### Workout #31420 - Monday, 06 May 2024 Group 2 - IM'ers 1 minute rest between sets

	5:30 PM Start						
Yards	Set Description						
	=======================================						
	1 on 30:00 E	DS/Dryland	REC				
300	1 x 300 on 5	5:00 Underwater trn drill	REC				
150	10 x 15 on :	:45 Racing Skills-IM Shooters	SP3				
	1 on 15:00 T	TEACH DAY-IM	REC				
500	20 x 25 on :	:30 USRPT 100 Back Pace	SP2				
1,900	$1x{2 x 100 on 1}$	l:30 Individual Medley	EN2				
	{1 x 150 on 2	2:50 Fly Kick w/board	EN2				
	{1 x 150 on 3	3:00 Kick on back no board	EN2				
	{1 x 150 on 2	2:50 Breast Kick w/board	EN2				
	{1 x 150 on 2	2:50 Free Kick w/board	EN2				
	{2 x 100 on 1	1:30 Individual Medley	EN2				
	{1 x 100 on 1	L:50 Fly Kick w/board	EN2 ==				
	{1 x 100 on 1	L:55 Kick on back no board	EN2				
	{1 x 100 on 1	L:50 Breast Kick w/board	EN2				
	{1 x 100 on 1	L:50 Free Kick w/board	EN2				
	{2 x 100 on 1	l: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 Y	Yards - Stress Value = 96					

## Workout #31421 - Monday, 06 May 2024 Group 2 - Gold

#### 1 minute rest between sets

	5:30	PM	I St	cart	5		
Yards	Set Description						
	==	===		-==			===
	1	on	30:	:00	DS/Dr	DS/Dryland	
300	1	Х	300	on	5:00	Underwater trn drill	REC
150	1(	) x	: 15	on	:45 R	Racing Skills-IM Shooters	SP3
	1	on	15:	:00	TEACH	DAY-IM	REC
450	18	3 x	25	on	:35 U	SRPT-100 Back Pace	SP2
1,700	1x{2	Х	100	on	1:40	Individual Medley	EN2
	{ 1	Х	150	on	3:00	Fly Kick w/board	EN2
	{ 1	Х	150	on	3:15	Kick on back no board	EN2
	{ 1	Х	150	on	3:00	Breast Kick w/board	EN2
	{ 1	Х	150	on	3:00	Free Kick w/board	EN2
	{ 2	Х	100	on	1:40	Individual Medley	EN2
	{ 1	Х	100	on	2:00	Fly Kick w/board	EN2
	{ 1	Х	100	on	2:10	Kick on back no board	EN2
	{ 1	Х	100	on	2:00	Breast Kick w/board	EN2
	{ 1	Х	100	on	2:00	Free Kick w/board	EN2
	{ 1	Х	100	on	1:40	Individual Medley	EN2
	{ 1	Х	50 0	on 1	L:00 F	ly Kick w/board	EN2
	{ 1	Х	50 0	on 1	L:05 K	lick on back no board	EN2
	{ 1	Х	50 0	on 1	L:00 B	Breast Kick w/board	EN2
	{ 1	Х	50 0	on 1	L:00 F	ree Kick w/board	EN2
	7:15	PM	12,6	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					
=====	=======================================	===				
	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				
	$\{1 \times 150 \text{ on } 3:20 \text{ Fly Kick w/board} \}$	EN2				
	$\{1 \times 150 \text{ on } 3:30 \text{ Kick on back no board}$	EN2				
	{1 x 150 on 3:20 Breast Kick w/board	EN2				
	$\{1 \times 150 \text{ on } 3:20 \text{ Free Kick w/board} \}$	EN2				

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

### Workout #31423 - Monday, 06 May 2024 Group 2 - Silver/Bronze 1 minute rest between sets

	5:30	PI	4 S	tart	t		
Yards	Set Description						
=====	==	===		====			===
	1	or	n 30	:00	DS/D1	ryland	REC
250	1	Х	250	on	5:00	Underwater trn drill	REC
150	10	) 2	k 15	on	:45 H	Racing Skills-IM Shooters	SP3
	1	or	n 15	:00	TEACH	H DAY-IM	REC
400	16	5 z	₹ 25	on	:40 0	JSRPT-100 Back Pace	SP2
1,400	1x{1	Х	100	on	2:00	Individual Medley	EN2
	{ 1	Х	150	on	3:30	Fly Kick w/board	EN2
	{ 1	Х	150	on	3:40	Kick on back no board	EN2
	{ 1	Х	150	on	3:30	Breast Kick w/board	EN2
	{ 1	Х	150	on	3:30	Free Kick w/board	EN2
	{ 1	Х	100	on	2:00	Individual Medley	EN2
	{ 1	Х	100	on	2:20	Fly Kick w/board	EN2
	{ 1	Х	100	on	2:25	Kick on back no board	EN2
	{ 1	Х	100	on	2:20	Breast Kick w/board	EN2
	{ 1	Х	100	on	2:20	Free Kick w/board	EN2
	{ 1	Х	100	on	2:00	Individual Medley	EN2
	{ 1	Х	25 (	on :	:40 F	ly Kick w/board	EN2
	{ 1	Х	25 (	on :	:40 Bi	reast Kick w/board	EN2
	{ 1	Х	50	on 1	1:15 I	Free Kick w/board	EN2
	7:15	PN	1 2,2	200	Yards	s - Stress Value = 73	

## Workout #31424 - Monday, 06 May 2024 Group 2 - Bronze 1 minute rest between sets

	5:30	PM	1 St	art	_			
Yards	Se	et	Desc	crip	otion			EGY
	==	===	-===				=========	===
	1	or	1 30:	:00	DS/Dry	yland		REC
200	1	Х	200	on	5:00 t	Jnderwater t	rn drill	REC
150	10	) >	15	on	:45 Ra	acing Skills	-IM Shooters	SP3
	1	or	15:	:00	TEACH	DAY-IM		REC
350	14	4 ×	25	on	:45 US	SRPT-100 Bac	k Pace	SP2
1,250	1x{1	Х	100	on	2:30	Individual M	edley	EN2
	{ 1	Х	150	on	4:00 1	Fly Kick w/b	oard	EN2
	{ 1	Х	150	on	4:10 H	Kick on back	no board	EN2
	{ 1	Х	150	on	4:00 I	Breast Kick	w/board	EN2
	{ 1	Х	150	on	4:00 1	Free Kick w/	board	EN2
	{ 1	Х	100	on	2:30	Individual M	edley	EN2
	{ 1	Х	100	on	2:40 1	Fly Kick w/b	oard	EN2
	{ 1	Х	100	on	2:50 H	Kick on back	no board	EN2
	{ 1	Х	100	on	2:05 H	Kick on back	no board	EN2
	{ 1	Х	100	on	2:40 H	Breast Kick	w/board	EN2
	{ 1	Х	50 0	on 1	L:20 F:	ree Kick w/b	oard	EN2
	7:15	PΝ	1 1,9	950	Yards	- Stress Va	lue = 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
	$\{1 \times 50 \text{ on } 1:30 \text{ Fly Kick w/board}$	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	