

**Workout #31444 - Friday, 10 May 2024**

**Group 2 - Fly**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 15:00 TEACH DAY-Fly	RE
500	20 x 25 on :30 USRPT 100 Fly Pace	EN
1,450	1x{1 x 100 on 1:30 75 Free 25 Fly HB1SOBO	EN
	{6 x 25 on :30 Fly 3-4-5-6-7-8 KOW	EN
	{2 x 100 on 1:30 75 Free 25 Fly HB2SOBO	EN
	{6 x 25 on :30 Fly 3-4-5-6-7-8 KOW	EN
	{3 x 100 on 1:30 75 Free 25 Fly HB3SOBO	EN
	{6 x 25 on :30 Fly 3-4-5-6-7-8 KOW	EN
	{4 x 100 on 1:30 75 Free 25 Fly HB4SOBO	EN
6:30 PM	2,400 Yards - Stress Value = 45	

**Workout #31445 - Friday, 10 May 2024**

**Group 2 - Gold**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 15:00 TEACH DAY-Fly	RE
425	17 x 25 on :35 USRPT 100 Fly Pace	EN
1,350	1x{1 x 100 on 1:40 75 Free 25 Fly HB1SOBO	EN
	{6 x 25 on :30 Fly 3-4-5-6-7-8 KOW	EN
	{2 x 100 on 1:40 75 Free 25 Fly HB2SOBO	EN
	{6 x 25 on :30 Fly 3-4-5-6-7-8 KOW	EN
	{3 x 100 on 1:40 75 Free 25 Fly HB3SOBO	EN
	{6 x 25 on :30 Fly 3-4-5-6-7-8 KOW	EN
	{3 x 100 on 1:40 75 Free 25 Fly HB4SOBO	EN
6:30 PM	2,225 Yards - Stress Value = 41	

**Workout #31446 - Friday, 10 May 2024**

**Group 2 - Silver**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 15:00 TEACH DAY-Fly	RE
425	17 x 25 on :35 USRPT 100 Fly Pace	EN
1,150	1x{1 x 100 on 1:55 75 Free 25 Fly HB1SOBO	EN
	{6 x 25 on :35 Fly 3-4-5-6-7-8 KOW	EN
	{2 x 100 on 1:55 75 Free 25 Fly HB2SOBO	EN
	{6 x 25 on :35 Fly 3-4-5-6-7-8 KOW	EN
	{3 x 100 on 1:55 75 Free 25 Fly HB3SOBO	EN
	{6 x 25 on :35 Fly 3-4-5-6-7-8 KOW	EN
	{1 x 100 on 1:55 75 Free 25 Fly HB4SOBO	EN
6:30 PM	1,975 Yards - Stress Value = 37	

**Workout #31447 - Friday, 10 May 2024**

**Group 2 - Silver/Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 15:00 TEACH DAY-Fly	RE

375	15 x 25 on :40 USRPT 100 Fly Pace	EN
1,000	1x{1 x 100 on 2:15 75 Free 25 Fly HB1SOBO	EN
	{4 x 25 on :40 Fly 3-4-5-6 KOW	EN
	{2 x 100 on 2:15 75 Free 25 Fly HB2SOBO	EN
	{4 x 25 on :40 Fly 3-4-5-6 KOW	EN
	{3 x 100 on 2:15 75 Free 25 Fly HB3SOBO	EN
	{4 x 25 on :40 Fly 3-4-5-6 KOW	EN
	{1 x 100 on 2:15 75 Free 25 Fly HB4SOBO	EN
6:30 PM	1,775 Yards - Stress Value = 34	

**Workout #31448 - Friday, 10 May 2024**

**Group 2 - Bronze**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 15:00 TEACH DAY-Fly	RE
325	13 x 25 on :45 USRPT 100 Fly Pace	EN
800	1x{1 x 100 on 3:00 75 Free 25 Fly HB1SOBO	EN
	{4 x 25 on :45 Fly 3-4-5-6 KOW	EN
	{2 x 100 on 3:00 75 Free 25 Fly HB2SOBO	EN
	{4 x 25 on :45 Fly 3-4-5-6 KOW	EN
	{3 x 100 on 3:00 75 Free 25 Fly HB3SOBO	EN
6:30 PM	1,475 Yards - Stress Value = 28	

**Workout #31449 - Friday, 10 May 2024**

**Group 2 - Copper**

**1 minute rest between sets**

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SI
	1 on 15:00 TEACH DAY-Fly	RE
250	10 x 25 on 1:00 USRPT 100 Fly Pace	EN
600	1x{1 x 100 on 4:00 75 Free 25 Fly HB1SOBO	EN
	{4 x 25 on 1:00 Fly 3-4-5-6 KOW	EN
	{2 x 100 on 4:00 75 Free 25 Fly HB2SOBO	EN
	{4 x 25 on 1:00 Fly 3-4-5-6 KOW	EN
	{1 x 100 on 4:00 75 Free 25 Fly HB3SOBO	EN
6:30 PM	1,200 Yards - Stress Value = 23	