

Workout #31778 - Monday, 22 July 2024

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | E |
|---------|---|-------|
| 7:00 AM | Start | |
| ===== | ===== | ===== |
| 310 | 1x{10 x 15 on :45 Racing Skills-Free Shooters | F |
| | {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 | S |
| 750 | 15 x 50 on :50 200 Free Pace | S |
| | 1 on 9:00 Video Evaluations 1+/1- | F |
| 500 | 20 x 25 on :30 200 Fly Pace | S |
| | 1 on 8:00 Shoulder Hangs/Cooling | F |
| 750 | 15 x 50 on :50 200 Back Pace | S |
| 9:00 AM | 2,310 Yards - Stress Value = 217 | |

Workout #31782 - Thursday, 25 July 2024

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---|---------------------------------------|-------|
| 7:00 AM | Start | |
| ===== | ===== | ===== |
| 310 | 1 on 15:00 Dynamic Stretch/Showers | REC |
| 1x{10 x 15 on :45 Racing Skills-#1 Shooters | SP3 | |
| | {1 on :30 Switch Stations | REC |
| | {4 x 15 on 1:50 DW UW OTB | EN2 |
| | {1 on :30 Switch Stations | REC |
| | {5 x 20 on 1:30 Buckets | SP2 |
| 750 | 15 x 50 on :50 #1 200 Pace | SP2 |
| | 1 on 10:00 Video Evaluations 1+/1- | REC |
| 375 | 15 x 25 on :30 #2 100 Pace | SP2 |
| | 1 on 10:00 Racing Skills-Relay Starts | REC |
| 8:21 AM | 1,435 Yards - Stress Value = 130 | |

Workout #31779 - Monday, 22 July 2024

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY | WC |
|---------|--|-------|-------|
| 5:30 PM | Start | | |
| ===== | ===== | ===== | ===== |
| | 1 on 15:00 Dynamic Stretch/Showers | REC | |
| 225 | 15 x 15 on :45 Racing Skills-#3 Shooters | SP3 | |
| 1,500 | 30 x 50 on :50 200 Fly Pace | SP2 | |
| | 1 on 17:00 Underwater Racing | SP3 | |
| | 1 on 20:00 Yoga | REC | |
| 7:00 PM | 1,725 Yards - Stress Value = 159 | | |

Workout #31780 - Tuesday, 23 July 2024

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EC |
|---------|--|-------|
| 7:00 AM | Start | |
| ===== | ===== | ===== |
| | 1 on 15:00 DS/Weights | RE |
| 310 | 1x{10 x 15 on :45 Racing Skills-Fly Shooters | SE |
| | {1 on :30 Switch Stations | RE |
| | {4 x 15 on 1:50 DW UW OTB | EN |
| | {1 on :30 Switch Stations | RE |
| | {5 x 20 on 1:30 Buckets | SE |
| 375 | 15 x 25 on :30 100 Fly Pace | SE |
| | 1 on 9:00 Video Evaluations 1+/1- | RE |
| 375 | 15 x 25 on :30 100 Back Pace | SE |
| | 1 on 8:00 Shoulder Hangs | RE |
| 375 | 15 x 25 on :30 100 Breast Pace | SE |
| | 1 on 8:00 Cooling | RE |
| 375 | 15 x 25 on :30 100 Free Pace | SE |
| 8:40 AM | 1,810 Yards - Stress Value = 169 | |

Workout #31781 - Wednesday, 24 July 2024

Group 3 - USRPT

1 minute rest between sets

| Yards | Set Description | EGY |
|---------|---|-------|
| 7:00 AM | Start | |
| ===== | ===== | ===== |
| | 1 on 15:00 Dynamic Stretch/Showers | REC |
| 310 | 1x{10 x 15 on :45 Racing Skills-#2 Shooters | SP3 |
| | {1 on :30 Switch Stations | REC |
| | {4 x 15 on 1:50 DW UW OTB | EN2 |
| | {1 on :30 Switch Stations | REC |
| | {5 x 20 on 1:30 Buckets | SP2 |
| 375 | 15 x 25 on :30 #2 100 Pace | SP2 |
| | 1 on 10:00 Video Evaluations 1+/1- | REC |
| 750 | 15 x 50 on :50 #1 200 Pace | SP2 |
| | 1 on 10:00 Racing Skills-Starts | EN1 |
| 8:21 AM | 1,435 Yards - Stress Value = 130 | |