

Workout #31783 - Monday, 22 July 2024

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 10:00 TEACH DAY-Back
1,300	15 x 25 on :30 USRPT-100 Back Pace
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 100 on 1:50 Streamline Kick on back { 3 x 50 on 1:00 Backstroke YA-KOW+1 { 2 x 100 on 1:50 Streamline Kick on back { 3 x 50 on 1:00 Backstroke YA-KOW+1 { 3 x 100 on 1:50 Streamline Kick on back { 3 x 50 on 1:00 Backstroke YA-KOW+1 { 1 x 100 on 1:50 Streamline Kick on back { 3 x 50 on 1:00 Backstroke YA-KOW+1 1 on 10:00 Racing Skills-Back Starts
7:00 PM	2,275 Yards - Stress Value = 70

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
325	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 10:00 TEACH DAY-Back
1,000	13 x 25 on :35 USRPT-100 Back Pace
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 100 on 2:20 Streamline Kick on back { 3 x 50 on 1:15 Backstroke YA-KOW+1 { 2 x 100 on 2:20 Streamline Kick on back { 3 x 50 on 1:15 Backstroke YA-KOW+1 { 3 x 100 on 2:20 Streamline Kick on back { 2 x 50 on 1:15 Backstroke YA-KOW+1 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,875 Yards - Stress Value = 58

Workout #31787 - Monday, 22 July 2024

Group 2 - Bronze

1 minute rest between sets

Workout #31784 - Monday, 22 July 2024

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 10:00 TEACH DAY-Back
1,150	15 x 25 on :30 USRPT-100 Back Pace
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 100 on 2:05 Streamline Kick on back { 3 x 50 on 1:05 Backstroke YA-KOW+1 { 2 x 100 on 2:05 Streamline Kick on back { 3 x 50 on 1:05 Backstroke YA-KOW+1 { 3 x 100 on 2:05 Streamline Kick on back { 3 x 50 on 1:05 Backstroke YA-KOW+1 { 1 x 100 on 2:05 Streamline Kick on back 1 on 10:00 Racing Skills-Back Starts
7:00 PM	2,125 Yards - Stress Value = 67

Yards	Set Description
5:30 PM	Start
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
275	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 10:00 TEACH DAY-Back
900	11 x 25 on :40 USRPT-100 Back Pace
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 100 on 2:45 Streamline Kick on back { 3 x 50 on 1:20 Backstroke YA-KOW+1 { 2 x 100 on 2:45 Streamline Kick on back { 3 x 50 on 1:20 Backstroke YA-KOW+1 { 1 x 100 on 2:45 Streamline Kick on back { 3 x 50 on 1:20 Backstroke YA-KOW+1 { 1 x 50 on 1:20 Streamline Kick on back 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,675 Yards - Stress Value = 52

Workout #31788 - Monday, 22 July 2024

Group 2 - Copper

1 minute rest between sets

Workout #31785 - Monday, 22 July 2024

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
325	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 10:00 TEACH DAY-Back
1,050	13 x 25 on :35 USRPT-100 Back Pace
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 100 on 2:15 Streamline Kick on back { 3 x 50 on 1:10 Backstroke YA-KOW+1 { 2 x 100 on 2:15 Streamline Kick on back { 2 x 50 on 1:10 Backstroke YA-KOW+1 { 3 x 100 on 2:15 Streamline Kick on back { 3 x 50 on 1:10 Backstroke YA-KOW+1 { 1 x 50 on 1:10 Streamline Kick on back 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,925 Yards - Stress Value = 59

Yards	Set Description
5:30 PM	Start
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
250	10 x 15 on :45 Racing Skills-Back Shooters
550	1 on 16:00 TEACH DAY-Back
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 100 on 3:30 Streamline Kick on back { 3 x 50 on 1:40 Backstroke YA-KOW+1 { 2 x 100 on 3:30 Streamline Kick on back { 2 x 50 on 1:40 Backstroke YA-KOW+1 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,300 Yards - Stress Value = 42

Workout #31786 - Monday, 22 July 2024