 50 on 1:50 Back L.25 5 KOW |
| | {3 x 50 on 1:45 Back L.25 3 KOW |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,375 Yards - Stress Value = 30 |

Workout #20653 - Monday, 13 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{8 x 25 on :35 Kick no board BSLR |
| | {1 x 100 on 2:05 Streamline Kick on Back |
| | {4 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 2:05 Streamline Kick on Back |
| | {2 x 25 on :35 Kick no board BSLR |
| | {2 x 100 on 2:05 Streamline Kick on Back |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,500 | 1x{8 x 75 on 1:20 Back L.25 11 KOW |
| | {6 x 75 on 1:15 Back L.25 9 KOW |
| | {4 x 75 on 1:10 Back L.25 7 KOW |
| | {2 x 75 on 1:05 Back L.25 5 KOW |
| 625 | 25 x 25 on :35 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,975 Yards - Stress Value = 115 |

Workout #20654 - Monday, 13 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 100 on 2:20 Streamline Kick on Back |
| | {4 x 25 on :40 Kick no board BSLR |
| | {2 x 100 on 2:20 Streamline Kick on Back |
| | {4 x 25 on :40 Kick no board BSLR |
| | {2 x 75 on 1:45 Streamline Kick on Back |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,200 | 1x{7 x 75 on 1:35 Back L.25 9 KOW |
| | {6 x 75 on 1:30 Back L.25 7 KOW |
| | {3 x 75 on 1:25 Back L.25 5 KOW |
| 625 | 25 x 25 on :35 USRPT 100 Back Pace |
| | 1 on 10:00 Game |

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,525 Yards - Stress Value = 106

Workout #20656 - Monday, 13 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on 1:00 Kick no board BSLR |
| | {1 x 100 on 2:45 Streamline Kick on Back |
| | {4 x 25 on :30 Kick no board BSLR |
| | {2 x 100 on 2:45 Streamline Kick on Back |
| | {4 x 25 on 1:00 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 975 | 1x{6 x 75 on 1:55 Back L.25 7 KOW |
| | {4 x 75 on 1:50 Back L.25 5 KOW |
| | {3 x 75 on 1:45 Back L.25 3 KOW |
| 375 | 15 x 25 on 1:00 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,800 Yards - Stress Value = 37 |

Workout #20655 - Monday, 13 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:30 Streamline Kick on Back |
| | {4 x 25 on :45 Kick no board BSLR |
| | {2 x 100 on 2:30 Streamline Kick on Back |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 100 on 2:30 Streamline Kick on Back |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,125 | 1x{6 x 75 on 1:40 Back L.25 9 KOW |
| | {5 x 75 on 1:35 Back L.25 7 KOW |
| | {4 x 75 on 1:30 Back L.25 5 KOW |
| 500 | 20 x 25 on :45 USRPT-100 Back Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 3,225 Yards - Stress Value = 93 |

Workout #20650 - Monday, 13 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 |
| 225 | 15 x 15 on 1:00 Racing Skills-Free Shooters | SP3 |
| | 7:00 AM 2,125 Yards - Stress Value = 159 | |

Workout #20651 - Monday, 13 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 400 1 on 15:00 DS>Showers
 1,500 1 x 400 on 5:00 Non-specific swimming
 30 x 50 on :55 200 Breast Pace
 1 on 10:00 Walking/jump rope
 750 30 x 25 on :30 100 Free Pace
 500 20 x 25 on :30 Kick no board BSLR w/fins
 1,500 30 x 50 on :50 200 Fly Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 750 30 x 25 on :30 100 Back Pace
 200 1 x 200 on 8:00 CFP/Video 2 corrections
 5:29 PM 5,900 Yards - Stress Value = 466

{5 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {6 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :50 Butterfly
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 128

Workout #20661 - Tuesday, 14 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 550 1 on 35:00 DS/Dryland
 150 1 x 550 on 9:00 Sun Yang Free w/snorkels
 10 x 15 on :45 Shooters
 900 1x{5 x 100 on 2:05 Fly Kick w/board
 {4 x 75 on 1:35 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,250 1x{1 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on 1:00 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 108

Workout #20665 - Tuesday, 14 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 150 1 x 350 on 9:00 Sun Yang Free w/snorkels
 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,225 Yards - Stress Value = 63

Workout #20662 - Tuesday, 14 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 1 x 500 on 9:00 Sun Yang Free w/snorkels
 10 x 15 on :45 Shooters
 750 1x{4 x 100 on 2:25 Fly Kick w/board
 {4 x 75 on 1:50 Fly Kick w/board
 {1 x 50 on 1:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {5 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:10 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 94

Workout #20660 - Tuesday, 14 November 2017

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Dryland
 150 1 x 600 on 9:00 Sun Yang Free w/snorkels
 10 x 15 on :45 Shooters
 1,050 1x{5 x 100 on 1:45 Fly Kick w/board
 {4 x 75 on 1:20 Fly Kick w/board
 {5 x 50 on :50 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,500 1x{1 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {2 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle

Workout #20664 - Tuesday, 14 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 3:00 Fly Kick w/board
 {4 x 75 on 2:15 Fly Kick w/board
 {2 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {4 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 450 18 x 25 on :50 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,750 Yards - Stress Value = 77

Workout #20663 - Tuesday, 14 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{3 x 100 on 2:40 Fly Kick w/board
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {5 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:15 Butterfly
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 87

Workout #20658 - Tuesday, 14 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 3,000 30 x 100 on 1:20 1650 Free Pace SP2
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 7:05 AM 3,550 Yards - Stress Value = 306

Workout #20659 - Tuesday, 14 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 10:00 Walking/jump rope REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 15:00 Racing Skills-Trohy Starts REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 180 9 x 20 on 1:00 Underwater Golf EN2
 750 30 x 25 on :30 100 Breast Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 5:28 PM 5,280 Yards - Stress Value = 454

Workout #20667 - Wednesday, 15 November 2017

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{5 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:40 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 110

Workout #20672 - Wednesday, 15 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-20, 4-21, 6-22
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{3 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,325 Yards - Stress Value = 65

Workout #20668 - Wednesday, 15 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 6-16, 3-17
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:25 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:50 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 3,550 Yards - Stress Value = 106

Workout #20669 - Wednesday, 15 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 650 13 x 50 on :40 Wednesday Warm-up
 2-15, 4-16, 6-17, 1-18
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:35 Breast Kick w/board

100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:05 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 3,450 Yards - Stress Value = 94

Workout #20671 - Wednesday, 15 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-18, 4-19, 6-20
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{4 x 100 on 2:40 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:40 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:40 Breaststroke
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Racin Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 78

Workout #20670 - Wednesday, 15 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-16, 4-17, 6-18
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{4 x 100 on 2:20 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:20 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:20 Breaststroke
 {1 on 1:00 Rest
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 3,000 Yards - Stress Value = 92

Workout #20666 - Wednesday, 15 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--|-------|-------|
| 3:00 PM | Start | | |
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 1,000 | 40 x 25 on :30 200 Fly Pace | SP2 | |
| | 1 on 10:00 Walking/jumpr rope | REC | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| | 1 on 15:00 Racing Skills-Relay Starts | REC | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| | 1 on 14:00 Undwtr Fly Kick-Relay | EN2 | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 250 | 1 x 250 on 8:00 CFP/Video 2 corrections | REC | |
| | 5:30 PM 4,650 Yards - Stress Value = 400 | | |

Workout #20680 - Thursday, 16 November 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:15 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 300 | 1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 150 on 4:30 Free Kick w/board |
| | {2 x 100 on 3:00 Free Kick w/board |
| | {2 x 50 on 1:30 Free Kick w/board |
| | 1 on 26:00 TEACH DAY-Freestyle |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 1,900 Yards - Stress Value = 73 |

Workout #20675 - Thursday, 16 November 2017

Group 2 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:15 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 150 on 2:30 Free Kick w/board |
| | {2 x 125 on 2:05 Free Kick w/board |
| | {2 x 100 on 1:40 Free Kick w/board |
| | {2 x 75 on 1:15 Free Kick w/board |
| | {4 x 50 on :50 Free Kick w/board |
| | 1 on 26:00 TEACH DAY-Freestyle |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,900 Yards - Stress Value = 103 |

Workout #20676 - Thursday, 16 November 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|---|
| 5:15 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{2 x 150 on 2:55 Free Kick w/board |

| | |
|-----|--|
| | {2 x 125 on 2:25 Free Kick w/board |
| | {2 x 100 on 1:55 Free Kick w/board |
| | {2 x 75 on 1:25 Free Kick w/board |
| | {1 x 50 on :55 Free Kick w/board |
| | 1 on 26:00 TEACH DAY-Freestyle |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,700 Yards - Stress Value = 100 |

Workout #20677 - Thursday, 16 November 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:15 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{2 x 150 on 3:25 Free Kick w/board |
| | {2 x 125 on 2:50 Free Kick w/board |
| | {2 x 100 on 2:15 Free Kick w/board |
| | {1 x 50 on 1:05 Free Kick w/board |
| | 1 on 26:00 TEACH DAY-Freestyle |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,375 Yards - Stress Value = 84 |

Workout #20679 - Thursday, 16 November 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:15 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{2 x 150 on 4:10 Free Kick w/board |
| | {2 x 100 on 2:45 Free Kick w/board |
| | {2 x 75 on 2:15 Free Kick w/board |
| | 1 on 26:00 TEACH DAY-Freestyle |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,000 Yards - Stress Value = 74 |

Workout #20678 - Thursday, 16 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 1 on 26:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,275 Yards - Stress Value = 83

Workout #20673 - Thursday, 16 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DSWeights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 2,250 30 x 75 on 1:10 100 Free Pace SP2
 225 15 x 15 on 1:00 Racing Skills-Back Shooters SP2
 7:07 AM 2,875 Yards - Stress Value = 234

Workout #20674 - Thursday, 16 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 10:00 Walking/jump rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 15:00 Racing Skills-Back Starts REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 10:00 Underwater Racing EN2
 750 30 x 25 on :30 100 Fly Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 5:28 PM 5,100 Yards - Stress Value = 450

Workout #20681 - Friday, 17 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description F
 =====
 1 on 40:00 DS/Weights/Showers F
 400 1 x 400 on 5:00 Non-specific swimming F
 1,500 30 x 50 on :55 400 IM Pace S
 225 15 x 15 on 1:00 Racing Skills-Breast Shooters S
 7:00 AM 2,125 Yards - Stress Value = 159

Workout #20682 - Friday, 17 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====

1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 750 30 x 25 on :30 100 Fly Pace*
 1 on 10:00 Social Kick Tag
 750 30 x 25 on :30 100 Back Pace*
 1 on 15:00 Sculling Drills
 750 30 x 25 on :30 100 Free Pace*
 225 15 x 15 on 1:00 Racing Skills-Your #1 Shooters
 200 1 x 200 on 8:00 CFP/Video 2 corrections
 4:58 PM 3,075 Yards - Stress Value = 234

Workout #20683 - Saturday, 18 November 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 1,800 24 x 75 on 1:15 500 Free Pace
 600 12 x 50 on 1:00 Breast Kick-no brd w/tennisball
 Sets of 3; 2 fast 1 dpk-count
 1,500 30 x 50 on :50 200 Back Pace
 1 on 5:00 Walking/jump rope
 750 30 x 25 on :30 100 Breast Pace
 1 on 5:00 Walking/jump rope
 160 8 x 20 on 3:00 50 Free Pace
 200 1 x 200 on 8:00 CFP/Video 2 corrections
 9:30 AM 5,410 Yards - Stress Value = 433

Workout #20691 - Monday, 20 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,225 Yards - Stress Value = 63

Workout #20686 - Monday, 20 November 2017

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 18 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 6-15 |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{5 x 100 on 1:45 Fly Kick w/board 4 x 75 on 1:20 Fly Kick w/board 5 x 50 on :50 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,550 | 1x{1 x 50 on :50 Butterfly 1 x 50 on :45 Freestyle 2 x 50 on :50 Butterfly 1 x 50 on :45 Freestyle 3 x 50 on :50 Butterfly 1 x 50 on :45 Freestyle 4 x 50 on :50 Butterfly 1 x 50 on :45 Freestyle 5 x 50 on :50 Butterfly 1 x 50 on :45 Freestyle 4 x 50 on :45 Butterfly 1 x 50 on :45 Freestyle 3 x 50 on :45 Butterfly 1 x 50 on :45 Freestyle 2 x 50 on :45 Butterfly |
| 750 | 30 x 25 on :30 USRPT-100 Fly Pace |
| 200 | 1 on 10:00 Relay |
| | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,250 Yards - Stress Value = 128 |

Workout #20687 - Monday, 20 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{5 x 100 on 2:05 Fly Kick w/board 4 x 75 on 1:35 Fly Kick w/board 2 x 50 on 1:05 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 2 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 3 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 4 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 4 x 50 on :55 Butterfly 1 x 50 on :50 Freestyle 3 x 50 on :55 Butterfly 1 x 50 on :50 Freestyle 2 x 50 on :55 Butterfly 1 x 50 on :50 Freestyle |
| 625 | 25 x 25 on :35 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,825 Yards - Stress Value = 107 |

Workout #20688 - Monday, 20 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 100 on 2:25 Fly Kick w/board 4 x 75 on 1:50 Fly Kick w/board 1 x 50 on 1:15 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,100 | 1x{1 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 2 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 3 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 4 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 4 x 50 on 1:05 Butterfly 1 x 50 on :55 Freestyle 3 x 50 on 1:05 Butterfly 1 on :55 Freestyle |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace |
| | 1 on 10:00 Relay |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,350 Yards - Stress Value = 94 |

Workout #20690 - Monday, 20 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 100 on 3:00 Fly Kick w/board 4 x 75 on 2:15 Fly Kick w/board 2 x 50 on 1:30 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 900 | 1x{1 x 50 on 1:30 Butterfly 1 x 50 on 1:10 Freestyle 2 x 50 on 1:30 Butterfly 1 x 50 on 1:10 Freestyle 3 x 50 on 1:30 Butterfly 1 x 50 on 1:10 Freestyle 3 x 50 on 1:25 Butterfly 1 x 50 on 1:10 Freestyle 3 x 50 on 1:25 Butterfly 1 x 50 on 1:10 Freestyle 1 x 50 on 1:25 Butterfly |
| 450 | 18 x 25 on :50 USRPT-100 Fly Pace |
| | 1 on 10:00 Racing Skills-Relay Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 2,800 Yards - Stress Value = 77 |

Workout #20689 - Monday, 20 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{3 x 100 on 2:40 Fly Kick w/board
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 86

Workout #20684 - Monday, 20 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 3,000 30 x 100 on 1:20 1650 Free Pace
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 7:05 AM 3,550 Yards - Stress Value = 306

Workout #20685 - Monday, 20 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :50 200 Free Pace
 1,500 1 on 10:00 Walking/jump rope
 30 x 50 on :55 200 Fly Pace
 600 24 x 25 on :30 Kick no board BSLR w/fins
 750 30 x 25 on :30 100 Back Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 750 30 x 25 on :30 100 Breast Pace
 200 1 x 200 on 8:00 CFP/Video 2 corrections
 5:30 PM 6,000 Yards - Stress Value = 468

Workout #20694 - Tuesday, 21 November 2017

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Streamline Kick on Back
 {6 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{8 x 75 on 1:15 Back 1st 25 11 KOW
 {6 x 75 on 1:10 Back 1st 25 9 KOW
 {4 x 75 on 1:05 Back 1st.25 7 KOW
 {3 x 75 on 1:00 Back 1st 25 5 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 131

Workout #20699 - Tuesday, 21 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:00 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 100 on 3:00 Streamline Kick on Back
 {2 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{6 x 50 on 1:55 Back 1st 25 7 KOW
 {4 x 50 on 1:50 Back 1st 25 5 KOW
 {3 x 50 on 1:45 Back 1st 25 3 KOW
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 30

Workout #20695 - Tuesday, 21 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Streamline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 {2 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{8 x 75 on 1:20 Back 1st 25 11 KOW
 {6 x 75 on 1:15 Back 1st 25 9 KOW
 {4 x 75 on 1:10 Back 1st 25 7 KOW
 {2 x 75 on 1:05 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 115

Workout #20696 - Tuesday, 21 November 2017

7:29 PM 3,225 Yards - Stress Value = 93

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back 1st 25 9 KOW
 {6 x 75 on 1:30 Back 1st.25 7 KOW
 {3 x 75 on 1:25 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #20698 - Tuesday, 21 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:45 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{6 x 75 on 1:55 Back 1st 25 7 KOW
 {4 x 75 on 1:50 Back 1st 25 5 KOW
 {3 x 75 on 1:45 Back 1st 25 3 KOW
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 37

Workout #20697 - Tuesday, 21 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{6 x 75 on 1:40 Back 1st 25 9 KOW
 {5 x 75 on 1:35 Back 1st 25 7 KOW
 {4 x 75 on 1:30 Back 1st 25 5 KOW
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills

Workout #20692 - Tuesday, 21 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,800 24 x 75 on 1:10 500 Free Pace SP2
 750 15 x 50 on 1:00 Racing Skills-Free Shooters SP3
 7:00 AM 2,950 Yards - Stress Value = 210

Workout #20693 - Tuesday, 21 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 10:00 Walking/jump rope REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 15:00 Racing Skills-Starts EN1
 750 30 x 25 on :30 100 Free Pace SP2
 160 8 x 20 on 1:00 Underwater Golf EN2
 750 30 x 25 on :30 100 Fly Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 5:30 PM 5,260 Yards - Stress Value = 453

Workout #20707 - Wednesday, 22 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 1-20, 2-21, 3-22, 4-23
 150 10 x 15 on :45 Shooters
 600 1x{2 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 200 on 5:15 Freestyle
 {3 x 100 on 2:45 Freestyle
 {1 x 150 on 4:00 Freestyle
 {3 x 100 on 2:45 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 92

Workout #20702 - Wednesday, 22 November 2017

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 150 on 2:30 Free Kick w/board
 {2 x 125 on 2:05 Free Kick w/board
 {2 x 100 on 1:40 Free Kick w/board
 {2 x 75 on 1:15 Free Kick w/board
 {4 x 50 on :50 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,850 1x{1 x 400 on 5:30 Freestyle
 {3 x 100 on 1:15 Freestyle
 {1 x 300 on 4:05 Freestyle
 {3 x 100 on 1:15 Freestyle
 {1 x 250 on 3:25 Freestyle
 {3 x 100 on 1:15 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 140

Workout #20703 - Wednesday, 22 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 6-16, 3-17
 150 10 x 15 on :45 Shooters
 950 1x{2 x 150 on 2:55 Free Kick w/board
 {2 x 125 on 2:25 Free Kick w/board
 {2 x 100 on 1:55 Free Kick w/board
 {2 x 75 on 1:25 Free Kick w/board
 {1 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,700 1x{1 x 400 on 5:40 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 200 on 2:50 Freestyle
 {2 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,225 Yards - Stress Value = 134

Workout #20704 - Wednesday, 22 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-16, 4-17, 3-18
 150 10 x 15 on :45 Shooters
 800 1x{2 x 150 on 3:25 Free Kick w/board
 {2 x 125 on 2:50 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board

100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,450 1x{1 x 250 on 4:05 Freestyle
 {3 x 100 on 1:45 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:45 Freestyle
 {1 x 200 on 3:15 Freestyle
 {2 x 100 on 1:45 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 113

Workout #20706 - Wednesday, 22 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 1-18, 2-19, 3-20, 4-21
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:10 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 75 on 2:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 250 on 6:15 Freestyle
 {3 x 100 on 2:35 Freestyle
 {1 x 200 on 5:00 Freestyle
 {2 x 100 on 2:35 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 93

Workout #20705 - Wednesday, 22 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 4-18, 3-19
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,250 1x{1 x 300 on 5:40 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 200 on 3:45 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 150 on 2:50 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,400 Yards - Stress Value = 108

Workout #20700 - Wednesday, 22 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|---|-----|-----|
| 7:00 AM | Start | | |
| 400 | 1 on 40:00 DS/Weights | REC | |
| 1,000 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 1,500 | 40 x 25 on :30 200 Fly Pace | SP2 | |
| | 1 on 5:00 Walking/jump rope | REC | |
| 750 | 30 x 50 on :50 200 Free Pace | SP2 | |
| | 1 on 5:00 Walking/jump rope | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| 750 | 1 on 7:00 Undwtr Fly Kick Relay | EN2 | |
| 250 | 30 x 25 on :30 100 Back Pace | SP2 | |
| | 1 x 250 on 8:00 CFP/Video 2 corrections | REC | |
| 9:30 AM | 4,650 Yards - Stress Value = 400 | | |

Workout #20701 - Wednesday, 22 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--|-----|-----|
| 3:00 PM | Start | | |
| 400 | 1 on 15:00 DS/Showers | REC | |
| 1,500 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 225 | 30 x 50 on :55 200 IM Pace | SP2 | |
| 750 | 15 x 15 on 1:00 Racing Skills-Fly Shooters | SP3 | |
| | 1 on 15:00 Underwater Racing | REC | |
| 200 | 30 x 25 on :30 100 Free Pace | SP2 | |
| | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | |
| 4:45 PM | 3,075 Yards - Stress Value = 234 | | |

Workout #20715 - Friday, 24 November 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|----------|--|-----|-----|
| 9:00 AM | Start | | |
| 300 | 1 on 35:00 DS/Dryland | | |
| 150 | 4 x 75 on 2:15 SwimUSS | | |
| 500 | 10 x 15 on :45 Shooters | | |
| 100 | 1x{4 x 25 on 1:00 Kick no board BSLR | | |
| | {1 x 100 on 3:00 Fly Kick w/board | | |
| | {4 x 25 on 1:00 Kick no board BSLR | | |
| | {1 x 100 on 3:30 Streamline Kick on Back | | |
| | {4 x 25 on 1:00 Kick no board BS | | |
| 800 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | |
| | { Evens-underwaters, count kicks | | |
| 375 | 4x{1 x 100 on 3:00 Individual Medley | | |
| | {1 x 50 on 1:15 Freestyle | | |
| | {1 x 50 on 1:45 Freestyle | | |
| 200 | 15 x 25 on 1:00 USRPT-100 Fly Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| | 1 x 200 on 4:00 Stroke Drills | | |
| 11:14 AM | 2,425 Yards - Stress Value = 66 | | |

Workout #20710 - Friday, 24 November 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--|-----|-----|
| 9:00 AM | Start | | |
| 500 | 1 on 35:00 DS/Dryland | | |
| 150 | 4 x 125 on 2:15 SwimUSS | | |
| 950 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 100 on 1:50 Fly Kick w/board | | |
| | {4 x 25 on :30 Kick no board BSLR | | |
| | {1 x 100 on 1:55 Streamline Kick on Back | | |

| | | | |
|----------|--|--|--|
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | |
| | { Evens-underwaters, count kicks | | |
| 2,000 | 10x{1 x 100 on 1:15 Individual Medley | | |
| | {1 x 50 on :35 Freestyle | | |
| | {1 x 50 on :45 Freestyle | | |
| 750 | 30 x 25 on :30 USRPT-100 Fly Pace | | |
| 200 | 1 on 10:00 Racing Skills-Back Starts | | |
| | 1 x 200 on 4:00 Stroke Drills | | |
| 11:16 AM | 4,650 Yards - Stress Value = 130 | | |

Workout #20711 - Friday, 24 November 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|----------|--|-----|-----|
| 9:00 AM | Start | | |
| 500 | 1 on 35:00 DS/Dryland | | |
| 150 | 4 x 125 on 2:15 SwimUSS | | |
| 850 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:05 Fly Kick w/board | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:10 Stremline Kick on Back | | |
| | {4 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:05 Breat Kick w/board | | |
| | {6 x 25 on :35 Kick no board BSLR | | |
| | {1 x 100 on 2:05 Free Kick w/board | | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | |
| | { Evens-underwaters, count kicks | | |
| 1,600 | 8x{1 x 100 on 1:25 Individual Medley | | |
| | {1 x 50 on :40 Freestyle | | |
| | {1 x 50 on :50 Freestyle | | |
| 625 | 25 x 25 on :35 USRPT-100 Fly Pace | | |
| 200 | 1 on 10:00 Racing Skills-Back Starts | | |
| | 1 x 200 on 4:00 Stroke Drills | | |
| 11:14 AM | 4,025 Yards - Stress Value = 109 | | |

Workout #20712 - Friday, 24 November 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|----------|--|-----|-----|
| 9:00 AM | Start | | |
| 400 | 1 on 35:00 DS/Dryland | | |
| 150 | 4 x 100 on 2:15 SwimUSS | | |
| 750 | 10 x 15 on :45 Shooters | | |
| | 1x{4 x 25 on :40 Kick no board BSLR | | |
| | {1 x 100 on 2:20 Fly Kick w/board | | |
| | {4 x 25 on :40 Kick no board BSLR | | |
| | {1 x 100 on 2:20 Stremline Kick on Back | | |
| | {4 x 25 on :40 Kick no board BSLR | | |
| | {1 x 100 on 2:20 Breat Kick w/board | | |
| | {4 x 25 on :40 Kick no board BS | | |
| | {1 x 50 on 1:00 Free Kick /board | | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | |
| | { Evens-underwaters, count kicks | | |
| 1,400 | 7x{1 x 100 on 1:40 Individual Medley | | |
| | {1 x 50 on :50 Freestyle | | |
| | {1 x 50 on 1:00 Freestyle | | |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace | | |
| 200 | 1 on 10:00 Racing Skills-Back Starts | | |
| | 1 x 200 on 4:00 Stroke Drills | | |
| 11:15 AM | 3,550 Yards - Stress Value = 104 | | |

Workout #20714 - Friday, 24 November 2017

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 4 x 75 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:00 Stremline Kick on Back
 {1 x 100 on 2:45 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 5x{1 x 100 on 2:15 Individual Medley
 {1 x 50 on 1:05 Freestyle
 {1 x 50 on 1:20 Freestyle
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:14 AM 2,800 Yards - Stress Value = 82

Workout #20713 - Friday, 24 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Stremline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Breat Kick w/board
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 6x{1 x 100 on 1:55 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:05 Freestyle
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:14 AM 3,300 Yards - Stress Value = 93

Workout #20708 - Friday, 24 November 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :55 200 Breast Pace* SP2
 1 on 5:00 Walking/jumpe rope REC
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Walking/jump rope REC
 750 30 x 25 on :30 100 Fly Pace* SP2
 1 on 5:00 Walking/jump rope REC
 750 30 x 25 on :30 100 Free Pace* SP2
 250 1 x 250 on 3:00 CFP/Video 2 corrections REC
 9:31 AM 5,150 Yards - Stress Value = 450

Workout #20709 - Friday, 24 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 2,250 30 x 75 on 1:10 1000 Free Pace SP2
 225 15 x 15 on 1:00 Racing Skills-Back Shooters SP2
 1 on 8:00 Racing Skills-6 second start SP2
 750 30 x 25 on :30 100 Breat Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 4:45 PM 3,825 Yards - Stress Value = 322

Workout #20717 - Saturday, 25 November 2017

Group 2 - Breast

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{5 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:25 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:20 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:14 AM 4,075 Yards - Stress Value = 112

Workout #20722 - Saturday, 25 November 2017

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{3 x 100 on 3:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 3:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:05 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:30 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:14 AM 2,375 Yards - Stress Value = 65

Workout #20718 - Saturday, 25 November 2017

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:25 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:40 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:14 AM 3,725 Yards - Stress Value = 106

Workout #20719 - Saturday, 25 November 2017

Group 2 - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{4 x 100 on 2:05 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:15 AM 3,400 Yards - Stress Value = 96

Workout #20721 - Saturday, 25 November 2017

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 850 1x{4 x 100 on 2:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 50 on 1:15 Breaststroke
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Racin Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:14 AM 2,850 Yards - Stress Value = 79

Workout #20720 - Saturday, 25 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{4 x 100 on 2:20 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:05 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:15 AM 3,200 Yards - Stress Value = 93

Workout #20716 - Saturday, 25 November 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :55 400 IM Pace SP2
 1 on 5:00 Walking/jump rope REC
 750 30 x 25 on :30 100 Back Pace SP2
 600 12 x 50 on 1:00 Breast Kick w/tennis balls EN2
 Sets of 3--2 fast 1 dpk
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1 on 10:00 Underwater Racing EN2
 1,500 30 x 50 on :50 200 Free Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 9:29 AM 5,950 Yards - Stress Value = 487

Workout #20730 - Monday, 27 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 150 on 4:30 Free Kick w/board {2 x 100 on 3:00 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 950 | 1x{1 x 200 on 5:15 Freestyle {3 x 100 on 2:45 Freestyle {1 x 150 on 4:00 Freestyle {3 x 100 on 2:45 Freestyle |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,900 Yards - Stress Value = 92 |

Workout #20725 - Monday, 27 November 2017

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{2 x 150 on 2:30 Free Kick w/board {2 x 125 on 2:05 Free Kick w/board {2 x 100 on 1:40 Free Kick w/board {2 x 75 on 1:15 Free Kick w/board {4 x 50 on :50 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,850 | 1x{1 x 400 on 5:30 Freestyle {3 x 100 on 1:15 Freestyle {1 x 300 on 4:05 Freestyle {3 x 100 on 1:15 Freestyle {1 x 250 on 3:25 Freestyle {3 x 100 on 1:15 Freestyle |
| 750 | 30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,750 Yards - Stress Value = 140 |

Workout #20726 - Monday, 27 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{2 x 150 on 2:55 Free Kick w/board {2 x 125 on 2:25 Free Kick w/board {2 x 100 on 1:55 Free Kick w/board {2 x 75 on 1:25 Free Kick w/board {1 x 50 on :55 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,700 | 1x{1 x 400 on 5:40 Freestyle {3 x 100 on 1:30 Freestyle {1 x 300 on 4:15 Freestyle |

{3 x 100 on 1:30 Freestyle

{1 x 200 on 2:50 Freestyle

{2 x 100 on 1:30 Freestyle

750 30 x 25 on :30 USRPT-100 Free Pace

1 on 10:00 Racing Skills-Finishes

200 1 x 200 on 4:00 Stroke Drills

7:30 PM 4,400 Yards - Stress Value = 134

Workout #20727 - Monday, 27 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{2 x 150 on 3:25 Free Kick w/board {2 x 125 on 2:50 Free Kick w/board {2 x 100 on 2:15 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 1,450 | 1x{1 x 250 on 4:05 Freestyle {3 x 100 on 1:45 Freestyle {1 x 200 on 3:15 Freestyle {3 x 100 on 1:45 Freestyle {1 x 200 on 3:15 Freestyle {2 x 100 on 1:45 Freestyle |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,825 Yards - Stress Value = 113 |

Workout #20729 - Monday, 27 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{2 x 150 on 4:10 Free Kick w/board {2 x 100 on 2:45 Free Kick w/board {2 x 75 on 2:15 Free Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW |
| 950 | 1x{1 x 250 on 6:15 Freestyle {3 x 100 on 2:35 Freestyle {1 x 200 on 5:00 Freestyle {2 x 100 on 2:35 Freestyle |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Finishes |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,000 Yards - Stress Value = 93 |

Workout #20728 - Monday, 27 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,250 1x{1 x 300 on 5:40 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 200 on 3:45 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 150 on 2:50 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,525 Yards - Stress Value = 108

Workout #20723 - Monday, 27 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 2,250 30 x 75 on 1:10 1000 Free Pace
 225 15 x 15 on 1:00 Racing Skills- Back Shooters
 7:07 AM 2,875 Yards - Stress Value = 234

Workout #20724 - Monday, 27 November 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 750 30 x 25 on :30 100 Fly Pace
 1 on 10:00 Walking/jump rope
 750 30 x 25 on :30 100 Back Pace
 1 on 13:00 Racing Skills-Starts
 1,500 30 x 50 on :55 200 Breast Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 1,500 30 x 50 on :50 200 Free Pace
 200 1 x 200 on 8:00 CFP/Video 2 corrections
 5:30 PM 5,400 Yards - Stress Value = 456

Workout #20731 - Tuesday, 28 November 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 3,000 30 x 100 on 1:25 1650 Free Pace

225 15 x 15 on 1:00 Racing Skills-Breast Shooters
 7:15 AM 3,625 Yards - Stress Value = 309

Workout #20738 - Wednesday, 29 November 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-20, 4-21, 6-22
 150 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,175 Yards - Stress Value = 63

Workout #20733 - Wednesday, 29 November 2017

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 1,050 1x{5 x 100 on 1:45 Fly Kick w/board
 {4 x 75 on 1:20 Fly Kick w/board
 {5 x 50 on :50 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{1 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {2 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {5 x 50 on :50 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {2 x 50 on :45 Butterfly
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,250 Yards - Stress Value = 128

Workout #20734 - Wednesday, 29 November 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|--|---|
| 375 | 1 on 35:00 DS/Dryland 15 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 6-16, 3-17 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{5 x 100 on 2:05 Fly Kick w/board 4 x 75 on 1:35 Fly Kick w/board 2 x 50 on 1:05 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 2 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 3 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 4 x 50 on 1:00 Butterfly 1 x 50 on :50 Freestyle 4 x 50 on :55 Butterfly 1 x 50 on :50 Freestyle 3 x 50 on :55 Butterfly 1 x 50 on :50 Freestyle 2 x 50 on :55 Butterfly 1 x 50 on :50 Freestyle |
| 625 | 25 x 25 on :35 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 3,650 Yards - Stress Value = 107 | |

Workout #20735 - Wednesday, 29 November 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|--|
| 325 | 1 on 35:00 DS/Dryland 13 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 3-17 |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 100 on 2:25 Fly Kick w/board 4 x 75 on 1:50 Fly Kick w/board 1 x 50 on 1:15 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,100 | 1x{1 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 2 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 3 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 4 x 50 on 1:10 Butterfly 1 x 50 on :55 Freestyle 4 x 50 on 1:05 Butterfly 1 x 50 on :55 Freestyle 3 x 50 on 1:05 Butterfly 1 on :55 Freestyle |
| 550 | 22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 3,175 Yards - Stress Value = 94 | |

Workout #20737 - Wednesday, 29 November 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|-----------------|
| ===== | ===== |

| | |
|---|---|
| 1 | on 35:00 DS/Dryland |
| 300 | 12 x 25 on :45 Wednesday Warm-up 2-18, 4-19, 6-20 |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{2 x 100 on 3:00 Fly Kick w/board 4 x 75 on 2:15 Fly Kick w/board 2 x 50 on 1:30 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 900 | 1x{1 x 50 on 1:30 Butterfly 1 x 50 on 1:10 Freestyle 2 x 50 on 1:30 Butterfly 1 x 50 on 1:10 Freestyle 3 x 50 on 1:30 Butterfly 1 x 50 on 1:10 Freestyle 3 x 50 on 1:25 Butterfly 1 x 50 on 1:10 Freestyle 3 x 50 on 1:25 Butterfly 1 x 50 on 1:10 Freestyle 1 x 50 on 1:25 Butterfly |
| 450 | 18 x 25 on :50 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:29 PM 2,700 Yards - Stress Value = 77 | |

Workout #20736 - Wednesday, 29 November 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|---|---|
| 325 | 1 on 35:00 DS/Dryland 13 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 4-18, 3-19 |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{3 x 100 on 2:40 Fly Kick w/board 4 x 75 on 2:00 Fly Kick w/board 2 x 50 on 1:20 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,050 | 1x{1 x 50 on 1:15 Butterfly 1 x 50 on 1:00 Freestyle 2 x 50 on 1:15 Butterfly 1 x 50 on 1:00 Freestyle 3 x 50 on 1:15 Butterfly 1 x 50 on 1:00 Freestyle 4 x 50 on 1:15 Butterfly 1 x 50 on 1:00 Freestyle 3 x 50 on 1:10 Butterfly 1 x 50 on 1:00 Freestyle 2 x 50 on 1:10 Butterfly 1 x 50 on 1:00 Freestyle |
| 500 | 20 x 25 on :45 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 3,025 Yards - Stress Value = 86 | |

Workout #20732 - Wednesday, 29 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 3:00 PM Start | | |
| 1 | on 15:00 DS/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| 1 | on 10:00 Walking/jump rope | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 1 | on 15:00 Relay Starts | SP3 | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | |
| 1 | on 12:00 Under wtr Relays | EN2 | |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | |
| | 5:30 PM 5,100 Yards - Stress Value = 450 | | |

Workout #20739 - Thursday, 30 November 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 5:30 AM Start | | |
| 1 | on 40:00 DS/Weights/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 1,800 | 24 x 75 on 1:10 500 Free Pace | SP2 | |
| 225 | 15 x 15 on 1:00 Racing Skills-Free Shooters | SP3 | |
| | 7:00 AM 2,425 Yards - Stress Value = 189 | | |

Workout #20740 - Friday, 01 December 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|--|-----|-----|
| | 5:30 AM Start | | |
| 1 | on 40:00 DS/Weights/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 160 | 8 x 20 on 3:00 50 Free Pace | SP2 | |
| 1 | on 10:00 Undr Wtr Racing | EN2 | |
| 150 | 10 x 15 on 1:00 Racing Skills-Fly Shooters | SP3 | |
| | 7:01 AM 710 Yards - Stress Value = 22 | | |

Workout #20741 - Friday, 01 December 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---|-----|-----|
| | 3:00 PM Start | | |
| 1 | on 15:00 DS/Showers | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | | |
| 750 | 30 x 25 on :30 100 Back Pace* | | |
| 120 | 8 x 15 on 1:00 Racing Skills-Fly/back shooters | | |
| 750 | 30 x 25 on :30 100 Fly Pace* | | |
| 120 | 8 x 15 on 1:00 Racing Skills-Back/brst shooters | | |
| 750 | 30 x 25 on :30 100 Free Pace* | | |
| 120 | 8 x 15 on 1:00 Racing Skills-Brst/free shooters | | |
| 750 | 30 x 25 on :30 100 Breast Pace* | | |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | | |
| | 5:00 PM 3,960 Yards - Stress Value = 315 | | |

Workout #20742 - Saturday, 02 December 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|-------|---------------------|-----|-----|
| | 7:00 AM Start | | |
| 1 | on 15:00 DS/Showers | REC | |

| | | | |
|-------|--|-----|--|
| 1,500 | 30 x 50 on :50 200 Free Pace* | SP2 | |
| 1 | on 10:00 Racing Skills-Spinners | SP3 | |
| 1,500 | 30 x 50 on :55 200 Breast Pace* | SP2 | |
| 1 | on 7:00 Walking/Jump Rope | REC | |
| 1,500 | 30 x 50 on :50 200 Back Pace* | SP2 | |
| 160 | 8 x 20 on 1:00 Undrwtr Golf | EN2 | |
| 1,000 | 40 x 25 on :30 200 Fly Pace* | SP2 | |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | |
| | 9:31 AM 5,860 Yards - Stress Value = 553 | | |

Workout #20750 - Monday, 04 December 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:15 PM Start |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 500 | 1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:30 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:30 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 650 | 1x{1 x 100 on 3:30 2 strokes fly off walls {1 x 75 on 2:35 3 strokes fly off walls {1 x 50 on 1:45 4 strokes fly off walls {1 x 25 on 1:00 5 strokes fly off walls {1 x 50 on 2:00 Butterfly {1 x 100 on 3:30 3 strokes fly off walls {1 x 75 on 2:35 4 strokes fly off walls {1 x 50 on 1:45 5 stokes fly off walls {1 x 25 on 1:00 6 strokes fly off walls {1 x 100 on 4:00 Butterfly |
| 375 | 15 x 25 on 1:00 USRPT 100 Fly Pace |
| 1 | on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 2,325 Yards - Stress Value = 67 |

Workout #20745 - Monday, 04 December 2017

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{4 x 25 on :30 Kick no board BSLR |
| | {1 x 200 on 3:30 Fly Kick w/board |
| | {6 x 25 on :30 Kick no board BSLR |
| | {1 x 200 on 3:25 Fly Kick w/board |
| | {6 x 25 on :30 Kick no board BSLR |
| | {1 x 200 on 3:20 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,500 | 1x{1 x 100 on 1:30 2 strokes fly off walls |
| | {1 x 75 on 1:05 3 strokes fly off walls |
| | {1 x 50 on :45 4 strokes fly off walls |
| | {1 x 25 on :30 5 strokes fly off walls |
| | {1 x 250 on 4:20 Butterfly |
| | {1 x 100 on 1:30 3 strokes fly off walls |
| | {1 x 75 on 1:05 4 strokes fly off walls |
| | {1 x 50 on :45 5 stokes fly off walls |
| | {1 x 25 on :30 6 strokes fly off walls |
| | {1 x 250 on 4:10 Butterfly |
| | {1 x 100 on 1:30 4 strokes fly off walls |
| | {1 x 75 on 1:05 5 strokes fly off walls |
| | {1 x 50 on :45 6 strokes fly off walls |
| | {1 x 25 on :30 7 strokes fly off walls |
| | {1 x 250 on 3:55 Butterfly |
| 750 | 30 x 25 on :30 USRPT 100 Fly Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 4,300 Yards - Stress Value = 131 |

Workout #20747 - Monday, 04 December 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 750 | 1x{4 x 25 on :40 Kick no board BSLR |
| | {1 x 200 on 4:40 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 200 on 4:35 Fly Kick w/board |
| | {4 x 25 on :40 Kick no board BSLR |
| | {1 x 50 on 1:05 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,150 | 1x{1 x 100 on 1:55 2 strokes fly off walls |
| | {1 x 75 on 1:25 3 strokes fly off walls |
| | {1 x 50 on 1:00 4 strokes fly off walls |
| | {1 x 25 on :40 5 strokes fly off walls |
| | {1 x 150 on 3:30 Butterfly |
| | {1 x 100 on 1:55 3 strokes fly off walls |
| | {1 x 75 on 1:25 4 strokes fly off walls |
| | {1 x 50 on 1:00 5 stokes fly off walls |
| | {1 x 25 on :40 6 strokes fly off walls |
| | {1 x 150 on 3:25 Butterfly |
| | {1 x 100 on 1:55 4 strokes fly off walls |
| | {1 x 75 on 1:25 5 strokes fly off walls |
| | {1 x 50 on 1:00 6 strokes fly off walls |
| | {1 x 25 on :40 7 strokes fly off walls |
| | {1 x 100 on 2:15 Butterfly |
| 625 | 25 x 25 on :35 USRPT 100 Fly Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,475 Yards - Stress Value = 106 |

Workout #20746 - Monday, 04 December 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :35 Kick no board BSLR |
| | {1 x 200 on 4:00 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 200 on 3:55 Fly Kick w/board |
| | {4 x 25 on :35 Kick no board BSLR |
| | {1 x 200 on 3:50 Fly Kick w/board |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,350 | 1x{1 x 100 on 1:40 2 strokes fly off walls |
| | {1 x 75 on 1:15 3 strokes fly off walls |
| | {1 x 50 on :55 4 strokes fly off walls |
| | {1 x 25 on :35 5 strokes fly off walls |
| | {1 x 200 on 4:00 Butterfly |
| | {1 x 100 on 1:40 3 strokes fly off walls |
| | {1 x 75 on 1:15 4 strokes fly off walls |
| | {1 x 50 on :55 5 stokes fly off walls |
| | {1 x 25 on :35 6 strokes fly off walls |
| | {1 x 200 on 3:55 Butterfly |
| | {1 x 100 on 1:40 4 strokes fly off walls |
| | {1 x 75 on 1:15 5 strokes fly off walls |
| | {1 x 50 on :55 6 strokes fly off walls |
| | {1 x 25 on :35 7 strokes fly off walls |
| | {1 x 200 on 3:50 Butterfly |
| 625 | 25 x 25 on :35 USRPT 100 Fly Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,875 Yards - Stress Value = 113 |

Workout #20749 - Monday, 04 December 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 650 | 1x{4 x 25 on :45 Kick no board BSLR |
| | {1 x 200 on 5:30 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| | {1 x 150 on 4:00 Fly Kick w/board |
| | {4 x 25 on :45 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 950 | 1x{1 x 100 on 2:30 2 strokes fly off walls |
| | {1 x 75 on 1:50 3 strokes fly off walls |
| | {1 x 50 on 1:15 4 strokes fly off walls |
| | {1 x 25 on :50 5 strokes fly off walls |
| | {1 x 100 on 3:00 Butterfly |
| | {1 x 100 on 2:30 3 strokes fly off walls |
| | {1 x 75 on 1:50 4 strokes fly off walls |
| | {1 x 50 on 1:15 5 strokes fly off walls |
| | {1 x 25 on :50 6 strokes fly off walls |
| | {1 x 100 on 3:00 Butterfly |
| | {1 x 100 on 2:30 4 strokes fly off walls |
| | {1 x 75 on 1:50 5 strokes fly off walls |
| | {1 x 50 on 1:15 6 strokes fly off walls |
| | {1 x 25 on :50 7 strokes fly off walls |
| 450 | 18 x 25 on :45 USRPT 100 Fly Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,900 Yards - Stress Value = 83 |

Workout #20748 - Monday, 04 December 2017

Group 2 - Silver/Bronze
1 minute rest between sets

5:15 PM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 35:00 DS/Dryland | |
| 450 | 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP | |
| 150 | 10 x 15 on :45 Shooters | |
| 750 | 1x{4 x 25 on :40 Kick no board BSLR | |
| | {1 x 200 on 4:55 Fly Kick w/board | |
| | {4 x 25 on :40 Kick no board BSLR | |
| | {1 x 200 on 4:50 Fly Kick w/board | |
| | {4 x 25 on :40 Kick no board BSLR | |
| | {1 x 50 on 1:10 Fly Kick w/board | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | |
| | { Evens-underwaters, count kicks | |
| 1,100 | 1x{1 x 100 on 2:05 2 strokes fly off walls | |
| | {1 x 75 on 1:35 3 strokes fly off walls | |
| | {1 x 50 on 1:05 4 strokes fly off walls | |
| | {1 x 25 on :45 5 strokes fly off walls | |
| | {1 x 150 on 3:45 Butterfly | |
| | {1 x 100 on 2:05 3 strokes fly off walls | |
| | {1 x 75 on 1:35 4 strokes fly off walls | |
| | {1 x 50 on 1:05 5 strokes fly off walls | |
| | {1 x 25 on :45 6 strokes fly off walls | |
| | {1 x 150 on 3:40 Butterfly | |
| | {1 x 100 on 2:05 4 strokes fly off walls | |
| | {1 x 75 on 1:35 5 strokes fly off walls | |
| | {1 x 50 on 1:05 6 strokes fly off walls | |
| | {1 x 25 on :45 7 strokes fly off walls | |
| | {1 x 50 on 1:00 Butterfly | |
| 550 | 22 x 25 on :40 USRPT 100 Fly Pace | |
| | 1 on 10:00 Game | |
| 200 | 1 x 200 on 4:00 Stroke Drills | |
| | 7:30 PM 3,300 Yards - Stress Value = 98 | |

Workout #20743 - Monday, 04 December 2017

HighSchl - USRPT
1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights/Showers | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 3,000 | 30 x 100 on 1:20 1650 Free Pace | SP2 |
| 225 | 15 x 15 on 1:00 Racing Skills-Fly Shooters | SP3 |
| | 7:12 AM 3,625 Yards - Stress Value = 309 | |

Workout #20744 - Monday, 04 December 2017

HighSchl - USRPT
1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 |
| | 1 on 10:00 Walking/Jump Rope | REC |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 |
| 600 | 24 x 25 on :30 Kick no board BSLR w/fins | EN2 |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 |
| 300 | 1x{8 x 15 on :30 Undr Wtr Fly Kck | EN2 |
| | {1 on :30 Rest | REC |
| | {6 x 15 on :25 Undr Wtr Fly Kck | EN2 |
| | {1 on :30 Rest | REC |
| | {4 x 15 on :20 Undr Wtr Fly Kck | EN2 |
| | {1 on :30 Rest | REC |
| | {2 x 15 on :15 Undr Wtr Fly Kck | EN2 |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC |
| | 5:30 PM 6,000 Yards - Stress Value = 468 | |

Workout #20757 - Tuesday, 05 December 2017

Group 2 - Copper
1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 450 | 1x{4 x 25 on 1:00 Kick no board B |
| | {2 x 50 on 2:00 Kick 1fly 1brst |
| | {4 x 25 on 1:00 Kick no board S |
| | {2 x 50 on 2:00 Kick 1 brst 1 free |
| | {2 x 25 on 1:00 Kick no board 1L1R |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 850 | 1x{1 x 200 on 6:00 Individual Medley |
| | {2 x 25 on :45 1 Fly 1 Back |
| | {1 x 100 on 3:00 Reverse IM |
| | {1 x 200 on 6:00 Individual Medley |
| | {2 x 25 on :45 1 Breast 1 Free |
| | {1 x 100 on 3:00 Reverse IM |
| | {1 x 150 on 4:00 Individual Medley no free |
| 1,500 | 15 x 100 on 1:00 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 3,600 Yards - Stress Value = 182 |

Workout #20752 - Tuesday, 05 December 2017

Group 2 - IM'ers
1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{6 x 25 on :30 Kick no board B |
| | {3 x 50 on :50 Kick 1fly 1brst 1 free |
| | {6 x 25 on :30 Kick no board S |
| | {3 x 50 on :50 Kick 1fly 1brst 1 free |
| | {6 x 25 on :30 Kick no board L |
| | {3 x 50 on :50 Kick 1fly 1brst 1 free |
| | {4 x 25 on :30 Kick no board R |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,675 | 1x{1 x 200 on 3:00 Individual Medley |
| | {5 x 25 on :25 Fly |
| | {1 x 100 on 1:20 Reverse IM |
| | {1 x 200 on 2:55 Individual Medley |
| | {5 x 25 on :25 Backstroke |
| | {1 x 100 on 1:20 Reverse IM |
| | {1 x 200 on 2:50 Individual Medley |
| | {5 x 25 on :25 Breaststroke |
| | {1 x 100 on 1:20 Reverse IM |
| | {1 x 200 on 2:45 Individual Medley |
| | {4 x 25 on :25 Freestyle |
| | {1 x 100 on 1:20 Reverse IM |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,475 Yards - Stress Value = 133 |

Workout #20753 - Tuesday, 05 December 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{6 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 {6 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 {4 x 25 on :35 Kick no board 2L2R
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :30 Fly
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :30 Backstroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:10 Individual Medley
 {4 x 25 on :30 Breaststroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Freestyle
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 127

150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick 1fly lbrst 1 free
 {4 x 25 on :45 Kick no board S
 {3 x 50 on 1:30 Kick 1fly lbrst 1 free
 {4 x 25 on :45 Kick no board 2L2R
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 200 on 5:00 Individual Medley
 {4 x 25 on :45 2 Fly 2 Back
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 5:00 Individual Medley
 {4 x 25 on :45 2 Breast 2 Free
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 4:00 Individual Medley
 500 20 x 25 on :45 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 88

Workout #20755 - Tuesday, 05 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:15 Kick 1fly lbrst 1 free
 {4 x 25 on :40 Kick no board S
 {3 x 50 on 1:15 Kick 1fly lbrst 1 free
 {4 x 25 on :40 Kick no board 2L2R
 {2 x 50 on 1:15 Kick 1fly lbrst
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 4:15 Individual Medley
 {4 x 25 on :35 Fly
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:10 Individual Medley
 {4 x 25 on :35 Backstroke
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:05 Individual Medley
 {2 x 25 on :35 Breaststroke
 {1 x 100 on 2:00 Reverse IM
 550 22 x 25 on :40 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,300 Yards - Stress Value = 98

Workout #20754 - Tuesday, 05 December 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 {4 x 25 on :40 Kick no board S
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 {4 x 25 on :40 Kick no board 2L2R
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 4:00 Individual Medley
 {4 x 25 on :35 Fly
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:55 Individual Medley
 {4 x 25 on :35 Backstroke
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :35 Breaststroke
 {1 x 100 on 1:50 Reverse IM
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 107

Workout #20751 - Tuesday, 05 December 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights/Shower EN1
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,800 24 x 75 on 1:10 500 Free Pace SP2
 225 15 x 15 on 1:00 Racing Skills-Back Shooters SP3
 7:00 AM 2,425 Yards - Stress Value = 189

Workout #20756 - Tuesday, 05 December 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels

Workout #20759 - Wednesday, 06 December 2017

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 450 1 on 35:00 DS/Dryland
 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-14, 6-16, 6-18
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {1 x 100 on 1:50 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{5 x 125 on 1:55 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {4 x 100 on 1:30 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {3 x 75 on 1:05 Back alt 25's 10KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 133

Workout #20764 - Wednesday, 06 December 2017

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 12 x 25 on :45 Wednesday Warm-up
 2-20, 4-22, 6-24
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 775 1x{3 x 50 on 1:30 Back-descend
 {4 x 100 on 3:00 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-descend
 {1 x 75 on 2:20 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 2,750 Yards - Stress Value = 96

Workout #20760 - Wednesday, 06 December 2017

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 375 1 on 35:00 DS/Dryland
 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-16, 6-18, 3-20
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,450 1x{5 x 125 on 2:05 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {4 x 100 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :50 Back-descend
 {1 x 75 on 1:15 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 115

Workout #20761 - Wednesday, 06 December 2017

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 325 1 on 35:00 DS/Dryland
 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-17, 6-19, 1-21
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{5 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {4 x 100 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 110

Workout #20763 - Wednesday, 06 December 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 12 x 25 on :45 Wednesday Warm-up
 2-18, 4-20, 6-22
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:45 Streamline Kick on back
 {1 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 925 1x{3 x 50 on 1:20 Back-descend
 {4 x 100 on 2:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {3 x 75 on 2:00 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 99

Workout #20762 - Wednesday, 06 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| 5:15 PM Start | | | |
| 325 | 1 on 35:00 DS/Dryland | | |
| | 13 x 25 on :40 Wednesday Warm-up | | |
| | 2-15, 4-17, 6-19, 1-21 | | |
| 150 | 10 x 15 on :45 Shooters | | |
| 750 | 1x{1 x 100 on 2:25 Streamline Kick on back | | |
| | {1 x 50 on 1:10 Alt 25 kick on each side | | |
| | {2 x 100 on 2:25 Streamline Kick on back | | |
| | {2 x 50 on 1:10 Alt 25 kick on each side | | |
| | {3 x 100 on 2:25 Streamline Kick on back | | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills | | |
| | { Evens-underwaters, count kicks | | |
| 1,125 | 1x{3 x 50 on 1:05 Back-descend | | |
| | {4 x 100 on 2:10 Back alt 25's 10KOW | | |
| | {3 x 50 on 1:05 Back-descend | | |
| | {3 x 75 on 1:40 Back alt 25's 10KOW | | |
| | {4 x 50 on 1:05 Back-descend | | |
| 625 | 25 x 25 on :35 USRPT-100 Back Pace | | |
| | 1 on 10:00 Racing Skills-Back Starts | | |
| 200 | 1 x 200 on 4:00 Stroke Drills | | |
| 7:29 PM 3,275 Yards - Stress Value = 105 | | | |

Workout #20758 - Wednesday, 06 December 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|--|--|-----|----|
| 3:00 PM Start | | | |
| | 1 on 15:00 DS/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 1 on 8:00 Walking/jump rope | REC | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Relay Starts | REC | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | |
| | 1 on 15:00 Undr Wtr Fly Kck Relay | EN2 | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| 200 | 1 x 200 on 12:00 CFP/Video 2 corrections | REC | |
| 5:30 PM 5,100 Yards - Stress Value = 450 | | | |

Workout #20767 - Thursday, 07 December 2017

Group 2 - Breast

1 minute rest between sets

| Yards | Set Description |
|---|--|
| 5:15 PM Start | |
| 600 | 1 on 35:00 DS/Dryland |
| | 1 x 600 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{1 x 200 on 3:30 Breast Kick w/board |
| | {4 x 25 on :40 Breast Kick-streamline on back |
| | {2 x 175 on 3:00 Breast Kick w/board |
| | {4 x 25 on :40 Breast Kick-streamline on back |
| | {2 x 100 on 1:45 Breast Kick w/board |
| | 1 on 26:00 TEACH DAY-Breaststroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,625 Yards - Stress Value = 87 | |

Workout #20772 - Thursday, 07 December 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|---|--|
| 5:15 PM Start | |
| 350 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 350 on 9:00 Free 3KOW to 10 back to 3 |
| 600 | 10 x 15 on :45 Shooters |
| 1x{1 x 100 on 3:00 Breast Kick w/board | |
| {2 x 25 on 1:00 Breast Kick-streamline on bac | |
| {2 x 150 on 4:30 Breast Kick w/board | |
| {2 x 25 on 1:00 Breast Kick-streamline on bac | |
| {1 x 100 on 3:00 Breast Kick w/board | |
| 1 on 26:00 TEACH DAY-Breaststroke | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 375 | 15 x 25 on 1:00 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 1,775 Yards - Stress Value = 56 | |

Workout #20768 - Thursday, 07 December 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---|--|
| 5:15 PM Start | |
| 550 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 550 on 9:00 Free 3KOW to 10 back to 3 |
| 850 | 10 x 15 on :45 Shooters |
| 1x{1 x 200 on 4:00 Breast Kick w/board | |
| {4 x 25 on :40 Breast Kick-streamline on back | |
| {2 x 175 on 3:30 Breast Kick w/board | |
| {4 x 25 on :40 Breast Kick-streamline on back | |
| {1 x 100 on 2:00 Breast Kick w/board | |
| 1 on 26:00 TEACH DAY-Breaststroke | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,475 Yards - Stress Value = 85 | |

Workout #20769 - Thursday, 07 December 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---|--|
| 5:15 PM Start | |
| 500 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 750 | 10 x 15 on :45 Shooters |
| 1x{1 x 150 on 3:30 Breast Kick w/board | |
| {4 x 25 on :45 Breast Kick-streamline on back | |
| {2 x 175 on 4:05 Breast Kick w/board | |
| {4 x 25 on :45 Breast Kick-streamline on back | |
| {1 x 50 on 1:10 Breast Kick w/board | |
| 1 on 26:00 TEACH DAY-Breaststroke | |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM 2,250 Yards - Stress Value = 76 | |

Workout #20771 - Thursday, 07 December 2017

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{1 x 100 on 2:45 Breast Kick w/board |
| | { 2 x 25 on 1:00 Breast Kick-streamline on bac |
| | { 2 x 150 on 4:05 Breast Kick w/board |
| | { 2 x 25 on 1:00 Breast Kick-streamline on bac |
| | { 1 x 100 on 2:45 Breast Kick w/board |
| | 1 on 26:00 TEACH DAY-Breaststroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 450 | 18 x 25 on :50 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 1,900 Yards - Stress Value = 63 |

Workout #20770 - Thursday, 07 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 1 x 450 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 700 | 1x{1 x 100 on 2:30 Breast Kick w/board |
| | { 4 x 25 on :45 Breast Kick-streamline on back |
| | { 2 x 175 on 4:25 Breast Kick w/board |
| | { 4 x 25 on :45 Breast Kick-streamline on back |
| | { 1 x 50 on 1:15 Breast Kick w/board |
| | 1 on 26:00 TEACH DAY-Breaststroke |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 USRPT-100 Breast Pace |
| | 1 on 10:00 Racing Skills-Breast Starts |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,100 Yards - Stress Value = 70 |

Workout #20765 - Thursday, 07 December 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | E |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Weights/Showers | F |
| 400 | 1 x 400 on 5:00 Non-specific swimming | F |
| 2,250 | 30 x 75 on 1:10 1000 Free Pace | E |
| 225 | 15 x 15 on 1:00 Racing Skills-Breast Shooters | E |
| | 7:07 AM 2,875 Yards - Stress Value = 234 | |

Workout #20766 - Thursday, 07 December 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|---------------------------------------|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| | 1 on 10:00 Walking/jump rope | REC | |
| 1,500 | 30 x 50 on :50 200 Breast Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Back Starts | REC | |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | |
| | 1 on 10:00 Underwater Racing | EN2 | |

750 30 x 25 on :30 100 Fly Pace SP2
 200 1 x 200 on 10:00 CFP/Video 2 corrections REC
 5:25 PM 5,100 Yards - Stress Value = 450

Workout #20780 - Friday, 08 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS |
| | 25swim, 25underwater, 25swim, 25scull |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 3:00 Free L.25 6BK |
| | { 1 x 100 on 3:00 Free L.25 2 breaths |
| | { 1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi |
| | { 2 x 100 on 2:55 Free L.25 6BK |
| | { 2 x 100 on 2:55 Free L.25 2 breaths |
| | { 1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:29 PM 1,600 Yards - Stress Value = 22 |

Workout #20775 - Friday, 08 December 2017

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 40:00 DS/Dryland |
| 500 | 4 x 125 on 2:15 SwimUSS |
| | 50swim, 25underwater, 25swim, 25scull |
| 150 | 10 x 15 on :45 Shooters |
| 1,800 | 1x{1 x 100 on 1:30 Free L.25 6BK |
| | { 1 x 100 on 1:30 Free L.25 2 breaths |
| | { 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi |
| | { 2 x 100 on 1:25 Free L.25 6BK |
| | { 2 x 100 on 1:25 Free L.25 2 breaths |
| | { 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi |
| | { 3 x 100 on 1:20 Free L.25 6bk |
| | { 3 x 100 on 1:20 Free L.25 2 breaths |
| | { 3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:30 PM 2,700 Yards - Stress Value = 42 |

Workout #20776 - Friday, 08 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 40:00 DS/Dryland |
| 500 | 4 x 125 on 2:15 SwimUSS |
| | 50swim, 25underwater, 25swim, 25scull |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 1x{1 x 100 on 1:40 Free L.25 6BK |
| | { 1 x 100 on 1:40 Free L.25 2 breaths |
| | { 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi |
| | { 2 x 100 on 1:35 Free L.25 6BK |
| | { 2 x 100 on 1:35 Free L.25 2 breaths |
| | { 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi |
| | { 3 x 100 on 1:30 Free L.25 6bk |
| | { 2 x 100 on 1:30 Free L.25 2 breaths |
| | { 2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| | 6:30 PM 2,500 Yards - Stress Value = 38 |

Workout #20777 - Friday, 08 December 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| 400 | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{1 x 100 on 1:50 Free L.25 6BK {1 x 100 on 1:50 Free L.25 2 breaths {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:45 Free L.25 6BK {2 x 100 on 1:45 Free L.25 2 breaths {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:40 Free L.25 6bk {1 x 100 on 1:40 Free L.25 2 breaths {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:30 PM 2,200 Yards - Stress Value = 34 | |

Workout #20779 - Friday, 08 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| 400 | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull |
| 150 | 10 x 15 on :45 Shooters |
| 1,050 | 1x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:10 Free L.25 6bk {1 x 50 on 1:10 Free L.25 2 breaths {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:31 PM 1,850 Yards - Stress Value = 27 | |

Workout #20778 - Friday, 08 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|---|---|
| 400 | 1 on 40:00 DS/Dryland |
| 400 | 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull |
| 150 | 10 x 15 on :45 Shooters |
| 1,200 | 1x{1 x 100 on 2:00 Free L.25 6BK {1 x 100 on 2:00 Free L.25 2 breaths {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:55 Free L.25 6BK {2 x 100 on 1:55 Free L.25 2 breaths {2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:00 Free L.25 6bk {1 x 100 on 2:00 Free L.25 2 breaths {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi |
| 250 | 1 x 250 on 5:00 Stroke Drills |
| 6:29 PM 2,000 Yards - Stress Value = 30 | |

Workout #20773 - Friday, 08 December 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY |
|--|---|-----|
| 1 | on 40:00 DS/Weights/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 |
| 225 | 15 x 15 on 1:00 Racing Skills-Free Shooters | SP3 |
| 6:57 AM 2,125 Yards - Stress Value = 159 | | |

Workout #20774 - Friday, 08 December 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|--|--|-----|
| 1 | on 15:00 DS/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 600 | 30 x 20 on :30 100 Free Pace | SP2 |
| 225 | 15 x 15 on 1:00 Racing Skills- IM Shooters | SP3 |
| 600 | 30 x 20 on :30 100 Fly Pace | SP2 |
| 600 | 30 x 20 on :30 100 Back Pace | SP2 |
| 200 | 1 x 200 on 5:00 Non-specific swimming | REC |
| 5:00 PM 2,625 Yards - Stress Value = 189 | | |

Workout #20781 - Saturday, 09 December 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY | WORK |
|--|---------------------------------------|-----|------|
| 1 | on 15:00 DS/Showers | REC | L |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | D |
| 750 | 30 x 25 on :30 100 Back Pace* | SP2 | S |
| 1,000 | 40 x 25 on :30 200 Fly Pace* | SP2 | S |
| 1,500 | 30 x 50 on :50 200 Free Pace* | SP2 | S |
| 750 | 30 x 25 on :30 100 Breast Pace* | SP2 | S |
| 200 | 1 x 200 on 3:00 CFP | REC | D |
| 1 on 30:00 Team Mtg | | | |
| 9:28 AM 4,600 Yards - Stress Value = 400 | | | |

Workout #20784 - Monday, 11 December 2017

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:50 Streamline Kick on back
 {3 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:50 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,125 1x{6 x 150 on 2:15 Back atl 25's 10KOW
 {3 x 50 on :45 Back-descend
 {5 x 125 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :45 Back-descend
 {3 x 100 on 1:30 Back alt 25's 10KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,225 Yards - Stress Value = 148

Workout #20789 - Monday, 11 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {3 x 100 on 3:00 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{5 x 125 on 3:25 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-descend
 {3 x 100 on 3:00 Back alt 25's 10KOW
 {1 x 50 on 1:30 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 106

Workout #20785 - Monday, 11 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,925 1x{6 x 150 on 2:30 Back alt 25's 10KOW

{3 x 50 on :50 Back-descend
 {5 x 125 on 2:05 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {1 x 100 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,700 Yards - Stress Value = 128

Workout #20786 - Monday, 11 December 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 {3 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,725 1x{6 x 150 on 2:50 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {5 x 125 on 2:20 Back alt 25's 10KOW
 {1 x 50 on :55 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,400 Yards - Stress Value = 123

Workout #20788 - Monday, 11 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {3 x 100 on 2:45 Streamline Kick on back
 {1 x 50 on 1:20 Alt 25's kick on each side
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,275 1x{5 x 125 on 3:00 Back at 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {4 x 100 on 2:40 Back alt 25's 10KOW
 {2 x 50 on 1:20 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 110

Workout #20787 - Monday, 11 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:25 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{5 x 125 on 2:45 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {2 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,075 Yards - Stress Value = 117

1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 200 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:00 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {3 x 150 on 2:35 Breast Kick w/board
 {2 x 25 on :40 Breast Kick-streamline on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{2 x 200 on 3:20 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 175 on 2:55 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {2 x 150 on 2:30 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 125 on 2:05 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,725 Yards - Stress Value = 128

Workout #20797 - Tuesday, 12 December 2017

Group 2 - Copper

1 minute rest between sets

Workout #20782 - Monday, 11 December 2017

Beat Penn - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 3,000 30 x 100 on 1:20 1650 Free Pace
 225 15 x 15 on 1:00 Racing Skills-Free Shooters
 7:12 AM 3,625 Yards - Stress Value = 309

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{1 x 200 on 8:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {2 x 150 on 6:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 8:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO Drill w/fins
 {2 x 150 on 6:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO drill w/fins
 {1 x 100 on 4:00 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,625 Yards - Stress Value = 72

Workout #20783 - Monday, 11 December 2017

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 8:00 Walking/jump rope
 750 30 x 25 on :30 100 Back Pace
 600 24 x 25 on :30 Kick no board BSLR with fins
 750 30 x 25 on :30 100 Breast Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 1,500 30 x 50 on :50 200 Free Pace
 200 1 x 200 on 8:00 CFP/Video 2 corrections
 5:25 PM 6,000 Yards - Stress Value = 468

Workout #20792 - Tuesday, 12 December 2017

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

Workout #20793 - Tuesday, 12 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 4:20 Breast Kick w/board
 { 4 x 25 on :40 Breast Kick-streamline on back
 { 2 x 175 on 3:45 Breast Kick w/board
 { 4 x 25 on :40 Breast Kick-streamline on back
 { 3 x 100 on 2:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{2 x 200 on 3:50 Breaststroke
 { 1 on :30 Put fins on
 { 6 x 25 on :30 Breast TO Drill w/fins
 { 2 x 175 on 3:20 Breaststroke
 { 1 on :30 Put fins on
 { 6 x 25 on :30 Breast TO drill w/fins
 { 2 x 150 on 2:50 Breaststroke
 { 1 on :30 Put fins on
 { 6 x 25 on :30 Breast TO Drill w/fins
 { 1 x 100 on 1:55 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 121

Workout #20794 - Tuesday, 12 December 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:40 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 175 on 4:05 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 100 on 2:20 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{2 x 200 on 4:30 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 { 2 x 175 on 3:55 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 150 on 3:15 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,850 Yards - Stress Value = 107

Workout #20796 - Tuesday, 12 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 5:30 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back

{ 2 x 150 on 4:10 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 1 x 100 on 2:45 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{2 x 200 on 5:40 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :45 Breast TO Drill w/fins
 { 2 x 150 on 4:15 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 100 on 2:50 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,300 Yards - Stress Value = 94

Workout #20795 - Tuesday, 12 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:00 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 150 on 3:45 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 100 on 2:30 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{2 x 200 on 5:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 { 2 x 175 on 4:25 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 150 on 3:45 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 104

Workout #20790 - Tuesday, 12 December 2017

Beat Penn - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Shower
 400 1 x 400 on 5:00 Non-specific swimming
 1,800 24 x 75 on 1:10 500 Free Pace
 225 15 x 15 on 1:00 Racing Skills-Your #1 Shooters
 7:00 AM 2,425 Yards - Stress Value = 189

Workout #20791 - Tuesday, 12 December 2017

Beat Penn - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|-------|--|-----|-----|
| | 3:00 PM Start | | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | 750 |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | 200 |
| | 1 on 8:00 Walking/Jump Rope | REC | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Starts | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| 160 | 8 x 20 on 1:00 Underwater Golf | EN2 | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| 200 | 1 x 200 on 10:00 CFP/Video 2 corrections | REC | |
| | 5:25 PM 5,260 Yards - Stress Value = 453 | | |

Workout #20804 - Wednesday, 13 December 2017

Group 2 - Copper

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| 225 | 1 on 35:00 DS/Dryland |
| | 9 x 25 on 1:00 Wednesday Warm-up |
| | 1-20, 2-22, 3-24, 4-26 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 3:00 Free Kick w/board |
| | {1 x 100 on 4:00 Free Kick w/board |
| | {2 x 100 on 3:00 Free Kick w/board |
| | {1 x 100 on 4:00 Free Kick w/board |
| | {3 x 100 on 4:00 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 100 on 3:00 Free L.25 6BK |
| | {1 x 100 on 3:00 Free L.25 2 breaths |
| | {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi |
| | {2 x 100 on 2:55 Free L.25 6BK |
| | {2 x 100 on 2:55 Free L.25 2 breaths |
| | {2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi |
| | {3 x 100 on 2:50 Free L.25 6bk |
| | {1 x 100 on 3:00 Free L.25 2 breaths |
| 450 | 18 x 25 on :50 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,275 Yards - Stress Value = 92 |

Workout #20799 - Wednesday, 13 December 2017

Group 2 - Freestylers

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| 450 | 1 on 35:00 DS/Dryland |
| | 18 x 25 on :30 Wednesday Warm-up |
| | 2-12, 4-14, 6-16, 6-18 |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 1x{1 x 100 on 1:30 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {2 x 100 on 1:35 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {3 x 100 on 1:40 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {4 x 100 on 1:45 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {2 x 100 on 1:50 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 2,800 | 1x{1 x 100 on 1:30 Free L.25 6BK |
| | {1 x 100 on 1:30 Free L.25 2 breaths |
| | {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi |
| | {2 x 100 on 1:25 Free L.25 6BK |

| | |
|--|---|
| | {2 x 100 on 1:25 Free L.25 2 breaths |
| | {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi |
| | {3 x 100 on 1:20 Free L.25 6bk |
| | {3 x 100 on 1:20 Free L.25 2 breaths |
| | {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi |
| | {4 x 100 on 1:15 Free L.25 6bk |
| | {4 x 100 on 1:15 Free L.25 2 breaths |
| | {2 x 100 on 1:15 Free L.25 5 KOW Sprint to fi |
| | 30 x 25 on :30 USRPT 100 Free Pace |
| | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 6,100 Yards - Stress Value = 166 |

Workout #20800 - Wednesday, 13 December 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|-------|--|
| | 5:00 PM Start |
| | 1 on 35:00 DS/Dryland |
| 375 | 15 x 25 on :35 Wednesday Warm-up |
| | 2-14, 4-16, 6-18, 4-20 |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{1 x 100 on 1:45 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {2 x 100 on 1:50 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {3 x 100 on 1:55 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {4 x 100 on 2:00 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 2,500 | 1x{1 x 100 on 1:40 Free L.25 6BK |
| | {1 x 100 on 1:40 Free L.25 2 breaths |
| | {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi |
| | {2 x 100 on 1:35 Free L.25 6BK |
| | {2 x 100 on 1:35 Free L.25 2 breaths |
| | {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi |
| | {3 x 100 on 1:30 Free L.25 6bk |
| | {3 x 100 on 1:30 Free L.25 2 breaths |
| | {3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi |
| | {4 x 100 on 1:25 Free L.25 6bk |
| | {3 x 100 on 1:25 Free L.25 2 breaths |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 5,525 Yards - Stress Value = 155 |

Workout #20801 - Wednesday, 13 December 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| 325 | 1 on 35:00 DS/Dryland |
| 150 | 13 x 25 on :40 Wednesday Warm-up 2-15, 4-17, 6-19, 1-20 |
| 1,250 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 100 on 2:05 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {2 x 100 on 2:10 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {3 x 100 on 2:15 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {3 x 100 on 2:20 Free Kick w/board {1 x 50 on 1:15 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 2,200 | 1x{1 x 100 on 1:50 Free L.25 6BK {1 x 100 on 1:50 Free L.25 2 breaths {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:45 Free L.25 6BK {2 x 100 on 1:45 Free L.25 2 breaths {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:40 Free L.25 6bk {3 x 100 on 1:40 Free L.25 2 breaths {3 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:35 Free L.25 6bk {1 x 100 on 1:35 Free L.25 2 breaths {1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,900 Yards - Stress Value = 133 |

Workout #20803 - Wednesday, 13 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 275 | 1 on 35:00 DS/Dryland |
| 150 | 11 x 25 on :45 Wednesday Warm-up 2-18, 4-20, 5-22 |
| 1,000 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 2:35 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {2 x 100 on 2:40 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {3 x 100 on 2:45 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {1 x 100 on 2:50 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,550 | 1x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {3 x 100 on 2:20 Free L.25 6bk {3 x 100 on 2:20 Free L.25 2 breaths {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 3,875 Yards - Stress Value = 112 |

Workout #20802 - Wednesday, 13 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 275 | 1 on 35:00 DS/Dryland |
| 150 | 11 x 25 on :45 Wednesday Warm-up 2-16, 4-18, 5-20 |
| 1,100 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{1 x 100 on 2:20 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {3 x 100 on 2:30 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:35 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,900 | 1x{1 x 100 on 2:05 Free L.25 6BK {1 x 100 on 2:05 Free L.25 2 breaths {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:00 Free L.25 6BK {2 x 100 on 2:00 Free L.25 2 breaths {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:55 Free L.25 6bk {3 x 100 on 1:55 Free L.25 2 breaths {3 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 100 on 1:50 Free L.25 6bk |
| 625 | 25 x 25 on :35 USRPT 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,400 Yards - Stress Value = 128 |

Workout #20798 - Wednesday, 13 December 2017

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WC |
|-------|--|-----|----|
| 400 | 1 on 15:00 DS/Showers | | |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 15 x 50 on :50 200 Free Pace | SP2 | |
| 1 | on 10:00 Walking/Jump Rope | REC | |
| 375 | 15 x 25 on :30 100 Breast Pace | SP2 | |
| 1 | on 10:00 Racing Skills-Relay Starts | REC | |
| 375 | 15 x 25 on :30 100 Back Pace | SP2 | |
| 1 | on 10:00 Underwater Fly Kick Relay | EN2 | |
| 500 | 20 x 25 on :30 200 Fly Pace | SP2 | |
| 200 | 1 x 200 on 10:00 CFP/Video 2 corrections | REC | |
| | 4:44 PM 2,600 Yards - Stress Value = 201 | | |

Workout #20811 - Thursday, 14 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| 350 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 350 on 9:00 Free 3KOW to 10 back to 3 |
| 600 | 10 x 15 on :45 Shooters |
| 600 | 1x{4 x 25 on 1:00 Kick no board B {3 x 50 on 2:00 Kick 1fly 1brst 1 free {4 x 25 on 1:00 Kick no board S {4 x 50 on 2:00 Kick 1 fly 1 brst 2 free {2 x 25 on 1:00 Kick no board 1L1R 1 on 34:00 TEACH DAY-IM |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,500 | 15 x 100 on 1:00 USRPT 100 Free Pace |
| 1 | on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,950 Yards - Stress Value = 168 |

Workout #20802 - Wednesday, 13 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Workout #20806 - Thursday, 14 December 2017

Group 2 - IM'ers

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 600 | 1 x 600 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 1,300 | 1x{6 x 25 on :30 Kick no board B |
| | {6 x 50 on :50 Kick 1fly lbrst 1 free |
| | {6 x 25 on :30 Kick no board S |
| | {6 x 50 on :50 Kick 1fly lbrst 1 free |
| | {6 x 25 on :30 Kick no board L |
| | {3 x 50 on :50 Kick 1fly lbrst 1 free |
| | {4 x 25 on :30 Kick no board R |
| | 1 on 34:00 TEACH DAY-IM |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 3,150 Yards - Stress Value = 107 |

Workout #20807 - Thursday, 14 December 2017

Group 2 - Gold

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 550 | 1 x 550 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{6 x 25 on :35 Kick no board B |
| | {6 x 50 on 1:00 Kick 1fly lbrst 1 free |
| | {6 x 25 on :35 Kick no board S |
| | {6 x 50 on 1:00 Kick 1fly lbrst 1 free |
| | {4 x 25 on :35 Kick no board 2L2R |
| | {2 x 50 on 1:00 Kick 1fly lbrst |
| | 1 on 34:00 TEACH DAY-IM |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 2,900 Yards - Stress Value = 103 |

Workout #20808 - Thursday, 14 December 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{4 x 25 on :40 Kick no board B |
| | {6 x 50 on 1:10 Kick 1fly lbrst 1 free |
| | {4 x 25 on :40 Kick no board S |
| | {6 x 50 on 1:10 Kick 1fly lbrst 1 free |
| | {4 x 25 on :40 Kick no board 2L2R |
| | {1 x 50 on 1:10 Kick-your choice |
| | 1 on 34:00 TEACH DAY-IM |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 625 | 25 x 25 on :35 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 2,575 Yards - Stress Value = 87 |

Workout #20810 - Thursday, 14 December 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 400 | 1 x 400 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{4 x 25 on :45 Kick no board B |
| | {6 x 50 on 1:30 Kick 1fly lbrst 1 free |
| | {4 x 25 on :45 Kick no board S |
| | {3 x 50 on 1:30 Kick 1fly lbrst 1 free |
| | {6 x 25 on :45 Kick no board 3L3R |
| | 1 on 34:00 TEACH DAY-IM |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 500 | 20 x 25 on :45 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:30 PM | 2,200 Yards - Stress Value = 72 |

Workout #20809 - Thursday, 14 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 5:00 PM | Start |
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 1 x 450 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 900 | 1x{4 x 25 on :40 Kick no board B |
| | {6 x 50 on 1:15 Kick 1fly lbrst 1 free |
| | {4 x 25 on :40 Kick no board S |
| | {6 x 50 on 1:15 Kick 1fly lbrst 1 free |
| | {4 x 25 on :40 Kick no board 2L2R |
| | 1 on 34:00 TEACH DAY-IM |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 550 | 22 x 25 on :40 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Bucket Turns |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 7:29 PM | 2,400 Yards - Stress Value = 79 |

Workout #20805 - Thursday, 14 December 2017

Beat Penn - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--|-----|----|
| 3:00 PM | Start | | |
| ===== | ===== | === | == |
| | 1 on 15:00 DS>Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 15 x 50 on :55 200 Breast Pace | SP2 | |
| | 1 on 10:00 Walking/Jump Rope | REC | |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Back Starts | EN1 | |
| 375 | 15 x 25 on :30 100 Fly Pace | SP2 | |
| | 1 on 10:00 Underwater Racing | EN2 | |
| 750 | 15 x 50 on :50 200 Back Pace | SP2 | |
| 200 | 1 x 200 on 10:00 CFP/Video 2 corrections | REC | |
| 4:48 PM | 2,850 Yards - Stress Value = 226 | | |

Workout #20818 - Friday, 15 December 2017

Group 2 - Copper

1 minute rest between sets

| | | |
|---|--|-------|
| 5:00 PM Start | | |
| Yards | Set Description | EGY |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | REC |
| 300 | 4 x 75 on 2:15 SwimSS | REC |
| | 25swim25scull25swim | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 650 | 1x{1 x 100 on 3:30 2 strokes fly off walls | EN2 |
| | {1 x 75 on 2:35 3 strokes fly off walls | EN2 |
| | {1 x 50 on 1:45 4 strokes fly off walls | EN2 |
| | {1 x 25 on 1:00 5 strokes fly off walls | EN2 |
| | {1 x 50 on 2:00 Butterfly | EN2 |
| | {1 x 100 on 3:30 3 strokes fly off walls | EN2 |
| | {1 x 75 on 2:35 4 strokes fly off walls | EN2 |
| | {1 x 50 on 1:45 5 strokes fly off walls | EN2 |
| | {1 x 25 on 1:00 6 strokes fly off walls | EN2 |
| | {1 x 100 on 4:00 Butterfly | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 6:29 PM 1,350 Yards - Stress Value = 19 | | |

Workout #20813 - Friday, 15 December 2017

Group 2 - Fly

1 minute rest between sets

| | | |
|---|--|-------|
| 5:00 PM Start | | |
| Yards | Set Description | EGY |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | REC |
| 500 | 4 x 125 on 2:15 SwimUSS | REC |
| | 50swim25scull25underwater25swim | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,500 | 1x{1 x 100 on 1:30 2 strokes fly off walls | EN2 |
| | {1 x 75 on 1:05 3 strokes fly off walls | EN2 |
| | {1 x 50 on :45 4 strokes fly off walls | EN2 |
| | {1 x 25 on :30 5 strokes fly off walls | EN2 |
| | {1 x 250 on 4:20 Butterfly | EN2 |
| | {1 x 100 on 1:30 3 strokes fly off walls | EN2 |
| | {1 x 75 on 1:05 4 strokes fly off walls | EN2 |
| | {1 x 50 on :45 5 strokes fly off walls | EN2 |
| | {1 x 25 on :30 6 strokes fly off walls | EN2 |
| | {1 x 250 on 4:10 Butterfly | EN2 |
| | {1 x 100 on 1:30 4 strokes fly off walls | EN2 |
| | {1 x 75 on 1:05 5 strokes fly off walls | EN2 |
| | {1 x 50 on :45 6 strokes fly off walls | EN2 |
| | {1 x 25 on :30 7 strokes fly off walls | EN2 |
| | {1 x 250 on 3:55 Butterfly | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 6:29 PM 2,400 Yards - Stress Value = 36 | | |

Workout #20814 - Friday, 15 December 2017

Group 2 - Gold

1 minute rest between sets

| | | |
|---------------|--|-------|
| 5:00 PM Start | | |
| Yards | Set Description | EGY |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | REC |
| 500 | 4 x 125 on 2:15 SwimUSS | REC |
| | 50swim25scull25underwater25swim | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,350 | 1x{1 x 100 on 1:40 2 strokes fly off walls | EN2 |
| | {1 x 75 on 1:15 3 strokes fly off walls | EN2 |
| | {1 x 50 on :55 4 strokes fly off walls | EN2 |
| | {1 x 25 on :35 5 strokes fly off walls | EN2 |
| | {1 x 200 on 4:00 Butterfly | EN2 |
| | {1 x 100 on 1:40 3 strokes fly off walls | EN2 |
| | {1 x 75 on 1:15 4 strokes fly off walls | EN2 |
| | {1 x 50 on :55 5 strokes fly off walls | EN2 |
| | {1 x 25 on :35 6 strokes fly off walls | EN2 |
| | {1 x 200 on 3:55 Butterfly | EN2 |
| | {1 x 100 on 1:40 4 strokes fly off walls | EN2 |

| | | |
|---|---|-----|
| | {1 x 75 on 1:15 5 strokes fly off walls | EN2 |
| | {1 x 50 on :55 6 strokes fly off walls | EN2 |
| | {1 x 25 on :35 7 strokes fly off walls | EN2 |
| | {1 x 200 on 3:50 Butterfly | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 6:30 PM 2,250 Yards - Stress Value = 33 | | |

Workout #20815 - Friday, 15 December 2017

Group 2 - Silver

1 minute rest between sets

| | | |
|---|--|-------|
| 5:00 PM Start | | |
| Yards | Set Description | EGY |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | REC |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| | 25swim25scull25underwater25swim | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,150 | 1x{1 x 100 on 1:55 2 strokes fly off walls | EN2 |
| | {1 x 75 on 1:25 3 strokes fly off walls | EN2 |
| | {1 x 50 on 1:00 4 strokes fly off walls | EN2 |
| | {1 x 25 on :40 5 strokes fly off walls | EN2 |
| | {1 x 150 on 3:30 Butterfly | EN2 |
| | {1 x 100 on 1:55 3 strokes fly off walls | EN2 |
| | {1 x 75 on 1:25 4 strokes fly off walls | EN2 |
| | {1 x 50 on 1:00 5 strokes fly off walls | EN2 |
| | {1 x 25 on :40 6 strokes fly off walls | EN2 |
| | {1 x 150 on 3:25 Butterfly | EN2 |
| | {1 x 100 on 1:55 4 strokes fly off walls | EN2 |
| | {1 x 75 on 1:25 5 strokes fly off walls | EN2 |
| | {1 x 50 on 1:00 6 strokes fly off walls | EN2 |
| | {1 x 25 on :40 7 strokes fly off walls | EN2 |
| | {1 x 100 on 2:15 Butterfly | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 6:30 PM 1,950 Yards - Stress Value = 29 | | |

Workout #20817 - Friday, 15 December 2017

Group 2 - Bronze

1 minute rest between sets

| | | |
|---|--|-------|
| 5:00 PM Start | | |
| Yards | Set Description | EGY |
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | REC |
| 300 | 4 x 75 on 2:00 SwimSS | REC |
| | 25swim25scull25swim | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 950 | 1x{1 x 100 on 2:30 2 strokes fly off walls | EN2 |
| | {1 x 75 on 1:50 3 strokes fly off walls | EN2 |
| | {1 x 50 on 1:15 4 strokes fly off walls | EN2 |
| | {1 x 25 on :50 5 strokes fly off walls | EN2 |
| | {1 x 100 on 3:00 Butterfly | EN2 |
| | {1 x 100 on 2:30 3 strokes fly off walls | EN2 |
| | {1 x 75 on 1:50 4 strokes fly off walls | EN2 |
| | {1 x 50 on 1:15 5 strokes fly off walls | EN2 |
| | {1 x 25 on :50 6 strokes fly off walls | EN2 |
| | {1 x 100 on 3:00 Butterfly | EN2 |
| | {1 x 100 on 2:30 4 strokes fly off walls | EN2 |
| | {1 x 75 on 1:50 5 strokes fly off walls | EN2 |
| | {1 x 50 on 1:15 6 strokes fly off walls | EN2 |
| | {1 x 25 on :50 7 strokes fly off walls | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| 6:30 PM 1,650 Yards - Stress Value = 25 | | |

Workout #20816 - Friday, 15 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY |
|-------|--|-------|
| ===== | ===== | ===== |
| | 1 on 40:00 DS/Dryland | REC |
| 400 | 4 x 100 on 2:15 SwimUSS | REC |
| | 25swim25scull125underwater25swim | |
| 150 | 10 x 15 on :45 Shooters | SP3 |
| 1,100 | 1x{1 x 100 on 2:05 2 strokes fly off walls | EN2 |
| | {1 x 75 on 1:35 3 strokes fly off walls | EN2 |
| | {1 x 50 on 1:05 4 strokes fly off walls | EN2 |
| | {1 x 25 on :45 5 strokes fly off walls | EN2 |
| | {1 x 150 on 3:45 Butterfly | EN2 |
| | {1 x 100 on 2:05 3 strokes fly off walls | EN2 |
| | {1 x 75 on 1:35 4 strokes fly off walls | EN2 |
| | {1 x 50 on 1:05 5 strokes fly off walls | EN2 |
| | {1 x 25 on :45 6 strokes fly off walls | EN2 |
| | {1 x 150 on 3:40 Butterfly | EN2 |
| | {1 x 100 on 2:05 4 strokes fly off walls | EN2 |
| | {1 x 75 on 1:35 5 strokes fly off walls | EN2 |
| | {1 x 50 on 1:05 6 strokes fly off walls | EN2 |
| | {1 x 25 on :45 7 strokes fly off walls | EN2 |
| | {1 x 50 on 1:00 Butterfly | EN2 |
| 250 | 1 x 250 on 5:00 Stroke Drills | REC |
| | 6:30 PM 1,900 Yards - Stress Value = 28 | |

| | |
|-------|--|
| 600 | 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 200 on 3:30 Breast Kick w/board |
| | {4 x 25 on :40 Breast Kick-streamline on back |
| | {2 x 175 on 3:00 Breast Kick w/board |
| | {4 x 25 on :40 Breast Kick-streamline on back |
| | {3 x 150 on 2:35 Breast Kick w/board |
| | {2 x 25 on :40 Breast Kick-streamline on back |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,750 | 1x{2 x 200 on 3:20 Breaststroke |
| | {1 on :30 Put fins on |
| | {6 x 25 on :30 Breast TO Drill w/fins |
| | {2 x 175 on 2:55 Breaststroke |
| | {1 on :30 Put fins on |
| | {6 x 25 on :30 Breast TO drill w/fins |
| | {2 x 150 on 2:30 Breaststroke |
| | {1 on :30 Put fins on |
| | {6 x 25 on :30 Breast TO Drill w/fins |
| | {2 x 125 on 2:05 Breaststroke |
| 625 | 25 x 25 on :35 USRPT-100 Breast Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,725 Yards - Stress Value = 128 |

Workout #20826 - Monday, 18 December 2017

Group 2 - Copper

1 minute rest between sets

Workout #20812 - Friday, 15 December 2017

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|-------|---|-------|
| ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 300 | 15 x 20 on :30 100 Back Pace | SP2 |
| 120 | 8 x 15 on 1:00 Racing Skills- IM Shooters | SP3 |
| 300 | 15 x 20 on :30 100 Fly Pace | SP2 |
| | 1 on 8:00 Racing Skills-Relay Starts | REC |
| 300 | 15 x 20 on :30 100 Free Pace | SP2 |
| | 1 on 8:00 Racing Skills-6 sec work | EN2 |
| 200 | 1 x 200 on 5:00 Non-specific swimming | REC |
| | 1 on 10:00 Team Meeting | |
| | 4:28 PM 1,620 Yards - Stress Value = 95 | |

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP |
| 150 | 10 x 15 on :45 Shooters |
| 600 | 1x{1 x 200 on 8:00 Breast Kick w/board |
| | {2 x 25 on 1:00 Breast Kick-streamline on bac |
| | {2 x 150 on 6:00 Breast Kick w/board |
| | {2 x 25 on 1:00 Breast Kick-streamline on bac |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 800 | 1x{1 x 200 on 8:00 Breaststroke |
| | {1 on :30 Put fins on |
| | {4 x 25 on 1:00 Breast TO Drill w/fins |
| | {2 x 150 on 6:00 Breaststroke |
| | {1 on :30 Put fins on |
| | {4 x 25 on 1:00 Breast TO drill w/fins |
| | {1 x 100 on 4:00 Breaststroke |
| 375 | 15 x 25 on 1:00 USRPT-100 Breast Pace |
| | 1 on 10:00 Game |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,625 Yards - Stress Value = 72 |

Workout #20819 - Saturday, 16 December 2017

Beat Penn - USRPT

1 minute rest between sets

7:00 AM Start

| Yards | Set Description | EGY | WC |
|-------|--|-------|-------|
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 DS/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 1,500 | 30 x 50 on :55 400 IM Pace | SP2 | |
| | 1 on 8:00 Walking/Jump Rope | REC | |
| 80 | 4 x 20 on 3:00 50 Free Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Relay Starts | REC | |
| | 1 on 8:00 Walking/Jump Rope | REC | |
| 375 | 15 x 25 on :30 Your #1 100 Pace | SP2 | |
| 200 | 1 x 200 on 10:00 CFP/Video 2 corrections | REC | |
| | 8:48 AM 2,555 Yards - Stress Value = 196 | | |

Workout #20821 - Monday, 18 December 2017

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|-----------------------|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |

Workout #20822 - Monday, 18 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 4:20 Breast Kick w/board
 { 4 x 25 on :40 Breast Kick-streamline on back
 { 2 x 175 on 3:45 Breast Kick w/board
 { 4 x 25 on :40 Breast Kick-streamline on back
 { 3 x 100 on 2:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{2 x 200 on 3:50 Breaststroke
 { 1 on :30 Put fins on
 { 6 x 25 on :30 Breast TO Drill w/fins
 { 2 x 175 on 3:20 Breaststroke
 { 1 on :30 Put fins on
 { 6 x 25 on :30 Breast TO drill w/fins
 { 2 x 150 on 2:50 Breaststroke
 { 1 on :30 Put fins on
 { 6 x 25 on :30 Breast TO Drill w/fins
 { 1 x 100 on 1:55 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 121

Workout #20823 - Monday, 18 December 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:40 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 175 on 4:05 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 100 on 2:20 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{2 x 200 on 4:30 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 { 2 x 175 on 3:55 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 150 on 3:15 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,850 Yards - Stress Value = 107

Workout #20825 - Monday, 18 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 5:30 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back

{ 2 x 150 on 4:10 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 1 x 100 on 2:45 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{2 x 200 on 5:40 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :45 Breast TO Drill w/fins
 { 2 x 150 on 4:15 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 100 on 2:50 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,300 Yards - Stress Value = 94

Workout #20824 - Monday, 18 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:00 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 150 on 3:45 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 100 on 2:30 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{2 x 200 on 5:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 { 2 x 175 on 4:25 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 150 on 3:45 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 104

Workout #20820 - Monday, 18 December 2017

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 30:00 Team Mtg/DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 750 15 x 50 on :50 200 Free Pace SP2
 225 15 x 15 on 1:00 Your #1 Shooters SP3
 1 on 10:00 Racing Skills-Relay starts EN1
 375 15 x 25 on :30 Your #1 non free 100 Pace SP2
 200 1 x 200 on 10:00 CFP/Video 2 corrections REC
 4:35 PM 1,950 Yards - Stress Value = 122

Workout #20833 - Tuesday, 19 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 4:00 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 4:00 Free Kick w/board
 {2 x 100 on 4:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 3:00 Free L.25 6BK
 {1 x 100 on 3:00 Free L.25 2 breaths
 {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:55 Free L.25 6BK
 {2 x 100 on 2:55 Free L.25 2 breaths
 {2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:50 Free L.25 6bk
 {1 x 100 on 3:00 Free L.25 2 breaths
 450 18 x 25 on :50 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,050 Yards - Stress Value = 86

550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:45 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {2 x 100 on 1:50 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {3 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {3 x 100 on 2:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,100 1x{1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:35 Free L.25 6BK
 {2 x 100 on 1:35 Free L.25 2 breaths
 {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:30 Free L.25 6bk
 {3 x 100 on 1:30 Free L.25 2 breaths
 {3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:25 Free L.25 6bk
 {1 x 100 on 1:25 Free L.25 2 breaths
 {1 x 100 on 1:25 Free L.25 5KOW-Sprint to fir
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,100 Yards - Stress Value = 144

Workout #20830 - Tuesday, 19 December 2017

Group 2 - Silver

1 minute rest between sets

Workout #20828 - Tuesday, 19 December 2017

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 150 on 2:15 Free Kick w/board
 {2 x 50 on 1:00 Free Kick w/board
 {2 x 125 on 2:00 Free Kick w/board
 {2 x 50 on 1:00 Free Kick w/board
 {3 x 100 on 1:40 Free Kick w/board
 {2 x 50 on 1:00 Free Kick w/board
 {4 x 75 on 1:20 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,400 1x{1 x 100 on 1:30 Free L.25 6BK
 {1 x 100 on 1:30 Free L.25 2 breaths
 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:25 Free L.25 6BK
 {2 x 100 on 1:25 Free L.25 2 breaths
 {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:20 Free L.25 6bk
 {3 x 100 on 1:20 Free L.25 2 breaths
 {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:15 Free L.25 6bk
 {2 x 100 on 1:15 Free L.25 2 breaths
 {3 x 100 on 1:15 Free L.25 5 KOW Sprint to fi
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,600 Yards - Stress Value = 153

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 2:05 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {3 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:20 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,900 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:45 Free L.25 6BK
 {2 x 100 on 1:45 Free L.25 2 breaths
 {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:40 Free L.25 6bk
 {3 x 100 on 1:40 Free L.25 2 breaths
 {3 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:35 Free L.25 6bk
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,575 Yards - Stress Value = 123

Workout #20829 - Tuesday, 19 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland

Workout #20832 - Tuesday, 19 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 350 | 1 x 350 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 850 | 1x{1 x 100 on 2:35 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {2 x 100 on 2:40 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {3 x 100 on 2:45 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:20 Free L.25 6bk {1 x 100 on 2:20 Free L.25 2 breaths {1 x 100 on 2:20 Free L.25 5 KOW-Sprint to fi |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace |
| | 1 on 10:00 Racing Skills-Spinners |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:29 PM 3,550 Yards - Stress Value = 104 |

Workout #20831 - Tuesday, 19 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 1 x 450 on 9:00 Sun Yang Free w/snorkels |
| 150 | 10 x 15 on :45 Shooters |
| 950 | 1x{1 x 100 on 2:20 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {3 x 100 on 2:30 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,650 | 1x{1 x 100 on 2:05 Free L.25 6BK {1 x 100 on 2:05 Free L.25 2 breaths {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:00 Free L.25 6BK {2 x 100 on 2:00 Free L.25 2 breaths {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:55 Free L.25 6bk {2 x 100 on 1:55 Free L.25 2 breaths {2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 50 on :55 Free L.25 6bk |
| 625 | 25 x 25 on :35 USRPT 100 Free Pace |
| | 1 on 10:00 Racing Skills-Spinners |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 4,175 Yards - Stress Value = 120 |

Workout #20827 - Tuesday, 19 December 2017

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|-------|---------------------------------------|-------|
| ===== | ===== | ===== |
| | 1 on 20:00 Team Mtg/DS/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |

| | | |
|-----|--|-----|
| 750 | 15 x 50 on :50 Your #1 non free 200 Pace | SP2 |
| 120 | 8 x 15 on 1:00 Racing Skills-Free Shooters | SP3 |
| 375 | 15 x 25 on :30 100 Free Pace | SP2 |
| 200 | 1 x 200 on 10:00 CFP/Video 2 corrections | REC |
| | 4:08 PM 1,845 Yards - Stress Value = 118 | |

Workout #20839 - Wednesday, 20 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 300 | 12 x 25 on :45 Wednesday Warm-up 2-20, 4-22, 6-24 |
| 150 | 10 x 15 on :45 Shooters |
| 725 | 1x{4 x 25 on 1:00 Kick no board BSLR {1 x 200 on 8:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 200 on 8:00 Fly Kick w/board {5 x 25 on 1:00 Kick no board BSLR |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,050 | 1x{1 x 100 on 3:30 2 strokes fly off walls {1 x 75 on 2:35 3 strokes fly off walls {1 x 50 on 1:45 4 strokes fly off walls {1 x 25 on 1:00 5 strokes fly off walls {1 x 100 on 4:00 Butterfly {1 x 100 on 3:30 3 strokes fly off walls {1 x 75 on 2:35 4 strokes fly off walls {1 x 50 on 1:45 5 stokes fly off walls {1 x 25 on 1:00 6 strokes fly off walls {1 x 100 on 4:00 Butterfly {1 x 100 on 3:30 4 strokes off walls {1 x 75 on 2:35 5 strokes off walls {1 x 50 on 1:45 6 strokes fly off walls {1 x 25 on 1:00 7 strokes fly off walls {1 x 100 on 3:00 Butterfly |
| 375 | 15 x 25 on 1:00 USRPT 100 Fly Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 7:30 PM 2,950 Yards - Stress Value = 79 |

Workout #20834 - Wednesday, 20 December 2017

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 1,550 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:30 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:25 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:20 Fly Kick w/board
 {6 x 25 on :30 Kick no board BSLRBS
 {1 x 200 on 3:15 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,500 1x{1 x 100 on 1:30 2 strokes fly off walls
 {1 x 75 on 1:05 3 strokes fly off walls
 {1 x 50 on :45 4 strokes fly off walls
 {1 x 25 on :30 5 strokes fly off walls
 {4 x 125 on 1:55 Fly-Descend
 {1 x 100 on 1:30 3 strokes fly off walls
 {1 x 75 on 1:05 4 strokes fly off walls
 {1 x 50 on :45 5 stokes fly off walls
 {1 x 25 on :30 6 strokes fly off walls
 {4 x 125 on 1:50 Fly-descend
 {1 x 100 on 1:30 4 strokes fly off walls
 {1 x 75 on 1:05 5 strokes fly off walls
 {1 x 50 on :45 6 strokes fly off walls
 {1 x 25 on :30 7 strokes fly off walls
 {4 x 125 on 1:45 Fly-descend
 {1 x 100 on 1:30 5 strokes off walls
 {1 x 75 on 1:05 6 strokes fly off walls
 {1 x 50 on :45 7 strokes fly off walls
 {1 x 25 on :30 8 strokes fly off walls
 750 30 x 25 on :30 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,750 Yards - Stress Value = 162

{1 x 50 on :55 6 strokes fly off walls
 {1 x 25 on :35 7 strokes fly off walls
 {2 x 150 on 2:50 Butterfly
 {1 x 100 on 1:40 5 strokes off walls
 {1 x 75 on 1:15 6 strokes off walls
 {1 x 50 on :55 7 strokes off walls
 {1 x 150 on 2:45 Butterfly
 625 25 x 25 on :35 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,865 Yards - Stress Value = 136

Workout #20836 - Wednesday, 20 December 2017

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-16, 6-17, 1-18
 150 10 x 15 on :45 Shooters
 1,150 1x{8 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:40 Fly Kick w/board
 {8 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:35 Fly Kick w/board
 {8 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:25 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{1 x 100 on 1:55 2 strokes fly off walls
 {1 x 75 on 1:25 3 strokes fly off walls
 {1 x 50 on 1:00 4 strokes fly off walls
 {1 x 25 on :40 5 strokes fly off walls
 {2 x 150 on 3:30 Butterfly
 {1 x 100 on 1:55 3 strokes fly off walls
 {1 x 75 on 1:25 4 strokes fly off walls
 {1 x 50 on 1:00 5 stokes fly off walls
 {1 x 25 on :40 6 strokes fly off walls
 {2 x 150 on 3:25 Butterfly
 {1 x 100 on 1:55 4 strokes fly off walls
 {1 x 75 on 1:25 5 strokes fly off walls
 {1 x 50 on 1:00 6 strokes fly off walls
 {1 x 25 on :40 7 strokes fly off walls
 {2 x 150 on 3:20 Butterfly
 {1 x 100 on 1:55 5 strokes off walls
 625 25 x 25 on :35 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 126

Workout #20835 - Wednesday, 20 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 6-16, 3-17
 150 10 x 15 on :45 Shooters
 1,340 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:00 Fly Kick w/board
 {8 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:55 Fly Kick w/board
 {8 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:50 Fly Kick w/board
 {4 x 35 on :35 Kick no board BSLRBS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,025 1x{1 x 100 on 1:40 2 strokes fly off walls
 {1 x 75 on 1:15 3 strokes fly off walls
 {1 x 50 on :55 4 strokes fly off walls
 {1 x 25 on :35 5 strokes fly off walls
 {2 x 150 on 3:00 Butterfly
 {1 x 100 on 1:40 3 strokes fly off walls
 {1 x 75 on 1:15 4 strokes fly off walls
 {1 x 50 on :55 5 stokes fly off walls
 {1 x 25 on :35 6 strokes fly off walls
 {2 x 150 on 2:55 Butterfly
 {1 x 100 on 1:40 4 strokes fly off walls
 {1 x 75 on 1:15 5 strokes fly off walls

Workout #20838 - Wednesday, 20 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 12 x 25 on :45 Wednesday Warm-up
 2-18, 4-20, 6-22
 150 10 x 15 on :45 Shooters
 1,000 1x{8 x 25 on :45 Kick no board BSLR
 {1 x 200 on 5:30 Fly Kick w/board
 {8 x 25 on :45 Kick no board BSLR
 {1 x 200 on 5:25 Fly Kick w/board
 {8 x 25 on :45 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 100 on 2:30 2 strokes fly off walls
 {1 x 75 on 1:50 3 strokes fly off walls
 {1 x 50 on 1:15 4 strokes fly off walls
 {1 x 25 on :50 5 strokes fly off walls
 {2 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 3 strokes fly off walls
 {1 x 75 on 1:50 4 strokes fly off walls
 {1 x 50 on 1:15 5 strokes fly off walls
 {1 x 25 on :50 6 strokes fly off walls
 {2 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 4 strokes fly off walls
 {1 x 75 on 1:50 5 strokes fly off walls
 {1 x 50 on 1:15 6 strokes fly off walls
 {1 x 25 on :50 7 strokes fly off walls
 {2 x 100 on 3:00 Butterfly
 450 18 x 25 on :45 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,600 Yards - Stress Value = 98

Workout #20837 - Wednesday, 20 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 325 1 on 35:00 DS/Dryland
 13 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 6-18, 1-19
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:55 Fly Kick w/board
 {8 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:50 Fly Kick w/board
 {8 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 100 on 2:05 2 strokes fly off walls
 {1 x 75 on 1:35 3 strokes fly off walls
 {1 x 50 on 1:05 4 strokes fly off walls
 {1 x 25 on :45 5 strokes fly off walls
 {2 x 150 on 3:45 Butterfly
 {1 x 100 on 2:05 3 strokes fly off walls
 {1 x 75 on 1:35 4 strokes fly off walls
 {1 x 50 on 1:05 5 strokes fly off walls
 {1 x 25 on :45 6 strokes fly off walls
 {2 x 150 on 3:40 Butterfly
 {1 x 100 on 2:05 4 strokes fly off walls
 {1 x 75 on 1:35 5 strokes fly off walls
 {1 x 50 on 1:05 6 strokes fly off walls
 {1 x 25 on :45 7 strokes fly off walls
 {2 x 150 on 3:35 Butterfly
 {1 x 50 on 1:05 7 strokes fly off walls
 550 22 x 25 on :40 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,125 Yards - Stress Value = 117

Workout #20847 - Thursday, 21 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers RE
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3 RE
 150 10 x 15 on :45 Shooters SF
 850 1x{1 x 200 on 6:00 Individual Medley EN
 {2 x 25 on :45 1 Fly 1 Back EN
 {1 x 100 on 3:00 Reverse IM EN
 {1 x 200 on 6:00 Individual Medley EN
 {2 x 25 on :45 1 Breast 1 Free EN
 {1 x 100 on 3:00 Reverse IM EN
 {1 x 150 on 4:00 Individual Medley no free EN
 5:59 PM 1,350 Yards - Stress Value = 23

Workout #20842 - Thursday, 21 December 2017

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers RE
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3 RE
 150 10 x 15 on :45 Shooters SF
 1,675 1x{1 x 200 on 3:00 Individual Medley EN
 {5 x 25 on :25 Fly EN
 {1 x 100 on 1:20 Reverse IM EN
 {1 x 200 on 2:55 Individual Medley EN
 {5 x 25 on :25 Backstroke EN
 {1 x 100 on 1:20 Reverse IM EN
 {1 x 200 on 2:50 Individual Medley EN
 {5 x 25 on :25 Breaststroke EN
 {1 x 100 on 1:20 Reverse IM EN
 {1 x 200 on 2:45 Individual Medley EN
 {4 x 25 on :25 Freestyle EN
 {1 x 100 on 1:20 Reverse IM EN
 5:59 PM 2,425 Yards - Stress Value = 38

Workout #20843 - Thursday, 21 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers RE
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3 RE
 150 10 x 15 on :45 Shooters SF
 1,500 1x{1 x 200 on 3:20 Individual Medley EN
 {4 x 25 on :30 Fly EN
 {1 x 100 on 1:30 Reverse IM EN
 {1 x 200 on 3:15 Individual Medley EN
 {4 x 25 on :30 Backstroke EN
 {1 x 100 on 1:30 Reverse IM EN
 {1 x 200 on 3:10 Individual Medley EN
 {4 x 25 on :30 Breaststroke EN
 {1 x 100 on 1:30 Reverse IM EN
 {1 x 200 on 3:05 Individual Medley EN
 {4 x 25 on :30 Freestyle EN
 6:00 PM 2,200 Yards - Stress Value = 36

Workout #20844 - Thursday, 21 December 2017

7:15 AM 3,625 Yards - Stress Value = 309

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EC |
|---------|---|----|
| ===== | ===== | == |
| | 1 on 15:00 DS/Showers | RE |
| 500 | 1 x 500 on 9:00 Free 3KOW to 10 back to 3 | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,250 | 1x{1 x 200 on 4:00 Individual Medley | EN |
| | {4 x 25 on :35 Fly | EN |
| | {1 x 100 on 1:50 Reverse IM | EN |
| | {1 x 200 on 3:55 Individual Medley | EN |
| | {4 x 25 on :35 Backstroke | EN |
| | {1 x 100 on 1:50 Reverse IM | EN |
| | {1 x 200 on 3:50 Individual Medley | EN |
| | {4 x 25 on :35 Breaststroke | EN |
| | {1 x 100 on 1:50 Reverse IM | EN |
| | {2 x 25 on :35 Freestyle | EN |
| 6:00 PM | 1,900 Yards - Stress Value = 31 | |

Workout #20841 - Thursday, 21 December 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY | WOF |
|---------|---|-----|-----|
| ===== | ===== | == | == |
| | 1 on 15:00 DS/Showers | REC | |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 750 | 30 x 25 on :30 100 Back Pace | SP2 | |
| | 1 on 10:00 IP's with peer coaching | REC | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | |
| | 1 on 10:00 Racing Skills-Back Starts | REC | |
| 750 | 30 x 25 on :30 100 Free Pace | SP2 | |
| | 1 on 15:00 Underwater Racing | EN2 | |
| 1,500 | 30 x 50 on :55 200 Breast Pace | SP2 | |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | |
| 5:31 PM | 5,100 Yards - Stress Value = 450 | | |

Workout #20846 - Thursday, 21 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EC |
|---------|---|----|
| ===== | ===== | == |
| | 1 on 15:00 DS/Showers | RE |
| 400 | 1 x 400 on 9:00 Free 3KOW to 10 back to 3 | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,000 | 1x{1 x 200 on 5:00 Individual Medley | EN |
| | {4 x 25 on :45 2 Fly 2 Back | EN |
| | {1 x 100 on 2:30 Reverse IM | EN |
| | {1 x 200 on 5:00 Individual Medley | EN |
| | {4 x 25 on :45 2 Breast 2 Free | EN |
| | {1 x 100 on 2:30 Reverse IM | EN |
| | {1 x 200 on 4:00 Individual Medley | EN |
| 5:59 PM | 1,550 Yards - Stress Value = 26 | |

Workout #20850 - Friday, 22 December 2017

Group 2 - Back

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|---------|--------------------------------------|-----|------|
| ===== | ===== | == | == |
| | 1 on 40:00 DS/Dryland | REC | I |
| 500 | 4 x 125 on 2:15 SwimUSS | REC | § |
| 150 | 10 x 15 on :45 Shooters | SP3 | § |
| 1,700 | 1x{3 x 50 on :45 Back-descend | EN2 | § |
| | {5 x 125 on 1:55 Back alt 25's 10KOW | EN2 | § |
| | {3 x 50 on :45 Back-descend | EN2 | § |
| | {4 x 100 on 1:30 Back alt 25's 10KOW | EN2 | § |
| | {3 x 50 on :45 Back-descend | EN2 | § |
| | {3 x 75 on 1:05 Back alt 25's 10KOW | EN2 | § |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 6:30 PM | 2,550 Yards - Stress Value = 39 | | |

Workout #20845 - Thursday, 21 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EC |
|---------|---|----|
| ===== | ===== | == |
| | 1 on 15:00 DS/Showers | RE |
| 450 | 1 x 450 on 9:00 Free 3KOW to 10 back to 3 | RE |
| 150 | 10 x 15 on :45 Shooters | SE |
| 1,200 | 1x{1 x 200 on 4:15 Individual Medley | EN |
| | {4 x 25 on :35 Fly | EN |
| | {1 x 100 on 2:00 Reverse IM | EN |
| | {1 x 200 on 4:10 Individual Medley | EN |
| | {4 x 25 on :35 Backstroke | EN |
| | {1 x 100 on 2:00 Reverse IM | EN |
| | {1 x 200 on 4:05 Individual Medley | EN |
| | {2 x 25 on :35 Breaststroke | EN |
| | {1 x 100 on 2:00 Reverse IM | EN |
| | {2 x 25 on :35 Freestyle | EN |
| 6:00 PM | 1,800 Yards - Stress Value = 30 | |

Workout #20855 - Friday, 22 December 2017

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|---------|--|-----|------|
| ===== | ===== | == | == |
| | 1 on 40:00 DS/Dryland | REC | I |
| 300 | 4 x 75 on 2:15 SwimSS | REC | I |
| 150 | 10 x 15 on :45 Shooters | SP3 | § |
| 875 | 1x{4 x 100 on 3:00 Back alt 25's 10KOW | EN2 | § |
| | {3 x 50 on 1:30 Back-descend | EN2 | § |
| | {3 x 75 on 2:15 Back alt 25's 10KOW | EN2 | § |
| | {2 x 50 on 1:30 Back-Descend | EN2 | § |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 6:31 PM | 1,525 Yards - Stress Value = 23 | | |

Workout #20840 - Thursday, 21 December 2017

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

| Yards | Set Description | EGY |
|-------|--|-----|
| ===== | ===== | == |
| | 1 on 40:00 DS/Weights | EN1 |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 3,000 | 30 x 100 on 1:25 1650 Free Pace | SP2 |
| 225 | 15 x 15 on 1:00 Racing Skills-Fly Shooters | SP3 |

Workout #20851 - Friday, 22 December 2017

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 500 | 1 on 40:00 DS/Dryland | REC | I |
| 150 | 4 x 125 on 2:15 SwimUSS | REC | £ |
| 1,550 | 10 x 15 on :45 Shooters | SP3 | £ |
| | 1x{5 x 125 on 2:05 Back alt 25's 10KOW | EN2 | £ |
| | {3 x 50 on :50 Back-descend | EN2 | £ |
| | {4 x 100 on 1:40 Back alt 25's 10KOW | EN2 | £ |
| | {3 x 50 on :50 Back-descend | EN2 | £ |
| | {3 x 75 on 1:15 Back alt 25's 10KOW | EN2 | £ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 6:30 PM 2,400 Yards - Stress Value = 36 | | | |

| Yards | Set Description | EGY | WOF |
|--|---|-----|-----|
| | 1 on 40:00 DS/Weights | REC | == |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC | == |
| 750 | 30 x 25 on :30 100 Fly Pace* | SP2 | == |
| 1,500 | 1 on 5:00 Walking/Jump Rope | REC | == |
| | 30 x 50 on :50 200 Back Pace* | SP2 | == |
| | 1 on 5:00 Walking/Jump Rope | REC | == |
| 750 | 30 x 25 on :30 100 Breast Pace* | SP2 | == |
| | 1 on 5:00 Walking/Jump Rope | REC | == |
| 1,500 | 30 x 50 on :50 200 Free Pace* | SP2 | == |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | == |
| 9:33 AM 5,100 Yards - Stress Value = 450 | | | |

Workout #20849 - Friday, 22 December 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description | EGY |
|--|---|-----|
| | 1 on 15:00 DS/Showers | REC |
| 400 | 1 x 400 on 5:00 Non-specific swimming | REC |
| 1,500 | 30 x 50 on :55 200 IM Pace | SP2 |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC |
| 750 | 15 x 50 on 1:00 Racing Skills-Back Shooters | SP3 |
| 200 | 1 x 200 on 15:00 Rabbit Game | REC |
| 4:30 PM 3,050 Yards - Stress Value = 180 | | |

Workout #20856 - Saturday, 23 December 2017

HighSchl - USRPT

1 minute rest between sets

6:45 AM Start

| Yards | Set Description | EGY | WOF |
|--|---|-----|-----|
| | 1 on 15:00 DS/Showers | | |
| 3,000 | 30 x 100 on 1:15 1650 Pace | SP2 | |
| 200 | 1 x 200 on 3:00 Closed Fist Progression | REC | |
| 2,100 | 28 x 75 on 1:10 1000 Free Pace | SP2 | |
| 200 | 1 x 200 on 3:00 Closed Fist Progression | REC | |
| 1,300 | 26 x 50 on :50 200 Free Pace | SP2 | |
| 200 | 1 x 200 on 3:00 Closed Fist Progression | REC | |
| 600 | 24 x 25 on :30 100 Free Pace | SP2 | |
| 200 | 1 x 200 on 3:00 Closed Fist Progression | REC | |
| 550 | 22 x 25 on :30 100 Back Pace | SP2 | |
| 200 | 1 x 200 on 3:00 Stroke Drills | REC | |
| 9:20 AM 8,550 Yards - Stress Value = 755 | | | |

Workout #20854 - Friday, 22 December 2017

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 300 | 1 on 40:00 DS/Dryland | REC | I |
| 150 | 4 x 75 on 2:15 SwimSS | REC | £ |
| 925 | 10 x 15 on :45 Shooters | SP3 | £ |
| | 1x{4 x 100 on 2:40 Back alt 25's 10KOW | EN2 | £ |
| | {3 x 50 on 1:20 Back-descend | EN2 | £ |
| | {3 x 75 on 2:00 Back at 25's 10KOW | EN2 | £ |
| | {3 x 50 on 1:20 Back-descend | EN2 | £ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 6:29 PM 1,575 Yards - Stress Value = 24 | | | |

Workout #20853 - Friday, 22 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

| Yards | Set Description | EGY | WORK |
|---|--|-----|------|
| 400 | 1 on 40:00 DS/Dryland | REC | I |
| 150 | 4 x 100 on 2:15 SwimUSS | REC | £ |
| 1,175 | 10 x 15 on :45 Shooters | SP3 | £ |
| | 1x{5 x 125 on 2:45 Back alt 25's 10KOW | EN2 | £ |
| | {3 x 50 on 1:05 Back-descend | EN2 | £ |
| | {4 x 100 on 2:10 Back alt 25's 10KOW | EN2 | £ |
| 200 | 1 x 200 on 4:00 Stroke Drills | REC | I |
| 6:30 PM 1,925 Yards - Stress Value = 29 | | | |

Workout #20848 - Friday, 22 December 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Workout #20864 - Tuesday, 26 December 2017

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 200 on 8:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 200 on 8:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 100 on 3:30 2 strokes fly off walls
 {1 x 75 on 2:35 3 strokes fly off walls
 {1 x 50 on 1:45 4 strokes fly off walls
 {1 x 25 on 1:00 5 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 {1 x 100 on 3:30 3 strokes fly off walls
 {1 x 75 on 2:35 4 strokes fly off walls
 {1 x 50 on 1:45 5 strokes fly off walls
 {1 x 25 on 1:00 6 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 {1 x 100 on 3:30 4 strokes off walls
 {1 x 75 on 2:35 5 strokes off walls
 {1 x 25 on 1:00 7 strokes fly off walls
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,725 Yards - Stress Value = 74

Workout #20859 - Tuesday, 26 December 2017

Group 2 - Fly

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,250 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:30 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:25 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:20 Fly Kick w/board
 {2 x 25 on :30 Kick no board BSLRBS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{1 x 100 on 1:30 2 strokes fly off walls
 {1 x 75 on 1:05 3 strokes fly off walls
 {1 x 50 on :45 4 strokes fly off walls
 {1 x 25 on :30 5 strokes fly off walls
 {4 x 125 on 1:55 Fly-Descend
 {1 x 100 on 1:30 3 strokes fly off walls
 {1 x 75 on 1:05 4 strokes fly off walls
 {1 x 50 on :45 5 strokes fly off walls
 {1 x 25 on :30 6 strokes fly off walls
 {4 x 125 on 1:50 Fly-descend
 {1 x 100 on 1:30 4 strokes fly off walls
 {1 x 75 on 1:05 5 strokes fly off walls
 {1 x 50 on :45 6 strokes fly off walls
 {1 x 25 on :30 7 strokes fly off walls
 {2 x 125 on 1:45 Fly-descend
 {1 x 75 on 1:05 6 strokes fly off walls
 {1 x 50 on :45 7 strokes fly off walls
 {1 x 25 on :30 8 strokes fly off walls
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 5,250 Yards - Stress Value = 149

Workout #20860 - Tuesday, 26 December 2017

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:00 Fly Kick w/board
 {8 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:55 Fly Kick w/board
 {8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:55 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,875 1x{1 x 100 on 1:40 2 strokes fly off walls
 {1 x 75 on 1:15 3 strokes fly off walls
 {1 x 50 on :55 4 strokes fly off walls
 {1 x 25 on :35 5 strokes fly off walls
 {2 x 150 on 3:00 Butterfly
 {1 x 100 on 1:40 3 strokes fly off walls
 {1 x 75 on 1:15 4 strokes fly off walls
 {1 x 50 on :55 5 strokes fly off walls
 {1 x 25 on :35 6 strokes fly off walls
 {2 x 150 on 2:55 Butterfly
 {1 x 100 on 1:40 4 strokes fly off walls
 {1 x 75 on 1:15 5 strokes fly off walls
 {1 x 50 on :55 6 strokes fly off walls
 {1 x 25 on :35 7 strokes fly off walls
 {1 x 150 on 2:50 Butterfly
 {1 x 100 on 1:40 5 strokes off walls
 {1 x 75 on 1:15 6 strokes off walls
 {1 x 50 on :55 7 strokes off walls
 {1 x 150 on :35 8 strokes off walls
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,650 Yards - Stress Value = 128

Workout #20861 - Tuesday, 26 December 2017

Group 2 - Silver

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 9:00 AM | Start |
| 450 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 450 on 9:00 Sun Yang Free w/snorkels |
| 950 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{8 x 25 on :40 Kick no board BSLR |
| | {1 x 200 on 4:40 Fly Kick w/board |
| | {8 x 25 on :40 Kick no board BSLR |
| | {1 x 200 on 4:35 Fly Kick w/board |
| | {6 x 25 on :40 Kick no board BSLRBS |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,500 | 1x{1 x 100 on 1:55 2 strokes fly off walls |
| | {1 x 75 on 1:25 3 strokes fly off walls |
| | {1 x 50 on 1:00 4 strokes fly off walls |
| | {1 x 25 on :40 5 strokes fly off walls |
| | {2 x 150 on 3:30 Butterfly |
| | {1 x 100 on 1:55 3 strokes fly off walls |
| | {1 x 75 on 1:25 4 strokes fly off walls |
| | {1 x 50 on 1:00 5 strokes fly off walls |
| | {1 x 25 on :40 6 strokes fly off walls |
| | {2 x 150 on 3:25 Butterfly |
| | {1 x 100 on 1:55 4 strokes fly off walls |
| | {1 x 75 on 1:25 5 strokes fly off walls |
| | {1 x 50 on 1:00 6 strokes fly off walls |
| | {1 x 25 on :40 7 strokes fly off walls |
| | {1 x 150 on 3:20 Butterfly |
| 625 | 25 x 25 on :35 USRPT 100 Fly Pace |
| 200 | 1 on 10:00 Racing Skills-Relay Starts |
| | 1 x 200 on 4:00 Stroke Drills |
| | 11:30 AM 4,025 Yards - Stress Value = 117 |

Group 2 - Silver/Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 9:00 AM | Start |
| 400 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 400 on 9:00 Sun Yang Free w/snorkels |
| 900 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{8 x 25 on :40 Kick no board BSLR |
| | {1 x 200 on 4:55 Fly Kick w/board |
| | {8 x 25 on :40 Kick no board BSLR |
| | {1 x 150 on 3:40 Fly Kick w/board |
| | {6 x 25 on :40 Kick no board BSLR |
| 100 | 1x{4 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,500 | 1x{1 x 100 on 2:05 2 strokes fly off walls |
| | {1 x 75 on 1:35 3 strokes fly off walls |
| | {1 x 50 on 1:05 4 strokes fly off walls |
| | {1 x 25 on :45 5 strokes fly off walls |
| | {2 x 150 on 3:45 Butterfly |
| | {1 x 100 on 2:05 3 strokes fly off walls |
| | {1 x 75 on 1:35 4 strokes fly off walls |
| | {1 x 50 on 1:05 5 strokes fly off walls |
| | {1 x 25 on :45 6 strokes fly off walls |
| | {2 x 150 on 3:40 Butterfly |
| | {1 x 100 on 2:05 4 strokes fly off walls |
| | {1 x 75 on 1:35 5 strokes fly off walls |
| | {1 x 50 on 1:05 6 strokes fly off walls |
| | {1 x 25 on :45 7 strokes fly off walls |
| | {1 x 150 on 3:35 Butterfly |
| 550 | 22 x 25 on :40 USRPT 100 Fly Pace |
| 200 | 1 on 10:00 Racing Skills-Relay Starts |
| | 1 x 200 on 4:00 Stroke Drills |
| | 11:30 AM 3,800 Yards - Stress Value = 109 |

Workout #20863 - Tuesday, 26 December 2017

Group 2 - Bronze

1 minute rest between sets

| Yards | Set Description |
|---------|--|
| 9:00 AM | Start |
| 600 | 1 on 35:00 DS/Dryland |
| 150 | 1 x 600 on 9:00 Sun Yang Free w/snorkels |
| 800 | 10 x 15 on :45 Shooters |
| 1,500 | 1x{8 x 25 on :45 Kick no board BSLR |
| | {1 x 200 on 5:30 Fly Kick w/board |
| | {8 x 25 on :45 Kick no board BSLR |
| | {1 x 150 on 4:05 Fly Kick w/board |
| | {2 x 25 on :45 Kick no board BSLR |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,200 | 1x{1 x 100 on 2:30 2 strokes fly off walls |
| | {1 x 75 on 1:50 3 strokes fly off walls |
| | {1 x 50 on 1:15 4 strokes fly off walls |
| | {1 x 25 on :50 5 strokes fly off walls |
| | {2 x 100 on 3:00 Butterfly |
| | {1 x 100 on 2:30 3 strokes fly off walls |
| | {1 x 75 on 1:50 4 strokes fly off walls |
| | {1 x 50 on 1:15 5 strokes fly off walls |
| | {1 x 25 on :50 6 strokes fly off walls |
| | {2 x 100 on 3:00 Butterfly |
| | {1 x 100 on 2:30 4 strokes fly off walls |
| | {1 x 75 on 1:50 5 strokes fly off walls |
| | {1 x 50 on 1:15 6 strokes fly off walls |
| | {1 x 25 on :50 7 strokes fly off walls |
| | {1 x 50 on 1:10 Butterfly |
| 450 | 18 x 25 on :45 USRPT 100 Fly Pace |
| 200 | 1 on 10:00 Racing Skills-Relay Starts |
| | 1 x 200 on 4:00 Stroke Drills |
| | 11:29 AM 3,550 Yards - Stress Value = 91 |

Workout #20857 - Tuesday, 26 December 2017

HighSchl - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WOF |
|---------|--|-----|-----|
| 7:00 AM | Start | | |
| 400 | 1 on 40:00 DS/Weights/Showers | REC | |
| 750 | 1 x 400 on 5:00 Non-specific swimming | REC | |
| 1,500 | 30 x 25 on :30 100 Breast Pace | SP2 | |
| | 1 on 5:00 Walking/Jump Rope | REC | |
| 1,500 | 30 x 50 on :50 200 Free Pace | SP2 | |
| | 1 on 5:00 Walking/Jump Rope | REC | |
| 750 | 30 x 25 on :30 100 Fly Pace | SP2 | |
| | 1 on 5:00 Walking/Jump Rope | REC | |
| 1,500 | 30 x 50 on :50 200 Back Pace | SP2 | |
| 200 | 1 x 200 on 8:00 CFP/Video 2 corrections | REC | |
| | 9:33 AM 5,100 Yards - Stress Value = 450 | | |

Workout #20862 - Tuesday, 26 December 2017

Workout #20858 - Tuesday, 26 December 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

| Yards | Set Description |
|-------|---|
| ===== | ===== |
| | 1 on 15:00 DS>Showers |
| 400 | 1 x 400 on 5:00 Non-specific swimming |
| 1,800 | 24 x 75 on 1:10 500 Free Pace |
| 750 | 15 x 50 on 1:00 Racing Skills-Free Shooters |
| 300 | 1x{8 x 15 on :30 Undr Wtr Fly Kck |
| | {1 on :30 Rest |
| | {6 x 15 on :25 Undr Wtr Fly Kck |
| | {1 on :30 Rest |
| | {4 x 15 on :20 Undr Wtr Fly Kck |
| | {1 on :30 Rest |
| | {2 x 15 on :15 Undr Wtr Fly Kck |
| | 1 on 15:00 Racing Skills-Starts |
| 500 | 20 x 25 on :30 Kick no board BSLR w/fins |
| 100 | 1 x 100 on 2:00 Sculling Drills |
| | 4:45 PM 3,850 Yards - Stress Value = 226 |

Workout #20870 - Wednesday, 27 December 2017

Group 2 - Copper

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 225 | 9 x 25 on 1:00 Wednesday Warm-up |
| | 1-20, 2-22, 3-24, 4-26 |
| 150 | 10 x 15 on :45 Shooters |
| 800 | 1x{1 x 100 on 3:00 Free Kick w/board |
| | {1 x 100 on 4:00 Free Kick w/board |
| | {2 x 100 on 3:00 Free Kick w/board |
| | {1 x 100 on 4:00 Free Kick w/board |
| | {3 x 100 on 4:00 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 1,300 | 1x{1 x 100 on 3:00 Free L.25 6BK |
| | {1 x 100 on 3:00 Free L.25 2 breaths |
| | {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi |
| | {2 x 100 on 2:55 Free L.25 6BK |
| | {2 x 100 on 2:55 Free L.25 2 breaths |
| | {2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi |
| | {3 x 100 on 2:50 Free L.25 6bk |
| | {1 x 100 on 3:00 Free L.25 2 breaths |
| 450 | 18 x 25 on :50 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 9:30 AM 3,275 Yards - Stress Value = 92 |

Workout #20865 - Wednesday, 27 December 2017

Group 2 - Freestylers

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 450 | 18 x 25 on :30 Wednesday Warm-up |
| | 2-12, 4-14, 6-16, 6-18 |
| 150 | 10 x 15 on :45 Shooters |
| 1,600 | 1x{1 x 100 on 1:30 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {2 x 100 on 1:35 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {3 x 100 on 1:40 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {4 x 100 on 1:45 Free Kick w/board |
| | {1 x 100 on 2:00 Free Kick w/board |
| | {2 x 100 on 1:50 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |

| | |
|-------|---|
| 2,800 | 1x{1 x 100 on 1:30 Free L.25 6BK |
| | {1 x 100 on 1:30 Free L.25 2 breaths |
| | {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi |
| | {2 x 100 on 1:25 Free L.25 6BK |
| | {2 x 100 on 1:25 Free L.25 2 breaths |
| | {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi |
| | {3 x 100 on 1:20 Free L.25 6bk |
| | {3 x 100 on 1:20 Free L.25 2 breaths |
| | {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi |
| | {4 x 100 on 1:15 Free L.25 6bk |
| | {4 x 100 on 1:15 Free L.25 2 breaths |
| | {2 x 100 on 1:15 Free L.25 5 KOW Sprint to fi |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 9:30 AM 6,100 Yards - Stress Value = 166 |

Workout #20866 - Wednesday, 27 December 2017

Group 2 - Gold

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|-------|--|
| ===== | ===== |
| | 1 on 35:00 DS/Dryland |
| 375 | 15 x 25 on :35 Wednesday Warm-up |
| | 2-14, 4-16, 6-18, 4-20 |
| 150 | 10 x 15 on :45 Shooters |
| 1,400 | 1x{1 x 100 on 1:45 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {2 x 100 on 1:50 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {3 x 100 on 1:55 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| | {4 x 100 on 2:00 Free Kick w/board |
| | {1 x 100 on 2:15 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills |
| | { Evens-underwaters, count kicks |
| 2,500 | 1x{1 x 100 on 1:40 Free L.25 6BK |
| | {1 x 100 on 1:40 Free L.25 2 breaths |
| | {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi |
| | {2 x 100 on 1:35 Free L.25 6BK |
| | {2 x 100 on 1:35 Free L.25 2 breaths |
| | {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi |
| | {3 x 100 on 1:30 Free L.25 6bk |
| | {3 x 100 on 1:30 Free L.25 2 breaths |
| | {3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi |
| | {4 x 100 on 1:25 Free L.25 6bk |
| | {3 x 100 on 1:25 Free L.25 2 breaths |
| 750 | 30 x 25 on :30 USRPT 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| | 9:30 AM 5,525 Yards - Stress Value = 155 |

Workout #20867 - Wednesday, 27 December 2017

Group 2 - Silver

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|--|--|
| 325 | 1 on 35:00 DS/Dryland 13 x 25 on :40 Wednesday Warm-up 2-15, 4-17, 6-19, 1-20 |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 100 on 2:05 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {2 x 100 on 2:10 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {3 x 100 on 2:15 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board {3 x 100 on 2:20 Free Kick w/board {1 x 50 on 1:15 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 2,200 | 1x{1 x 100 on 1:50 Free L.25 6BK {1 x 100 on 1:50 Free L.25 2 breaths {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:45 Free L.25 6BK {2 x 100 on 1:45 Free L.25 2 breaths {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:40 Free L.25 6bk {3 x 100 on 1:40 Free L.25 2 breaths {3 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:35 Free L.25 6bk {1 x 100 on 1:35 Free L.25 2 breaths {1 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi |
| 625 | 25 x 25 on :35 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 9:30 AM 4,900 Yards - Stress Value = 133 | |

Workout #20869 - Wednesday, 27 December 2017

Group 2 - Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|--|---|
| 275 | 1 on 35:00 DS/Dryland 11 x 25 on :45 Wednesday Warm-up 2-18, 4-20, 5-22 |
| 150 | 10 x 15 on :45 Shooters |
| 1,000 | 1x{1 x 100 on 2:35 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {2 x 100 on 2:40 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {3 x 100 on 2:45 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {1 x 100 on 2:50 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,550 | 1x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {3 x 100 on 2:20 Free L.25 6bk {3 x 100 on 2:20 Free L.25 2 breaths {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir |
| 550 | 22 x 25 on :40 USRPT-100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 9:30 AM 3,875 Yards - Stress Value = 112 | |

Workout #20868 - Wednesday, 27 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

7:00 AM Start

| Yards | Set Description |
|--|---|
| 275 | 1 on 35:00 DS/Dryland 11 x 25 on :45 Wednesday Warm-up 2-16, 4-18, 5-20 |
| 150 | 10 x 15 on :45 Shooters |
| 1,100 | 1x{1 x 100 on 2:20 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {3 x 100 on 2:30 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:35 Free Kick w/board |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 1,900 | 1x{1 x 100 on 2:05 Free L.25 6BK {1 x 100 on 2:05 Free L.25 2 breaths {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:00 Free L.25 6BK {2 x 100 on 2:00 Free L.25 2 breaths {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:55 Free L.25 6bk {3 x 100 on 1:55 Free L.25 2 breaths {3 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 100 on 1:50 Free L.25 6bk |
| 625 | 25 x 25 on :35 USRPT 100 Free Pace |
| 200 | 1 x 200 on 4:00 Stroke Drills |
| 9:30 AM 4,400 Yards - Stress Value = 128 | |

Workout #20873 - Thursday, 28 December 2017

Group 2 - Back

1 minute rest between sets

9:00 AM Start

| Yards | Set Description |
|---|---|
| 600 | 1 on 35:00 DS/Dryland 1 x 600 on 9:00 Free 3KOW to 10 back to 3 |
| 150 | 10 x 15 on :45 Shooters |
| 1,250 | 1x{1 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {3 x 100 on 1:50 Streamline Kick on back {3 x 50 on 1:00 Alt 25 kick on each side {3 x 100 on 1:50 Streamline Kick on backc |
| 150 | 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks |
| 2,125 | 1x{6 x 150 on 2:15 Back atl 25's 10KOW {3 x 50 on :45 Back-descend {5 x 125 on 1:55 Back alt 25's 10KOW {3 x 50 on :45 Back-descend {3 x 100 on 1:30 Back alt 25's 10KOW |
| 750 | 30 x 25 on :30 USRPT-100 Back Pace |
| 200 | 1 on 10:00 Racing Skills-back finishes 1 x 200 on 4:00 Stroke Drills |
| 11:30 AM 5,225 Yards - Stress Value = 148 | |

Workout #20878 - Thursday, 28 December 2017

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {3 x 100 on 3:00 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{5 x 125 on 3:25 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-descend
 {3 x 100 on 3:00 Back alt 25's 10KOW
 {1 x 50 on 1:30 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,450 Yards - Stress Value = 106

Workout #20874 - Thursday, 28 December 2017

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,925 1x{6 x 150 on 2:30 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 2:05 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {1 x 100 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,700 Yards - Stress Value = 128

Workout #20875 - Thursday, 28 December 2017

Group 2 - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 {3 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,725 1x{6 x 150 on 2:50 Back alt 25's 10KOW

{3 x 50 on :55 Back-descend
 {5 x 125 on 2:20 Back alt 25's 10KOW
 {1 x 50 on :55 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,400 Yards - Stress Value = 123

Workout #20877 - Thursday, 28 December 2017

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {3 x 100 on 2:45 Streamline Kick on back
 {1 x 50 on 1:20 Alt 25's kick on each side
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,275 1x{5 x 125 on 3:00 Back at 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {4 x 100 on 2:40 Back alt 25's 10KOW
 {2 x 50 on 1:20 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,650 Yards - Stress Value = 110

Workout #20876 - Thursday, 28 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:25 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{5 x 125 on 2:45 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {2 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,075 Yards - Stress Value = 117

Workout #20871 - Thursday, 28 December 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,000 40 x 25 on :30 200 Fly Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 9:31 AM 4,600 Yards - Stress Value = 400

300 4 x 75 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 600 1x{1 x 200 on 8:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {2 x 150 on 6:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 200 on 8:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO Drill w/fins
 {2 x 150 on 6:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO drill w/fins
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:31 AM 2,475 Yards - Stress Value = 70

Workout #20872 - Thursday, 28 December 2017

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :55 400 IM Pace SP2
 225 15 x 15 on 1:00 Racing Skills-#1 Shooters SP3
 1 on 15:00 Underwater Racing EN2
 160 8 x 20 on 3:00 50 Free Pace SP2
 4:45 PM 2,285 Yards - Stress Value = 175

Workout #20881 - Friday, 29 December 2017

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:45 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {3 x 100 on 2:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{2 x 200 on 3:50 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 175 on 3:20 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {1 x 150 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,025 Yards - Stress Value = 116

Workout #20880 - Friday, 29 December 2017

Group 2 - Breast

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 200 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:00 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {3 x 150 on 2:35 Breast Kick w/board
 {2 x 25 on :40 Breast Kick-streamline on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{2 x 200 on 3:20 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 175 on 2:55 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {2 x 150 on 2:30 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,375 Yards - Stress Value = 123

Workout #20885 - Friday, 29 December 2017

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland

Workout #20882 - Friday, 29 December 2017

Group 2 - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 175 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 100 on 2:20 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,150 1x{2 x 200 on 4:30 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 175 on 3:55 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {2 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,550 Yards - Stress Value = 103

Workout #20884 - Friday, 29 December 2017

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 300 4 x 75 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 5:30 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 4:10 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {1 x 100 on 2:45 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 950 1x{2 x 200 on 5:40 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :45 Breast TO Drill w/fins
 {2 x 125 on 3:30 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {1 x 100 on 2:50 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 3,050 Yards - Stress Value = 91

Workout #20883 - Friday, 29 December 2017

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 3:45 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 100 on 2:30 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks

1,050 1x{2 x 200 on 5:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 175 on 4:25 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {1 x 100 on 2:30 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,400 Yards - Stress Value = 100

Workout #20879 - Friday, 29 December 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Fly Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 9:33 AM 5,100 Yards - Stress Value = 450

Workout #20886 - Saturday, 30 December 2017

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 10:00 IP's-peer coaching REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 10:00 Underwater Fly Kick Relays EN2
 1,500 30 x 50 on :50 200 Fly Pace SP2
 240 16 x 15 on 1:00 Racing Skills-IM Shooters SP3
 5 on each turn, 1 freestyle finish
 750 30 x 25 on :30 100 Back Pace SP2
 200 1 x 200 on 5:00 CFP/Video 2 corrections REC
 9:30 AM 5,340 Yards - Stress Value = 460