

Workout #31426 - Tuesday, 07 May 2024

7:15 PM 2,450 Yards - Stress Value = 69

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
	1 on 15:00 TEACH DAY-Free	F
500	20 x 25 on :30 USRPT-100 Free Pace	S
2,100	1x{3 x 250 on 3:35 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 200 on 2:50 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 150 on 2:05 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 100 on 1:20 FR #1DPS, #2KOW, #3FAST!	E
150	1 x 150 on 3:00 Stroke Drills	F
7:15 PM	3,200 Yards - Stress Value = 98	

Workout #31430 - Tuesday, 07 May 2024

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
	1 on 15:00 TEACH DAY-Free	F
275	11 x 25 on :40 USRPT-100 Free Pace	S
1,350	1x{3 x 200 on 4:50 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 150 on 3:30 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 100 on 2:15 FR #1DPS, #2KOW, #3FAST!	E
150	1 x 150 on 3:00 Stroke Drills	F
7:15 PM	2,125 Yards - Stress Value = 61	

Workout #31427 - Tuesday, 07 May 2024

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
	1 on 15:00 TEACH DAY-Free	F
500	20 x 25 on :30 USRPT-100 Free Pace	S
1,850	1x{3 x 250 on 4:05 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 200 on 3:10 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 150 on 2:20 FR #1DPS, #2KOW, #3FAST!	E
	{1 x 50 on :45 Ludicrous Speed!!!!!!	E
150	1 x 150 on 3:00 Stroke Drills	F
7:15 PM	2,950 Yards - Stress Value = 93	

Workout #31431 - Tuesday, 07 May 2024

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
	1 on 15:00 TEACH DAY-Free	F
250	10 x 25 on :45 USRPT-100 Free Pace	S
1,100	1x{3 x 200 on 6:00 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 100 on 2:50 FR #1DPS, #2KOW, #3FAST!	E
	{4 x 50 on 1:20 FR #1DPS, #2KOW, #3-#4FAST!	E
150	1 x 150 on 3:00 Stroke Drills	F
7:15 PM	1,850 Yards - Stress Value = 53	

Workout #31428 - Tuesday, 07 May 2024

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
	1 on 15:00 TEACH DAY-Free	F
450	18 x 25 on :35 USRPT-100 Free Pace	S
1,550	1x{3 x 250 on 4:40 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 150 on 2:45 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 100 on 1:45 FR #1DPS, #2KOW, #3FAST!	E
	{1 x 50 on :55 Ludicrous Speed!!!!!!	E
150	1 x 150 on 3:00 Stroke Drills	F
7:15 PM	2,550 Yards - Stress Value = 82	

Workout #31429 - Tuesday, 07 May 2024

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
	1 on 15:00 TEACH DAY-Free	F
325	13 x 25 on :35 USRPT-100 Free Pace	S
1,575	1x{3 x 200 on 4:00 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 150 on 3:05 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 100 on 1:55 FR #1DPS, #2KOW, #3FAST!	E
	{3 x 75 on 1:25 FR #1DPS, #2KOW, #3FAST!	E
150	1 x 150 on 3:00 Stroke Drills	F