

Workout #31432 - Wednesday, 08 May 2024

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
450	1x{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick on left side
	{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick on right side
	{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke-100%
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,775 Yards - Stress Value = 69

Workout #31433 - Wednesday, 08 May 2024

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
400	1x{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:05 Kick on left side
	{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:05 Kick on right side
	{2 x 25 on :30 Kick no board B
	{1 x 50 on 1:05 Kick alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,725 Yards - Stress Value = 82

Workout #31434 - Wednesday, 08 May 2024

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
350	1x{2 x 25 on :35 Kick no board B
	{2 x 50 on 1:10 Kick on left side
	{2 x 25 on :35 Kick no board B
	{2 x 50 on 1:10 Kick on right side
	{2 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,625 Yards - Stress Value = 81

Workout #31435 - Wednesday, 08 May 2024

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====

=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
350	1x{2 x 25 on :40 Kick no board B
	{2 x 50 on 1:15 Kick on left side
	{2 x 25 on :40 Kick no board B
	{2 x 50 on 1:15 Kick on right side
	{2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,625 Yards - Stress Value = 81

Workout #31436 - Wednesday, 08 May 2024

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
300	1x{2 x 25 on :45 Kick no board B
	{2 x 50 on 1:25 Kick on left side
	{2 x 25 on :45 Kick no board B
	{2 x 50 on 1:25 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,525 Yards - Stress Value = 80

Workout #31437 - Wednesday, 08 May 2024

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
100	4 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
250	1x{2 x 25 on 1:00 Kick no board B
	{2 x 50 on 2:00 Kick on left side
	{2 x 25 on 1:00 Kick no board B
	{1 x 50 on 2:00 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,425 Yards - Stress Value = 79