

**Workout #31450 - Monday, 06 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	F
3:45 PM Start		
310	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
300	1x{ Each round starts off the blocks	F
	{ Evens-3 stroke free or fly finish	F
	{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
1,250	25 x 50 on :50 200 Free Pace	£
1,250	1 on 9:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :55 200 Breast Pace	£
1,250	1 on 9:00 Shoulder Hangs/Cooling 3min	F
1,250	25 x 50 on :50 200 Back Pace	£
6:00 PM 4,360 Yards - Stress Value = 398		

**Workout #31453 - Wednesday, 08 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	F	EG
3:45 PM Start			
310	1 on 15:00 Dynamic Stretch/Showers	F	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	£	SF
	{1 on :30 Switch Stations	F	RE
	{4 x 15 on 1:50 DW UW OTB	F	EN
	{1 on :30 Switch Stations	F	RE
	{5 x 20 on 1:30 Buckets	£	SF
1,250	25 x 50 on :55 200 Fly Pace	£	SF
300	1 on 8:00 Video Evaluations 1+/1-	F	RE
300	1x{ Each round starts off the blocks	F	
	{ Evens-3 stroke free/fly finish	F	
	{8 x 15 on :25 Undr Wtr Fly Kck	F	EN
	{1 on :30 Rest	F	RE
	{6 x 15 on :20 Undr Wtr Fly Kck	F	EN
	{1 on :30 Rest	F	RE
	{4 x 15 on :15 Undr Wtr Fly Kck	F	EN
	{1 on :30 Rest	F	RE
	{2 x 15 on :10 Undr Wtr Fly Kck	F	EN
1,250	25 x 50 on :50 200 Free Pace	£	SF
	1 on 30:00 Meeting W/Ava	F	RE
5:57 PM 3,110 Yards - Stress Value = 273			

**Workout #31451 - Tuesday, 07 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	F
3:45 PM Start		
310	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
625	25 x 25 on :30 100 Back Pace*	£
625	1 on 7:00 Video Evaluations 1+/1-	F
625	25 x 25 on :30 100 Breast Pace*	£
625	1 on 5:00 Shoulder Hangs/Cooling 3min	F
625	25 x 25 on :30 100 Free Pace*	£
625	1 on 5:00 Shoulder Hangs/Cooling 3min	F
625	25 x 25 on :30 100 Fly Pace*	£
5:45 PM 3,060 Yards - Stress Value = 290		

**Workout #31454 - Thursday, 09 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	F
3:45 PM Start		
310	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
625	25 x 25 on :30 100 Breast Pace*	£
625	1 on 7:00 Video Evaluations 1+/1-	F
625	25 x 25 on :30 100 Free Pace*	£
625	1 on 5:00 Shoulder Hangs/Cooling	F
625	25 x 25 on :30 100 Fly Pace*	£
625	1 on 5:00 Shoulder Hangs/Cooling	F
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
5:45 PM 3,060 Yards - Stress Value = 290		

**Workout #31452 - Wednesday, 08 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EGY
5:30 AM Start		
225	1 on 15:00 DS/Showers	REC
1,500	15 x 15 on :45 Racing Skills-IM Shooters	EN2
	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	Set is over at 29:30	
1,250	1 on 10:00 Video Evaluations 1+/1-	REC
1,250	25 x 50 on :50 200 Back Pace	SP2
7:00 AM 2,975 Yards - Stress Value = 279		

**Workout #31455 - Friday, 10 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

Yards	Set Description	EG
5:30 AM Start		
225	1 on 15:00 Dynamic Stretch/Showers	RE
2,250	15 x 15 on :45 Racing Skills-Crossover Turns	SF
	30 x 75 on 1:05 500 Free Pace	SF
	Make 1 subtract 1	
1,250	1 on 7:00 Video Evaluations 1+/1-	RE
1,250	25 x 50 on :55 200 Breast Pace	SF
	1 on 4:00 Cooling	RE
	1 on 10:00 DWglider racing	SF
7:15 AM 3,725 Yards - Stress Value = 359		

**Workout #31456 - Friday, 10 May 2024**

**Group 3 - USRPT**

**1 minute rest between sets**

3:45 PM Start

Yards	Set Description
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	1 on 15:00 DS>Showers
310	1x{10 x 15 on :45 Racing Skills-Your #1 Shooter
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
	Goal set protocol 5 misses or 3 in a row
500	25 x 20 on :25 100 Breast Pace**
	1 on 8:00 Thoracic/Ankle Mobility
500	25 x 20 on :25 100 Free Pace**
	1 on 8:00 Shoulder/Hip Mobility
500	25 x 20 on :25 100 Fly Pace**
	5:16 PM 1,810 Yards - Stress Value = 167