

Workout #31789 - Tuesday, 23 July 2024

Group 2 - Breast

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	1 on 10:00 TEACH DAY-Breast
150	15 x 25 on :30 USRPT-100 Breast Pace
1,150	1x{6 x 25 on 1:00 1-3 sculling drills { 4-6 underwaters, count kicks
1,150	1x{1 x 50 on :55 Breast L.25 2k1p { 2 x 75 on 1:20 Breast L.25 2k1p { 3 x 100 on 1:40 Breast L.25 2k1p { 1 x 150 on 2:25 Breast L.25 2k1p { 3 x 100 on 1:35 Breast L.25 2k1p { 2 x 75 on 1:10 Breast L.25 2k1p { 1 x 50 on :45 Breast L.25 2k1p
200	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,325 Yards - Stress Value = 67

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 SunYangFree-Count strokes
275	10 x 15 on :45 Racing Skills-Breast Shooters
150	11 x 25 on :40 USRPT-100 Breast Pace
150	1 on 10:00 TEACH DAY-Breast
775	1x{6 x 25 on 1:00 1-3 sculling drills { 4-6 underwaters, count kicks
775	1x{1 x 50 on 1:15 Breast L.25 2k1p { 2 x 75 on 1:50 Breast L.25 2k1p { 3 x 100 on 2:30 Breast L.25 2k1p { 1 x 100 on 2:25 Breast L.25 2k1p { 2 x 75 on 1:45 Breast L.25 2k1p { 1 x 25 on :35 Breast L.25 2k1p
200	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,800 Yards - Stress Value = 49

Workout #31790 - Tuesday, 23 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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
150	1 on 10:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 1-3 sculling drills { 4-6 underwaters, count kicks
900	1x{1 x 50 on 1:05 Breast L.25 2k1p { 2 x 75 on 1:35 Breast L.25 2k1p { 3 x 100 on 2:05 Breast L.25 2k1p { 1 x 150 on 3:00 Breast L.25 2k1p { 1 x 100 on 1:55 Breast L.25 2k1p { 2 x 75 on 1:25 Breast L.25 2k1p
200	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,025 Yards - Stress Value = 56

Workout #31793 - Tuesday, 23 July 2024

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	1 on 10:00 TEACH DAY-Breast
150	10 x 25 on :45 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 1-3 sculling drills { 4-6 underwaters, count kicks
625	1x{1 x 50 on 1:30 Breast L.25 2k1p { 2 x 75 on 2:15 Breast L.25 2k1p { 3 x 100 on 3:00 Breast L.25 2k1p { 1 x 75 on 2:00 Breast L.25 2k1p { 1 x 50 on 1:30 Breast L.25 2k1p
200	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,575 Yards - Stress Value = 44

Workout #31794 - Tuesday, 23 July 2024

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
200	1 on 10:00 TEACH DAY-Breast
200	8 x 25 on 1:00 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 1-3 sculling drills { 4-6 underwaters, count kicks
475	1x{1 x 50 on 2:00 Breast L.25 2k1p { 2 x 75 on 3:00 Breast L.25 2k1p { 2 x 100 on 4:00 Breast L.25 2k1p { 1 x 75 on 3:00 Breast L.25 2k1p
200	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,375 Yards - Stress Value = 36

Workout #31791 - Tuesday, 23 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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	1 on 10:00 TEACH DAY-Breast
150	13 x 25 on :35 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 1-3 sculling drills { 4-6 underwaters, count kicks
850	1x{1 x 50 on 1:15 Breast L.25 2k1p { 2 x 75 on 1:45 Breast L.25 2k1p { 3 x 100 on 2:15 Breast L.25 2k1p { 1 x 100 on 2:10 Breast L.25 2k1p { 2 x 75 on 1:35 Breast L.25 2k1p { 2 x 50 on 1:00 Breast L.25 2k1p
200	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,925 Yards - Stress Value = 29

Workout #31792 - Tuesday, 23 July 2024