

Workout #31438 - Thursday, 09 May 2024

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 15:00 TEACH DAY-Breast
500	20 x 25 on :30 USRPT-100 Breast Pace
1,300	1x{1 on :30 5 Squats
	{1 x 50 on :55 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:25 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 1:55 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 2:25 Breaststroke
	{1 on :45 20 Squats
	{3 x 100 on 1:55 Breaststroke
	{1 on :40 15 Squats
	1 on 6:00 Racing Skills-Starts
7:15 PM	2,250 Yards - Stress Value = 82

Workout #31441 - Thursday, 09 May 2024

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 15:00 TEACH DAY-Breast
400	16 x 25 on :40 USRPT-100 Breast Pace
1,000	1x{1 on :30 5 Squats
	{1 x 50 on 1:15 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:55 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:30 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 3:10 Breaststroke
	1 on 6:00 Racing Skills-Starts
7:15 PM	1,800 Yards - Stress Value = 66

Workout #31439 - Thursday, 09 May 2024

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 15:00 TEACH DAY-Breast
450	18 x 25 on :35 USRPT-100 Breast Pace
1,200	1x{1 on :30 5 Squats
	{1 x 50 on 1:05 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:35 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:05 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 2:35 Breaststroke
	{1 on :40 15 Squats
	{2 x 100 on 2:05 Breaststroke
	1 on 5:00 Racing Skills-Starts
7:15 PM	2,100 Yards - Stress Value = 75

Workout #31442 - Thursday, 09 May 2024

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Dryland and stretch
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
350	14 x 25 on :45 USRPT-100 Breast Pace
925	1x{1 on :30 5 Squats
	{1 x 50 on 1:20 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 2:00 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:40 Breaststroke
	{1 on :45 20 Squats
	{3 x 125 on 3:20 Breaststroke
	{1 on :40 15 Squats
	{1 x 50 on 1:20 Breaststroke
100	1 x 100 on 4:00 Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 100 Breast for time
	1 on 10:00 Game
7:15 PM	1,925 Yards - Stress Value = 80

Workout #31440 - Thursday, 09 May 2024

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 15:00 TEACH DAY-Breast
400	16 x 25 on :40 USRPT-100 Breast Pace
1,100	1x{1 on :30 5 Squats
	{1 x 50 on 1:10 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:40 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:15 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 2:50 Breaststroke
	{1 on :40 15 squats
	{1 x 100 on 2:15 Breaststroke
	1 on 5:00 Racing Skills-Starts
7:15 PM	1,900 Yards - Stress Value = 68

Workout #31443 - Thursday, 09 May 2024

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 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 15:00 TEACH DAY-Breast
250	10 x 25 on 1:00 USRPT-100 Breast Pace
625 1x	{1 on :30 5 Squats
	{1 x 50 on 2:00 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 3:00 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 4:00 Breaststroke
	{1 on :45 20 Squats
	{1 x 125 on 5:00 Breaststroke
	{1 on :40 15 Squats
	1 on 6:00 Racing Skills-Starts
7:15 PM	1,225 Yards - Stress Value = 43