

Workout #31420 - Monday, 06 May 2024

Group 2 - IM'ers

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 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 15:00 TEACH DAY-IM	REC
500	20 x 25 on :30 USRPT 100 Back Pace	SP2
1,900	1x{2 x 100 on 1:30 Individual Medley	EN2
	{1 x 150 on 2:50 Fly Kick w/board	EN2
	{1 x 150 on 3:00 Kick on back no board	EN2
	{1 x 150 on 2:50 Breast Kick w/board	EN2
	{1 x 150 on 2:50 Free Kick w/board	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
	{1 x 100 on 1:50 Fly Kick w/board	EN2
	{1 x 100 on 1:55 Kick on back no board	EN2
	{1 x 100 on 1:50 Breast Kick w/board	EN2
	{1 x 100 on 1:50 Free Kick w/board	EN2
	{2 x 100 on 1:30 Individual Medley	EN2
	{1 x 75 on 1:30 Fly Kick w/board	EN2
	{1 x 75 on 1:35 Kick on back no board	EN2
	{1 x 75 on 1:25 Breast Kick w/board	EN2
	{1 x 75 on 1:25 Breast Kick w/board	EN2
7:15 PM 2,850 Yards - Stress Value = 96		

Workout #31421 - Monday, 06 May 2024

Group 2 - Gold

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 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 15:00 TEACH DAY-IM	REC
450	18 x 25 on :35 USRPT-100 Back Pace	SP2
1,700	1x{2 x 100 on 1:40 Individual Medley	EN2
	{1 x 150 on 3:00 Fly Kick w/board	EN2
	{1 x 150 on 3:15 Kick on back no board	EN2
	{1 x 150 on 3:00 Breast Kick w/board	EN2
	{1 x 150 on 3:00 Free Kick w/board	EN2
	{2 x 100 on 1:40 Individual Medley	EN2
	{1 x 100 on 2:00 Fly Kick w/board	EN2
	{1 x 100 on 2:10 Kick on back no board	EN2
	{1 x 100 on 2:00 Breast Kick w/board	EN2
	{1 x 100 on 2:00 Free Kick w/board	EN2
	{1 x 100 on 1:40 Individual Medley	EN2
	{1 x 50 on 1:00 Fly Kick w/board	EN2
	{1 x 50 on 1:05 Kick on back no board	EN2
	{1 x 50 on 1:00 Breast Kick w/board	EN2
	{1 x 50 on 1:00 Free Kick w/board	EN2
7:15 PM 2,600 Yards - Stress Value = 85		

Workout #31422 - Monday, 06 May 2024

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 30:00 DS/Dryland	REC
250	1 x 250 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 15:00 TEACH DAY-IM	REC
450	18 x 25 on :35 USRPT-100 Back Pace	SP2
1,500	1x{1 x 100 on 1:50 Individual Medley	EN2
	{1 x 150 on 3:20 Fly Kick w/board	EN2
	{1 x 150 on 3:30 Kick on back no board	EN2
	{1 x 150 on 3:20 Breast Kick w/board	EN2
	{1 x 150 on 3:20 Free Kick w/board	EN2

{1 x 100 on 1:50 Individual Medley	EN2
{1 x 100 on 2:10 Fly Kick w/board	EN2
{1 x 100 on 2:20 Kick on back no board	EN2
{1 x 100 on 2:10 Breast Kick w/board	EN2
{1 x 100 on 2:10 Free Kick w/board	EN2
{1 x 100 on 1:50 Individual Medley	EN2
{1 x 50 on 1:05 Fly Kick w/board	EN2
{1 x 50 on 1:10 Kick on back no board	EN2
{1 x 50 on 1:05 Breast Kick w/board	EN2
{1 x 50 on 1:05 Free Kick w/board	EN2
7:15 PM 2,350 Yards - Stress Value = 81	

Workout #31423 - Monday, 06 May 2024

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 30:00 DS/Dryland	REC
250	1 x 250 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 15:00 TEACH DAY-IM	REC
400	16 x 25 on :40 USRPT-100 Back Pace	SP2
1,400	1x{1 x 100 on 2:00 Individual Medley	EN2
	{1 x 150 on 3:30 Fly Kick w/board	EN2
	{1 x 150 on 3:40 Kick on back no board	EN2
	{1 x 150 on 3:30 Breast Kick w/board	EN2
	{1 x 150 on 3:30 Free Kick w/board	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{1 x 100 on 2:20 Fly Kick w/board	EN2
	{1 x 100 on 2:25 Kick on back no board	EN2
	{1 x 100 on 2:20 Breast Kick w/board	EN2
	{1 x 100 on 2:20 Free Kick w/board	EN2
	{1 x 100 on 2:00 Individual Medley	EN2
	{1 x 25 on :40 Fly Kick w/board	EN2
	{1 x 25 on :40 Breast Kick w/board	EN2
	{1 x 50 on 1:15 Free Kick w/board	EN2
7:15 PM 2,200 Yards - Stress Value = 73		

Workout #31424 - Monday, 06 May 2024

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 30:00 DS/Dryland	REC
200	1 x 200 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 15:00 TEACH DAY-IM	REC
350	14 x 25 on :45 USRPT-100 Back Pace	SP2
1,250	1x{1 x 100 on 2:30 Individual Medley	EN2
	{1 x 150 on 4:00 Fly Kick w/board	EN2
	{1 x 150 on 4:10 Kick on back no board	EN2
	{1 x 150 on 4:00 Breast Kick w/board	EN2
	{1 x 150 on 4:00 Free Kick w/board	EN2
	{1 x 100 on 2:30 Individual Medley	EN2
	{1 x 100 on 2:40 Fly Kick w/board	EN2
	{1 x 100 on 2:50 Kick on back no board	EN2
	{1 x 100 on 2:05 Kick on back no board	EN2
	{1 x 100 on 2:40 Breast Kick w/board	EN2
	{1 x 50 on 1:20 Free Kick w/board	EN2
7:15 PM 1,950 Yards - Stress Value = 66		

Workout #31425 - Monday, 06 May 2024
Group 2 - Copper
1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 30:00 DS/Dryland	REC
200	1 x 200 on 5:00 Underwater trn drill	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 15:00 TEACH DAY-IM	REC
275	11 x 25 on 1:00 USRPT-100 Back Pace	SP2
1,450	1x{1 x 100 on 3:00 Individual Medley	EN2
	{1 x 150 on 4:30 Fly Kick w/board	EN2
	{1 x 150 on 6:00 Kick on back no board	EN2
	{1 x 150 on 4:30 Breast Kick w/board	EN2
	{1 x 150 on 4:30 Free Kick w/board	EN2
	{1 x 100 on 3:00 Individual Medley	EN2
	{1 x 50 on 1:30 Fly Kick w/board	EN2
	{1 x 50 on 2:00 Kick on back no board	EN2
	{1 x 500 on 1:30 Breast Kick w/board	EN2
	{1 x 50 on 1:30 Free Kick w/board	EN2
7:14 PM 2,075 Yards - Stress Value = 63		