

Workout #20887 - Monday, 01 January 2018

HighSchl - USRPT

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 1,500 30 x 50 on :50 200 Back Pace
 225 15 x 15 on 1:00 Racing Skills-Free Shooters
 750 30 x 25 on :30 100 Breast Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 1,500 30 x 50 on :50 200 Free Pace
 600 24 x 25 on :30 Kick no board BSLR w/fins
 750 30 x 25 on :30 100 Fly Pace
 200 1 x 200 on 10:00 CFP/Video 2 corrections
 3:00 PM 6,225 Yards - Stress Value = 477

1,700 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 125 on 2:15 Fly 25R-25L-75B
 {6 x 25 on :35 Fly lupldown+1
 {1 x 150 on 2:45 Fly 25R-25L-100B
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,425 Yards - Stress Value = 123

Workout #20890 - Monday, 01 January 2018

Group 2 - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:50 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:25 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,425 1x{4 x 75 on 1:40 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:15 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 125 on 2:45 Fly 25R-25L-75B
 {1 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,925 Yards - Stress Value = 108

Workout #20888 - Monday, 01 January 2018

Group 2 - Fly

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,100 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 125 on 1:50 Fly 25R-25L-75B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 150 on 2:10 Fly 25R-25L-100B
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 5,200 Yards - Stress Value = 148

Workout #20891 - Monday, 01 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 2:00 Fly Kick w/board
 {6 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:40 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,225 1x{4 x 75 on 2:00 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:40 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {2 x 125 on 3:15 Fly 25R-25L-75B
 {3 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,625 Yards - Stress Value = 104

Workout #20889 - Monday, 01 January 2018

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:35 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

Workout #20892 - Monday, 01 January 2018

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 3:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{4 x 75 on 2:15 Fly 25R-25L-25B
 {4 x 25 on :45 Fly lup1down+1
 {3 x 100 on 3:00 Fly 25R-25L-50B
 {4 x 25 on :45 Fly lup1down+1
 {2 x 125 on 3:45 Fly 25R-25L-75B
 450 18 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:28 AM 3,200 Yards - Stress Value = 88

Workout #20893 - Monday, 01 January 2018

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {2 x 50 on 2:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 75 on 3:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{2 x 75 on 3:00 Fly 25R-25L-25B
 {4 x 25 on 1:00 Fly lup1down+1
 {2 x 100 on 4:00 Fly 25R-25L-50B
 {4 x 25 on 1:00 Fly lup1down+1
 {2 x 125 on 5:00 Fly 25R-25L-75B
 225 15 x 15 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 2,475 Yards - Stress Value = 56

Workout #20894 - Tuesday, 02 January 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,500 30 x 50 on :50 200 Fly Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Free Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 9:36 AM 5,100 Yards - Stress Value = 450

Workout #20895 - Tuesday, 02 January 2018

Group 2 - Freestylers

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 250 on 4:10 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:30 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 1:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,450 1x{4 x 125 on 1:45 Freestyle
 {3 x 50 on :45 Free-descend to 5s obt
 {4 x 125 on 1:40 Freestyle
 {3 x 50 on :45 Free-descend to 5s obt
 {4 x 125 on 1:35 Freestyle
 {3 x 50 on :45 Free-descend to 5s obt
 {4 x 125 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 5,400 Yards - Stress Value = 152

Workout #20896 - Tuesday, 02 January 2018

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,025 1x{1 x 250 on 4:45 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:50 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:50 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 1:55 Free Kick w/board
 {1 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{4 x 125 on 1:55 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 125 on 1:50 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 100 on 1:25 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 75 on 1:05 Freestyle
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,975 Yards - Stress Value = 144

Workout #20897 - Tuesday, 02 January 2018

Group 2 - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:30 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:15 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 50 on 1:05 Free Kick w/board
 {2 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{4 x 125 on 2:15 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {4 x 125 on 2:10 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {4 x 100 on 1:40 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,425 Yards - Stress Value = 124

Workout #20898 - Tuesday, 02 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:00 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:45 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:30 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 50 on 1:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {4 x 100 on 1:50 Freestyle
 {4 x 50 on 1:00 Free-descend to 5s obt
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,175 Yards - Stress Value = 120

Workout #20899 - Tuesday, 02 January 2018

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 5:20 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking

{1 x 100 on 2:40 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{4 x 100 on 2:15 Freestyle
 {3 x 50 on 1:10 Free-descend to 5s obt
 {4 x 100 on 2:10 Freestyle
 {3 x 50 on 1:10 Free-descend to 5s obt
 {4 x 100 on 2:05 Freestyle
 550 22 x 25 on :40 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,700 Yards - Stress Value = 106

Workout #20900 - Tuesday, 02 January 2018

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 6:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:30 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 100 on 3:00 Free Kick w/board
 {2 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{4 x 100 on 2:45 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 {4 x 75 on 2:05 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 {2 x 75 on 2:00 Freestyle
 550 22 x 25 on :40 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,250 Yards - Stress Value = 98

Workout #20901 - Wednesday, 03 January 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,800 24 x 75 on 1:10 500 Free Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,500 30 x 50 on :50 200 IM Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 160 8 x 20 on :30 50 Free Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,500 30 x 50 on :55 400 IM Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 9:38 AM 5,560 Yards - Stress Value = 496

Workout #20902 - Wednesday, 03 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
400	1 on 15:00 DS>Showers	REC	625
3,000	1 x 400 on 5:00 Non-specific swimming	REC	200
	30 x 100 on 1:25 1650 Free Pace	SP2	
160	1 on 15:00 Racing Skills-1 leg starts	REC	
200	8 x 20 on 3:00 50 Non Free Pace	SP2	
	1 x 200 on 3:00 Closed Fist Progression REC		
	4:48 PM 3,760 Yards - Stress Value = 316		

{3 x 50 on 1:00 Breast-descend
{1 x 200 on 4:15 Breast-Kick on back
{3 x 50 on :55 Breast-descend
{1 x 200 on 4:15 Breast-Kick on back
{3 x 50 on 1:00 Breast-descend
{1 x 200 on 4:15 Breast 3-4-5-6 glide
{3 x 50 on 1:05 Breast-descend
{1 x 50 on 1:10 Breast 2K1P
25 x 25 on :35 USRPT 100 Breast Pace
1 x 200 on 4:00 Stroke Drills
11:30 AM 4,650 Yards - Stress Value = 120

Workout #20903 - Wednesday, 03 January 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	9:00 AM Start
450	1 on 35:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up 2-12, 4-14, 6-16, 6-18
1,550	10 x 15 on :45 Shooters
	1x{1 x 50 on :55 Breast Kick w/board
	{4 x 50 on 1:00 Breast Pull
	{2 x 75 on 1:25 Breast Kick w/board
	{3 x 50 on 1:00 Breast Pull
	{3 x 100 on 1:50 Breast Kick w/board
	{2 x 50 on 1:00 Breast Pull
150	4 x 125 on 2:05 Breast Kick w/board
	{2 x 50 on 1:00 Breast Pull
1,950	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 200 on 4:00 Breast 2K1P
	{3 x 50 on 1:00 Breast descend
	{1 x 200 on 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:00 Breast 3-4-5-6 glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:00 Breast 2K1P
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 5,075 Yards - Stress Value = 126

Workout #20905 - Wednesday, 03 January 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	9:00 AM Start
325	1 on 35:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up 2-15 4-17, 6-19, 1-21
1,200	10 x 15 on :45 Shooters
	1x{1 x 50 on 1:10 Breast Kick w/board
	{4 x 50 on 1:10 Breast Pull
	{2 x 75 on 1:45 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
	{3 x 100 on 2:20 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
	{2 x 100 on 2:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 200 on 4:40 Breast 2K1P
	{3 x 50 on 1:10 Breast descend
	{1 x 200 on 4:40 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 200 on 4:40 Breast-Kick on back
	{4 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:30 Breast-Kick on back
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:30 Breast 3-4-5-6 glide
	{3 x 50 on 1:10 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,275 Yards - Stress Value = 111

Workout #20904 - Wednesday, 03 January 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	9:00 AM Start
375	1 on 35:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up 2-14, 4-16, 6-18, 3-20
1,350	10 x 15 on :45 Shooters
	1x{1 x 50 on 1:05 Breast Kick w/board
	{4 x 50 on 1:05 Breast Pull
	{2 x 75 on 1:35 Breast Kick w/board
	{3 x 50 on 1:05 Breast Pull
	{3 x 100 on 2:10 Breast Kick w/board
	{3 x 50 on 1:05 Breast Pull
	{2 x 125 on 2:40 Breast Kick w/board
	{2 x 50 on 1:00 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{1 x 200 on 4:15 Breast 2K1P
	{3 x 50 on 1:05 Breast descend
	{1 x 200 on 4:15 Breast 3-4-5-6 sec glide

Workout #20906 - Wednesday, 03 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-16 4-18, 6-20, 1-22
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {3 x 100 on 2:30 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {1 x 150 on 3:50 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast 3-4-5-6 glide
 {2 x 50 on 1:20 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,975 Yards - Stress Value = 108

Workout #20907 - Wednesday, 03 January 2018

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-18 4-20, 6-22, 2-24
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 50 on 1:25 Breast Kick w/board
 {4 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {3 x 100 on 2:50 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-Kick on back
 {2 x 50 on 1:20 Breast-descend
 {1 x 150 on 4:15 Breast-Kick on back
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast 3-4-5-6 glide
 500 20 x 25 on :45 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 3,600 Yards - Stress Value = 97

Workout #20908 - Wednesday, 03 January 2018

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up

2-18 4-20, 6-22, 2-24
 150 10 x 15 on :45 Shooters
 725 1x{1 x 50 on 2:00 Breast Kick w/board
 {4 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 100 on 4:00 Breast Kick w/board
 {1 x 25 on 1:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast descend
 {1 x 100 on 4:00 Breast 3-4-5-6 sec glide
 {1 x 50 on 1:55 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {2 x 50 on 1:50 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:55 Breast-descend
 {1 x 100 on 4:00 Breast 3-4-5-6 glide
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,950 Yards - Stress Value = 74

Workout #20909 - Thursday, 04 January 2018

Group 2 - Back

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:45 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:40 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:35 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:30 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 1 on 34:00 Teach Day-BACK
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,100 Yards - Stress Value = 106

Workout #20910 - Thursday, 04 January 2018

Group 2 - Gold

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,150 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:20 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:10 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 {1 x 50 on 1:05 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 1 on 34:00 Teach Day-BACK
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,825 Yards - Stress Value = 91

Workout #20911 - Thursday, 04 January 2018

Group 2 - Silver

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:20 Streamline Kick on back
 {4 x 25 on :35 Kick no board B w/fins
 {1 x 50 on 1:05 Streamline Kick on back
 1 on 34:00 Teach Day-BACK
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,550 Yards - Stress Value = 81

Workout #20912 - Thursday, 04 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:40 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:15 Streamline Kick on back
 1 on 34:00 Teach Day-BACK
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace

1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,500 Yards - Stress Value = 81

Workout #20913 - Thursday, 04 January 2018

Group 2 - Bronze

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:00 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:55 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:50 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 1 on 34:00 Teach Day-BACK
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,250 Yards - Stress Value = 77

Workout #20914 - Thursday, 04 January 2018

Group 2 - Copper

1 minute rest between sets

9:00 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:40 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:35 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 50 on 1:40 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 1 on 34:00 Teach Day-BACK
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,100 Yards - Stress Value = 71

Workout #20915 - Thursday, 04 January 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 200 1 x 200 on 8:00 CFP/Video 2 corrections REC
 9:33 AM 5,100 Yards - Stress Value = 450

Workout #20916 - Friday, 05 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:00 AM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Walking/Jump Rope	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 15:00 Racing Skills-Tivo Starts	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 10:00 Undewater Racing	EN2	
750	30 x 25 on :30 100 Back Pace	SP2	
200	1 x 200 on 8:00 CFP/Video 2 corrections	REC	
	9:24 AM 4,600 Yards - Stress Value = 400		

Yards	Set Description	EGY
	1 on 15:00 DS/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Walking/Jump Rope	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
500	20 x 25 on :30 Kick no board BSLR w/fins	EN2
750	30 x 25 on :30 100 Fly Pace	SP2
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	
	{4 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :15 Undr Wtr Fly Kck	EN2
750	30 x 25 on :30 100 Free Pace	SP2
200	1 x 200 on 8:00 CFP/Video 2 corrections	REC
	5:26 PM 5,900 Yards - Stress Value = 466	

Workout #20917 - Friday, 05 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:00 PM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	L
1,800	24 x 75 on 1:10 500 Free Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
750	30 x 25 on :30 100 Fly or Breast Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
1,500	30 x 50 on :50 200 Free or Back Pace	SP2	S
200	1 x 200 on 3:00 CFP/	REC	D
	4:45 PM 4,650 Yards - Stress Value = 405		

Workout #20921 - Tuesday, 09 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
	1 on 40:00 DS/Weights/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
2,250	30 x 75 on 1:10 1000 Free Pace	SP2
225	15 x 15 on 1:00 Racing Skills-Back Shooters	SP3
	7:07 AM 2,875 Yards - Stress Value = 234	

Workout #20922 - Wednesday, 10 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
	1 on 15:00 DS/Dryland	REC	
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Walking/Jump Rope	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
	1 on 15:00 Racing Skills-Relay Starts	EN1	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 15:00 Underwater Fly Kick Relay	EN2	
750	30 x 25 on :30 100 Back Pace	SP2	
200	1 x 200 on 8:00 CFP/Video 2 corrections	REC	
	5:26 PM 4,600 Yards - Stress Value = 400		

Workout #20918 - Saturday, 06 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	7:00 AM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	L
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
1,500	30 x 50 on :55 200 IM Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
1,500	30 x 50 on :55 200 Fly or Breast Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
750	30 x 25 on :30 100 Free or Back Pace	SP2	S
200	1 x 200 on 3:00 CFP	REC	D
	9:29 AM 6,600 Yards - Stress Value = 600		

Workout #20923 - Thursday, 11 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
	1 on 40:00 DS/Weights/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
3,000	30 x 100 on 1:20 1650 Free Pace	SP2
225	15 x 15 on 1:00 Racing Skills -Breast Shooters	SP3
	7:12 AM 3,625 Yards - Stress Value = 309	

Workout #20919 - Monday, 08 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
	1 on 40:00 DS/Weights	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
1,500	30 x 50 on :55 400 IM Pace	SP2
225	15 x 15 on 1:00 Racing Skills-Fly Shooters	SP3
	7:00 AM 2,125 Yards - Stress Value = 159	

Workout #20920 - Monday, 08 January 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Workout #20924 - Friday, 12 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
1	on 40:00 DS/Weights/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
1,800	24 x 75 on 1:10 500 Free Pace	SP2
225	15 x 15 on 1:00 Racing Skills-Free Shooters	SP3
	7:00 AM 2,425 Yards - Stress Value = 189	

Workout #20925 - Friday, 12 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:00 PM Start	
1	on 15:00 DS/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
600	30 x 20 on :30 100 Back Pace	SP2
225	15 x 15 on 1:00 Racing Skills- IM Shooters	SP3
600	30 x 20 on :30 100 Fly Pace	SP2
	1 on 15:00 Racing Skills-Tivo Starts	REC
600	30 x 20 on :30 100 Free Pace	SP2
	1 on 15:00 Racing Skills-6 sec work	EN2
200	1 x 200 on 5:00 Non-specific swimming	REC
	5:00 PM 2,625 Yards - Stress Value = 189	

Workout #20926 - Saturday, 13 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	6:00 AM Start		
1	on 15:00 DS/Showers	REC	
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,500	30 x 50 on :50 200 Free Pace*	SP2	
	1 on 8:00 Racing Skills-Back Finishes	EN1	
1,500	30 x 50 on :50 200 Fly Pace*	SP2	
	1 on 8:00 Racing Skills-Back Starts	EN1	
1,500	30 x 50 on :50 200 Back Pace*	SP2	
	1 on 8:00 Racing Skills-Undwatr Racing	EN2	
750	30 x 25 on :30 100 Breast Pace*	SP2	
200	1 x 200 on 8:00 CFP/Video 2 corrections	REC	
	8:27 AM 5,850 Yards - Stress Value = 525		

Workout #20927 - Monday, 08 January 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,250	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:45 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:40 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:35 Streamline Kick on back {4 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:30 Streamline Kick on back {4 x 25 on :30 Kick no board B w/fins
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,200	2x{1 x 150 on 2:15 Backstroke {2 x 125 on 1:50 Backstroke {3 x 100 on 1:25 Backstroke

	{4 x 75 on 1:00 Backstroke
	{1 x 100 on 2:00 EZ Free
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 RELAY
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 5,300 Yards - Stress Value = 146

Workout #20928 - Monday, 08 January 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,150	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:20 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:15 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:10 Streamline Kick on back {4 x 25 on :30 Kick no board B w/fins {1 x 50 on 1:05 Streamline Kick on back {4 x 25 on :30 Kick no board B w/fins
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	2x{1 x 150 on 2:40 Backstroke {2 x 125 on 2:10 Backstroke {3 x 100 on 1:45 Backstroke {2 x 75 on 1:15 Backstroke {1 x 50 on 1:30 EZ Free
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 RELAY
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,625 Yards - Stress Value = 125

Workout #20929 - Monday, 08 January 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
1	on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1,000	1x{6 x 25 on :35 Kick no board B w/fins {1 x 150 on 3:35 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {1 x 150 on 3:30 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:20 Streamline Kick on back {4 x 25 on :35 Kick no board B w/fins {1 x 50 on 1:05 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	2x{1 x 150 on 3:05 Backstroke {2 x 125 on 2:30 Backstroke {2 x 100 on 1:55 Backstroke {2 x 75 on 1:25 Backstroke {1 x 50 on 1:30 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 RELAY
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 111

Workout #20930 - Monday, 08 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:40 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 3:30 Backstroke
 {2 x 125 on 2:50 Backstroke
 {2 x 100 on 2:15 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 RELAY
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 107

Workout #20931 - Monday, 08 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:00 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:55 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:50 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 2x{1 x 150 on 4:10 Backstroke
 {2 x 125 on 3:25 Backstroke
 {1 x 100 on 2:40 Backstroke
 {1 x 50 on 2:00 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 RELAY
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,350 Yards - Stress Value = 97

Workout #20932 - Monday, 08 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:40 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:35 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 50 on 1:40 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins

150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 2x{1 x 150 on 4:30 Backstroke
 {2 x 125 on 3:40 Backstroke
 {1 x 100 on 2:55 Backstroke
 {1 x 50 on 1:30 EZ Free
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 RELAY
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 91

Workout #20933 - Wednesday, 10 January 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,100 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 125 on 1:50 Fly 25R-25L-75B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 150 on 2:10 Fly 25R-25L-100B
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,050 Yards - Stress Value = 148

Workout #20934 - Wednesday, 10 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:35 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 125 on 2:15 Fly 25R-25L-75B
 {6 x 25 on :35 Fly lupldown+1
 {1 x 150 on 2:45 Fly 25R-25L-100B
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,250 Yards - Stress Value = 123

Workout #20935 - Wednesday, 10 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:50 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:25 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,425 1x{4 x 75 on 1:40 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:15 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 125 on 2:45 Fly 25R-25L-75B
 {1 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,750 Yards - Stress Value = 108

Workout #20936 - Wednesday, 10 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 2:00 Fly Kick w/board
 {6 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:40 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,225 1x{4 x 75 on 2:00 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:40 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {2 x 125 on 3:15 Fly 25R-25L-75B
 {3 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,500 Yards - Stress Value = 104

Workout #20937 - Wednesday, 10 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 3:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,050 1x{4 x 75 on 2:15 Fly 25R-25L-25B
 {4 x 25 on :45 Fly lupldown+1
 {3 x 100 on 3:00 Fly 25R-25L-50B
 {4 x 25 on :45 Fly lupldown+1
 {2 x 125 on 3:45 Fly 25R-25L-75B
 450 18 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 3,075 Yards - Stress Value = 88

Workout #20938 - Wednesday, 10 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {2 x 50 on 2:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 75 on 3:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{2 x 75 on 3:00 Fly 25R-25L-25B
 {4 x 25 on 1:00 Fly lupldown+1
 {2 x 100 on 4:00 Fly 25R-25L-50B
 {4 x 25 on 1:00 Fly lupldown+1
 {2 x 125 on 5:00 Fly 25R-25L-75B
 225 15 x 15 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,400 Yards - Stress Value = 56

Workout #20939 - Thursday, 11 January 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 50 on :55 Breast Kick w/board
 {4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:25 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {3 x 100 on 1:50 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {2 x 125 on 2:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :50 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast 3-4-5-6 glide
 {2 x 50 on 1:00 Breast-descend
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,675 Yards - Stress Value = 117

Workout #20940 - Thursday, 11 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 2-14, 4-16, 6-18, 3-20
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 50 on 1:05 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:35 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:10 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {1 x 100 on 2:10 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 4:15 Breast 2K1P
 {3 x 50 on 1:05 Breast descend
 {1 x 200 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {2 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:15 Breast 3-4-5-6 glide
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 111

950 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {3 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,275 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 75 on 2:00 Breast 3-4-5-6 glide
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 101

Workout #20943 - Thursday, 11 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 50 on 1:25 Breast Kick w/board
 {4 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {3 x 100 on 2:50 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,150 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-Kick on back
 {2 x 50 on 1:20 Breast-descend
 {1 x 150 on 4:15 Breast-Kick on back
 {3 x 50 on 1:25 Breast-descend
 500 20 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 92

Workout #20941 - Thursday, 11 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 50 on 1:10 Breast Kick w/board
 {4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 4:40 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:40 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 200 on 4:40 Breast-Kick on back
 {4 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:30 Breast-Kick on back
 {4 x 50 on 1:05 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,000 Yards - Stress Value = 103

Workout #20942 - Thursday, 11 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters

Workout #20944 - Thursday, 11 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Dryland		
300	1 x 300 on 9:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Shooters		
600	1x{1 x 50 on 2:00 Breast Kick w/board		
	{4 x 50 on 2:00 Breast Pull		
	{2 x 75 on 3:00 Breast Kick w/board		
	{2 x 50 on 2:00 Breast Pull		
	{1 x 100 on 4:00 Breast Kick w/board		
150	1x{6 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
900	1x{1 x 100 on 4:00 Breast 2K1P		
	{3 x 50 on 2:00 Breast descend		
	{1 x 100 on 4:00 Breast 3-4-5-6 sec glide		
	{1 x 50 on 1:55 Breast-descend		
	{1 x 150 on 4:00 Breast-Kick on back		
	{2 x 50 on 1:50 Breast-descend		
	{1 x 100 on 3:00 Breast-Kick on back		
	{2 x 50 on 1:55 Breast-descend		
	{1 x 50 on 2:00 Breast 3-4-5-6 glide		
375	15 x 25 on 1:00 USRPT 100 Breast Pace		
	1 on 10:00 Racing Skills-Relay Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 2,675 Yards - Stress Value = 69		

Workout #20945 - Friday, 12 January 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland		
500	4 x 125 on 2:15 SwimUSS		
150	10 x 15 on :45 Shooters		
1,950	1x{4 x 125 on 1:45 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:40 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:35 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
200	1 x 200 on 4:00 Stroke Drills		
	6:31 PM 2,800 Yards - Stress Value = 45		

Workout #20946 - Friday, 12 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland		
500	4 x 125 on 2:15 SwimUSS		
150	10 x 15 on :45 Shooters		
1,700	1x{4 x 125 on 1:55 Freestyle		
	{3 x 50 on :50 Free-descend to 5s obt		
	{4 x 125 on 1:50 Freestyle		
	{3 x 50 on :50 Free-descend to 5s obt		
	{4 x 100 on 1:25 Freestyle		
200	1 x 200 on 4:00 Stroke Drills		
	6:30 PM 2,550 Yards - Stress Value = 40		

Workout #20947 - Friday, 12 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
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Yards	Set Description	EGY	WC
	1 on 40:00 DS/Dryland		
400	4 x 100 on 2:15 SwimUSS		
150	10 x 15 on :45 Shooters		
1,450	1x{4 x 125 on 2:15 Freestyle		
	{3 x 50 on :55 Free-descend to 5s obt		
	{4 x 125 on 2:10 Freestyle		
	{3 x 50 on :55 Free-descend to 5s obt		
	{1 x 100 on 1:40 Freestyle		
	{1 x 50 on :55 Free-descend to 5s obt		
200	1 x 200 on 4:00 Stroke Drills		
	6:30 PM 2,200 Yards - Stress Value = 35		

Workout #20948 - Friday, 12 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Dryland		
400	4 x 100 on 2:15 SwimUSS		
150	10 x 15 on :45 Shooters		
1,350	1x{4 x 100 on 1:55 Freestyle		
	{3 x 50 on 1:00 Free-descend to 5s obt		
	{4 x 100 on 1:55 Freestyle		
	{3 x 50 on 1:00 Free-descend to 5s obt		
	{2 x 100 on 1:50 Freestyle		
	{1 x 50 on 1:00 Free-descend to 5s obt		
200	1 x 200 on 4:00 Stroke Drills		
	6:30 PM 2,100 Yards - Stress Value = 33		

Workout #20949 - Friday, 12 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Dryland		
300	4 x 75 on 2:15 SwimUSS		
150	10 x 15 on :45 Shooters		
1,150	1x{4 x 100 on 2:15 Freestyle		
	{3 x 50 on 1:10 Free-descend to 5s obt		
	{4 x 100 on 2:10 Freestyle		
	{2 x 50 on 1:10 Free-descend to 5s obt		
	{1 x 100 on 2:05 Freestyle		
200	1 x 200 on 4:00 Stroke Drills		
	6:30 PM 1,800 Yards - Stress Value = 29		

Workout #20950 - Friday, 12 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Dryland		
300	4 x 75 on 2:15 SwimUSS		
150	10 x 15 on :45 Shooters		
900	1x{4 x 100 on 2:45 Freestyle		
	{3 x 50 on 1:30 Free-descend to 5s obt		
	{2 x 75 on 2:05 Freestyle		
	{1 x 50 on 1:30 Free-descend to 5s obt		
	{2 x 75 on 2:00 Freestyle		
200	1 x 200 on 4:00 Stroke Drills		
	6:30 PM 1,550 Yards - Stress Value = 24		

Workout #20951 - Monday, 15 January 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:20 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,100 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 125 on 1:50 Fly 25R-25L-75B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 150 on 2:10 Fly 25R-25L-100B
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-6 sec work
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,200 Yards - Stress Value = 148

Workout #20952 - Monday, 15 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,050 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:35 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 125 on 2:15 Fly 25R-25L-75B
 {6 x 25 on :35 Fly lupldown+1
 {1 x 150 on 2:45 Fly 25R-25L-100B
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-6 sec work
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,425 Yards - Stress Value = 123

Workout #20953 - Monday, 15 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR

{4 x 75 on 1:50 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:25 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,425 1x{4 x 75 on 1:40 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:15 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 125 on 2:45 Fly 25R-25L-75B
 {1 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-6 sec work
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 108

Workout #20954 - Monday, 15 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 2:00 Fly Kick w/board
 {6 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:40 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,225 1x{4 x 75 on 2:00 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:40 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {2 x 125 on 3:15 Fly 25R-25L-75B
 {3 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-6 sec work
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 104

Workout #20955 - Monday, 15 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 3:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{4 x 75 on 2:15 Fly 25R-25L-25B
 {4 x 25 on :45 Fly lupldown+1
 {3 x 100 on 3:00 Fly 25R-25L-50B
 {4 x 25 on :45 Fly lupldown+1
 {2 x 125 on 3:45 Fly 25R-25L-75B
 450 18 x 25 on :45 Racing Skills-6 sec work
 1 on 10:00 Racing Skills-Breast pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 3,200 Yards - Stress Value = 88

Workout #20956 - Monday, 15 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {2 x 50 on 2:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 75 on 3:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{2 x 75 on 3:00 Fly 25R-25L-25B
 {4 x 25 on 1:00 Fly lup1down+1
 {2 x 100 on 4:00 Fly 25R-25L-50B
 {4 x 25 on 1:00 Fly lup1down+1
 {2 x 125 on 5:00 Fly 25R-25L-75B
 225 15 x 15 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-6 sec work
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,475 Yards - Stress Value = 56

Workout #20957 - Tuesday, 16 January 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:45 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:40 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:35 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:30 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 2x{1 x 150 on 2:15 Backstroke
 {2 x 125 on 1:50 Backstroke
 {3 x 100 on 1:25 Backstroke
 {4 x 75 on 1:00 Backstroke
 {1 x 100 on 2:00 EZ Free
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,300 Yards - Stress Value = 146

Workout #20958 - Tuesday, 16 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,150 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:20 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:10 Streamline Kick on back

{4 x 25 on :30 Kick no board B w/fins
 {1 x 50 on 1:05 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 2x{1 x 150 on 2:40 Backstroke
 {2 x 125 on 2:10 Backstroke
 {3 x 100 on 1:45 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 50 on 1:30 EZ Free
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,625 Yards - Stress Value = 125

Workout #20959 - Tuesday, 16 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:20 Streamline Kick on back
 {4 x 25 on :35 Kick no board B w/fins
 {1 x 50 on 1:05 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 2x{1 x 150 on 3:05 Backstroke
 {2 x 125 on 2:30 Backstroke
 {2 x 100 on 1:55 Backstroke
 {2 x 75 on 1:25 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 111

Workout #20960 - Tuesday, 16 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:40 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 3:30 Backstroke
 {2 x 125 on 2:50 Backstroke
 {2 x 100 on 2:15 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 107

Workout #20961 - Tuesday, 16 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:00 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:55 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:50 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 2x{1 x 150 on 4:10 Backstroke
 {2 x 125 on 3:25 Backstroke
 {1 x 100 on 2:40 Backstroke
 {1 x 50 on 2:00 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,350 Yards - Stress Value = 97

Workout #20962 - Tuesday, 16 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:40 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:35 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 50 on 1:40 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 2x{1 x 150 on 4:30 Backstroke
 {2 x 125 on 3:40 Backstroke
 {1 x 100 on 2:55 Backstroke
 {1 x 50 on 1:30 EZ Free
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 91

Workout #20963 - Wednesday, 17 January 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-14, 6-16, 6-18
 150 10 x 15 on :45 Shooters
 1,550 1x{1 x 50 on :55 Breast Kick w/board
 {4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:25 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {3 x 100 on 1:50 Breast Kick w/board
 {2 x 50 on 1:00 Breast Pull
 {4 x 125 on 2:05 Breast Kick w/board
 {2 x 50 on 1:00 Breast Pull

150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{1 x 200 on 3:30 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 3:35 Breast 3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:45 Breast-Kick on back
 {3 x 50 on :50 Breast-descend
 {1 x 200 on 3:45 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:35 Breast 3-4-5-6 glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 3:30 Breast 2K1P
 625 25 x 25 on :35 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 5,075 Yards - Stress Value = 126

Workout #20964 - Wednesday, 17 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-16, 6-18, 3-20
 150 10 x 15 on :45 Shooters
 1,350 1x{1 x 50 on 1:05 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:35 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:10 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {2 x 125 on 2:40 Breast Kick w/board
 {2 x 50 on 1:00 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{1 x 200 on 4:15 Breast 2K1P
 {3 x 50 on 1:05 Breast descend
 {1 x 200 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:15 Breast-Kick on back
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:15 Breast 3-4-5-6 glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 50 on 1:10 Breast 2K1P
 625 25 x 25 on :35 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,650 Yards - Stress Value = 120

Workout #20965 - Wednesday, 17 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 325 1 on 35:00 DS/Dryland
 13 x 25 on :40 Wednesday Warm-up
 2-15 4-17, 6-19, 1-21
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 50 on 1:10 Breast Kick w/board
 {4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {2 x 100 on 2:20 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 200 on 4:40 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:40 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 200 on 4:40 Breast-Kick on back
 {4 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:30 Breast-Kick on back
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:30 Breast 3-4-5-6 glide
 {3 x 50 on 1:10 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,275 Yards - Stress Value = 111

1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-18 4-20, 6-22, 2-24
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 50 on 1:25 Breast Kick w/board
 {4 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {3 x 100 on 2:50 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-Kick on back
 {2 x 50 on 1:20 Breast-descend
 {1 x 150 on 4:15 Breast-Kick on back
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast 3-4-5-6 glide
 500 20 x 25 on :45 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,600 Yards - Stress Value = 97

Workout #20968 - Wednesday, 17 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 12 x 25 on :45 Wednesday Warm-up
 2-18 4-20, 6-22, 2-24
 150 10 x 15 on :45 Shooters
 725 1x{1 x 50 on 2:00 Breast Kick w/board
 {4 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 100 on 4:00 Breast Kick w/board
 {1 x 25 on 1:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast descend
 {1 x 100 on 4:00 Breast 3-4-5-6 sec glide
 {1 x 50 on 1:55 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {2 x 50 on 1:50 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:55 Breast-descend
 {1 x 100 on 4:00 Breast 3-4-5-6 glide
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 74

Workout #20966 - Wednesday, 17 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 325 1 on 35:00 DS/Dryland
 13 x 25 on :40 Wednesday Warm-up
 2-16 4-18, 6-20, 1-22
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {3 x 100 on 2:30 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {1 x 150 on 3:50 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast 3-4-5-6 glide
 {2 x 50 on 1:20 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 108

Workout #20967 - Wednesday, 17 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

Workout #20969 - Monday, 15 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	7:00 AM Start		
=====	=====	=====	=====
	1 on 40:00 DS/Weights/Showers	REC	L
400	1 x 400 on 5:00 Non-specific swimming	REC	S
750	30 x 25 on :30 100 Breast Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
750	30 x 25 on :30 100 Free Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
1,500	30 x 50 on :50 200 Fly Pace	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
1,500	30 x 50 on :50 200 Free Pace	SP2	S
200	1 x 200 on 8:00 Non-specific swimming	REC	D
	9:33 AM 5,100 Yards - Stress Value = 450		

Workout #20970 - Monday, 15 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
400	1 x 400 on 5:00 Non-specific swimming	REC	
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	
	1 on 20:00 Racing Skills-TN Turn Drills	REC	
160	8 x 20 on 3:00 50 Free Pace	SP2	
200	1 x 200 on 4:00 CFP	REC	
	4:44 PM 3,010 Yards - Stress Value = 241		

Workout #20971 - Tuesday, 16 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
=====	=====	=====
	1 on 40:00 DS/Weights	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
1,500	30 x 50 on :55 400 IM Pace	SP2
225	15 x 15 on 1:00 Racing Skills-Free Shooters	SP2
	7:00 AM 2,125 Yards - Stress Value = 159	

Workout #20972 - Wednesday, 17 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:00 PM Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	L
400	1 x 400 on 5:00 Non-specific swimming	REC	D
1,500	30 x 50 on :55 200 Breast Pace	SP2	S
	1 on 10:00 Racing Skills-Relay Starts	REC	D
1,500	30 x 50 on :50 200 Back Pace	SP2	S
	1 on 10:00 Underwater Fly Kick Relay	EN2	K
1,500	30 x 50 on :55 200 IM Pace	SP2	S
160	8 x 20 on 3:00 50 Free Pace	SP2	S
200	1 x 200 on 3:00 CFP	REC	D
	5:33 PM 5,260 Yards - Stress Value = 466		

Workout #20973 - Thursday, 18 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
=====	=====	=====
	1 on 40:00 DS/Weights	REC

3,000	30 x 100 on 1:20 100 Free Pace	SP2
225	15 x 15 on 1:00 Racing Skills-Fly Shooters	SP3
	7:06 AM 3,225 Yards - Stress Value = 309	

Workout #20974 - Friday, 19 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
=====	=====	=====
	1 on 40:00 DS/Weights/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
1,800	24 x 75 on 1:05 500 Free Pace	SP2
225	15 x 15 on 1:00 Racing Skills-Breast Shooters	SP3
	6:58 AM 2,425 Yards - Stress Value = 189	

Workout #20975 - Friday, 19 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:00 PM Start	
=====	=====	=====
	1 on 15:00 DS/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
600	30 x 20 on :30 100 Back Pace	SP2
225	15 x 15 on 1:00 Racing Skills- IM Shooters	SP3
600	30 x 20 on :30 100 Fly Pace	SP2
	1 on 15:00 Racing Skills-Tivo Starts	REC
600	30 x 20 on :30 100 Free Pace	SP2
	1 on 15:00 Racing Skills-6 sec work	EN2
200	1 x 200 on 5:00 Non-specific swimming	REC
	5:00 PM 2,625 Yards - Stress Value = 189	

Workout #20976 - Monday, 22 January 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
=====	=====	=====
	1 on 35:00 DS/Dryland	REC
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP	
150	10 x 15 on :45 Shooters	
2,250	1x{ Evens-underwaters, count kicks	
	{6 x 25 on 1:00 Odds face in sculling drills	
	{1 x 50 on :55 Breast Kick w/board	
	{3 x 50 on 1:00 Breast descend	
	{4 x 50 on 1:00 Breast Pull	
	{2 x 50 on 1:00 Breast Pull	
	{1 x 200 on 3:30 Breast 2K1P	
	{2 x 75 on 1:25 Breast Kick w/board	
	{3 x 50 on 1:00 Breast Pull	
	{4 x 125 on 2:05 Breast Kick w/board	
	{3 x 100 on 1:50 Breast Kick w/board	
	{1 x 200 on 3:35 Breast 3-4-5-6 sec glide	
	{2 x 50 on 1:00 Breast Pull	
1,400	1x{3 x 50 on :55 Breast-descend	
	{1 x 200 on 3:45 Breast-Kick on back	
	{3 x 50 on :50 Breast-descend	
	{1 x 200 on 3:45 Breast-Kick on back	
	{3 x 50 on :55 Breast-descend	
	{1 x 200 on 3:35 Breast 3-4-5-6 glide	
	{3 x 50 on 1:00 Breast-descend	
	{1 x 200 on 3:30 Breast 2K1P	
625	25 x 25 on :35 USRPT 100 Breast Pace	
200	1 x 200 on 4:00 Stroke Drills	
	7:27 PM 5,225 Yards - Stress Value = 126	

Workout #20977 - Monday, 22 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
1,350	1x{1 x 50 on 1:05 Breast Kick w/board { 4 x 50 on 1:05 Breast Pull { 2 x 75 on 1:35 Breast Kick w/board { 3 x 50 on 1:05 Breast Pull { 3 x 100 on 2:10 Breast Kick w/board { 3 x 50 on 1:05 Breast Pull { 2 x 125 on 2:40 Breast Kick w/board { 2 x 50 on 1:00 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{1 x 200 on 4:15 Breast 2K1P { 3 x 50 on 1:05 Breast descend { 1 x 200 on 4:15 Breast 3-4-5-6 sec glide { 3 x 50 on 1:00 Breast-descend { 1 x 200 on 4:15 Breast-Kick on back { 3 x 50 on :55 Breast-descend { 1 x 200 on 4:15 Breast-Kick on back { 3 x 50 on 1:00 Breast-descend { 1 x 200 on 4:15 Breast 3-4-5-6 glide { 3 x 50 on 1:05 Breast-descend { 1 x 50 on 1:10 Breast 2K1P
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:21 PM 4,675 Yards - Stress Value = 114

Workout #20978 - Monday, 22 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,200	1x{1 x 50 on 1:10 Breast Kick w/board { 4 x 50 on 1:10 Breast Pull { 2 x 75 on 1:45 Breast Kick w/board { 3 x 50 on 1:10 Breast Pull { 3 x 100 on 2:20 Breast Kick w/board { 3 x 50 on 1:10 Breast Pull { 2 x 100 on 2:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 200 on 4:40 Breast 2K1P { 3 x 50 on 1:10 Breast descend { 1 x 200 on 4:40 Breast 3-4-5-6 sec glide { 3 x 50 on 1:05 Breast-descend { 1 x 200 on 4:40 Breast-Kick on back { 4 x 50 on 1:00 Breast-descend { 1 x 150 on 3:30 Breast-Kick on back { 3 x 50 on 1:05 Breast-descend { 1 x 150 on 3:30 Breast 3-4-5-6 glide { 3 x 50 on 1:10 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 111

Workout #20979 - Monday, 22 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland

400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,150	1x{1 x 50 on 1:15 Breast Kick w/board { 4 x 50 on 1:15 Breast Pull { 2 x 75 on 1:55 Breast Kick w/board { 3 x 50 on 1:15 Breast Pull { 3 x 100 on 2:30 Breast Kick w/board { 3 x 50 on 1:15 Breast Pull { 1 x 150 on 3:50 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 150 on 4:00 Breast 2K1P { 3 x 50 on 1:20 Breast descend { 1 x 150 on 4:00 Breast 3-4-5-6 sec glide { 3 x 50 on 1:15 Breast-descend { 1 x 150 on 4:00 Breast-Kick on back { 3 x 50 on 1:10 Breast-descend { 1 x 150 on 4:00 Breast-Kick on back { 3 x 50 on 1:15 Breast-descend { 1 x 150 on 4:00 Breast 3-4-5-6 glide { 2 x 50 on 1:20 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 108

Workout #20980 - Monday, 22 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,000	1x{1 x 50 on 1:25 Breast Kick w/board { 4 x 50 on 1:25 Breast Pull { 2 x 75 on 2:05 Breast Kick w/board { 3 x 50 on 1:25 Breast Pull { 3 x 100 on 2:50 Breast Kick w/board { 3 x 50 on 1:25 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{1 x 150 on 4:15 Breast 2K1P { 3 x 50 on 1:30 Breast descend { 1 x 150 on 4:15 Breast 3-4-5-6 sec glide { 3 x 50 on 1:25 Breast-descend { 1 x 150 on 4:15 Breast-Kick on back { 2 x 50 on 1:20 Breast-descend { 1 x 150 on 4:15 Breast-Kick on back { 3 x 50 on 1:25 Breast-descend { 1 x 150 on 4:15 Breast 3-4-5-6 glide
500	20 x 25 on :45 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,650 Yards - Stress Value = 97

Workout #20981 - Monday, 22 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
 2-18 4-20, 6-22, 2-24
 150 10 x 15 on :45 Shooters
 725 1x{1 x 50 on 2:00 Breast Kick w/board
 {4 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 100 on 4:00 Breast Kick w/board
 {1 x 25 on 1:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast descend
 {1 x 100 on 4:00 Breast 3-4-5-6 sec glide
 {1 x 50 on 1:55 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {2 x 50 on 1:50 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:55 Breast-descend
 {1 x 100 on 4:00 Breast 3-4-5-6 glide
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 74

1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 {8 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 {8 x 25 on :35 Kick no board 4L4R
 {4 x 50 on 1:00 Kick 1fly lbrst 2free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{1 x 200 on 3:20 Individual Medley
 {8 x 25 on :30 Fly
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:15 Individual Medley
 {8 x 25 on :30 Backstroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:10 Individual Medley
 {8 x 25 on :30 Breaststroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Freestyle
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,750 Yards - Stress Value = 140

Workout #20984 - Tuesday, 23 January 2018

Group 2 - Silver

1 minute rest between sets

Workout #20982 - Tuesday, 23 January 2018

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Dryland
 1 x 600 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :30 Kick no board B
 {4 x 50 on :50 Kick 1fly lbrst 2 free
 {8 x 25 on :30 Kick no board S
 {4 x 50 on :50 Kick 1fly 2brst 1 free
 {6 x 25 on :30 Kick no board L
 {4 x 50 on :50 Kick 2 fly lbrst 1 free
 {6 x 25 on :30 Kick no board R
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{1 x 200 on 3:00 Individual Medley
 {8 x 25 on :25 Fly
 {1 x 100 on 1:20 Reverse IM
 {1 x 200 on 2:55 Individual Medley
 {8 x 25 on :25 Backstroke
 {1 x 100 on 1:20 Reverse IM
 {1 x 200 on 2:50 Individual Medley
 {8 x 25 on :25 Breaststroke
 {2 x 100 on 1:20 Reverse IM
 {1 x 200 on 2:45 Individual Medley
 {8 x 25 on :25 Freestyle
 {2 x 100 on 1:20 Reverse IM
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,350 Yards - Stress Value = 151

5:00 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 {6 x 25 on :40 Kick no board S
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 {6 x 25 on :40 Kick no board 2L2R
 {4 x 50 on 1:10 Kick 1fly lbrst 2free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 4:00 Individual Medley
 {8 x 25 on :35 Fly
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:55 Individual Medley
 {8 x 25 on :35 Backstroke
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:50 Individual Medley
 {8 x 25 on :35 Breaststroke
 {1 x 100 on 1:50 Reverse IM
 {2 x 25 on :30 Freestyle
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,125 Yards - Stress Value = 118

Workout #20983 - Tuesday, 23 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

Workout #20985 - Tuesday, 23 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 900 1x{6 x 25 on :40 Kick no board B
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {6 x 25 on :40 Kick no board S
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {6 x 25 on :40 Kick no board 2L2R
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 4:15 Individual Medley
 {8 x 25 on :35 Fly
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:10 Individual Medley
 {8 x 25 on :35 Backstroke
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:05 Individual Medley
 {8 x 25 on :35 Breaststroke
 {1 x 100 on 2:00 Reverse IM
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 109

Workout #20986 - Tuesday, 23 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {6 x 25 on :45 Kick no board S
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {6 x 25 on :45 Kick no board 2L2R
 {1 x 50 on 1:30 Kick your choice
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 5:00 Individual Medley
 {8 x 25 on :45 4 Fly 4 Back
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 5:00 Individual Medley
 {10 x 25 on :45 5 Breast 5 Free
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 4:00 Individual Medley
 500 20 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #20987 - Tuesday, 23 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{6 x 25 on 1:00 Kick no board B
 {2 x 50 on 2:00 Kick 1fly 1brst
 {6 x 25 on 1:00 Kick no board S

{2 x 50 on 2:00 Kick 1 brst 1 free
 {4 x 25 on 1:00 Kick no board 2L2R
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 6:00 Individual Medley
 {6 x 25 on :45 3 Fly 3 Back
 {1 x 100 on 3:00 Reverse IM
 {1 x 200 on 6:00 Individual Medley
 {8 x 25 on :45 4 Breast 4 Free
 {1 x 100 on 3:00 Reverse IM
 {1 x 150 on 4:00 Individual Medley no free
 1,500 15 x 100 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 190

Workout #20988 - Monday, 22 January 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights REC
 2,250 30 x 75 on 1:10 1000 Free Pace SP2
 225 15 x 15 on 1:00 Racing Skills-Fly Shooters SP3
 7:01 AM 2,475 Yards - Stress Value = 234

Workout #20989 - Monday, 22 January 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 9:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {6 x 15 on :25 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {4 x 15 on :20 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {2 x 15 on :15 Undr Wtr Fly Kck EN2
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 20:00 Racing Skills-Starts REC
 1,000 40 x 25 on :30 200 Fly Pace SP2
 200 1 x 200 on 10:00 CFP/Video 2 corrections REC
 5:30 PM 4,900 Yards - Stress Value = 406

Workout #20990 - Tuesday, 23 January 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights/Showers REC
 400 1 x 400 on 5:00 Non-specific swimming REC
 3,000 30 x 100 on 1:20 1650 Free Pace SP2
 225 15 x 15 on 1:00 Racing Skills-Back Shooters SP3
 7:12 AM 3,625 Yards - Stress Value = 309

Workout #20991 - Wednesday, 24 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 8:00 Walking/Jump Rope	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 10:00 Racing Skills-Relay Starts	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 15:00 Undr Wtr Fly Kck Relay	EN2	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
200	1 x 200 on 8:00 CFP/Video 2 corrections	REC	
	5:29 PM 5,100 Yards - Stress Value = 450		

Workout #20992 - Thursday, 25 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 PM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,500	30 x 50 on :55 400 IM Pace	SP2	
225	15 x 15 on 1:00 Racing Skills-Breast Shooters	EN2	
	7:00 PM 2,125 Yards - Stress Value = 159		

Workout #20993 - Thursday, 25 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,500	30 x 50 on :50 200 Fly Pace	SP2	
	1 on 10:00 Walking/Jump Rope	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 15:00 Racing Skills-Back Starts	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 15:00 Underwater Racing	EN2	
1,500	30 x 50 on :50 200 Free Pace	SP2	
200	1 x 200 on 10:00 CFP/Video 2 corrections	REC	
	5:29 PM 4,700 Yards - Stress Value = 450		

Workout #20994 - Friday, 26 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:30 AM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,800	24 x 75 on 1:05 500 Free Pace	SP2	
225	15 x 15 on 1:00 Racing Skills-Free Shooters	EN2	
	6:58 AM 2,425 Yards - Stress Value = 189		

Workout #20995 - Friday, 26 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	3:00 PM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
600	30 x 20 on :30 100 Breast Pace	SP2	

225	15 x 15 on 1:00 Racing Skills-	IM Shooters	SP3
600	30 x 20 on :30 100 Back Pace		SP2
	1 on 15:00 Racing Skills-Tivo Starts		REC
600	30 x 20 on :30 100 Fly Pace		SP2
	1 on 15:00 Racing Skills-6 sec work		EN2
200	1 x 200 on 5:00 Non-specific swimming		REC
	5:00 PM 2,625 Yards - Stress Value = 189		

Workout #20996 - Saturday, 27 January 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	7:00 AM Start		
400	1 x 400 on 5:00 Non-specific swimming	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 15:00 Racing Skills-Stanford Turn Drill	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 12:00 IP's with peer coaching	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Walking/Jump Rope	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
200	1 x 200 on 8:00 CFP/Video 2 corrections	REC	
	9:31 AM 5,100 Yards - Stress Value = 450		

Workout #20997 - Wednesday, 24 January 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
450	18 x 25 on :30 Wednesday Warm-up		
150	10 x 15 on :45 Shooters		
1,100	1x{1 x 250 on 4:10 Free Kick w/board		
	{4 x 25 on :45 Tombstone Kicking		
	{1 x 200 on 3:20 Free Kick w/board		
	{4 x 25 on :45 Tombstone Kicking		
	{1 x 150 on 2:30 Free Kick w/board		
	{4 x 25 on :45 Tombstone Kicking		
	{1 x 100 on 1:40 Free Kick w/board		
	{4 x 25 on :45 Tombstone Kicking		
150	1x{6 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
2,450	1x{4 x 125 on 1:45 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:40 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:35 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:30 Freestyle		
750	30 x 25 on :30 USRPT 100 Free Pace		
	1 on 10:00 Racing Skills-Finishes StrghtArm		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 5,250 Yards - Stress Value = 152		

Workout #20998 - Wednesday, 24 January 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,025	1x{1 x 250 on 4:45 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:50 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 2:50 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 100 on 1:55 Free Kick w/board {1 x 25 on :45 Tombstone Kicking
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,150	1x{4 x 125 on 1:55 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 125 on 1:50 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 100 on 1:25 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 75 on 1:05 Freestyle
750	30 x 25 on :30 USRPT 100 Free Pace
200	1 on 10:00 Racing Skills-Finishes StrghtArm
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,800 Yards - Stress Value = 144

Workout #20999 - Wednesday, 24 January 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 4:30 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:20 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:15 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 50 on 1:05 Free Kick w/board {2 x 25 on :45 Tombstone Kicking
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,850	1x{4 x 125 on 2:15 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 125 on 2:10 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 100 on 1:40 Freestyle {3 x 50 on :55 Free-descend to 5s obt
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,250 Yards - Stress Value = 124

Workout #21000 - Wednesday, 24 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 5:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking

	{1 x 150 on 3:45 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:30 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 50 on 1:15 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{4 x 100 on 1:55 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {4 x 100 on 1:55 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {4 x 100 on 1:50 Freestyle {4 x 50 on 1:00 Free-descend to 5s obt
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 120

Workout #21001 - Wednesday, 24 January 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 5:20 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {1 x 150 on 4:00 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {1 x 100 on 2:40 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{4 x 100 on 2:15 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {4 x 100 on 2:10 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {4 x 100 on 2:05 Freestyle
550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 106

Workout #21002 - Wednesday, 24 January 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 6:00 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {1 x 150 on 4:30 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {1 x 100 on 3:00 Free Kick w/board {2 x 25 on 1:00 Tombstone Kicking
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{4 x 100 on 2:45 Freestyle {3 x 50 on 1:30 Free-descend to 5s obt {4 x 75 on 2:05 Freestyle {3 x 50 on 1:30 Free-descend to 5s obt {2 x 75 on 2:00 Freestyle
550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 98

Workout #21003 - Thursday, 25 January 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
1,250	10 x 15 on :45 Shooters
	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:45 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:40 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:35 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:30 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	1 on 34:00 Teach Day-BACK
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 106

Workout #21004 - Thursday, 25 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
1,150	10 x 15 on :45 Shooters
	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:20 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:10 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 50 on 1:05 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	1 on 34:00 Teach Day-BACK
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,825 Yards - Stress Value = 91

Workout #21005 - Thursday, 25 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
1,000	10 x 15 on :45 Shooters
	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:35 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:30 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:20 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 50 on 1:05 Streamline Kick on back
	1 on 34:00 Teach Day-BACK
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,550 Yards - Stress Value = 81

Workout #21006 - Thursday, 25 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
1,000	10 x 15 on :45 Shooters
	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:40 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:35 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:30 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:15 Streamline Kick on back
	1 on 34:00 Teach Day-BACK
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 81

Workout #21007 - Thursday, 25 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:00 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:55 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:50 Streamline Kick on back
	{2 x 25 on :45 Kick no board B w/fins
	1 on 34:00 Teach Day-BACK
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 77

Workout #21008 - Thursday, 25 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 35:00 DS/Dryland	REC	L DF	
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3	REC	D FF	
150	10 x 15 on :45 Shooters	SP3	S FI	
750	1x{6 x 25 on :45 Kick no board B w/fins	EN2	S FI	
	{1 x 100 on 3:40 Streamline Kick on back	EN2	S FI	
	{6 x 25 on :45 Kick no board B w/fins	EN2	S FI	
	{1 x 100 on 3:35 Streamline Kick on back	EN2	S FI	
	{6 x 25 on :45 Kick no board B w/fins	EN2	S FI	
	{1 x 50 on 1:40 Streamline Kick on back	EN2	S FI	
	{2 x 25 on :45 Kick no board B w/fins	EN2	S FI	
	1 on 34:00 Teach Day-BACK	REC	L DF	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	EN2	S FI	
	{ Evens-underwaters, count kicks	EN2	S FI	
500	20 x 25 on :45 USRPT-100 Back Pace	EN2	S FI	
	1 on 10:00 Racing Skills-Back Starts	EN2	S FI	
200	1 x 200 on 4:00 Stroke Drills	REC	D CI	
	7:30 PM 2,100 Yards - Stress Value = 71			

Workout #21009 - Friday, 26 January 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 40:00 DS/Dryland	REC	L DF	
500	4 x 125 on 2:15 SwimUSS	REC	D FF	
150	10 x 15 on :45 Shooters	SP3	S FI	
1,650	1x{4 x 75 on 1:05 Fly 25R-25L-25B	EN2	S FI	
	{4 x 25 on :30 Fly lupldown+1	EN2	S FI	
	{4 x 100 on 1:25 Fly 25R-25L-50B	EN2	S FI	
	{4 x 25 on :30 Fly lupldown+1	EN2	S FI	
	{4 x 125 on 1:45 Fly 25R-25L-75B	EN2	S FI	
	{4 x 25 on :30 Fly lupldown+1	EN2	S FI	
	{1 x 150 on 2:00 Fly 25R-25L-100B	EN2	S FI	
200	1 x 200 on 4:00 Stroke Drills	REC	D CI	
	6:29 PM 2,500 Yards - Stress Value = 39			

Workout #21010 - Friday, 26 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 40:00 DS/Dryland	REC	L DF	
500	4 x 125 on 2:15 SwimUSS	REC	D FF	
150	10 x 15 on :45 Shooters	SP3	S FI	
1,400	1x{4 x 75 on 1:15 Fly 25R-25L-25B	EN2	S FI	
	{4 x 25 on :35 Fly lupldown+1	EN2	S FI	
	{4 x 100 on 1:45 Fly 25R-25L-50B	EN2	S FI	
	{4 x 25 on :35 Fly lupldown+1	EN2	S FI	
	{2 x 125 on 2:10 Fly 25R-25L-75B	EN2	S FI	
	{4 x 25 on :35 Fly lupldown+1	EN2	S FI	
	{1 x 150 on 2:35 Fly 25R-25L-100B	EN2	S FI	
200	1 x 200 on 4:00 Stroke Drills	REC	D CI	
	6:30 PM 2,250 Yards - Stress Value = 34			

Workout #21011 - Friday, 26 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 40:00 DS/Dryland	REC	L DF	
400	4 x 100 on 2:15 SwimUSS	REC	D FF	

150	10 x 15 on :45 Shooters	SP3	S FLY
1,150	1x{4 x 75 on 1:35 Fly 25R-25L-25B	EN2	S FLY
	{4 x 25 on :40 Fly lupldown+1	EN2	S FLY
	{4 x 100 on 2:10 Fly 25R-25L-50B	EN2	S FLY
	{4 x 25 on :40 Fly lupldown+1	EN2	S FLY
	{2 x 125 on 2:40 Fly 25R-25L-75B	EN2	S FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D CI
	6:30 PM 1,900 Yards - Stress Value = 29		

Workout #21012 - Friday, 26 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 40:00 DS/Dryland	REC	L DF	
400	4 x 100 on 2:15 SwimUSS	REC	D FF	
150	10 x 15 on :45 Shooters	SP3	S FLY	
1,000	1x{4 x 75 on 1:55 Fly 25R-25L-25B	EN2	S FLY	
	{4 x 25 on :40 Fly lupldown+1	EN2	S FLY	
	{2 x 100 on 2:30 Fly 25R-25L-50B	EN2	S FLY	
	{4 x 25 on :40 Fly lupldown+1	EN2	S FLY	
	{2 x 125 on 3:05 Fly 25R-25L-75B	EN2	S FLY	
	{2 x 25 on :40 Fly lupldown+1	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CI	
	6:30 PM 1,750 Yards - Stress Value = 26			

Workout #21013 - Friday, 26 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 40:00 DS/Dryland	REC	L DF	
300	4 x 75 on 2:15 SwimUSS	REC	D FF	
150	10 x 15 on :45 Shooters	SP3	S FLY	
850	1x{4 x 75 on 2:15 Fly 25R-25L-25B	EN2	S FLY	
	{4 x 25 on :45 Fly lupldown+1	EN2	S FLY	
	{1 x 100 on 3:00 Fly 25R-25L-50B	EN2	S FLY	
	{4 x 25 on :45 Fly lupldown+1	EN2	S FLY	
	{2 x 125 on 3:45 Fly 25R-25L-75B	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CI	
	6:30 PM 1,500 Yards - Stress Value = 23			

Workout #21014 - Friday, 26 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
=====	=====	===	====	==
	1 on 40:00 DS/Dryland	REC	L DF	
300	4 x 75 on 2:15 SwimUSS	REC	D FF	
150	10 x 15 on :45 Shooters	SP3	S FLY	
625	1x{2 x 75 on 3:00 Fly 25R-25L-25B	EN2	S FLY	
	{4 x 25 on 1:00 Fly lupldown+1	EN2	S FLY	
	{2 x 100 on 4:00 Fly 25R-25L-50B	EN2	S FLY	
	{2 x 25 on 1:00 Fly lupldown+1	EN2	S FLY	
	{1 x 125 on 5:00 Fly 25R-25L-75B	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CI	
	6:29 PM 1,275 Yards - Stress Value = 18			

Workout #21015 - Monday, 29 January 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:45 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:40 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:35 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:30 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 2x{1 x 150 on 2:15 Backstroke
 {2 x 125 on 1:50 Backstroke
 {3 x 100 on 1:25 Backstroke
 {4 x 75 on 1:00 Backstroke
 {1 x 100 on 2:00 EZ Free
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,300 Yards - Stress Value = 146

{1 x 150 on 3:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:20 Streamline Kick on back
 {4 x 25 on :35 Kick no board B w/fins
 {1 x 50 on 1:05 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 2x{1 x 150 on 3:05 Backstroke
 {2 x 125 on 2:30 Backstroke
 {2 x 100 on 1:55 Backstroke
 {2 x 75 on 1:25 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 111

Workout #21018 - Monday, 29 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:40 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 3:30 Backstroke
 {2 x 125 on 2:50 Backstroke
 {2 x 100 on 2:15 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 107

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:40 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 3:30 Backstroke
 {2 x 125 on 2:50 Backstroke
 {2 x 100 on 2:15 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 107

Workout #21019 - Monday, 29 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,150 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:20 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:10 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 {1 x 50 on 1:05 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 2x{1 x 150 on 2:40 Backstroke
 {2 x 125 on 2:10 Backstroke
 {3 x 100 on 1:45 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 50 on 1:30 EZ Free
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,625 Yards - Stress Value = 125

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:00 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:55 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:50 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 2x{1 x 150 on 4:10 Backstroke
 {2 x 125 on 3:25 Backstroke
 {1 x 100 on 2:40 Backstroke
 {1 x 50 on 2:00 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,350 Yards - Stress Value = 97

Workout #21017 - Monday, 29 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins

Workout #21020 - Monday, 29 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:40 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:35 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 50 on 1:40 Streamline Kick on back
 {2 x 25 on :45 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 2x{1 x 150 on 4:30 Backstroke
 {2 x 125 on 3:40 Backstroke
 {1 x 100 on 2:55 Backstroke
 {1 x 50 on 1:30 EZ Free
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 91

{3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {8 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {8 x 25 on :35 Kick no board 4L4R
 {4 x 50 on 1:00 Kick 1fly 1brst 2free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{1 x 200 on 3:20 Individual Medley
 {8 x 25 on :30 Fly
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:15 Individual Medley
 {8 x 25 on :30 Backstroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:10 Individual Medley
 {8 x 25 on :30 Breaststroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Freestyle
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,750 Yards - Stress Value = 140

Workout #21023 - Tuesday, 30 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly 1brst 1 free
 {6 x 25 on :40 Kick no board S
 {3 x 50 on 1:10 Kick 1fly 1brst 1 free
 {6 x 25 on :40 Kick no board 2L2R
 {4 x 50 on 1:10 Kick 1fly 1brst 2free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 4:00 Individual Medley
 {8 x 25 on :35 Fly
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:55 Individual Medley
 {8 x 25 on :35 Backstroke
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:50 Individual Medley
 {8 x 25 on :35 Breaststroke
 {1 x 100 on 1:50 Reverse IM
 {2 x 25 on :30 Freestyle
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,125 Yards - Stress Value = 118

Workout #21021 - Tuesday, 30 January 2018

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :30 Kick no board B
 {4 x 50 on :50 Kick 1fly 1brst 2 free
 {8 x 25 on :30 Kick no board S
 {4 x 50 on :50 Kick 1fly 2brst 1 free
 {6 x 25 on :30 Kick no board L
 {4 x 50 on :50 Kick 2 fly 1brst 1 free
 {6 x 25 on :30 Kick no board R
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{1 x 200 on 3:00 Individual Medley
 {8 x 25 on :25 Fly
 {1 x 100 on 1:20 Reverse IM
 {1 x 200 on 2:55 Individual Medley
 {8 x 25 on :25 Backstroke
 {1 x 100 on 1:20 Reverse IM
 {1 x 200 on 2:50 Individual Medley
 {8 x 25 on :25 Breaststroke
 {2 x 100 on 1:20 Reverse IM
 {1 x 200 on 2:45 Individual Medley
 {8 x 25 on :25 Freestyle
 {2 x 100 on 1:20 Reverse IM
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,350 Yards - Stress Value = 151

Workout #21022 - Tuesday, 30 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,100 1x{8 x 25 on :35 Kick no board B

Workout #21024 - Tuesday, 30 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 900 1x{6 x 25 on :40 Kick no board B
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {6 x 25 on :40 Kick no board S
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {6 x 25 on :40 Kick no board 2L2R
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 4:15 Individual Medley
 {8 x 25 on :35 Fly
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:10 Individual Medley
 {8 x 25 on :35 Backstroke
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:05 Individual Medley
 {8 x 25 on :35 Breaststroke
 {1 x 100 on 2:00 Reverse IM
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,900 Yards - Stress Value = 109

Workout #21025 - Tuesday, 30 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {6 x 25 on :45 Kick no board S
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {6 x 25 on :45 Kick no board 2L2R
 {1 x 50 on 1:30 Kick your choice
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 5:00 Individual Medley
 {8 x 25 on :45 4 Fly 4 Back
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 5:00 Individual Medley
 {10 x 25 on :45 5 Breast 5 Free
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 4:00 Individual Medley
 500 20 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #21026 - Tuesday, 30 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{6 x 25 on 1:00 Kick no board B
 {2 x 50 on 2:00 Kick 1fly 1brst
 {6 x 25 on 1:00 Kick no board S

{2 x 50 on 2:00 Kick 1 brst 1 free
 {4 x 25 on 1:00 Kick no board 2L2R
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 6:00 Individual Medley
 {6 x 25 on :45 3 Fly 3 Back
 {1 x 100 on 3:00 Reverse IM
 {1 x 200 on 6:00 Individual Medley
 {8 x 25 on :45 4 Breast 4 Free
 {1 x 100 on 3:00 Reverse IM
 {1 x 150 on 4:00 Individual Medley no free
 1,500 15 x 100 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 190

Workout #21027 - Wednesday, 31 January 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-14, 6-16, 6-18
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 50 on :55 Breast Kick w/board
 {4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:25 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {3 x 100 on 1:50 Breast Kick w/board
 {2 x 50 on 1:00 Breast Pull
 {2 x 125 on 2:05 Breast Kick w/board
 {1 x 50 on 1:00 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :50 Breast-descend
 {1 x 200 on 4:00 Breast-Kick on back
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:00 Breast 3-4-5-6 glide
 {2 x 50 on 1:00 Breast-descend
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,525 Yards - Stress Value = 117

Workout #21028 - Wednesday, 31 January 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up 2-14, 4-16, 6-18, 3-20
150	10 x 15 on :45 Shooters
1,100	1x{1 x 50 on 1:05 Breast Kick w/board 4 x 50 on 1:05 Breast Pull 2 x 75 on 1:35 Breast Kick w/board 3 x 50 on 1:05 Breast Pull 3 x 100 on 2:10 Breast Kick w/board 3 x 50 on 1:05 Breast Pull 1 x 100 on 2:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,550	1x{1 x 200 on 4:15 Breast 2K1P 3 x 50 on 1:05 Breast descend 1 x 200 on 4:15 Breast 3-4-5-6 sec glide 3 x 50 on 1:00 Breast-descend 1 x 200 on 4:15 Breast-Kick on back 3 x 50 on :55 Breast-descend 1 x 200 on 4:15 Breast-Kick on back 2 x 50 on 1:00 Breast-descend 1 x 200 on 4:15 Breast 3-4-5-6 glide
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 111

Workout #21029 - Wednesday, 31 January 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-15 4-17, 6-19, 1-21
150	10 x 15 on :45 Shooters
1,000	1x{1 x 50 on 1:10 Breast Kick w/board 4 x 50 on 1:10 Breast Pull 2 x 75 on 1:45 Breast Kick w/board 3 x 50 on 1:10 Breast Pull 3 x 100 on 2:20 Breast Kick w/board 3 x 50 on 1:10 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 200 on 4:40 Breast 2K1P 3 x 50 on 1:10 Breast descend 1 x 200 on 4:40 Breast 3-4-5-6 sec glide 3 x 50 on 1:05 Breast-descend 1 x 200 on 4:40 Breast-Kick on back 4 x 50 on 1:00 Breast-descend 1 x 150 on 3:30 Breast-Kick on back 4 x 50 on 1:05 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,825 Yards - Stress Value = 103

Workout #21030 - Wednesday, 31 January 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up

2-16 4-18, 6-20, 1-22

150	10 x 15 on :45 Shooters
950	1x{1 x 50 on 1:15 Breast Kick w/board 4 x 50 on 1:15 Breast Pull 2 x 75 on 1:55 Breast Kick w/board 3 x 50 on 1:15 Breast Pull 3 x 100 on 2:30 Breast Kick w/board 2 x 50 on 1:15 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{1 x 150 on 4:00 Breast 2K1P 3 x 50 on 1:20 Breast descend 1 x 150 on 4:00 Breast 3-4-5-6 sec glide 3 x 50 on 1:15 Breast-descend 1 x 150 on 4:00 Breast-Kick on back 3 x 50 on 1:10 Breast-descend 1 x 150 on 4:00 Breast-Kick on back 4 x 50 on 1:15 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,575 Yards - Stress Value = 101

Workout #21031 - Wednesday, 31 January 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 2-18 4-20, 6-22, 2-24
150	10 x 15 on :45 Shooters
850	1x{1 x 50 on 1:25 Breast Kick w/board 4 x 50 on 1:25 Breast Pull 2 x 75 on 2:05 Breast Kick w/board 3 x 50 on 1:25 Breast Pull 3 x 100 on 2:50 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{1 x 150 on 4:15 Breast 2K1P 3 x 50 on 1:30 Breast descend 1 x 150 on 4:15 Breast 3-4-5-6 sec glide 3 x 50 on 1:25 Breast-descend 1 x 150 on 4:15 Breast-Kick on back 2 x 50 on 1:20 Breast-descend 1 x 150 on 4:15 Breast-Kick on back 3 x 50 on 1:25 Breast-descend
500	20 x 25 on :45 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 92

Workout #21032 - Wednesday, 31 January 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-18 4-20, 6-22, 2-24
150	10 x 15 on :45 Shooters
600	1x{1 x 50 on 2:00 Breast Kick w/board 4 x 50 on 2:00 Breast Pull 2 x 75 on 3:00 Breast Kick w/board 2 x 50 on 2:00 Breast Pull 1 x 100 on 4:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 100 on 4:00 Breast 2K1P 3 x 50 on 2:00 Breast descend 1 x 100 on 4:00 Breast 3-4-5-6 sec glide 1 x 50 on 1:55 Breast-descend 1 x 150 on 4:00 Breast-Kick on back 2 x 50 on 1:50 Breast-descend 1 x 150 on 4:00 Breast-Kick on back 2 x 50 on 1:55 Breast-descend
375	15 x 25 on 1:00 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 2,675 Yards - Stress Value = 70	

Workout #21033 - Thursday, 01 February 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland 1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1,250	1x{4 x 25 on :30 Kick no board BSLR 3 x 50 on :55 Fly Kick w/board 4 x 25 on :30 Kick no board BSLR 4 x 75 on 1:20 Fly Kick w/board 4 x 25 on :30 Kick no board BSLR 4 x 100 on 1:45 Fly Kick w/board 4 x 25 on :30 Kick no board BSLR 1 on 34:00 Teach Day-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,100 Yards - Stress Value = 106	

Workout #21034 - Thursday, 01 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland 1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :35 Kick no board BSLR 3 x 50 on 1:05 Fly Kick w/board 4 x 25 on :35 Kick no board BSLR 4 x 75 on 1:35 Fly Kick w/board 4 x 25 on :35 Kick no board BSLR 2 x 100 on 2:05 Fly Kick w/board 4 x 25 on :35 Kick no board BSLR 1 on 34:00 Teach Day-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks

625	25 x 25 on :35 USRPT-100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,725 Yards - Stress Value = 89	

Workout #21035 - Thursday, 01 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland 1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :40 Kick no board BSLR 3 x 50 on 1:10 Fly Kick w/board 4 x 25 on :40 Kick no board BSLR 4 x 75 on 1:50 Fly Kick w/board 4 x 25 on :40 Kick no board BSLR 2 x 100 on 2:25 Fly Kick w/board 1 on 34:00 Teach Day-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,500 Yards - Stress Value = 80	

Workout #21036 - Thursday, 01 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland 1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR 3 x 50 on 1:20 Fly Kick w/board 4 x 25 on :40 Kick no board BSLR 4 x 75 on 2:00 Fly Kick w/board 6 x 25 on :40 Kick no board BSLR 1 x 100 on 2:40 Fly Kick w/board 1 on 34:00 Teach Day-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,400 Yards - Stress Value = 79	

Workout #21037 - Thursday, 01 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 3:00 Fly Kick w/board
	1 on 34:00 Teach Day-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 Racing Skills-6 sec work
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 72

	1 on 40:00 DS/Dryland	REC
500	4 x 125 on 2:15 SwimUSS	REC
150	10 x 15 on :45 Shooters	SP3
1,700	1x{4 x 125 on 1:55 Freestyle	EN2
	{3 x 50 on :50 Free-descend to 5s obt	EN2
	{4 x 125 on 1:50 Freestyle	EN2
	{3 x 50 on :50 Free-descend to 5s obt	EN2
	{4 x 100 on 1:25 Freestyle	EN2
200	1 x 200 on 4:00 Stroke Drills	REC
	6:30 PM 2,550 Yards - Stress Value = 40	

Workout #21041 - Friday, 02 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland	REC	
400	4 x 100 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,450	1x{4 x 125 on 2:15 Freestyle	EN2	
	{3 x 50 on :55 Free-descend to 5s obt	EN2	
	{4 x 125 on 2:10 Freestyle	EN2	
	{3 x 50 on :55 Free-descend to 5s obt	EN2	
	{1 x 100 on 1:40 Freestyle	EN2	
	{1 x 50 on :55 Free-descend to 5s obt	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,200 Yards - Stress Value = 35		

Workout #21038 - Thursday, 01 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board BSLR
	{2 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 75 on 3:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Fly Kick w/board
	1 on 34:00 Teach Day-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
225	15 x 15 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,675 Yards - Stress Value = 40

Workout #21042 - Friday, 02 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Dryland	REC	
400	4 x 100 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{4 x 100 on 1:55 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend to 5s obt	EN2	
	{4 x 100 on 1:55 Freestyle	EN2	
	{3 x 50 on 1:00 Free-descend to 5s obt	EN2	
	{2 x 100 on 1:50 Freestyle	EN2	
	{1 x 50 on 1:00 Free-descend to 5s obt	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,100 Yards - Stress Value = 33		

Workout #21039 - Friday, 02 February 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,950	1x{4 x 125 on 1:45 Freestyle	EN2	
	{3 x 50 on :45 Free-descend to 5s obt	EN2	
	{4 x 125 on 1:40 Freestyle	EN2	
	{3 x 50 on :45 Free-descend to 5s obt	EN2	
	{4 x 125 on 1:35 Freestyle	EN2	
	{3 x 50 on :45 Free-descend to 5s obt	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:31 PM 2,800 Yards - Stress Value = 45		

Workout #21043 - Friday, 02 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 40:00 DS/Dryland	REC	
300	4 x 75 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,150	1x{4 x 100 on 2:15 Freestyle	EN2	
	{3 x 50 on 1:10 Free-descend to 5s obt	EN2	
	{4 x 100 on 2:10 Freestyle	EN2	
	{2 x 50 on 1:10 Free-descend to 5s obt	EN2	
	{1 x 100 on 2:05 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 1,800 Yards - Stress Value = 29		

Workout #21040 - Friday, 02 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
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Workout #21044 - Friday, 02 February 2018

Group 2 - Copper
1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
300	1 on 40:00 DS/Dryland	REC	
150	4 x 75 on 2:15 SwimUSS	REC	
900	10 x 15 on :45 Shooters	SP3	
	1x{4 x 100 on 2:45 Freestyle	EN2	
	{3 x 50 on 1:30 Free-descend to 5s obt	EN2	
	{2 x 75 on 2:05 Freestyle	EN2	
	{1 x 50 on 1:30 Free-descend to 5s obt	EN2	
	{2 x 75 on 2:00 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
6:30 PM 1,550 Yards - Stress Value = 24			

Workout #21045 - Monday, 29 January 2018

HighSchl - USRPT
1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights	REC
1,800	1 x 400 on 5:00 Non-specific swimming	REC
225	24 x 75 on 1:05 500 Free Pace	SP2
	15 x 15 on 1:00 Racing Skills-Fly Shooters	SP3
6:58 AM 2,425 Yards - Stress Value = 189		

Workout #21046 - Monday, 29 January 2018

HighSchl - USRPT
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
750	1 on 15:00 DS/Showers	REC
	30 x 25 on :30 100 Free Pace	SP2
1,500	1 on 12:00 Walking/Jump Rope	REC
	30 x 50 on :50 200 Fly Pace	SP2
1,500	1 on 20:00 Racing Skills-TN Turn Drills	REC
	30 x 50 on :50 200 Back Pace	SP2
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :15 Undr Wtr Fly Kck	EN2
750	30 x 25 on :30 100 Breast Pace	SP2
200	1 x 200 on 8:00 CFP/Video Ineglp	REC
5:30 PM 5,000 Yards - Stress Value = 456		

Workout #21047 - Tuesday, 30 January 2018

HighSchl - USRPT
1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Weights/Showers	REC
3,000	1 x 400 on 5:00 Non-specific swimming	REC
225	30 x 100 on 1:20 1650 Free Pace	SP2
	15 x 15 on 1:00 Racing Skills-Back Shooters	SP3
7:12 AM 3,625 Yards - Stress Value = 309		

Workout #21048 - Wednesday, 31 January 2018

HighSchl - USRPT
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 15:00 DS/Showers	REC	L
750	1 x 400 on 5:00 Non-specific swimming	REC	D
1,500	30 x 25 on :30 100 Back Pace	SP2	S
	1 on 9:00 Walking/Jump Rope	REC	L
1,500	30 x 50 on :55 200 Breast Pace	SP2	S
	1 on 10:00 Racing Skills-Relay Starts	REC	D
750	30 x 50 on :50 200 Free Pace	SP2	S
200	1 on 15:00 Undr Wtr Fly Kck Relay	EN2	K
	30 x 25 on :30 100 Fly Pace	SP2	S
	1 x 200 on 8:00 Non-specific swimming	REC	D
5:30 PM 5,100 Yards - Stress Value = 450			

Workout #21049 - Thursday, 01 February 2018

HighSchl - USRPT
1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WORK
400	1 on 10:00 DS/Showers	REC	L
2,250	1 x 400 on 5:00 Non-specific swimming	REC	D
225	30 x 75 on 1:10 1000 Free Pace	SP2	S
	15 x 15 on 1:00 Racing Skills-Breast Shooters	SP3	S
7:07 AM 2,875 Yards - Stress Value = 234			

Workout #21050 - Thursday, 01 February 2018

HighSchl - USRPT
1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WORK
400	1 on 15:00 DS/Showers	REC	L
1,000	1 x 400 on 5:00 Non-specific swimming	REC	D
750	40 x 25 on :30 200 Fly Pace*	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
750	30 x 25 on :30 100 Free Pace*	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
750	30 x 25 on :30 100 Breast Pace*	SP2	S
	1 on 5:00 Walking/Jump Rope	REC	L
	30 x 25 on :30 200 Back Pace*	SP2	S
	1 on 2:00 CFP-video Ineglp	REC	L
4:46 PM 3,650 Yards - Stress Value = 325			

Workout #21051 - Friday, 02 February 2018

HighSchl - USRPT
1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	WORK
400	1 on 10:00 DS/Showers	REC	L
1,500	1 x 400 on 5:00 Non-specific swimming	REC	D
225	30 x 50 on :55 400 IM Pace	SP2	S
	15 x 15 on 1:00 Racing Skills-Free Shooters	SP3	S
7:00 AM 2,125 Yards - Stress Value = 159			

Workout #21052 - Friday, 02 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:00 PM Start	
1	on 15:00 DS/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
600	30 x 20 on :30 100 Back Pace	SP2
225	15 x 15 on 1:00 Racing Skills- IM Shooters	SP3
600	30 x 20 on :30 100 Breast Pace	SP2
1	on 15:00 Racing Skills-Tivo Starts	REC
600	30 x 20 on :30 100 Free Pace	SP2
1	on 15:00 Racing Skills-Stanford Turn Drill	REC
200	1 x 200 on 5:00 Non-specific swimming	REC
	5:00 PM 2,625 Yards - Stress Value = 189	

Workout #21053 - Saturday, 03 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	6:00 AM Start			
1	on 15:00 DS/Showers	REC	L	DRY
1,500	30 x 50 on :55 200 Breast Pace*	SP2	S	BF
1	on 5:00 Walking/Jump Rope	REC	L	DRY
750	30 x 25 on :30 100 Back Pace*	SP2	S	BF
1	on 5:00 Walking/Jump Rope	REC	L	DRY
750	30 x 25 on :30 100 Fly Pace*	SP2	S	FLY
1	on 5:00 Walking/Jump Rope	REC	L	DRY
1,500	30 x 50 on :50 200 Free Pace*	SP2	S	FF
200	1 x 200 on 8:00 CFP-video lneglpos	REC	D	CI
	8:05 AM 4,700 Yards - Stress Value = 450			

Workout #21054 - Monday, 05 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
	6:00 AM Start		
1	on 10:00 DS/Showers	REC	
400	1 x 400 on 5:00 Non-specific swimming	REC	
3,000	30 x 100 on 1:20 1650 Free Pace	SP2	
225	15 x 15 on 1:00 Racing Skills-#1 Shooters	SP3	
	7:12 AM 3,625 Yards - Stress Value = 309		

Workout #21055 - Monday, 05 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:00 PM Start	
1	on 15:00 DS/Showers	REC
400	1 x 400 on 5:00 Non-specific swimming	REC
1,500	30 x 50 on :30 100 Back Pace	
1	on 8:00 Walking/Jump Rope	
1,500	30 x 50 on :55 200 Breast Pace	
500	20 x 25 on :30 Kick no board BSLR w/fins	
750	30 x 25 on :30 100 Free Pace	
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	
	{1 on :30 Rest	
	{6 x 15 on :25 Undr Wtr Fly Kck	
	{1 on :30 Rest	
	{4 x 15 on :20 Undr Wtr Fly Kck	
	{1 on :30 Rest	
	{2 x 15 on :15 Undr Wtr Fly Kck	
1,500	30 x 50 on :50 200 Fly Pace	
200	1 x 200 on 8:00 CFP/Video lcorrection lposti	
	5:26 PM 6,650 Yards - Stress Value = 541	

Workout #21056 - Monday, 05 February 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:30 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board-6sec
	{2 x 150 on 2:30 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board-5sec
	{3 x 150 on 2:40 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board-4sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,500	1x{1 x 400 on 5:00 Pull-BTB
	{4 x 100 on 1:20 Free NBBF&W
	{2 x 300 on 3:50 Pulls BTS
	{3 x 100 on 1:20 Free NBBF&W
	{3 x 200 on 2:35 Pulls-no br L.12 yds
	{2 x 100 on 1:20 Free NBBF&W
750	30 x 25 on :30 USRPT-100 Free Pace
1	on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 5,650 Yards - Stress Value = 157

Workout #21057 - Monday, 05 February 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
	{2 x 125 on 2:25 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-5sec
	{3 x 100 on 1:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-4sec
	{1 x 50 on :55 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,200	1x{1 x 400 on 5:50 Pull-BTB
	{4 x 100 on 1:30 Free NBBF&W
	{2 x 300 on 4:25 Pulls BTS
	{3 x 100 on 1:30 Free NBBF&W
	{2 x 200 on 2:55 Pulls-no br L.12 yds
	{1 x 100 on 1:30 Free NBBF&W
750	30 x 25 on :30 USRPT-100 Free Pace
1	on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 5,150 Yards - Stress Value = 148

Workout #21058 - Monday, 05 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {2 x 125 on 2:50 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{1 x 400 on 7:00 Pull-BTB
 {3 x 100 on 1:45 Free NBBF&W
 {2 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {1 x 200 on 3:30 Pulls-no br L.12 yds
 {3 x 50 on :50 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,475 Yards - Stress Value = 125

Workout #21059 - Monday, 05 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {2 x 125 on 3:05 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 7:40 Pull-BTB
 {4 x 100 on 1:55 Free NBBF&W
 {1 x 300 on 5:45 Pulls BTS
 {3 x 100 on 1:55 Free NBBF&W
 {1 x 200 on 3:50 Pulls-no br L.12 yds
 {1 x 100 on 1:55 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,175 Yards - Stress Value = 120

Workout #21060 - Monday, 05 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-6sec
 {2 x 125 on 3:20 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-5sec

{1 x 150 on 4:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 400 on 8:20 Pull-BTB
 {3 x 100 on 2:10 Free NBBF&W
 {1 x 300 on 6:30 Pulls BTS
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 {1 x 100 on 2:10 Free NBBF&W
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 108

Workout #21061 - Monday, 05 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-6sec
 {2 x 125 on 3:45 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-5sec
 {1 x 50 on 1:30 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 400 on 11:00 Pull-BTB
 {3 x 100 on 2:45 Free NBBF&W
 {1 x 300 on 8:15 Pulls BTS
 {2 x 100 on 2:45 Free NBBF&W
 500 20 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 95

Workout #21062 - Tuesday, 06 February 2018

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 1,800 24 x 75 on 1:10 500 Free Pace
 225 15 x 15 on 1:00 Racing Skills-Your #1 Shooters
 7:00 AM 2,425 Yards - Stress Value = 189

Workout #21063 - Tuesday, 06 February 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Brief Team Mtg/Showers
 400 1 x 400 on 5:00 Non-specific swimming
 750 30 x 25 on :30 100 Breast Pace
 1 on 8:00 Walking/Jump Rope
 1,500 30 x 50 on :50 200 Back Pace
 1 on 10:00 Racing Skills-Starts
 750 30 x 25 on :30 100 Fly Pace
 225 15 x 15 on 1:00 Racing Skills-#1 or #2 Shooters
 1,500 30 x 50 on :50 200 Free Pace
 200 1 x 200 on 8:00 CFP/Video lcrrection lpositive
 5:32 PM 5,325 Yards - Stress Value = 459

Workout #21064 - Tuesday, 06 February 2018

7:30 PM 4,725 Yards - Stress Value = 126

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Sun Yang Free
1,350	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick-1fly lbrst lfree
	{6 x 25 on :30 Kick no board BSLRBS
	{3 x 100 on 1:40 Kick-1fly lbrst lfree
	{8 x 25 on :30 Kick no board BSLRX2
	{3 x 100 on 1:35 Kick-1fly lbrst lfree
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,250	1x{1 x 300 on 4:00 Individual Medley
	{4 x 25 on :30 Fly lup+ldown
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:20 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 3:55 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:15 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 3:50 Individual Medley
	{4 x 25 on :30 Breaststroke 2X Pullouts
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:10 Individual Medley
	{1 x 50 on 1:00 Easy Free
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,500 Yards - Stress Value = 150

Workout #21065 - Tuesday, 06 February 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Sun Yang Free
1,100	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Kick-1fly lbrst lfree
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:00 Kick-1fly lbrst lfree
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 1:55 Kick-1fly lbrst
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	1x{1 x 300 on 4:45 Individual Medley
	{4 x 25 on :30 Fly lup+ldown
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 4:40 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 4:35 Individual Medley
	{4 x 25 on :35 Breaststroke 2X Pullouts
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills

Workout #21066 - Tuesday, 06 February 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Sun Yang Free
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:20 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:15 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:10 Kick-choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{1 x 300 on 5:30 Individual Medley
	{4 x 25 on :35 Fly lup+ldown
	{1 x 100 on 1:55 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 300 on 5:25 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 3:30 Individual Medley
	{6 x 25 on :40 Breaststroke 2X Pullouts
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,250 Yards - Stress Value = 112

Workout #21067 - Tuesday, 06 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Sun Yang Free
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:30 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:25 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Kick-choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{1 x 200 on 4:20 Individual Medley
	{4 x 25 on :35 Fly lup+ldown
	{1 x 100 on 2:05 Individual Medley
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 4:15 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 2:00 Individual Medley
	{1 x 100 on 1:55 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 4:10 Individual Medley
	{4 x 25 on :40 Breaststroke 2X Pullouts
	{1 x 100 on 1:55 Individual Medley
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,950 Yards - Stress Value = 103

Workout #21068 - Tuesday, 06 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:45 Kick-1fly 1brst
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:45 Kick-1fly 1brst lfree
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Kick-choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :40 Fly lup+ldown
	{1 x 100 on 2:30 Individual Medley
	{1 x 100 on 2:25 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:55 Individual Medley
	{4 x 25 on :40 Back 5KOW+2
	{1 x 100 on 2:25 Individual Medley
	{1 x 100 on 2:20 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:50 Individual Medley
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 97

Workout #21069 - Tuesday, 06 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Kick-1fly 1brst
	{4 x 25 on 1:00 Kick no board BSLR
	{3 x 100 on 3:00 Kick-1fly 1brst lfree
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 6:00 Individual Medley
	{2 x 25 on 1:00 Fly lup+ldown
	{1 x 100 on 3:00 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 5:55 Individual Medley
	{2 x 25 on 1:00 Back 5KOW+2
	{1 x 100 on 2:55 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 5:50 Individual Medley
	{1 x 100 on 2:50 Individual Medley
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 78

Workout #21070 - Wednesday, 07 February 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills-Fly Shooters
1,125	15 x 75 on 1:10 1000 Free Pace

	1 on 8:00 Walking/Jump Rope	F
1,500	30 x 50 on :55 400 IM Pace	S
	1 on 10:00 Racing Skills-Relay Starts	F
750	15 x 50 on :50 200 Free Pace	S
	1 on 10:00 Undr Wtr Fly Kck Relay	E
80	4 x 20 on 3:00 50 Free Pace	S
200	1 x 200 on 8:00 CFP/Video 1crrction 1positive F	
	5:22 PM 3,880 Yards - Stress Value = 354	

Workout #21071 - Thursday, 08 February 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills-#1 or #2 Shooters
750	15 x 50 on :55 200 Breast Pace
	1 on 10:00 Racing Skills-Partner starts
375	15 x 25 on :30 100 Back Pace
	1 on 10:00 Racing Skills-6 sec from a push
500	20 x 25 on :30 200 Fly Pace
	1 on 10:00 Racing Skills-Timed turns-free
450	15 x 30 on :30 100 Free Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	4:53 PM 2,450 Yards - Stress Value = 217

Workout #21072 - Thursday, 08 February 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1,250	1x{6 x 25 on :30 Kick no board B-10KOW+1
	{5 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmlne/hands by sic
	{6 x 25 on :30 Kick no board B-10KOW+1
	{3 x 50 on :50 Kick-alt strmlne/hands by sic
	{4 x 25 on :30 Kick no board B-10KOW+1
	{2 x 50 on :45 Kick-alt strmlne/hands by sic
	1 on 34:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 106

Workout #21073 - Thursday, 08 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {5 x 50 on 1:05 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on :55 Kick-alt strmline/hands by sic
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmline/hands by sic
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 103

Workout #21076 - Thursday, 08 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {4 x 50 on 1:35 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:30 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {2 x 50 on 1:25 Kick-alt strmline/hands by si
 {2 x 25 on :45 Kick no board B-10KOW+1
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,200 Yards - Stress Value = 72

Workout #21074 - Thursday, 08 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmline/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 87

Workout #21077 - Thursday, 08 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 2:00 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:55 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:50 Kick-alt strmline/hands by si
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,950 Yards - Stress Value = 68

Workout #21075 - Thursday, 08 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:20 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmline/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,400 Yards - Stress Value = 79

Workout #21078 - Friday, 09 February 2018

HighSchl - USRPT

1 minute rest between sets

12:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-Shooters #1 or #2
 300 15 x 20 on :30 100 Fly Pace
 1 on 10:00 Racing Skills-Relay or Reg Start
 750 15 x 50 on :50 200 Back Pace
 1 on 10:00 Walking/jump rope/video 1cor1pos
 300 15 x 20 on :30 100 Breast Pace
 150 1 x 150 on 3:00 Sculling Drills w/pull bouy
 1:26 PM 1,725 Yards - Stress Value = 144

Workout #21079 - Saturday, 10 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:00 AM	Start	
1	on 15:00 DS/Showers	RE
225	15 x 15 on 1:00 Racing Skills #1or#2 Shooter	SE
1,125	15 x 75 on 1:10 1000 Free Pace	SE
1	on 10:00 Racing Skills-Tivo Starts	RE
900	18 x 50 on :55 200 IM Pace	SE
1	on 10:00 Racing Skills-6 sec from a turn	SE
750	15 x 50 on :50 #1 or #2 200 pace-no free	SE
1	on 10:00 Racing Skills-Timed partner turn non freestyle	SE
375	15 x 25 on :30 100 Free Pace	SE
150	1 x 150 on 8:00 Sculling Drills w/pull buoy video --1 correction 1 positive	RE
1	on 20:00 Help setup for meet	RE
8:29 AM	3,525 Yards - Stress Value = 324	

5:00 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	10 x 15 on :45 Shooters
1,100	1x{1 x 200 on 4:20 Breast Kick w/board {2 x 175 on 3:45 Breast Kick w/board {3 x 150 on 3:10 Breast Kick w/board {1 x 100 on 2:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{3 x 125 on 2:25 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {3 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke
625	{1 x 125 on 2:10 Breast L.25 3X pullouts 25 x 25 on :35 100 Breast Pace
1	on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,475 Yards - Stress Value = 125

Workout #21080 - Monday, 12 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
3:00 PM	Start
1	on 25:00 Team Mtg/DS/Showers
225	15 x 15 on 1:00 Racing Skills-#1 Shooters
750	15 x 50 on :50 200 Free Pace
1	on 10:00 Racing Skills-Relay Starts
750	15 x 50 on :55 200 Breast Pace
1	on 10:00 Racing Skills-6s work from start
375	15 x 25 on :30 100 Back Pace
1	on 10:00 Racing Skills-Timed partner turn
375	15 x 25 on :30 100 Fly Pace
150	1 x 150 on 10:00 Sculling Drill-Video 2 positiv
5:08 PM	2,625 Yards - Stress Value = 235

Workout #21083 - Monday, 12 February 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
550	1 on 35:00 DS/Dryland
150	10 x 15 on :45 Shooters
1,050	1x{1 x 200 on 4:40 Breast Kick w/board {2 x 175 on 4:00 Breast Kick w/board {3 x 150 on 3:25 Breast Kick w/board {1 x 50 on 1:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,475	1x{3 x 125 on 2:50 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {3 x 125 on 2:45 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke {3 x 125 on 2:40 Breast L.25 3X pullouts {1 x 50 on 1:10 Breaststroke
550	22 x 25 on :40 100 Breast Pace
1	on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,075 Yards - Stress Value = 113

Workout #21081 - Monday, 12 February 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 35:00 DS/Dryland
150	10 x 15 on :45 Shooters
1,300	1x{1 x 200 on 3:40 Breast Kick w/board {2 x 175 on 3:10 Breast Kick w/board {3 x 150 on 2:40 Breast Kick w/board {2 x 125 on 2:10 Breast Kick w/board {1 x 50 on :50 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{3 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on :50 Breaststroke {3 x 125 on 2:10 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 125 on 2:05 Breast L.25 3X pullouts {2 x 50 on 1:00 Breaststroke {3 x 125 on 2:00 Breast L.25 3X pullouts
625	25 x 25 on :35 100 Breast Pace
1	on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,925 Yards - Stress Value = 134

Workout #21082 - Monday, 12 February 2018

Group 2 - Gold

1 minute rest between sets

Workout #21084 - Monday, 12 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 975 1x{1 x 200 on 5:00 Breast Kick w/board
 {2 x 175 on 4:20 Breast Kick w/board
 {2 x 150 on 3:40 Breast Kick w/board
 {1 x 125 on 3:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{3 x 125 on 3:10 Breast L.25 3X pullouts
 {3 x 50 on 1:10 Breaststroke
 {3 x 125 on 3:05 Breast L.25 3X pullouts
 {3 x 50 on 1:15 Breaststroke
 {2 x 125 on 3:00 Breast L.25 3X pullouts
 {1 x 50 on 1:00 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 103

Workout #21085 - Monday, 12 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:30 Breast Kick w/board
 {2 x 175 on 4:45 Breast Kick w/board
 {2 x 150 on 4:00 Breast Kick w/board
 {1 x 50 on 1:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{3 x 100 on 2:50 Breast L.25 3X pullouts
 {3 x 50 on 1:25 Breaststroke
 {3 x 100 on 2:45 Breast L.25 3X pullouts
 {3 x 50 on 1:30 Breaststroke
 {2 x 100 on 2:40 Breast L.25 3X pullouts
 {1 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #21086 - Monday, 12 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 200 on 8:00 Breast Kick w/board
 {2 x 150 on 6:00 Breast Kick w/board
 {1 x 100 on 4:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{3 x 100 on 3:30 Breast L.25 3X pullouts
 {2 x 50 on 1:45 Breaststroke
 {3 x 100 on 3:25 Breast L.25 3X pullouts
 {1 x 50 on 1:50 Breaststroke
 {2 x 100 on 3:20 Breast L.25 3X pullouts
 500 20 x 25 on :45 100 Breast Pace

1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 87

Workout #21087 - Monday, 12 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{1 x 200 on 4:40 Breast Kick w/board
 {2 x 175 on 4:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 125 on 2:50 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:45 Breast L.25 3X pullouts
 {2 x 50 on 1:05 Breaststroke
 {2 x 125 on 2:40 Breast L.25 3X pullouts
 275 11 x 25 on :40 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,725 Yards - Stress Value = 64

Workout #21088 - Monday, 12 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{1 x 200 on 5:00 Breast Kick w/board
 {2 x 150 on 3:45 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 825 1x{2 x 125 on 3:10 Breast L.25 3X pullouts
 {2 x 50 on 1:10 Breaststroke
 {2 x 125 on 3:05 Breast L.25 3X pullouts
 {2 x 50 on 1:15 Breaststroke
 {1 x 125 on 3:00 Breast L.25 3X pullouts
 250 10 x 25 on :45 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,475 Yards - Stress Value = 57

Workout #21089 - Monday, 12 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 200 on 5:30 Breast Kick w/board
 {2 x 125 on 3:20 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{2 x 100 on 2:50 Breast L.25 3X pullouts
 {2 x 50 on 1:25 Breaststroke
 {2 x 100 on 2:45 Breast L.25 3X pullouts
 {2 x 50 on 1:30 Breaststroke
 {1 x 100 on 2:40 Breaststroke
 250 10 x 25 on :45 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:47 PM 2,250 Yards - Stress Value = 54

Workout #21090 - Tuesday, 13 February 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-#1 Shooters
 750 15 x 50 on :50 #1 200 Pace
 1 on 15:00 Indvdl Prsrcptns/Relay Starts
 375 15 x 25 on :30 #2 100 Pace
 150 1 x 150 on 10:00 Sculling Drills-Video 2 positi
 4:19 PM 1,500 Yards - Stress Value = 122

{3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,850 Yards - Stress Value = 142

Workout #21091 - Tuesday, 13 February 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmlne/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmlne/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {3 x 50 on :50 Kick-alt strmlne/hands by sic
 {4 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on :45 Kick-alt strmlne/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,250 Yards - Stress Value = 149

Workout #21093 - Tuesday, 13 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmlne/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 122

Workout #21092 - Tuesday, 13 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {5 x 50 on 1:05 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on :55 Kick-alt strmlne/hands by sic
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmlne/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1

Workout #21094 - Tuesday, 13 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:20 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmlne/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{3 x 100 on 2:10 Backstroke
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,900 Yards - Stress Value = 109

Workout #21095 - Tuesday, 13 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {4 x 50 on 1:35 Kick-alt strmlne/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:30 Kick-alt strmlne/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {2 x 50 on 1:25 Kick-alt strmlne/hands by si
 {2 x 25 on :45 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{3 x 100 on 2:30 Backstroke
 {2 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:20 Backstroke
 {1 x 50 on 1:10 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #21096 - Tuesday, 13 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description

=====

1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 2:00 Kick-alt strmlne/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:55 Kick-alt strmlne/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:50 Kick-alt strmlne/hands by si
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{3 x 100 on 3:00 Backstroke
 {2 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {1 x 100 on 2:45 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 90

Workout #21097 - Tuesday, 13 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 300 12 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:52 PM 2,550 Yards - Stress Value = 62

Workout #21098 - Tuesday, 13 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board B-10KOW+1
 { 2 x 50 on 1:20 Kick-alt strmline/hands by si
 { 4 x 25 on :40 Kick no board B-10KOW+1
 { 2 x 50 on 1:15 Kick-alt strmline/hands by si
 { 2 x 25 on :40 Kick no board B-10KOW+1
 { 1 x 50 on 1:10 Kick-alt strmline/hands by si
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 100 on 2:10 Backstroke
 { 1 x 100 on 2:05 Backstroke
 { 1 x 100 on 2:00 Backstroke
 { 4 x 25 on :40 Back 4 KOW +1
 { 1 x 100 on 2:05 Backstroke
 { 1 x 100 on 2:00 Backstroke
 { 1 x 100 on 1:55 Backstroke
 { 2 x 25 on :40 Back 4 KOW +1
 275 11 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,425 Yards - Stress Value = 59

Workout #21101 - Wednesday, 14 February 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board S-12KOW+1
 { 1 x 50 on :50 Fly Kick w/board
 { 1 x 100 on 1:45 Fly Kick w/board
 { 1 x 150 on 2:35 Fly Kick w/board
 { 6 x 25 on :30 Kick no board S-13KOW+1
 { 2 x 50 on :50 Fly Kick w/board
 { 2 x 100 on 1:45 Fly Kick w/board
 { 2 x 150 on 2:35 Fly Kick w/board
 { 6 x 25 on :30 Kick no board S-14KOW+1
 { 1 x 50 on :50 Fly Kick w/board
 { 1 x 100 on 1:50 Fly Kick w/board
 { 1 x 150 on 2:35 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 9x{8 x 25 on :25 Butterfly
 { 1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 5,100 Yards - Stress Value = 149

Workout #21099 - Tuesday, 13 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board B-10KOW+1
 { 2 x 50 on 1:35 Kick-alt strmline/hands by si
 { 4 x 25 on :45 Kick no board B-10KOW+1
 { 1 x 50 on 1:30 Kick-alt strmline/hands by si
 { 2 x 25 on :45 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 2:30 Backstroke
 { 1 x 100 on 2:25 Backstroke
 { 1 x 100 on 2:20 Backstroke
 { 4 x 25 on :45 Back 4 KOW +1
 { 1 x 100 on 2:25 Backstroke
 { 1 x 100 on 2:20 Backstroke
 { 1 x 50 on 1:05 Backstroke
 250 10 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,150 Yards - Stress Value = 52

Workout #21102 - Wednesday, 14 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :35 Kick no board S-12KOW+1
 { 1 x 50 on 1:00 Fly Kick w/board
 { 1 x 100 on 2:05 Fly Kick w/board
 { 1 x 150 on 3:15 Fly Kick w/board
 { 6 x 25 on :35 Kick no board S-13KOW+1
 { 2 x 50 on 1:00 Fly Kick w/board
 { 2 x 100 on 2:05 Fly Kick w/board
 { 2 x 150 on 3:15 Fly Kick w/board
 { 6 x 25 on :35 Kick no board S-14KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 8x{8 x 25 on :30 Butterfly
 { 1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 4,525 Yards - Stress Value = 139

Workout #21100 - Wednesday, 14 February 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-#1 Shooters
 1 on 15:00 Racing Skills-Relay/Reg Starts
 750 15 x 50 on :50 #2 200 Pace
 1 on 15:00 Indvdl Prsrcptns-Peer Coaching
 375 15 x 25 on :30 #1 100 Pace
 150 1 x 150 on 8:00 Sculling Drills-Video 2 positiv
 4:32 PM 1,500 Yards - Stress Value = 122

Workout #21103 - Wednesday, 14 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:25 Fly Kick w/board
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:25 Fly Kick w/board
	{2 x 150 on 3:35 Fly Kick w/board
	{2 x 25 on :40 Kick no board S-14KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	7x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
625	25 x 25 on :35 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:31 PM 4,000 Yards - Stress Value = 119

Workout #21104 - Wednesday, 14 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,075	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:20 Fly Kick w/board
	{1 x 100 on 2:40 Fly Kick w/board
	{1 x 150 on 4:00 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:20 Fly Kick w/board
	{2 x 100 on 2:40 Fly Kick w/board
	{1 x 150 on 4:00 Fly Kick w/board
	{5 x 25 on :40 Kick no board S-14KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{8 x 25 on :40 Butterfly
	{1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 3,650 Yards - Stress Value = 106

Workout #21105 - Wednesday, 14 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board S-12KOW+1
	{1 x 50 on 1:30 Fly Kick w/board
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 150 on 4:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-13KOW+1
	{2 x 50 on 1:30 Fly Kick w/board
	{2 x 100 on 3:00 Fly Kick w/board
	{1 x 150 on 4:30 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{8 x 25 on :45 Butterfly

{1 on 1:00 Rest

500	20 x 25 on :45 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:33 PM 3,450 Yards - Stress Value = 99

Workout #21106 - Wednesday, 14 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on 1:00 Kick no board S-12KOW+1
	{1 x 50 on 2:00 Fly Kick w/board
	{1 x 100 on 4:00 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-13KOW+1
	{2 x 50 on 2:00 Fly Kick w/board
	{3 x 100 on 4:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	5x{8 x 25 on 1:00 Butterfly
	{1 on 1:00 Rest
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:36 PM 2,925 Yards - Stress Value = 79

Workout #21107 - Wednesday, 14 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:25 Fly Kick w/board
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	4x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
300	12 x 25 on :35 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	6:49 PM 2,425 Yards - Stress Value = 63

Workout #21108 - Wednesday, 14 February 2018

Group 2 - Taper Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
325	1 on 35:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up
500	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:20 Fly Kick w/board
	{1 x 100 on 2:40 Fly Kick w/board
	{1 x 150 on 4:00 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	4x{8 x 25 on :40 Butterfly
	{1 on 1:00 Rest
275	11 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
6:53 PM	2,350 Yards - Stress Value = 60

Yards	Set Description
5:00 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
1,150	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
	{2 x 125 on 2:25 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-5sec
	{3 x 100 on 1:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-4sec
	{1 x 50 on :55 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,950 Yards - Stress Value = 104

Workout #21109 - Wednesday, 14 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
450	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S-12KOW+1
	{1 x 50 on 1:30 Fly Kick w/board
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 150 on 4:30 Fly Kick w/board
	{2 x 25 on :45 Kick no board S-13KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	3x{8 x 25 on :45 Butterfly
	{1 on 1:00 Rest
250	10 x 25 on :45 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
6:50 PM	2,100 Yards - Stress Value = 52

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
1,000	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{2 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{2 x 100 on 2:15 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-4sec
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,625 Yards - Stress Value = 88

Workout #21110 - Thursday, 15 February 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
1,300	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:30 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board-6sec
	{2 x 150 on 2:30 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board-5sec
	{3 x 150 on 2:40 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board-4sec
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,150 Yards - Stress Value = 107

Yards	Set Description
5:00 PM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
900	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{2 x 125 on 3:05 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-5sec
	{1 x 100 on 2:30 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-4sec
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,475 Yards - Stress Value = 86

Workout #21111 - Thursday, 15 February 2018

Group 2 - Gold

1 minute rest between sets

Workout #21114 - Thursday, 15 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
850	1x{1 x 100 on 3:15 Free Kick w/board for time { 1 x 150 on 4:00 Free Kick w/board { 1 x 100 on 3:00 Free Kick w/board-6sec { 2 x 125 on 3:20 Free Kick w/board { 1 x 100 on 3:00 Free Kick w/board-5sec { 1 x 150 on 4:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 78

Workout #21115 - Thursday, 15 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 Teach Day
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
750	1x{1 x 100 on 3:15 Free Kick w/board for time { 1 x 150 on 4:30 Free Kick w/board { 1 x 100 on 3:15 Free Kick w/board-6sec { 2 x 125 on 3:45 Free Kick w/board { 1 x 100 on 3:15 Free Kick w/board-5sec { 1 x 50 on 1:30 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 71

Workout #21116 - Thursday, 15 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
475	1x{1 x 100 on 2:45 Free Kick w/board for time { 1 x 150 on 3:20 Free Kick w/board { 1 x 100 on 2:30 Free Kick w/board-6sec { 1 x 125 on 2:50 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:10 PM 1,775 Yards - Stress Value = 45

Workout #21117 - Thursday, 15 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
475	1x{1 x 100 on 2:45 Free Kick w/board for time { 1 x 150 on 3:45 Free Kick w/board { 1 x 100 on 2:45 Free Kick w/board-6sec { 1 x 125 on 3:05 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:11 PM 1,725 Yards - Stress Value = 45

Workout #21118 - Thursday, 15 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
475	1x{1 x 100 on 3:15 Free Kick w/board for time { 1 x 150 on 4:00 Free Kick w/board { 1 x 100 on 3:00 Free Kick w/board-6sec { 1 x 125 on 3:20 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:13 PM 1,650 Yards - Stress Value = 43

Workout #21119 - Friday, 16 February 2018

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description
225	1 on 30:00 Team Mtg/DS
375	15 x 15 on 1:00 Racing Skills-your #1 Shooters
150	15 x 25 on :30 Your choice 100 Pace
	1 on 10:00 Racing Skills/Tivo Starts
150	1 x 150 on 8:00 Sculling Drill-Video 2 positive
	4:13 PM 750 Yards - Stress Value = 47

Workout #21117 - Thursday, 15 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

Workout #21120 - Friday, 16 February 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 on 40:00 DS/Dryland	REC	L I
150	4 x 125 on 2:15 SwimUSS	REC	S
1,900	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 300 on 4:00 Individual Medley	EN2	S
	{4 x 25 on :30 Fly lup+ldown	EN2	S F
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 50 on 1:00 Easy Free	REC	S
	{1 x 300 on 3:55 Individual Medley	EN2	S
	{4 x 25 on :30 Back 5KOW+2	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S
	{1 x 100 on 1:20 Individual Medley	EN2	S
	{1 x 100 on 1:15 Individual Medley	EN2	S
	{1 x 50 on 1:00 Easy Free	REC	S
	{1 x 300 on 3:50 Individual Medley	EN2	S
	{4 x 25 on :30 Breaststroke 2X Pullouts	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 2,750 Yards - Stress Value = 42			

Workout #21121 - Friday, 16 February 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 on 40:00 DS/Dryland	REC	L I
150	4 x 125 on 2:15 SwimUSS	REC	S
1,650	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 300 on 4:45 Individual Medley	EN2	S
	{4 x 25 on :30 Fly lup+ldown	EN2	S F
	{1 x 100 on 1:45 Individual Medley	EN2	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 100 on 1:35 Individual Medley	EN2	S
	{1 x 50 on 1:00 Easy Free	REC	S
	{1 x 300 on 4:40 Individual Medley	EN2	S
	{4 x 25 on :30 Back 5KOW+2	EN2	S
	{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 100 on 1:35 Individual Medley	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 200 on 3:05 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 2,500 Yards - Stress Value = 38			

Workout #21122 - Friday, 16 February 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	L I
150	4 x 100 on 2:15 SwimUSS	REC	S
1,450	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 300 on 5:30 Individual Medley	EN2	S
	{4 x 25 on :35 Fly lup+ldown	EN2	S F
	{1 x 100 on 1:55 Individual Medley	EN2	S
	{1 x 100 on 1:50 Individual Medley	EN2	S
	{1 x 50 on 1:15 Easy Free	REC	S
	{1 x 300 on 5:25 Individual Medley	EN2	S
	{4 x 25 on :35 Back 5KOW+2	EN2	S
	{1 x 100 on 1:50 Individual Medley	EN2	S
	{1 x 100 on 1:45 Individual Medley	EN2	S
	{1 x 200 on 3:30 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 2,200 Yards - Stress Value = 34			

Workout #21123 - Friday, 16 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	L I
150	4 x 100 on 2:15 SwimUSS	REC	S
1,300	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 200 on 4:20 Individual Medley	EN2	S
	{4 x 25 on :35 Fly lup+ldown	EN2	S F
	{1 x 100 on 2:05 Individual Medley	EN2	S
	{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on 1:15 Easy Free	REC	S
	{1 x 200 on 4:15 Individual Medley	EN2	S
	{4 x 25 on :35 Back 5KOW+2	EN2	S
	{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 100 on 1:55 Individual Medley	EN2	S
	{1 x 50 on 1:15 Easy Free	REC	S
	{1 x 200 on 4:10 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 2,050 Yards - Stress Value = 30			

Workout #21124 - Friday, 16 February 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	L I
150	4 x 75 on 2:15 SwimUSS	REC	S
1,100	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 200 on 5:00 Individual Medley	EN2	S
	{4 x 25 on :40 Fly lup+ldown	EN2	S F
	{1 x 100 on 2:30 Individual Medley	EN2	S
	{1 x 100 on 2:25 Individual Medley	EN2	S
	{1 x 50 on 1:30 Easy Free	REC	S
	{1 x 200 on 4:55 Individual Medley	EN2	S
	{4 x 25 on :40 Back 5KOW+2	EN2	S
	{1 x 100 on 2:25 Individual Medley	EN2	S
	{1 x 100 on 2:20 Individual Medley	EN2	S
	{2 x 25 on :45 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 1,750 Yards - Stress Value = 27			

Workout #21125 - Friday, 16 February 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	L I
150	4 x 75 on 2:15 SwimUSS	REC	S
850	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 200 on 6:00 Individual Medley	EN2	S
	{2 x 25 on 1:00 Fly lup+ldown	EN2	S F
	{1 x 100 on 3:00 Individual Medley	EN2	S
	{1 x 50 on 1:30 Easy Free	REC	S
	{1 x 200 on 5:55 Individual Medley	EN2	S
	{2 x 25 on 1:00 Back 5KOW+2	EN2	S
	{1 x 100 on 2:55 Individual Medley	EN2	S
	{1 x 100 on 2:50 Individual Medley	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30 PM 1,500 Yards - Stress Value = 22			

Workout #21126 - Friday, 16 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
750	1 on 40:00 DS/Dryland	REC	L	I
400	4 x 100 on 2:15 SwimUSS	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
850	1x{1 x 200 on 3:40 Individual Medley	EN2	S	
	{4 x 25 on :35 Fly lup+ldown	EN2	S	F
	{1 x 100 on 1:55 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Easy Free	REC	S	
	{1 x 200 on 3:35 Individual Medley	EN2	S	
	{4 x 25 on :35 Back 5KOW+2	EN2	S	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:20 PM 1,600 Yards - Stress Value = 22				

Workout #21127 - Friday, 16 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
750	1 on 40:00 DS/Dryland	REC	L	I
400	4 x 100 on 2:15 SwimUSS	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
850	1x{1 x 200 on 4:20 Individual Medley	EN2	S	
	{4 x 25 on :35 Fly lup+ldown	EN2	S	F
	{1 x 100 on 2:05 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Easy Free	REC	S	
	{1 x 200 on 4:15 Individual Medley	EN2	S	
	{4 x 25 on :35 Back 5KOW+2	EN2	S	
	{1 x 100 on 2:00 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:22 PM 1,600 Yards - Stress Value = 22				

Workout #21128 - Friday, 16 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
750	1 on 40:00 DS/Dryland	REC	L	I
300	4 x 75 on 2:15 SwimUSS	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
750	1x{1 x 200 on 5:00 Individual Medley	EN2	S	
	{4 x 25 on :40 Fly lup+ldown	EN2	S	F
	{1 x 100 on 2:30 Individual Medley	EN2	S	
	{1 x 100 on 2:25 Individual Medley	EN2	S	
	{1 x 50 on 1:30 Easy Free	REC	S	
	{1 x 200 on 4:55 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:22 PM 1,400 Yards - Stress Value = 20				

Workout #21129 - Monday, 19 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
	1 on 25:00 Team Mtg/DS/Shower
225	15 x 15 on 1:00 Racing Skills-#1 Shooters
375	15 x 25 on :30 100 Fly Pace
	1 on 10:00 Racing Skills-Parter Starts
375	15 x 25 on :30 100 Back Pace
	1 on 10:00 6 sec work from a push
750	15 x 50 on :55 200 Breast Pace
	1 on 10:00 Racing Skills-Timed partner turn

750 15 x 50 on :50 200 Free Pace
 150 1 x 150 on 8:00 Sculling Drill-Video 2 positive
 5:06 PM 2,625 Yards - Stress Value = 235

Workout #21130 - Tuesday, 20 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
	1 on 15:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills-#1 Shooters
500	20 x 25 on :30 200 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
750	15 x 50 on :50 200 Back Pace
	1 on 10:00 Racing Skills-6 sec from a turn
225	15 x 15 on :30 100 Breast Pace
	1 on 10:00 Racing Skills-timed turns
375	15 x 25 on :30 100 Free Pace
150	1 x 150 on 8:00 Sculling Drill-Video 2 positive
4:52 PM 2,225 Yards - Stress Value = 194	

Workout #21131 - Wednesday, 21 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	1 on 15:00 DS/Showers	REC
225	15 x 15 on 1:00 Racing Skills-Shooters	SP3
300	15 x 20 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-Relay Starts	REC
300	15 x 20 on :30 100 Breast/Fly Pace	SP2
	1 on 10:00 Racing Skills-Timed partner turn	SP3
300	15 x 20 on :30 100 Free Pace	SP2
150	1 x 150 on 5:00 Sculling drills	REC
4:23 PM 1,275 Yards - Stress Value = 99		

Workout #21132 - Thursday, 22 February 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
	1 on 12:00 DS/Showers
150	10 x 15 on 1:00 Racing Skills-#1 Shooters
750	15 x 50 on :50 #2 200 Pace
	1 on 10:00 Racing Skills-Relay/Reg Starts
375	15 x 25 on :30 #1 100 Pace
150	1 x 150 on 4:00 Sculling Drills-Video 2 positive
6:00 PM 1,425 Yards - Stress Value = 119	

Workout #21133 - Monday, 19 February 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmlne/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmlne/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {3 x 50 on :50 Kick-alt strmlne/hands by sic
 {4 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on :45 Kick-alt strmlne/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,250 Yards - Stress Value = 149

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmlne/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 122

Workout #21136 - Monday, 19 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #21134 - Monday, 19 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {5 x 50 on 1:05 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on :55 Kick-alt strmlne/hands by sic
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmlne/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,850 Yards - Stress Value = 142

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:20 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmlne/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{3 x 100 on 2:10 Backstroke
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,900 Yards - Stress Value = 109

Workout #21135 - Monday, 19 February 2018

Group 2 - Silver

1 minute rest between sets

Workout #21137 - Monday, 19 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {4 x 50 on 1:35 Kick-alt strmlne/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:30 Kick-alt strmlne/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {2 x 50 on 1:25 Kick-alt strmlne/hands by si
 {2 x 25 on :45 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{3 x 100 on 2:30 Backstroke
 {2 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:20 Backstroke
 {1 x 50 on 1:10 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #21138 - Monday, 19 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 2:00 Kick-alt strmlne/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:55 Kick-alt strmlne/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:50 Kick-alt strmlne/hands by si
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{3 x 100 on 3:00 Backstroke
 {2 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {1 x 100 on 2:45 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 90

Workout #21139 - Monday, 19 February 2018

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters

600 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on 1:00 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {1 x 50 on :55 Kick-alt strmlne/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:47 PM 3,075 Yards - Stress Value = 78

Workout #21140 - Monday, 19 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 325 13 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,825 Yards - Stress Value = 69

Workout #21141 - Monday, 19 February 2018

Group 2 - Taper Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:20 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {2 x 25 on :40 Back 4 KOW +1
 {1 x 100 on 2:00 Backstroke
 275 11 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:47 PM 2,525 Yards - Stress Value = 61

Workout #21142 - Monday, 19 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {2 x 50 on 1:35 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {1 x 50 on 1:30 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 100 on 2:30 Backstroke
 {1 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 50 on 1:10 Backstroke
 250 10 x 25 on :45 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,300 Yards - Stress Value = 55

Workout #21143 - Tuesday, 20 February 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 200 on 3:40 Breast Kick w/board
 {2 x 175 on 3:10 Breast Kick w/board
 {3 x 150 on 2:40 Breast Kick w/board
 {2 x 125 on 2:10 Breast Kick w/board
 {1 x 50 on :50 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,900 1x{3 x 125 on 2:15 Breast L.25 3X pullouts
 {3 x 50 on :50 Breaststroke
 {3 x 125 on 2:10 Breast L.25 3X pullouts
 {3 x 50 on :55 Breaststroke
 {3 x 125 on 2:05 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {3 x 125 on 2:00 Breast L.25 3X pullouts
 625 25 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,925 Yards - Stress Value = 134

Workout #21144 - Tuesday, 20 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 200 on 4:20 Breast Kick w/board
 {2 x 175 on 3:45 Breast Kick w/board
 {3 x 150 on 3:10 Breast Kick w/board
 {1 x 100 on 2:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{3 x 125 on 2:25 Breast L.25 3X pullouts
 {3 x 50 on :55 Breaststroke
 {3 x 125 on 2:20 Breast L.25 3X pullouts
 {3 x 50 on 1:00 Breaststroke
 {3 x 125 on 2:15 Breast L.25 3X pullouts
 {3 x 50 on 1:05 Breaststroke
 {1 x 125 on 2:10 Breast L.25 3X pullouts
 625 25 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,475 Yards - Stress Value = 125

Workout #21145 - Tuesday, 20 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 4:40 Breast Kick w/board
 {2 x 175 on 4:00 Breast Kick w/board
 {3 x 150 on 3:25 Breast Kick w/board
 {1 x 50 on 1:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,475 1x{3 x 125 on 2:50 Breast L.25 3X pullouts
 {3 x 50 on 1:00 Breaststroke
 {3 x 125 on 2:45 Breast L.25 3X pullouts
 {3 x 50 on 1:05 Breaststroke
 {3 x 125 on 2:40 Breast L.25 3X pullouts
 {1 x 50 on 1:10 Breaststroke
 550 22 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,075 Yards - Stress Value = 113

Workout #21146 - Tuesday, 20 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 975 1x{1 x 200 on 5:00 Breast Kick w/board
 {2 x 175 on 4:20 Breast Kick w/board
 {2 x 150 on 3:40 Breast Kick w/board
 {1 x 125 on 3:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{3 x 125 on 3:10 Breast L.25 3X pullouts
 {3 x 50 on 1:10 Breaststroke
 {3 x 125 on 3:05 Breast L.25 3X pullouts
 {3 x 50 on 1:15 Breaststroke
 {2 x 125 on 3:00 Breast L.25 3X pullouts
 {1 x 50 on 1:00 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 103

Workout #21147 - Tuesday, 20 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:30 Breast Kick w/board
 {2 x 175 on 4:45 Breast Kick w/board
 {2 x 150 on 4:00 Breast Kick w/board
 {1 x 50 on 1:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{3 x 100 on 2:50 Breast L.25 3X pullouts
 {3 x 50 on 1:25 Breaststroke
 {3 x 100 on 2:45 Breast L.25 3X pullouts
 {3 x 50 on 1:30 Breaststroke
 {2 x 100 on 2:40 Breast L.25 3X pullouts
 {1 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #21148 - Tuesday, 20 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 200 on 8:00 Breast Kick w/board
 {2 x 150 on 6:00 Breast Kick w/board
 {1 x 100 on 4:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{3 x 100 on 3:30 Breast L.25 3X pullouts
 {2 x 50 on 1:45 Breaststroke
 {3 x 100 on 3:25 Breast L.25 3X pullouts
 {1 x 50 on 1:50 Breaststroke
 {2 x 100 on 3:20 Breast L.25 3X pullouts
 500 20 x 25 on :45 100 Breast Pace

1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 87

Workout #21149 - Tuesday, 20 February 2018

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 500 1x{1 x 200 on 4:20 Breast Kick w/board
 {2 x 150 on 3:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 125 on 2:25 Breast L.25 3X pullouts
 {2 x 50 on :55 Breaststroke
 {2 x 125 on 2:20 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:15 Breast L.25 3X pullouts
 325 13 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,775 Yards - Stress Value = 67

Workout #21150 - Tuesday, 20 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 450 1x{1 x 200 on 4:40 Breast Kick w/board
 {2 x 125 on 2:50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{2 x 125 on 2:50 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:45 Breast L.25 3X pullouts
 {2 x 50 on 1:05 Breaststroke
 {1 x 100 on 2:10 Breast L.25 3X Pullouts
 300 12 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,500 Yards - Stress Value = 61

Workout #21151 - Tuesday, 20 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 200 on 5:00 Breast Kick w/board
 {2 x 100 on 2:25 Breast Kick w/board
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{2 x 125 on 3:10 Breast L.25 3X pullouts
 {2 x 50 on 1:10 Breaststroke
 {2 x 125 on 3:05 Breast L.25 3X pullouts
 {2 x 50 on 1:15 Breaststroke
 300 12 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,350 Yards - Stress Value = 59

Workout #21152 - Tuesday, 20 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 200 on 5:30 Breast Kick w/board
 {1 x 150 on 4:00 Breast Kick w/board
 {1 x 50 on 1:30 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{2 x 100 on 2:50 Breast L.25 3X pullouts
 {2 x 50 on 1:25 Breaststroke
 {2 x 100 on 2:45 Breast L.25 3X pullouts
 {3 x 50 on 1:30 Breaststroke
 300 12 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:55 PM 2,200 Yards - Stress Value = 57

Workout #21153 - Wednesday, 21 February 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,550 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 {3 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-4sec
 {1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-2sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,900 1x{1 x 500 on 6:15 Pull-BTB
 {5 x 100 on 1:20 Free NBBF&W
 {2 x 400 on 5:15 Pulls BTS
 {3 x 100 on 1:20 Free NBBF&W
 {3 x 200 on 2:35 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W

750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 6,150 Yards - Stress Value = 170

Workout #21154 - Wednesday, 21 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {3 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-4sec
 {4 x 75 on 1:25 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,500 1x{1 x 400 on 5:50 Pull-BTB
 {4 x 100 on 1:30 Free NBBF&W
 {2 x 300 on 4:25 Pulls BTS
 {3 x 100 on 1:30 Free NBBF&W
 {3 x 200 on 2:55 Pulls-no br L.12 yds
 {2 x 100 on 1:30 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 5,525 Yards - Stress Value = 159

Workout #21155 - Wednesday, 21 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {2 x 125 on 2:50 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 {3 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-4sec
 {2 x 50 on 1:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{1 x 400 on 7:00 Pull-BTB
 {3 x 100 on 1:45 Free NBBF&W
 {2 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {3 x 200 on 3:30 Pulls-no br L.12 yds
 {1 x 50 on :50 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,800 Yards - Stress Value = 135

Workout #21156 - Wednesday, 21 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {2 x 125 on 3:05 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 {3 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{1 x 400 on 7:40 Pull-BTB
 {4 x 100 on 1:55 Free NBBF&W
 {1 x 300 on 5:45 Pulls BTS
 {3 x 100 on 1:55 Free NBBF&W
 {2 x 200 on 3:50 Pulls-no br L.12 yds
 {3 x 50 on :55 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,500 Yards - Stress Value = 129

Workout #21157 - Wednesday, 21 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-6sec
 {2 x 125 on 3:20 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-5sec
 {2 x 150 on 4:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 8:20 Pull-BTB
 {4 x 100 on 2:10 Free NBBF&W
 {1 x 300 on 6:30 Pulls BTS
 {3 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 {1 x 100 on 2:10 Free NBBF&W
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 4,025 Yards - Stress Value = 115

Workout #21158 - Wednesday, 21 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-6sec
 {2 x 125 on 3:45 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-5sec
 {2 x 100 on 3:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

1,300 1x{1 x 400 on 11:00 Pull-BTB
 {4 x 100 on 2:45 Free NBBF&W
 {1 x 300 on 8:15 Pulls BTS
 {2 x 100 on 2:45 Free NBBF&W
 500 20 x 25 on :45 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 3,475 Yards - Stress Value = 100

Workout #21159 - Wednesday, 21 February 2018

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {1 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {1 x 75 on 1:25 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 400 on 5:50 Pull-BTB
 {1 x 100 on 1:30 Free NBBF&W
 {1 x 300 on 4:25 Pulls BTS
 {1 x 100 on 1:30 Free NBBF&W
 {1 x 200 on 2:55 Pulls-no br L.12 yds
 {1 x 100 on 1:30 Free NBBF&W
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:56 PM 3,050 Yards - Stress Value = 81

Workout #21160 - Wednesday, 21 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {1 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 400 on 7:00 Pull-BTB
 {1 x 100 on 1:45 Free NBBF&W
 {1 x 300 on 5:15 Pulls BTS
 {1 x 100 on 1:45 Free NBBF&W
 {1 x 100 on 1:45 Pulls-no br L.12 yds
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:56 PM 2,650 Yards - Stress Value = 69

Workout #21161 - Wednesday, 21 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{1 x 50 on 1:15 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-5 sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 400 on 7:40 Pull-BTB
	{1 x 100 on 1:55 Free NBBF&W
	{1 x 300 on 5:45 Pulls BTS
	{1 x 100 on 1:55 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,500 Yards - Stress Value = 66

Workout #21162 - Wednesday, 21 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
275	11 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:15 Free Kick w/board for time
	{1 x 150 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-6sec
	{1 x 100 on 3:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 400 on 8:20 Pull-BTB
	{1 x 100 on 2:10 Free NBBF&W
	{1 x 300 on 6:30 Pulls BTS
	{1 x 50 on 1:00 Pull NBBF&W
300	12 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,325 Yards - Stress Value = 62

Workout #21163 - Thursday, 22 February 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
1,300	1x{4 x 25 on :30 Kick no board S-12KOW+1
	{1 x 50 on :50 Fly Kick w/board
	{1 x 100 on 1:45 Fly Kick w/board
	{1 x 150 on 2:35 Fly Kick w/board
	{6 x 25 on :30 Kick no board S-13KOW+1
	{2 x 50 on :50 Fly Kick w/board
	{2 x 100 on 1:45 Fly Kick w/board
	{2 x 150 on 2:35 Fly Kick w/board
	{6 x 25 on :30 Kick no board S-14KOW+1

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,150 Yards - Stress Value = 107

Workout #21164 - Thursday, 22 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
1,100	1x{4 x 25 on :35 Kick no board S-12KOW+1
	{1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:05 Fly Kick w/board
	{1 x 150 on 3:15 Fly Kick w/board
	{6 x 25 on :35 Kick no board S-13KOW+1
	{2 x 50 on 1:00 Fly Kick w/board
	{2 x 100 on 2:05 Fly Kick w/board
	{1 x 150 on 3:15 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-14KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 103

Workout #21165 - Thursday, 22 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
950	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:25 Fly Kick w/board
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:25 Fly Kick w/board
	{1 x 150 on 3:35 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,575 Yards - Stress Value = 87

Workout #21166 - Thursday, 22 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
900	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:20 Fly Kick w/board {1 x 100 on 2:40 Fly Kick w/board {1 x 150 on 4:00 Fly Kick w/board {4 x 25 on :40 Kick no board S-13KOW+1 {2 x 50 on 1:20 Fly Kick w/board {3 x 100 on 2:40 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,400 Yards - Stress Value = 79

Workout #21167 - Thursday, 22 February 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
800	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {2 x 50 on 1:30 Fly Kick w/board {2 x 100 on 3:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,200 Yards - Stress Value = 72

Workout #21168 - Thursday, 22 February 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
650	1x{4 x 25 on 1:00 Kick no board S-12KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {2 x 50 on 2:00 Fly Kick w/board {2 x 100 on 4:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	1,875 Yards - Stress Value = 57

Workout #21169 - Thursday, 22 February 2018

Group 2 - Taper-Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
550	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/board {1 x 100 on 2:05 Fly Kick w/board {1 x 150 on 3:15 Fly Kick w/board {6 x 25 on :35 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:19 PM	2,350 Yards - Stress Value = 92

Workout #21170 - Thursday, 22 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
500	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:10 Fly Kick w/board {1 x 100 on 2:25 Fly Kick w/board {1 x 150 on 3:35 Fly Kick w/board {4 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:19 PM	2,125 Yards - Stress Value = 78

Workout #21171 - Thursday, 22 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
500	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:20 Fly Kick w/board {1 x 100 on 2:40 Fly Kick w/board {1 x 150 on 4:00 Fly Kick w/board {4 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:20 PM	2,000 Yards - Stress Value = 71

Workout #21172 - Thursday, 22 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
450	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board
200	{2 x 25 on :45 Kick no board S-13KOW+1 1 x 200 on 4:00 Stroke Drills
	7:20 PM 1,850 Yards - Stress Value = 65

{1 x 100 on 2:30 Freestyle
{1 x 275 on 3:30 Freestyle
{1 x 275 on 3:20 Freestyle
{1 x 275 on 3:10 Freestyle
500 10 x 50 on 1:00 Stroke Drills
6:00 PM 6,875 Yards - Stress Value = 104

Workout #21175 - Monday, 26 February 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:50 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:45 Kick {8 x 25 on :30 Kick no board BSLR {1 x 150 on 2:40 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:35 Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :50 Kick
1,250	1x{2 x 200 on 2:55 Pull 1 breath L.25 {2 x 175 on 2:30 Pull 1 breath L.25 {2 x 150 on 2:10 Pull 1 breath L.25 {2 x 100 on 1:25 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 250 on 3:40 Freestyle {1 x 250 on 3:30 Freestyle {1 x 250 on 3:20 Freestyle {1 x 100 on 2:30 Freestyle {1 x 250 on 3:35 Freestyle {1 x 250 on 3:25 Freestyle {1 x 250 on 3:15 Freestyle {1 x 100 on 2:30 Freestyle {1 x 250 on 3:30 Freestyle {1 x 250 on 3:20 Freestyle {1 x 250 on 3:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 6,500 Yards - Stress Value = 93

Workout #21173 - Monday, 26 February 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS>Showers	REC
225	15 x 15 on 1:00 Racing Skills-Fly Shooters	SP3
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Racing Skills-Partner Starts	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-6 sec from a push	SP3
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Racing Skills-Timed turns-fly	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 8:00 Sculling Drill-Video	REC
	5:25 PM 2,625 Yards - Stress Value = 235	

Workout #21174 - Monday, 26 February 2018

Group 3 - Distance

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,450	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:25 Kick {8 x 25 on :30 Kick no board BSLR {1 x 150 on 2:20 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:10 Kick
1,300	1x{2 x 200 on 2:40 Pull 1 breath L.25 {2 x 175 on 2:20 Pull 1 breath L.25 {2 x 150 on 2:00 Pull 1 breath L.25 {2 x 125 on 1:40 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,675	1x{1 x 275 on 3:40 Freestyle {1 x 275 on 3:30 Freestyle {1 x 275 on 3:20 Freestyle {1 x 100 on 2:30 Freestyle {1 x 275 on 3:35 Freestyle {1 x 275 on 3:25 Freestyle {1 x 275 on 3:15 Freestyle

Workout #21176 - Monday, 26 February 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
550	1 on 30:00 DS/Physio Balls
150	1 x 550 on 10:00 Swim-kick-pull-swim
1,150	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 150 on 3:05 Kick
	{8 x 25 on :35 Kick no board BSLRX2
	{1 x 150 on 3:00 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 100 on 1:55 Kick
1,150	1x{2 x 200 on 3:10 Pull 1 breath L.25
	{2 x 175 on 2:45 Pull 1 breath L.25
	{2 x 150 on 2:20 Pull 1 breath L.25
	{2 x 50 on :45 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,175	1x{1 x 225 on 3:40 Freestyle
	{1 x 225 on 3:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:35 Freestyle
	{1 x 225 on 3:25 Freestyle
	{1 x 225 on 3:15 Freestyle
	{1 x 75 on 2:30 Freestyle
	{1 x 225 on 3:30 Freestyle
	{1 x 225 on 3:20 Freestyle
	{1 x 225 on 3:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,875 Yards - Stress Value = 79

Workout #21177 - Monday, 26 February 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
500	1 on 30:00 DS/Physio Balls
150	1 x 500 on 10:00 Swim-kick-pull-swim
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:30 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:25 Kick
	{6 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:20 Kick
950	1x{2 x 200 on 3:50 Pull 1 breath L.25
	{2 x 175 on 3:20 Pull 1 breath L.25
	{2 x 100 on 1:50 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 200 on 3:40 Freestyle
	{1 x 200 on 3:30 Freestyle
	{1 x 200 on 3:20 Freestyle
	{1 x 50 on 2:30 Freestyle
	{1 x 200 on 3:35 Freestyle
	{1 x 200 on 3:25 Freestyle
	{1 x 200 on 3:15 Freestyle
	{1 x 50 on 2:30 Freestyle
	{1 x 200 on 3:30 Freestyle
	{1 x 200 on 3:20 Freestyle
	{1 x 200 on 3:10 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,150 Yards - Stress Value = 73

Workout #21178 - Monday, 26 February 2018

Taper 1 - Distance

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
400	1 on 30:00 DS/Physio Balls
150	1 x 400 on 10:00 Swim-kick-pull-swim
650	10 x 15 on :45 Shooters
	1x{1 x 150 on 2:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:10 Kick
450	1x{1 x 175 on 2:20 Pull 1 breath L.25
	{1 x 150 on 2:00 Pull 1 breath L.25
	{1 x 125 on 1:40 Pull 1 breath L.25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 275 on 3:35 Freestyle
	{1 x 275 on 3:30 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 275 on 3:25 Freestyle
	{1 x 275 on 3:20 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 275 on 3:15 Freestyle
	{1 x 275 on 3:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:12 PM 3,750 Yards - Stress Value = 60

Workout #21179 - Monday, 26 February 2018

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
400	1 on 30:00 DS/Physio Balls
150	1 x 400 on 10:00 Swim-kick-pull-swim
550	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:35 Kick
	{2 x 25 on :30 Kick no board BS
400	1x{1 x 175 on 2:30 Pull 1 breath L.25
	{1 x 150 on 2:10 Pull 1 breath L.25
	{1 x 75 on 1:05 Pull 1 breath L.25
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 250 on 3:35 Freestyle
	{1 x 250 on 3:30 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 250 on 3:25 Freestyle
	{1 x 250 on 3:20 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 250 on 3:15 Freestyle
	{1 x 250 on 3:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:12 PM 3,450 Yards - Stress Value = 52

Workout #21180 - Monday, 26 February 2018

Taper 1 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Physio Balls
 150 1 x 400 on 10:00 Swim-kick-pull-swim
 500 10 x 15 on :45 Shooters
 1x{1 x 150 on 3:05 Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 150 on 3:00 Kick
 {4 x 25 on :35 Kick no board BSLR
 350 1x{1 x 175 on 2:45 Pull 1 breath L.25
 {1 x 150 on 2:20 Pull 1 breath L.25
 {1 x 25 on :30 Pull 1 breath
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 225 on 3:35 Freestyle
 {1 x 225 on 3:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 225 on 3:25 Freestyle
 {1 x 225 on 3:20 Freestyle
 {1 x 50 on 1:30 Freestyle
 {1 x 225 on 3:15 Freestyle
 {1 x 225 on 3:10 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:12 PM 3,200 Yards - Stress Value = 44

Workout #21181 - Monday, 26 February 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Dryland
 150 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 1,300 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board S-12KOW+1
 {1 x 50 on :50 Fly Kick w/board
 {1 x 100 on 1:45 Fly Kick w/board
 {1 x 150 on 2:35 Fly Kick w/board
 {6 x 25 on :30 Kick no board S-13KOW+1
 {2 x 50 on :50 Fly Kick w/board
 {2 x 100 on 1:45 Fly Kick w/board
 {2 x 150 on 2:35 Fly Kick w/board
 {6 x 25 on :30 Kick no board S-14KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 8x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 4,750 Yards - Stress Value = 139

Workout #21182 - Monday, 26 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 550 1 on 35:00 DS/Dryland
 150 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 1,100 10 x 15 on :45 Shooters
 1x{4 x 25 on :35 Kick no board S-12KOW+1
 {1 x 50 on 1:00 Fly Kick w/board
 {1 x 100 on 2:05 Fly Kick w/board
 {1 x 150 on 3:15 Fly Kick w/board
 {6 x 25 on :35 Kick no board S-13KOW+1
 {2 x 50 on 1:00 Fly Kick w/board
 {3 x 100 on 2:05 Fly Kick w/board

{1 x 150 on 3:15 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 7x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 4,300 Yards - Stress Value = 131

Workout #21183 - Monday, 26 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board S-12KOW+1
 {1 x 50 on 1:10 Fly Kick w/board
 {1 x 100 on 2:25 Fly Kick w/board
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {2 x 50 on 1:10 Fly Kick w/board
 {2 x 100 on 2:25 Fly Kick w/board
 {1 x 150 on 3:35 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 6x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 111

Workout #21184 - Monday, 26 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 450 1 on 35:00 DS/Dryland
 150 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board S-12KOW+1
 {1 x 50 on 1:20 Fly Kick w/board
 {1 x 100 on 2:40 Fly Kick w/board
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {2 x 50 on 1:20 Fly Kick w/board
 {2 x 100 on 2:40 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-14KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 5x{8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 1 on 10:00 Relay
 550 22 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:28 PM 3,400 Yards - Stress Value = 99

Workout #21185 - Monday, 26 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board S-12KOW+1
 {1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S-13KOW+1
 {2 x 50 on 1:30 Fly Kick w/board
 {2 x 100 on 3:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 5x{8 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 3,200 Yards - Stress Value = 92

Workout #21188 - Monday, 26 February 2018

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:00 Fly Kick w/board
 {1 x 100 on 2:05 Fly Kick w/board
 {1 x 150 on 3:15 Fly Kick w/board
 {4 x 25 on :35 Kick no board S-13KOW+1
 {1 x 50 on 1:00 Fly Kick w/board
 {1 x 150 on 3:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 6:56 PM 2,775 Yards - Stress Value = 72

Workout #21186 - Monday, 26 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board S-12KOW+1
 {1 x 50 on 2:00 Fly Kick w/board
 {1 x 100 on 4:00 Fly Kick w/board
 {2 x 25 on :45 Kick no board S-13KOW+1
 {2 x 50 on 2:00 Fly Kick w/board
 {2 x 100 on 4:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 5x{8 x 25 on 1:00 Butterfly
 {1 on 1:00 Rest
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 2,825 Yards - Stress Value = 76

Workout #21189 - Monday, 26 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on 1:10 Fly Kick w/board
 {1 x 100 on 2:25 Fly Kick w/board
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {2 x 50 on 1:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 3x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 325 13 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 6:53 PM 2,375 Yards - Stress Value = 60

Workout #21187 - Monday, 26 February 2018

Group 2 - Taper-Platinum

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 50 on :50 Fly Kick w/board
 {1 x 100 on 1:45 Fly Kick w/board
 {1 x 150 on 2:35 Fly Kick w/board
 {4 x 25 on :30 Kick no board S-13KOW+1
 {1 x 50 on :50 Fly Kick w/board
 {1 x 100 on 1:45 Fly Kick w/board
 {1 x 150 on 2:35 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 6:54 PM 2,925 Yards - Stress Value = 74

Workout #21190 - Monday, 26 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on 1:20 Fly Kick w/board
 {1 x 100 on 2:40 Fly Kick w/board
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {2 x 50 on 1:20 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 3x{8 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 1 on 10:00 Racing Skills-Starts
 275 11 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 6:58 PM 2,325 Yards - Stress Value = 56

Workout #21191 - Monday, 26 February 2018

Group 2 - Taper-Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S-13KOW+1
 {1 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 3x{8 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 250 10 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 6:58 PM 2,150 Yards - Stress Value = 52

{1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 1 on 15:00 Racing Skills-Starts
 10 x 50 on 1:00 Stroke Drills
 500
 6:01 PM 5,450 Yards - Stress Value = 59

Workout #21194 - Tuesday, 27 February 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 800 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 950 1x{4 x 100 on 1:35 Pulls BTB
 {3 x 100 on 1:30 Pulls BTS
 {2 x 100 on 1:25 Pulls BTS
 {1 x 50 on :40 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,000 1x{4 x 100 on 1:35 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {4 x 100 on 1:30 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {4 x 100 on 1:25 Backstroke
 {1 x 50 on :55 Backstroke
 {3 x 100 on 1:20 Backstroke
 {1 x 50 on :55 Backstroke
 1 on 15:00 Racing Skills-Starts
 500 10 x 50 on 1:00 Stroke Drills
 6:01 PM 5,200 Yards - Stress Value = 56

Workout #21192 - Tuesday, 27 February 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-Back Shooters
 750 15 x 50 on :55 200 Breast Pace
 1 on 10:00 Racing Skills-Tivo Starts
 375 15 x 25 on :30 100 Back Pace
 1 on 10:00 6 sec work from turn
 750 15 x 50 on :50 200 Fly Pace
 1 on 10:00 Racing Skills-Timed turns
 375 15 x 25 on :30 100 Free Pace
 150 1 x 150 on 8:00 Sculling Drills-Video 2 positiv
 5:26 PM 2,625 Yards - Stress Value = 235

Workout #21193 - Tuesday, 27 February 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 800 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 1,000 1x{4 x 100 on 1:30 Pulls BTB
 {3 x 100 on 1:25 Pulls BTS
 {2 x 100 on 1:20 Pulls BTS
 {1 x 100 on 1:15 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
 2,200 1x{4 x 100 on 1:30 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {4 x 100 on 1:25 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {4 x 100 on 1:20 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {4 x 100 on 1:15 Backstroke

Workout #21195 - Tuesday, 27 February 2018

Group 3 - Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 550 1 x 550 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 800 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 900 1x{3 x 100 on 1:40 Pulls BTB
 {3 x 100 on 1:35 Pulls BTS
 {2 x 100 on 1:30 Pulls BTS
 {1 x 100 on 1:25 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{4 x 100 on 1:45 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {4 x 100 on 1:40 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {4 x 100 on 1:35 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 100 on 1:30 Backstroke
 1 on 15:00 Racing Skills-Starts
 500 10 x 50 on 1:00 Stroke Drills
 6:00 PM 4,850 Yards - Stress Value = 52

Workout #21196 - Tuesday, 27 February 2018

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 500 1 x 500 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 800 10x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 800 1x{2 x 100 on 1:55 Pulls BTB
 {3 x 100 on 1:50 Pulls BTS
 {2 x 100 on 1:45 Pulls BTS
 {1 x 100 on 1:40 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{4 x 100 on 2:00 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {4 x 100 on 1:55 Backstroke
 {1 x 50 on 1:05 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {4 x 100 on 1:50 Backstroke
 1 on 15:00 Racing Skills-Starts
 500 10 x 50 on 1:00 Stroke Drills
 5:59 PM 4,450 Yards - Stress Value = 49

Workout #21197 - Tuesday, 27 February 2018

Group 3 - Taper-Platinum

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====

1 on 30:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 5x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 500 1x{2 x 100 on 1:30 Pulls BTB
 {1 x 100 on 1:25 Pulls BTS
 {1 x 100 on 1:20 Pulls BTS
 {1 x 100 on 1:15 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{2 x 100 on 1:30 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 {2 x 100 on 1:15 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :40 Backstroke
 1 on 15:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 5:21 PM 3,000 Yards - Stress Value = 32

Workout #21198 - Tuesday, 27 February 2018

Group 3 - Taper-Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 5x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 450 1x{2 x 100 on 1:35 Pulls BTB
 {1 x 100 on 1:30 Pulls BTS
 {1 x 100 on 1:25 Pulls BTS
 {1 x 50 on :40 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,100 1x{2 x 100 on 1:35 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 50 on :45 Backstroke
 1 on 15:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 5:21 PM 2,850 Yards - Stress Value = 30

Workout #21199 - Tuesday, 27 February 2018

Group 3 - Taper-Silver

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 5x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 400 1x{1 x 100 on 1:40 Pulls BTB
 {1 x 100 on 1:35 Pulls BTS
 {1 x 100 on 1:30 Pulls BTS
 {1 x 100 on 1:25 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{2 x 100 on 1:45 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on :50 Backstroke
 {1 x 100 on 1:30 Backstroke
 1 on 15:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 5:21 PM 2,700 Yards - Stress Value = 29

Workout #21200 - Tuesday, 27 February 2018

Group 3 - Taper-Bronze

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 5x{1 x 40 on :01 Sprint kick
 {1 x 40 on 1:59 Sprint free no 1 breath
 { 12 yd under water fly kick
 350 1x{1 x 100 on 1:55 Pulls BTB
 {1 x 100 on 1:50 Pulls BTS
 {1 x 100 on 1:45 Pulls BTS
 {1 x 50 on :50 Pulls BTB
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{2 x 100 on 2:00 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {2 x 100 on 1:55 Backstroke
 {1 x 50 on 1:00 Backstroke
 {1 x 50 on :55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 50 on 1:00 Backstroke
 1 on 15:00 Racing Skills-Starts
 500 10 x 50 on 1:00 Stroke Drills
 5:26 PM 2,750 Yards - Stress Value = 27

Workout #21201 - Tuesday, 27 February 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:30 Free Kick w/board for time

{1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 {3 x 150 on 2:40 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,500 1x{1 x 400 on 5:00 Pull-BTB
 {4 x 100 on 1:20 Free NBBF&W
 {2 x 300 on 3:50 Pulls BTS
 {3 x 100 on 1:20 Free NBBF&W
 {3 x 200 on 2:35 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,650 Yards - Stress Value = 157

Workout #21202 - Tuesday, 27 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {3 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-4sec
 {1 x 50 on :55 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{1 x 400 on 5:50 Pull-BTB
 {4 x 100 on 1:30 Free NBBF&W
 {2 x 300 on 4:25 Pulls BTS
 {3 x 100 on 1:30 Free NBBF&W
 {2 x 200 on 2:55 Pulls-no br L.12 yds
 {1 x 100 on 1:30 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,150 Yards - Stress Value = 148

Workout #21203 - Tuesday, 27 February 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {2 x 125 on 2:50 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{1 x 400 on 7:00 Pull-BTB
 {3 x 100 on 1:45 Free NBBF&W
 {2 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {1 x 200 on 3:30 Pulls-no br L.12 yds
 {3 x 50 on :50 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,475 Yards - Stress Value = 125

Workout #21204 - Tuesday, 27 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {2 x 125 on 3:05 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 7:40 Pull-BTB
 {4 x 100 on 1:55 Free NBBF&W
 {1 x 300 on 5:45 Pulls BTS
 {3 x 100 on 1:55 Free NBBF&W
 {1 x 200 on 3:50 Pulls-no br L.12 yds
 {1 x 100 on 1:55 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,175 Yards - Stress Value = 120

Workout #21205 - Tuesday, 27 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-6sec
 {2 x 125 on 3:20 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-5sec

{1 x 150 on 4:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 400 on 8:20 Pull-BTB
 {3 x 100 on 2:10 Free NBBF&W
 {1 x 300 on 6:30 Pulls BTS
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 {1 x 100 on 2:10 Free NBBF&W
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 108

Workout #21206 - Tuesday, 27 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-6sec
 {2 x 125 on 3:45 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-5sec
 {1 x 50 on 1:30 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 400 on 11:00 Pull-BTB
 {3 x 100 on 2:45 Free NBBF&W
 {1 x 300 on 8:15 Pulls BTS
 {2 x 100 on 2:45 Free NBBF&W
 500 20 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 95

Workout #21207 - Tuesday, 27 February 2018

Group 2 - Taper-Platinum

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 400 on 5:00 Pull-BTB
 {2 x 100 on 1:20 Free NBBF&W
 {2 x 300 on 3:50 Pulls BTS
 {2 x 100 on 1:20 Free NBBF&W
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 6:56 PM 3,575 Yards - Stress Value = 87

Workout #21208 - Tuesday, 27 February 2018

6:56 PM 2,625 Yards - Stress Value = 66

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
	{2 x 125 on 2:25 Free Kick w/board
	{1 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 400 on 5:50 Pull-BTB
	{2 x 100 on 1:30 Free NBBF&W
	{1 x 300 on 4:25 Pulls BTS
	{3 x 100 on 1:30 Free NBBF&W
375	15 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
6:56 PM	3,225 Yards - Stress Value = 81

Workout #21209 - Tuesday, 27 February 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{2 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{1 x 50 on 2:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 300 on 5:15 Pull-BTB
	{1 x 100 on 1:45 Free NBBF&W
	{1 x 300 on 5:15 Pulls BTS
325	13 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
6:56 PM	2,725 Yards - Stress Value = 67

Workout #21210 - Tuesday, 27 February 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{2 x 75 on 2:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 400 on 7:40 Pull-BTB
	{1 x 100 on 1:55 Free NBBF&W
	{1 x 300 on 5:45 Pulls BTS
	{1 x 100 on 1:55 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills

Workout #21211 - Wednesday, 28 February 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills-Breast Shooters
375	15 x 25 on :30 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
750	15 x 50 on :50 200 Back Pace
	1 on 10:00 Racing Skills-6 sec work-starts
375	15 x 25 on :30 100 Fly Pace
	1 on 10:00 Racing Skills-Timed Brst Turns
750	15 x 50 on :50 200 Free Pace
150	1 x 150 on 8:00 Sculling Drills-Video 2 positiv
5:25 PM	2,625 Yards - Stress Value = 235

Workout #21212 - Wednesday, 28 February 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/TRX bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,300	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{6 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
1,600	1x{1 x 400 on 5:30 Lungbuster pulls
	{2 x 300 on 4:05 Lungbuster pulls
	{3 x 200 on 2:45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{1 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{2 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{3 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{4 x 200 on 3:00 Butterfly
500	10 x 50 on 1:00 Stroke Drills
6:00 PM	6,700 Yards - Stress Value = 97

Workout #21213 - Wednesday, 28 February 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,200	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{6 x 75 on 1:20 Kick
1,500	1x{1 x 400 on 5:50 Lungbuster pulls
	{2 x 300 on 4:20 Lungbuster pulls
	{3 x 150 on 2:10 Lungbuster pulls
	{1 x 50 on :45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,050	1x{1 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{3 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 200 on 3:25 Butterfly
500	10 x 50 on 1:00 Stroke Drills
	5:59 PM 6,100 Yards - Stress Value = 84

Workout #21214 - Wednesday, 28 February 2018

Group 3 - Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
1,050	10 x 15 on :45 Shooters
1,050	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:30 Kick
1,400	1x{1 x 400 on 6:10 Lungbuster pulls
	{2 x 300 on 4:35 Lungbuster pulls
	{4 x 100 on 1:35 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 200 on 3:40 Butterfly
	{1 x 150 on 2:25 Freestyle
	{2 x 200 on 3:40 Butterfly
	{1 x 150 on 2:25 Freestyle
	{3 x 200 on 3:40 Butterfly
	{1 x 100 on 1:40 Freestyle
	{2 x 200 on 3:40 Butterfly
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 5,800 Yards - Stress Value = 80

Workout #21215 - Wednesday, 28 February 2018

Group 3 - Taper-Platinum

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX bands
150	20 x 25 on :30 Wednesday Warm-up
650	10 x 15 on :45 Shooters
650	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:10 Kick

	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
500	1x{1 x 300 on 4:05 Lungbuster pulls
	{1 x 200 on 2:45 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{2 x 200 on 3:00 Butterfly
	{1 x 150 on 2:00 Freestyle
	{3 x 200 on 3:00 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	5:11 PM 3,650 Yards - Stress Value = 52

Workout #21216 - Wednesday, 28 February 2018

Group 3 - Taper-Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:20 Kick
	{2 x 25 on :30 Kick no board BS
	{4 x 75 on 1:20 Kick
450	1x{1 x 300 on 4:20 Lungbuster pulls
	{1 x 150 on 2:10 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{1 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 200 on 3:25 Butterfly
	{1 x 150 on 2:15 Freestyle
	{2 x 200 on 3:25 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	5:11 PM 3,350 Yards - Stress Value = 47

Workout #21217 - Wednesday, 28 February 2018

Group 3 - Taper-Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:30 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:30 Kick
400	1x{1 x 300 on 4:35 Lungbuster pulls
	{1 x 100 on 1:35 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 200 on 3:40 Butterfly
	{1 x 150 on 2:25 Freestyle
	{2 x 200 on 3:40 Butterfly
	{1 x 150 on 2:25 Freestyle
	{2 x 150 on 2:40 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	5:11 PM 3,100 Yards - Stress Value = 42

Workout #21218 - Wednesday, 28 February 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,500 1x{8 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmline/hands by si
 {8 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmline/hands by sic
 {8 x 25 on :30 Kick no board B-10KOW+1
 {3 x 50 on :50 Kick-alt strmline/hands by sic
 {8 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on :45 Kick-alt strmline/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,400 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,600 Yards - Stress Value = 159

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,150 1x{8 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmline/hands by si
 {6 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,050 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,650 Yards - Stress Value = 132

Workout #21221 - Wednesday, 28 February 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,100 1x{6 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:20 Kick-alt strmline/hands by si
 {6 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:10 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{3 x 100 on 2:10 Backstroke
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {3 x 100 on 2:05 Backstroke
 {2 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {2 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 550 22 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,275 Yards - Stress Value = 119

Workout #21219 - Wednesday, 28 February 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,350 1x{8 x 25 on :35 Kick no board B-10KOW+1
 {5 x 50 on 1:05 Kick-alt strmline/hands by si
 {6 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmline/hands by si
 {6 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on :55 Kick-alt strmline/hands by sic
 {6 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmline/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,250 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {2 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,225 Yards - Stress Value = 153

Workout #21220 - Wednesday, 28 February 2018

Group 2 - Silver

1 minute rest between sets

Workout #21222 - Wednesday, 28 February 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {5 x 50 on 1:35 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {4 x 50 on 1:30 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:25 Kick-alt strmline/hands by si
 {2 x 25 on :45 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{3 x 100 on 2:30 Backstroke
 {2 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {3 x 100 on 2:25 Backstroke
 {2 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:20 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,750 Yards - Stress Value = 105

Workout #21223 - Wednesday, 28 February 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {3 x 50 on 2:00 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {3 x 50 on 1:55 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:50 Kick-alt strmline/hands by si
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{3 x 100 on 3:00 Backstroke
 {2 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {3 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {1 x 100 on 2:45 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 500 20 x 25 on :45 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,300 Yards - Stress Value = 96

Workout #21224 - Wednesday, 28 February 2018

Group 2 - Taper-Platinum

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on 1:00 Kick-alt strmline/hands by si
 {4 x 25 on :30 Kick no board B-10KOW+1

{2 x 50 on :55 Kick-alt strmline/hands by sic
 {4 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmline/hands by sic
 {4 x 25 on :30 Kick no board B-10KOW+1
 {1 x 50 on :45 Kick-alt strmline/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 3,225 Yards - Stress Value = 83

Workout #21225 - Wednesday, 28 February 2018

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on 1:05 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on 1:00 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :55 Kick-alt strmline/hands by sic
 {2 x 25 on :35 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,950 Yards - Stress Value = 79

Workout #21226 - Wednesday, 28 February 2018

Group 2 - Taper-Silver
1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS>Showers
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:10 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:05 Kick-alt strmline/hands by si
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:35 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:48 PM 2,700 Yards - Stress Value = 70

Workout #21227 - Wednesday, 28 February 2018

Group 2 - Taper SilverBronze
1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS>Showers
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:20 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{1 x 50 on 1:10 Kick-alt strmline/hands by si
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 100 on 2:10 Backstroke
	{1 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{4 x 25 on :40 Back 4 KOW +1
	{1 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{6 x 25 on :40 Back 4 KOW +1
275	11 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:48 PM 2,450 Yards - Stress Value = 62

Workout #21228 - Thursday, 01 March 2018

Group 3 - USRPT
1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
225	15 x 15 on 1:00 Racing Skills-Free Shooters
375	15 x 25 on :30 100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
750	15 x 50 on :55 200 Breast Pace
	1 on 10:00 Racing Skills-6 sec from start

375 15 x 25 on :30 100 Free Pace
 1 on 10:00 Racing Skills-Timed free starts
 750 30 x 25 on :30 200 Fly Pace
 150 1 x 150 on 8:00 Sculling Drills-Video 2 positiv
 5:28 PM 2,625 Yards - Stress Value = 235

Workout #21229 - Thursday, 01 March 2018

Group 3 - Breast
1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,600	1x{2 x 100 on 1:30 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{2 x 100 on 1:35 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{2 x 100 on 1:40 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{2 x 100 on 1:45 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{1 x 200 on 4:00 Breast 2K1P
	{3 x 50 on 1:00 Breast descend
	{1 x 200 on 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast-Kick on back
	{3 x 50 on :50 Breast-descend
	{1 x 200 on 4:00 Breast 3-4-5-6 glide
	{1 x 50 on :55 Breast-Fast
	1 on 15:00 Racing skills-starts
500	10 x 50 on 1:00 Stroke Drills
	5:56 PM 4,700 Yards - Stress Value = 47

Workout #21230 - Thursday, 01 March 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
600	1 on 30:00 DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,450	10 x 15 on :45 Shooters
1x{2 x 100 on 1:45 Kick your best kick	
{2 x 50 on 1:05 Kick your 2nd best kick	
{2 x 50 on 1:10 Kick your 3rd best kick	
{2 x 100 on 1:50 Kick your best kick	
{2 x 50 on 1:05 Kick your 2nd best kick	
{2 x 50 on 1:10 Kick your 3rd best kick	
{2 x 100 on 1:55 Kick your best kick	
{2 x 50 on 1:05 Kick your 2nd best kick	
{2 x 50 on 1:10 Kick your 3rd best kick	
{1 x 100 on 2:00 Kick your best kick	
{2 x 50 on 1:05 Kick your 2nd best kick	
{1 x 50 on 1:10 Kick your 3rd best kick	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,550 1x{1 x 200 on 4:15 Breast 2K1P	
{3 x 50 on 1:05 Breast descend	
{1 x 200 on 4:15 Breast 3-4-5-6 sec glide	
{3 x 50 on 1:00 Breast-descend	
{1 x 200 on 4:15 Breast-Kick on back	
{3 x 50 on :55 Breast-descend	
{1 x 200 on 4:15 Breast-Kick on back	
{3 x 50 on :55 Breast-descend	
{1 x 150 on 3:10 Breast 3-4-5-6 glide	
1 on 15:00 Racing Skills-starts	
500 10 x 50 on 1:00 Stroke Drills	
5:56 PM	4,450 Yards - Stress Value = 45

Group 3 - Taper-Platinum

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Shoulders
150	1 x 400 on 10:00 Underwater trn drill
800	10 x 15 on :45 Shooters
1x{1 x 100 on 1:30 Kick your best kick	
{1 x 50 on 1:00 Kick your 2nd best kick	
{1 x 50 on 1:05 Kick your 3rd best kick	
{1 x 100 on 1:35 Kick your best kick	
{1 x 50 on 1:00 Kick your 2nd best kick	
{1 x 50 on 1:05 Kick your 3rd best kick	
{1 x 100 on 1:40 Kick your best kick	
{1 x 50 on 1:00 Kick your 2nd best kick	
{1 x 50 on 1:05 Kick your 3rd best kick	
{1 x 100 on 1:45 Kick your best kick	
{1 x 50 on 1:00 Kick your 2nd best kick	
{1 x 50 on 1:05 Kick your 3rd best kick	
100 2x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
950 1x{1 x 200 on 4:00 Breast-Kick on back	
{3 x 50 on :50 Breast-descend	
{1 x 200 on 4:00 Breast-Kick on back	
{3 x 50 on :50 Breast-descend	
{1 x 200 on 4:00 Breast 3-4-5-6 glide	
{1 x 50 on :55 Breast-Fast	
1 on 10:00 Racing skills-starts	
250 1 x 250 on 5:00 Stroke Drills	
5:14 PM	2,650 Yards - Stress Value = 23

Workout #21233 - Thursday, 01 March 2018

Group 3 - Taper-Gold

1 minute rest between sets

Workout #21231 - Thursday, 01 March 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
550	1 on 30:00 DS/Shoulders
150	1 x 550 on 10:00 Underwater trn drill
1,350	10 x 15 on :45 Shooters
1x{2 x 100 on 1:55 Kick your best kick	
{2 x 50 on 1:10 Kick your 2nd best kick	
{2 x 50 on 1:15 Kick your 3rd best kick	
{2 x 100 on 2:00 Kick your best kick	
{2 x 50 on 1:10 Kick your 2nd best kick	
{2 x 50 on 1:15 Kick your 3rd best kick	
{2 x 100 on 2:05 Kick your best kick	
{2 x 50 on 1:10 Kick your 2nd best kick	
{2 x 50 on 1:15 Kick your 3rd best kick	
{1 x 100 on 2:10 Kick your best kick	
{1 x 50 on 1:10 Kick your 2nd best kick	
200 4x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,450 1x{1 x 150 on 3:25 Breast 2K1P	
{3 x 50 on 1:10 Breast descend	
{1 x 150 on 3:25 Breast 3-4-5-6 sec glide	
{3 x 50 on 1:05 Breast-descend	
{1 x 150 on 3:25 Breast-Kick on back	
{3 x 50 on 1:00 Breast-descend	
{1 x 150 on 3:25 Breast-Kick on back	
{3 x 50 on 1:00 Breast-descend	
{1 x 150 on 3:25 Breast 3-4-5-6 glide	
{2 x 50 on 1:05 Breast-fast	
1 on 15:00 Racing Skills-Starts	
500 10 x 50 on 1:00 Stroke Drills	
5:56 PM	4,200 Yards - Stress Value = 45

Yards	Set Description
3:30 PM	Start
400	1 on 30:00 DS/Shoulders
150	1 x 400 on 10:00 Underwater trn drill
700	10 x 15 on :45 Shooters
1x{1 x 100 on 1:45 Kick your best kick	
{1 x 50 on 1:05 Kick your 2nd best kick	
{1 x 50 on 1:10 Kick your 3rd best kick	
{1 x 100 on 1:50 Kick your best kick	
{1 x 50 on 1:05 Kick your 2nd best kick	
{1 x 50 on 1:10 Kick your 3rd best kick	
{1 x 100 on 1:55 Kick your best kick	
{1 x 50 on 1:05 Kick your 2nd best kick	
{1 x 50 on 1:10 Kick your 3rd best kick	
{1 x 100 on 2:00 Kick your best kick	
100 2x{1 x 25 on :50 Sculling drills	
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
850 1x{1 x 200 on 4:15 Breast-Kick on back	
{3 x 50 on :55 Breast-descend	
{1 x 200 on 4:15 Breast-Kick on back	
{3 x 50 on :55 Breast-descend	
{1 x 150 on 3:10 Breast 3-4-5-6 glide	
1 on 10:00 Racing Skills-starts	
250 1 x 250 on 5:00 Stroke Drills	
5:14 PM	2,450 Yards - Stress Value = 22

Workout #21232 - Thursday, 01 March 2018

Workout #21234 - Thursday, 01 March 2018

Group 3 - Taper-Silver

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 1:55 Kick your best kick
	{1 x 50 on 1:10 Kick your 2nd best kick
	{1 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:00 Kick your best kick
	{1 x 50 on 1:10 Kick your 2nd best kick
	{1 x 50 on 1:15 Kick your 3rd best kick
	{1 x 100 on 2:05 Kick your best kick
	{1 x 50 on 1:10 Kick your 2nd best kick
	{1 x 50 on 1:15 Kick your 3rd best kick
	{1 x 50 on 1:05 Kick your best kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast-Kick on back
	{3 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:25 Breast 3-4-5-6 glide
	{1 x 50 on 1:05 Breast-fast
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	5:14 PM 2,350 Yards - Stress Value = 22

Workout #21235 - Thursday, 01 March 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 Teach Day
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
1,300	1x{1 x 200 on 3:40 Breast Kick w/board
	{2 x 175 on 3:10 Breast Kick w/board
	{3 x 150 on 2:40 Breast Kick w/board
	{2 x 125 on 2:10 Breast Kick w/board
	{1 x 50 on :50 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 94

Workout #21236 - Thursday, 01 March 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
1,100	1x{1 x 200 on 4:20 Breast Kick w/board
	{2 x 175 on 3:45 Breast Kick w/board
	{3 x 150 on 3:10 Breast Kick w/board
	{1 x 100 on 2:05 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,775 Yards - Stress Value = 90

Workout #21237 - Thursday, 01 March 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
1,050	1x{1 x 200 on 4:40 Breast Kick w/board
	{2 x 175 on 4:00 Breast Kick w/board
	{3 x 150 on 3:25 Breast Kick w/board
	{1 x 50 on 1:05 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 82

Workout #21238 - Thursday, 01 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
975	1x{1 x 200 on 5:00 Breast Kick w/board
	{2 x 175 on 4:20 Breast Kick w/board
	{2 x 150 on 3:40 Breast Kick w/board
	{1 x 125 on 3:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,425 Yards - Stress Value = 75

Workout #21239 - Thursday, 01 March 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
900	1x{1 x 200 on 5:30 Breast Kick w/board
	{2 x 175 on 4:45 Breast Kick w/board
	{2 x 150 on 4:00 Breast Kick w/board
	{1 x 50 on 1:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 74

Workout #21240 - Thursday, 01 March 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 600 1x{1 x 200 on 8:00 Breast Kick w/board
 {2 x 150 on 6:00 Breast Kick w/board
 {1 x 100 on 4:00 Breast Kick w/board
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,950 Yards - Stress Value = 68

Workout #21241 - Thursday, 01 March 2018

Group 2 - Taper-Platinum

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 Teach Day
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,425 Yards - Stress Value = 38

Workout #21242 - Thursday, 01 March 2018

Group 2 - Taper-Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,375 Yards - Stress Value = 38

Workout #21243 - Thursday, 01 March 2018

Group 2 - Taper-Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 275 11 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,275 Yards - Stress Value = 34

Workout #21244 - Thursday, 01 March 2018

Group 2 - Taper SilverBronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 250 10 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,200 Yards - Stress Value = 31

Workout #21245 - Friday, 02 March 2018

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch
 400 1 x 400 on 8:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:00 Kick-all under 1:25
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 1:55 Kick-all under 1:25
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 1x{1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 2:45 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 4:44 PM 2,900 Yards - Stress Value = 42

Workout #21246 - Monday, 05 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-shooters
 375 15 x 25 on :30 100 Fly Pace
 1 on 10:00 Racing Skills-1 leg starts
 750 15 x 50 on :50 200 Free Pace
 1 on 10:00 Racing Skills-6sec from a push
 225 15 x 15 on :30 100 Breast Pace
 1 on 10:00 Racing Skills-Timed Fly turns
 750 15 x 50 on :50 200 Back Pace
 150 1 x 150 on 13:00 Sculling Drill-Video 2 positiv
 5:30 PM 2,475 Yards - Stress Value = 219

Workout #21247 - Monday, 05 March 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 600 on 8:00 Free Neg Split
 {1 x 500 on 6:40 Free L.25 of each 100 6BK
 {1 x 400 on 5:20 Free descend 100's
 {1 x 300 on 4:00 Free SFBO SW/3KOBHW
 {1 x 200 on 2:40 Free-build each 50
 {1 x 100 on 1:20 Free-100%
 250 1 x 250 on 5:00 Stroke Drills
 5:13 PM 3,900 Yards - Stress Value = 46

Workout #21248 - Monday, 05 March 2018

Group 3 - Taper-Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Physio Ball
 400 1 x 400 on 8:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 50 on :55 Kick
 {2 x 25 on :30 Kick no board BS
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,950 1x{1 x 600 on 8:30 Free Neg Split
 {1 x 500 on 7:05 Free L.25 of each 100 6BK
 {1 x 400 on 5:40 Free descend 100's
 {1 x 300 on 4:15 Free-build each 50
 {1 x 150 on 2:00 Free-100%
 250 1 x 250 on 5:00 Stroke Drills
 5:13 PM 3,700 Yards - Stress Value = 44

Workout #21249 - Monday, 05 March 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board

{4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly lup2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:23 PM 3,175 Yards - Stress Value = 83

Workout #21250 - Monday, 05 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly lup2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Free 6BK
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:23 PM 3,025 Yards - Stress Value = 80

Workout #21251 - Monday, 05 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:23 PM 2,725 Yards - Stress Value = 70

Workout #21252 - Monday, 05 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:23 PM 2,600 Yards - Stress Value = 68

Workout #21253 - Monday, 05 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back

{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly lup2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 300 12 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:22 PM 2,200 Yards - Stress Value = 60

Workout #21254 - Monday, 05 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 350 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly lup2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 300 12 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:23 PM 1,850 Yards - Stress Value = 54

Workout #21255 - Tuesday, 06 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on 1:00 Racing Skills-Back Shooters
 375 15 x 25 on :30 100 Free Pace
 1 on 10:00 Racing Skills-Tivo Starts
 750 15 x 50 on :50 200 Fly Pace
 1 on 10:00 Racing Skills-6 sec back turns
 375 15 x 25 on :30 100 Back Pace
 1 on 10:00 Racing Skills-timed back turns
 750 15 x 50 on :55 200 Breast Pace
 150 1 x 150 on 8:00 Sculling Drills-Video 2 positiv
 5:26 PM 2,625 Yards - Stress Value = 235

Workout #21256 - Tuesday, 06 March 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
480	1x{12 x 40 on 1:15 BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
750	1 x 750 on 9:30 Pulls alt 100 br toward bleachers, 100 toward scrbd
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{5 x 100 on 1:20 Backstroke { 4 x 25 on :30 Back Drill { 4 x 100 on 1:15 Backstroke { 4 x 25 on :30 Back Drill { 2 x 100 on 1:10 Backstroke { 4 x 25 on :30 Back Drill { 1 x 100 on 1:05 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	5:13 PM 3,630 Yards - Stress Value = 48

Workout #21257 - Tuesday, 06 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
480	1x{12 x 40 on 1:15 BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
675	1 x 675 on 9:30 Pulls alt 100 br toward bleachers, 100 toward scrbd
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{4 x 100 on 1:25 Backstroke { 4 x 25 on :30 Back Drill { 3 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back Drill { 2 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back Drill { 1 x 100 on 1:15 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	5:13 PM 3,455 Yards - Stress Value = 43

Workout #21258 - Tuesday, 06 March 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :30 Kick no board BSLR { 3 x 50 on :55 Fly Kick w/board { 4 x 25 on :30 Kick no board BSLR { 4 x 75 on 1:20 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{4 x 75 on 1:10 Fly 25R-25L-25B { 4 x 25 on :30 Fly lupldown+1 { 3 x 100 on 1:30 Fly 25R-25L-50B { 4 x 25 on :30 Fly lupldown+1 { 2 x 125 on 1:50 Fly 25R-25L-75B

	{ 4 x 25 on :30 Fly lupldown+1
375	15 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed partner turn
200	1 x 200 on 4:00 Stroke Drills
	7:19 PM 3,025 Yards - Stress Value = 80

Workout #21259 - Tuesday, 06 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :35 Kick no board BSLR { 3 x 50 on 1:05 Fly Kick w/board { 4 x 25 on :35 Kick no board BSLR { 2 x 75 on 1:35 Fly Kick w/board { 2 x 25 on :35 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{4 x 75 on 1:20 Fly 25R-25L-25B { 4 x 25 on :35 Fly lupldown+1 { 3 x 100 on 1:50 Fly 25R-25L-50B { 2 x 25 on :35 Fly lupldown+1 { 2 x 125 on 2:15 Fly 25R-25L-75B
325	13 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed partner turn
200	1 x 200 on 4:00 Stroke Drills
	7:19 PM 2,725 Yards - Stress Value = 69

Workout #21260 - Tuesday, 06 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board BSLR { 3 x 50 on 1:10 Fly Kick w/board { 4 x 25 on :40 Kick no board BSLR { 2 x 75 on 1:50 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
775	1x{2 x 75 on 1:40 Fly 25R-25L-25B { 4 x 25 on :40 Fly lupldown+1 { 3 x 100 on 2:15 Fly 25R-25L-50B { 4 x 25 on :40 Fly lupldown+1 { 1 x 125 on 2:45 Fly 25R-25L-75B
275	11 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:19 PM 2,350 Yards - Stress Value = 59

Workout #21261 - Tuesday, 06 March 2018

7:19 PM 1,670 Yards - Stress Value = 35

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
475	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 75 on 2:00 Fly Kick w/board
	{2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{4 x 75 on 2:00 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 100 on 2:40 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
275	11 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:19 PM 2,250 Yards - Stress Value = 58

Workout #21262 - Tuesday, 06 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{2 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lupldown+1
	{2 x 100 on 3:00 Fly 25R-25L-50B
	{6 x 25 on :45 Fly lupldown+1
250	10 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:19 PM 2,050 Yards - Stress Value = 52

Workout #21263 - Tuesday, 06 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
325	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 75 on 3:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
475	1x{2 x 75 on 3:00 Fly 25R-25L-25B
	{4 x 25 on 1:00 Fly lupldown+1
	{1 x 100 on 4:00 Fly 25R-25L-50B
	{2 x 25 on 1:00 Fly lupldown+1
	{1 x 75 on 3:00 Fly 25R-25L-25B
120	8 x 15 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills

Workout #21264 - Wednesday, 07 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills-Breast Shooters
225	15 x 15 on :30 100 Breast Pace
	1 on 10:00 Racing Skills-Partner Starts
750	15 x 50 on :50 200 Back Pace
	1 on 10:00 Racing Skills-6 sec from start
375	15 x 25 on :30 100 Fly Pace
	1 on 10:00 Racing Skills-timed breast turns
750	15 x 50 on :50 200 Free Pace
150	1 x 150 on 8:00 Sculling Drill-video 2 positive
	5:25 PM 2,475 Yards - Stress Value = 219

Workout #21265 - Wednesday, 07 March 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRXBands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board B 12+1
	{1 x 50 on :40 Kick
	{4 x 25 on :30 Kick no board S 12+1
	{2 x 75 on 1:00 Kick
	{4 x 25 on :30 Kick no board L 12+1
	{3 x 100 on 1:20 Kick
	{4 x 25 on :30 Kick no board R 12+1
450	1x{3 x 75 on 1:00 Lungbuster pulls
	{ br 5-6-7
	{3 x 75 on 1:00 Lungbuster pulls
	{ br 6-7-8
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,150	1x{3 x 50 on :45 Butterfly 2-2
	{4 x 25 on :25 Butterfly lup 1down
	{3 x 50 on :45 Butterfly 2-3
	{4 x 25 on :25 Butterfly lup 2down
	{3 x 50 on :45 Butterfly 2-4
	{4 x 25 on :25 Butterfly lup 3down
	{3 x 50 on :45 Butterfly 2-5
	{4 x 25 on :25 Butterfly-descend
	{3 x 50 on :45 Butterfly 2-6
250	1 x 250 on 4:00 Stroke Drills
	5:03 PM 3,400 Yards - Stress Value = 51

Workout #21266 - Wednesday, 07 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/TRX Bands
 150 16 x 25 on :30 Wednesday Warm-up
 800 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board B 12+1
 {1 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board S 12+1
 {2 x 75 on 1:20 Kick
 {4 x 25 on :30 Kick no board L 12+1
 {3 x 100 on 1:40 Kick
 375 1x{3 x 75 on 1:05 Lungbuster pulls
 { br 4-5-6
 {2 x 75 on 1:05 Lungbuster pulls
 { br 5-6-7
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{3 x 50 on :50 Butterfly 2-2
 {4 x 25 on :30 Butterfly lup 1down
 {3 x 50 on :50 Butterfly 2-3
 {4 x 25 on :30 Butterfly lup 2down
 {3 x 50 on :50 Butterfly 2-4
 {4 x 25 on :30 Butterfly lup 3down
 {3 x 50 on :50 Butterfly 2-5
 {4 x 25 on :30 Butterfly-descend
 250 1 x 250 on 4:00 Stroke Drills
 5:03 PM 3,075 Yards - Stress Value = 46

Workout #21267 - Wednesday, 07 March 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 250 1 on 30:00 DS/Dryland
 150 10 x 25 on :30 Wednesday Warm-up
 700 10 x 15 on :45 Shooters
 1x{1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:50 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,425 1x{5 x 125 on 1:55 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {4 x 100 on 1:30 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 375 15 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 3,200 Yards - Stress Value = 86

Workout #21268 - Wednesday, 07 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 200 1 on 30:00 DS/Dryland
 150 8 x 25 on :35 Wednesday Warm-up
 650 10 x 15 on :45 Shooters
 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {3 x 50 on 1:05 Alt 25 kick on each side
 {1 x 100 on 2:05 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,300 1x{5 x 125 on 2:05 Back alt 25's 10KOW
 {2 x 50 on :50 Back-descend
 {4 x 100 on 1:40 Back alt 25's 10KOW
 {2 x 50 on :50 Back-descend
 {1 x 75 on 1:15 Back alt 25's 10KOW
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 2,925 Yards - Stress Value = 77

Workout #21269 - Wednesday, 07 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 175 1 on 30:00 DS/Dryland
 150 7 x 25 on :40 Wednesday Warm-up
 600 10 x 15 on :45 Shooters
 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{4 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {4 x 100 on 1:55 Back alt 25's 10KOW
 {2 x 50 on :55 Back-descend
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 2,700 Yards - Stress Value = 73

Workout #21270 - Wednesday, 07 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 175 1 on 30:00 DS/Dryland
 150 7 x 25 on :40 Wednesday Warm-up
 550 10 x 15 on :45 Shooters
 1x{1 x 100 on 2:25 Streamline Kick on back
 {1 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:25 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 {1 x 50 on 1:05 Back-FAST
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 2,475 Yards - Stress Value = 68

Workout #21271 - Wednesday, 07 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:45 Streamline Kick on back {1 x 50 on 1:20 Alt 25 kick on each side {2 x 100 on 2:45 Streamline Kick on back {1 x 50 on 1:20 Alt 25 kick on each side {1 x 100 on 2:45 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{3 x 50 on 1:20 Back-descend {4 x 100 on 2:40 Back alt 25's 10KOW {2 x 50 on 1:20 Back-descend {2 x 75 on 2:00 Back alt 25's 10KOW
275	11 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:21 PM	2,175 Yards - Stress Value = 60

Workout #21272 - Wednesday, 07 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Streamline Kick on back {1 x 50 on 1:30 Alt 25 kick on each side {2 x 100 on 3:00 Streamline Kick on back {2 x 50 on 1:30 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{3 x 50 on 1:30 Back-descend {4 x 100 on 3:00 Back alt 25's 10KOW {3 x 50 on 1:30 Back-descend
275	11 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:21 PM	2,025 Yards - Stress Value = 57

Workout #21273 - Thursday, 08 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
225	15 x 15 on 1:00 Racing Skills-Free Shooters
750	15 x 50 on :55 #2 200 Pace 1 on 10:00 RacingSkills-Timed starts to 15M
375	15 x 25 on :30 #1 100 Pace
150	1 x 150 on 8:00 Sculling Drill-Video 2 positive
4:43 PM	1,500 Yards - Stress Value = 122

Workout #21274 - Thursday, 08 March 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 x 400 on 8:00 Underwater trn drill

150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR-12 {2 x 75 on 1:05 Kick {4 x 25 on :30 Kick no board BSLR-14 {2 x 75 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 150 on 2:15 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {2 x 125 on 1:50 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {3 x 100 on 1:25 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {4 x 75 on 1:00 Breaststroke {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst {3 x 50 on :40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:08 PM	3,400 Yards - Stress Value = 56

Workout #21275 - Thursday, 08 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Shoulders 1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:20 Kick {4 x 25 on :30 Kick no board BSLR-12 {2 x 75 on 1:15 Kick {2 x 25 on :30 Kick no board BS-14 {2 x 75 on 1:10 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{1 x 150 on 2:30 Breaststroke {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst {2 x 125 on 2:00 Breaststroke {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst {3 x 100 on 1:35 Breaststroke {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst {4 x 75 on 1:10 Breaststroke {2 x 75 on 1:25 25flyK, 25XK1p, 25clsdfst
250	1 x 250 on 4:00 Stroke Drills
5:09 PM	3,200 Yards - Stress Value = 52

Workout #21276 - Thursday, 08 March 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Dryland 1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Breast Kick-odds fast 1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
7:23 PM	1,925 Yards - Stress Value = 52

Workout #21277 - Thursday, 08 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{6 x 100 on 2:10 Breast Kick-odds fast
	{ 1 x 50 on 1:00 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:23 PM 1,875 Yards - Stress Value = 51

Workout #21278 - Thursday, 08 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{5 x 100 on 2:30 Breast Kick-odds fast
	{ 1 x 50 on 1:15 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:23 PM 1,700 Yards - Stress Value = 47

Workout #21279 - Thursday, 08 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	5 x 100 on 2:45 Breast Kick-odds fast
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:23 PM 1,650 Yards - Stress Value = 46

Workout #21280 - Thursday, 08 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{4 x 100 on 3:00 Breast Kick-odds fast
	{ 1 x 50 on 1:30 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

250	10 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:23 PM 1,500 Yards - Stress Value = 40

Workout #21281 - Thursday, 08 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{3 x 100 on 4:00 Breast Kick-odds fast
	{ 1 x 50 on 2:00 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:23 PM 1,300 Yards - Stress Value = 38

Workout #21282 - Friday, 09 March 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 1:30 Free L.25 6BK
	{ 1 x 100 on 1:30 Free L.25 2 breaths
	{ 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:25 Free L.25 6BK
	{ 2 x 100 on 1:25 Free L.25 2 breaths
	{ 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{ 1 x 100 on 1:20 Free L.25 6bk
	{ 1 x 100 on 1:20 Free L.25 2 breaths
	{ 1 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
	1 on 15:00 Racing Skill-Timed starts to 15m
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,050 Yards - Stress Value = 30

Workout #21283 - Friday, 09 March 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 1:40 Free L.25 6BK
	{ 1 x 100 on 1:40 Free L.25 2 breaths
	{ 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:35 Free L.25 6BK
	{ 2 x 100 on 1:35 Free L.25 2 breaths
	{ 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{ 1 x 100 on 1:30 Free L.25 6bk
	{ 1 x 50 on :45 Free L.25 2 breaths
	1 on 15:00 Racing Skill-Timed starts to 15m
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 1,900 Yards - Stress Value = 27

Workout #21284 - Friday, 09 March 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:45 Free L.25 6BK
 {2 x 100 on 1:45 Free L.25 2 breaths
 {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on :50 Free L.25 6bk
 1 on 15:00 Racing Skill-Timed starts to 15m
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 1,700 Yards - Stress Value = 25

Workout #21285 - Friday, 09 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:00 Free L.25 6BK
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:55 Free L.25 6BK
 {2 x 100 on 1:55 Free L.25 2 breaths
 {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on 1:00 Free L.25 6bk
 1 on 15:00 Racing Skill-Timed starts to 15m
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 1,600 Yards - Stress Value = 23

Workout #21286 - Friday, 09 March 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:30 Free L.25 6BK
 {1 x 100 on 2:30 Free L.25 2 breaths
 {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:25 Free L.25 6BK
 {1 x 100 on 2:25 Free L.25 2 breaths
 {1 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on 1:10 Free L.25 6bk
 1 on 15:00 Racing Skill-Timed starts to 15m
 200 1 x 200 on 3:00 Stroke Drills
 6:29 PM 1,400 Yards - Stress Value = 19

Workout #21287 - Friday, 09 March 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland

400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 3:00 Free L.25 6BK
 {1 x 100 on 3:00 Free L.25 2 breaths
 {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:55 Free L.25 6BK
 {1 x 100 on 2:55 Free L.25 2 breaths
 {1 x 50 on 1:30 Free L.25 5 KOW-Sprint to fir
 1 on 15:00 Racing Skill-Timed starts to 15m
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 1,300 Yards - Stress Value = 17

Workout #21288 - Thursday, 08 March 2018

Group 3 - Race day warmup

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 15:00 DS/Showers L I
 400 1 x 400 on 7:00 Freestyle Drill REC D C
 150 10 x 15 on :45 Shooters SP3 S C
 300 3 x 100 on 2:15 Kick EN1 K C
 400 8 x 50 on 1:15 Down drill back build EN1 S C
 Odds free evens non free
 300 12 x 25 on :40 Variable Speed SP3 S C
 50 2 x 25 on 2:00 OTB EN2 S C
 250 1 x 250 on 4:00 Stroke Drills REC D
 4:39 PM 1,850 Yards - Stress Value = 26

Workout #21289 - Monday, 12 March 2018

HighSchl - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on 1:00 Racing Skills-Fly Shooters SP3
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 2:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 2:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 2:00 Walking/Jump Rope REC
 1,500 30 x 50 on :50 200 Fly Pace SP2
 150 1 x 150 on 5:00 Sculling Drills-Video 2 REC
 5:36 PM 4,875 Yards - Stress Value = 459

Workout #21290 - Monday, 12 March 2018

Group 3 - Distance

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
800	1x{1 x 100 on 1:10 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:15 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:20 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:25 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:16 PM 3,750 Yards - Stress Value = 107

Workout #21291 - Monday, 12 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Physio Ball
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 50 on :55 Kick
800	1x{1 x 100 on 1:20 Pulls
	{2 x 50 on 1:00 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls
	{2 x 50 on :55 Pulls-no br L.13 yds
	{1 x 100 on 1:30 Pulls
	{2 x 50 on :50 Pulls-no br L.14 yds
	{1 x 100 on 1:35 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,250	1x{4 x 125 on 2:00 Freestyle
	{1 on 1:00 Rest
	{3 x 125 on 1:55 Freestyle
	{1 on 1:00 Rest
	{2 x 125 on 1:50 Freestyle
	{1 on 1:00 Rest
	{1 x 125 on 1:45 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:16 PM 3,650 Yards - Stress Value = 105

Workout #21292 - Sunday, 11 March 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:45 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:40 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 150 on 2:15 Backstroke
	{2 x 125 on 1:50 Backstroke
	{3 x 100 on 1:25 Backstroke
	{4 x 75 on 1:00 Backstroke
	{1 x 100 on 2:00 EZ Free
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,925 Yards - Stress Value = 76

Workout #21293 - Monday, 12 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:20 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{2 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 150 on 2:40 Backstroke
	{2 x 125 on 2:10 Backstroke
	{3 x 100 on 1:45 Backstroke
	{2 x 75 on 1:15 Backstroke
	{1 x 50 on 1:30 EZ Free
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,625 Yards - Stress Value = 66

Workout #21294 - Monday, 12 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:25 Streamline Kick on back {4 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:20 Streamline Kick on back {4 x 25 on :35 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 150 on 3:05 Backstroke {2 x 125 on 2:30 Backstroke {2 x 100 on 1:55 Backstroke {2 x 75 on 1:25 Backstroke {1 x 50 on 1:30 EZ Free
300	12 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,400 Yards - Stress Value = 61

Workout #21295 - Monday, 12 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:40 Streamline Kick on back {4 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:35 Streamline Kick on back {2 x 25 on :35 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 150 on 3:30 Backstroke {2 x 125 on 2:50 Backstroke {2 x 100 on 2:15 Backstroke {1 x 50 on 1:05 Backstroke {1 x 50 on 1:30 EZ Free
300	12 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,250 Yards - Stress Value = 58

Workout #21296 - Monday, 12 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:00 Streamline Kick on back {4 x 25 on :45 Kick no board B w/fins {1 x 100 on 2:55 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 150 on 4:10 Backstroke {2 x 125 on 3:25 Backstroke {1 x 100 on 2:40 Backstroke {1 x 50 on 2:30 EZ Free
275	11 x 25 on :40 USRPT-100 Back Pace

1 on 10:00 Racing Skills-Back Starts
200 1 x 200 on 4:00 Stroke Drills
7:16 PM 1,975 Yards - Stress Value = 52

Workout #21297 - Monday, 12 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:40 Streamline Kick on back {4 x 25 on :45 Kick no board B w/fins {1 x 50 on 1:45 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 150 on 4:30 Backstroke {2 x 125 on 3:40 Backstroke {1 x 100 on 2:55 Backstroke {1 x 50 on 1:30 EZ Free
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 1,900 Yards - Stress Value = 48

Workout #21298 - Tuesday, 13 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	I
225	15 x 15 on 1:00 Racing Skills-Shooters	SP3	§
750	30 x 25 on :50 200 Back Pace	SP2	§
	1 on 2:00 Walking/Jump Rope	REC	I
750	30 x 25 on :30 100 Fly Pace	SP2	§
	1 on 2:00 Walking/Jump Rope	REC	I
750	30 x 25 on :30 100 Free Pace	SP2	§
	1 on 2:00 Walking/Jump Rope	REC	I
1,500	30 x 50 on :55 200 Breast Pace	SP2	§
150	1 x 150 on 5:00 Sculling Drills-Video	REC	I
	5:39 PM 4,125 Yards - Stress Value = 384		

Workout #21299 - Tuesday, 13 March 2018

Group 3 - Back

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Core
150	1 x 400 on 10:00 Top Hat Drill
520	10 x 15 on :45 Shooters
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 40 on 1:15 20 underwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 40 on 1:10 20 undwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 40 on 1:05 20 underwater 20sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 40 on 1:00 20 underwater 20 sprint free
600	1x{1 x 200 on 2:35 Pulls BTB
	{2 x 150 on 1:55 Pulls BTB
	{1 x 100 on 1:15 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:16 Backstroke
	{1 x 100 on 1:11 Backstroke
	{1 x 100 on 1:06 Backstroke
	{1 x 100 on 1:42 Freestyle
250	{1 x 50 on 2:15 Back-100%, min 8 KOW
	1 x 250 on 4:00 Stroke Drills
5:08 PM	3,120 Yards - Stress Value = 48

Workout #21300 - Tuesday, 13 March 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Core
150	1 x 400 on 10:00 Top Hat Drill
520	10 x 15 on :45 Shooters
1x	{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 40 on 1:15 20 underwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 40 on 1:10 20 undwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 40 on 1:05 20 underwater 20sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 40 on 1:00 20 underwater 20 sprint free
550	1x{1 x 200 on 2:50 Pulls BTB
	{1 x 150 on 2:05 Pulls BTB
	{2 x 100 on 1:20 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:26 Backstroke
	{1 x 100 on 1:21 Backstroke
	{1 x 100 on 1:16 Backstroke
	{1 x 50 on 1:12 Freestyle
	{1 x 50 on 2:15 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
5:08 PM	2,970 Yards - Stress Value = 47

Workout #21301 - Tuesday, 13 March 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Sun Yang Free
650	10 x 15 on :45 Shooters
1x	{1 x 200 on 3:30 Breast Kick w/board

	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 150 on 2:40 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 100 on 1:40 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 200 on 3:20 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:30 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 100 on 1:40 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:20 PM	2,825 Yards - Stress Value = 71

Workout #21302 - Tuesday, 13 March 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Sun Yang Free
575	10 x 15 on :45 Shooters
1x	{1 x 200 on 4:20 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 150 on 3:05 Breast Kick w/board
	{5 x 25 on :40 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{2 x 200 on 3:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:50 Breaststroke
	{1 on :30 Put fins on
	{2 x 25 on :30 Breast TO Drill w/fins
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:20 PM	2,650 Yards - Stress Value = 67

Workout #21303 - Tuesday, 13 March 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Sun Yang Free
525	10 x 15 on :45 Shooters
1x	{1 x 200 on 4:40 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{1 x 150 on 3:30 Breast Kick w/board
	{3 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{2 x 200 on 4:30 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on :40 Breast TO Drill w/fins
	{1 x 150 on 3:15 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on :40 Breast TO Drill w/fins
275	11 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:20 PM	2,350 Yards - Stress Value = 60

Workout #21304 - Tuesday, 13 March 2018

Group 2 - Silver/Bronze
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
525	1x{1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick-streamline on back
	{ 1 x 150 on 3:45 Breast Kick w/board
	{ 3 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{2 x 200 on 5:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :40 Breast TO Drill w/fins
	{ 1 x 150 on 3:45 Breaststroke
275	11 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:20 PM	2,300 Yards - Stress Value = 59

Workout #21305 - Tuesday, 13 March 2018

Group 2 - Bronze
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
475	1x{1 x 200 on 5:30 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick-streamline on back
	{ 1 x 100 on 2:45 Breast Kick w/board
	{ 3 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 200 on 5:40 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :45 Breast TO Drill w/fins
	{ 2 x 150 on 4:15 Breaststroke
250	10 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:21 PM	2,175 Yards - Stress Value = 54

Workout #21306 - Tuesday, 13 March 2018

Group 2 - Copper
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
300	1x{1 x 100 on 4:00 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 1 x 150 on 6:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	1x{1 x 150 on 6:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO Drill w/fins
	{ 1 x 100 on 4:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO drill w/fins
200	8 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:20 PM	1,750 Yards - Stress Value = 41

Workout #21307 - Wednesday, 14 March 2018

Group 3 - USRPT
1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 15:00 DS>Showers
225	15 x 15 on 1:00 Racing Skills-Breast Shooters
750	30 x 25 on :30 100 Breast Pace
	1 on 2:00 Walking/Jump Rope
1,500	30 x 50 on :50 200 Back Pace
	1 on 2:00 Walking/Jump Rope
750	30 x 25 on :30 100 Fly Pace
	1 on 2:00 Walking/Jump Rope
1,500	30 x 50 on :50 200 Free Pace
150	1 x 150 on 5:00 Sculling Drill-Video
5:36 PM	4,875 Yards - Stress Value = 459

Workout #21308 - Wednesday, 14 March 2018

Group 3 - Fly
1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 25:00 DS/TRX Bands
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,100	1x{1 x 125 on 2:00 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board B
	{ 1 x 125 on 1:55 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board S
	{ 1 x 125 on 1:50 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board L
	{ 1 x 125 on 1:45 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board R
100	2x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{5 x 75 on 1:05 Fly-25L25R25B
	{ 4 x 25 on :30 Fly 5/7/9/11 KOW
	{ 4 x 75 on 1:00 Fly-25L25R25B
	{ 4 x 25 on :30 Fly 5/7/9/11 KOW
	{ 3 x 75 on :55 Fly-25L25R25B
	{ 4 x 25 on :30 Fly-5-7-9-11 KOW
250	1 x 250 on 4:00 Stroke Drills
5:02 PM	3,200 Yards - Stress Value = 50

Workout #21309 - Wednesday, 14 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/TRX Bands
 150 16 x 25 on :30 Wednesday Warm-up
 1,050 10 x 15 on :45 Shooters
 1x{1 x 125 on 2:15 Kick L.25 100%
 {6 x 25 on :30 Kick no board B
 {1 x 125 on 2:10 Kick L.25 100%
 {6 x 25 on :30 Kick no board S
 {1 x 125 on 2:05 Kick L.25 100%
 {4 x 25 on :30 Kick no board L
 {2 x 100 on 1:40 Kick L.25 100%
 {3 x 25 on :30 Kick no board R
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,125 1x{4 x 75 on 1:15 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {4 x 75 on 1:10 Fly-25L25R25B
 {4 x 25 on :30 Fly 5/7/9/11 KOW
 {3 x 75 on 1:05 Fly-25L25R25B
 {4 x 25 on :30 Fly 5-7-9-11 KOW
 250 1 x 250 on 4:00 Stroke Drills
 5:02 PM 3,075 Yards - Stress Value = 48

Workout #21310 - Wednesday, 14 March 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 450 1 on 30:00 DS/Dryland
 150 18 x 25 on :30 Wednesday Warm-up
 700 2-12, 4-13, 6-14, 6-15
 10 x 15 on :45 Shooters
 1x{1 x 150 on 2:30 Free Kick w/board
 {2 x 125 on 2:05 Free Kick w/board
 {1 x 100 on 1:40 Free Kick w/board
 {2 x 75 on 1:15 Free Kick w/board
 {1 x 50 on :50 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,500 1x{1 x 200 on 2:45 Freestyle
 {3 x 100 on 1:15 Freestyle
 {1 x 200 on 2:40 Freestyle
 {3 x 100 on 1:15 Freestyle
 {1 x 200 on 2:35 Freestyle
 {3 x 100 on 1:15 Freestyle
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 3,475 Yards - Stress Value = 88

Workout #21311 - Wednesday, 14 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 375 1 on 30:00 DS/Dryland
 150 15 x 25 on :35 Wednesday Warm-up
 600 2-14, 4-15, 6-16, 3-17
 10 x 15 on :45 Shooters
 1x{1 x 150 on 2:55 Free Kick w/board
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 1:55 Free Kick w/board
 {2 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,350 1x{1 x 200 on 2:55 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 200 on 2:50 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 200 on 2:45 Freestyle
 {3 x 50 on :45 Freestyle
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 3,150 Yards - Stress Value = 83

Workout #21312 - Wednesday, 14 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 325 1 on 30:00 DS/Dryland
 150 13 x 25 on :40 Wednesday Warm-up
 500 2-15, 4-16, 4-17, 3-18
 10 x 15 on :45 Shooters
 1x{1 x 150 on 3:25 Free Kick w/board
 {1 x 125 on 2:50 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 25 on :35 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,150 1x{1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:45 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:45 Freestyle
 {1 x 150 on 2:25 Freestyle
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 2,750 Yards - Stress Value = 70

Workout #21313 - Wednesday, 14 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 325 1 on 30:00 DS/Dryland
 150 13 x 25 on :40 Wednesday Warm-up
 450 2-16, 4-17, 4-18, 3-19
 10 x 15 on :45 Shooters
 1x{1 x 150 on 3:45 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {2 x 50 on 1:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,050 1x{1 x 200 on 3:50 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 200 on 3:45 Freestyle
 {2 x 100 on 1:55 Freestyle
 {1 x 150 on 2:50 Freestyle
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:21 PM 2,600 Yards - Stress Value = 68

Workout #21314 - Wednesday, 14 March 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up 1-18, 2-19, 3-20, 4-21
400	10 x 15 on :45 Shooters
100	1x{1 x 150 on 4:10 Free Kick w/board 1 x 100 on 2:45 Free Kick w/board 2 x 75 on 2:15 Free Kick w/board
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
275	1x{1 x 200 on 5:00 Freestyle 3 x 100 on 2:35 Freestyle 1 x 200 on 5:00 Freestyle 1 x 100 on 2:35 Freestyle
200	11 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
7:22 PM	2,225 Yards - Stress Value = 58

Workout #21315 - Wednesday, 14 March 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up 1-20, 2-21, 3-22, 4-23
400	10 x 15 on :45 Shooters
100	1x{1 x 150 on 4:30 Free Kick w/board 2 x 100 on 3:00 Free Kick w/board 1 x 50 on 1:30 Free Kick w/board
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
275	1x{1 x 200 on 5:15 Freestyle 3 x 100 on 2:45 Freestyle 1 x 150 on 4:00 Freestyle 1 x 100 on 2:45 Freestyle
200	11 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
7:22 PM	2,175 Yards - Stress Value = 57

Workout #21316 - Thursday, 15 March 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
225	1 on 15:00 DS/Showers	REC
750	15 x 15 on 1:00 Racing Skills-Free Shooters	SP2
1,500	30 x 25 on :30 100 Fly Pace	SP2
1,500	1 on 2:00 Walking/Jump Rope	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
1,500	1 on 2:00 Walking/Jump Rope	REC
750	30 x 50 on :55 200 Breast Pace	SP2
150	1 on 2:00 Walking/Jump Rope	REC
5:39 PM	750 30 x 25 on :30 100 Free Pace	SP2
	150 1 x 150 on 5:00 Scullling Drill-Video	REC
	5:39 PM 4,875 Yards - Stress Value = 459	

Workout #21317 - Thursday, 15 March 2018

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 10:00 Underwater trn drill Odd 100's even 100's back
700	10 x 15 on :45 Shooters
1,450	1x{1 x 100 on 1:25 Kick your best kick 2 x 50 on 1:00 Kick your 2nd best kick 2 x 50 on 1:05 Kick your 3rd best kick 1 x 100 on 1:30 Kick your best kick 2 x 50 on 1:00 Kick your 2nd best kick 2 x 50 on 1:05 Kick your 3rd best kick 1 x 100 on 1:35 Kick your best kick
600	1x{6 x 50 on :40 Pulls 6 x 50 on :45 Pulls { Break Outs in sets of 2 (shoulders/hips/kne
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{3 x 125 on 1:55 100 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 100 on 1:30 75 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 75 on 1:05 50 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 50 on :40 25 Breast 25 Free 4 x 25 on :30 Breast Drill
5:12 PM	3,650 Yards - Stress Value = 34

Workout #21318 - Thursday, 15 March 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS-Physio Ball Abs
150	1 x 400 on 10:00 Underwater trn drill Odd 100s free even 100s back
600	10 x 15 on :45 Shooters
550	1x{1 x 100 on 1:40 Kick your best kick 2 x 50 on 1:05 Kick your 2nd best kick 2 x 50 on 1:10 Kick your 3rd best kick 1 x 100 on 1:45 Kick your best kick 2 x 50 on 1:05 Kick your 2nd best kick 2 x 50 on 1:10 Kick your 3rd best kick
100	1x{6 x 50 on :45 Pulls 5 x 50 on :50 Pulls { Break Outs in sets of 2 (shoulders/hips/kne
1,350	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
250	1x{3 x 125 on 2:10 100 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 100 on 1:40 75 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 75 on 1:10 50 Breast 25 Free 4 x 25 on :30 Breast Drill 3 x 50 on :50 25 Breast 25 Free
5:12 PM	3,400 Yards - Stress Value = 31

Workout #21319 - Thursday, 15 March 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 3:00 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:25 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:23 PM 1,975 Yards - Stress Value = 58

Workout #21320 - Thursday, 15 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board BSLR {1 x 150 on 3:15 Fly Kick w/board {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:00 Fly Kick w/board {2 x 25 on :35 Kick no board BSLR 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:23 PM 1,825 Yards - Stress Value = 56

Workout #21321 - Thursday, 15 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:35 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:25 Fly Kick w/board 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:23 PM 1,625 Yards - Stress Value = 45

Workout #21322 - Thursday, 15 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:55 Fly Kick w/board {2 x 25 on :40 Kick no board BSLR {2 x 100 on 2:35 Fly Kick w/board 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:23 PM 1,550 Yards - Stress Value = 41

Workout #21323 - Thursday, 15 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
225	9 x 25 on :50 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:23 PM 1,425 Yards - Stress Value = 37

Workout #21324 - Thursday, 15 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 2:00 Fly Kick w/board 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	8 x 25 on 1:00 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:23 PM 1,250 Yards - Stress Value = 33

Workout #21325 - Friday, 16 March 2018

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
240	16 x 15 on 1:00 Racing Skills-IM Shooters	SP3	
1,500	30 x 50 on :55 200 IM Pace	SP2	
	1 on 4:00 Walking/Jump Rope	REC	
160	8 x 20 on 3:00 50 Free Pace	SP2	
150	1 x 150 on 3:00 Sculling Drill-Video	REC	
7:00 AM 2,050 Yards - Stress Value = 176			

Yards	Set Description	EGY	WORK	STK	F
	1 on 15:00 DS/Showers	REC	L	DRY	
1,500	30 x 50 on :50 200 Back Pace	SP2	S	BK	1
	1 on 5:00 Walking/Jump Rope	REC	L	DRY	
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	FLY	1
	1 on 5:00 Walking/Jump Rope	REC	L	DRY	
750	30 x 25 on :30 100 Free Pace	SP2	S	FR	2
	1 on 5:00 Walking/Jump Rope	REC	L	DRY	
750	30 x 25 on :30 100 Breast Pace	SP2	S	BR	2
150	1 x 150 on 6:00 Sculling drills	REC	D	CD	4
5:30 PM 4,650 Yards - Stress Value = 450					

Workout #21329 - Monday, 19 March 2018

Group 3 - Distance

1 minute rest between sets

Workout #21326 - Friday, 16 March 2018

Group 3 - IM's

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{5 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
750	1 x 750 on 9:30 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	1x{1 x 250 on 3:30 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:30 Individual Medley
	{1 x 250 on 3:30 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:30 Individual Medley
	{1 x 250 on 3:45 50br 50fr 50br 50fr 50br
	{2 x 100 on 1:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
7:00 AM 3,900 Yards - Stress Value = 59	

3:30 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	All BSLR, min 15m underwater
800	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:40 Kick best effort
600	3 x 200 on 2:30 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 150 on 1:50 Freestyle
	{1 x 300 on 4:00 Freestyle
	{2 x 125 on 1:30 Freestyle
	{1 x 250 on 3:20 Freestyle
	{2 x 100 on 1:10 Freestyle
	{1 x 200 on 2:40 Freestyle
	{2 x 75 on :50 Freestyle
	{1 x 150 on 2:00 Freestyle
	Last 25 of each repeat alt between
	10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
5:15 PM 4,250 Yards - Stress Value = 84	

Workout #21327 - Friday, 16 March 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 x 400 on 8:00 Reverse IM drill
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board BSLR
	{4 x 25 on :45 Tombstone Kicking
	{5 x 100 on 1:55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 25 on :45 Tombstone Kicking
700	1 x 700 on 9:30 Pulls-nbbf&w + 2 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 250 on 4:10 50fl 50fr 50fl 50fr 50fl
	{2 x 100 on 1:40 Individual Medley
	{1 x 250 on 4:10 50ba 50fr 50ba 50fr 50ba
	{2 x 100 on 1:40 Individual Medley
	{1 x 250 on 4:10 50br 50fr 50br 50fr 50br
	{1 x 50 on :50 Your #1 non free
250	1 x 250 on 4:00 Stroke Drills
7:00 AM 3,650 Yards - Stress Value = 54	

Workout #21328 - Monday, 19 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Workout #21330 - Monday, 19 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Shoulders
 150 1 x 400 on 10:00 Swim-kick-pull-swim
 10 x 15 on :45 Shooters
 All BSLR, min 15m underwater
 750 1x{2 x 100 on 1:55 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Kick best effort
 {2 x 25 on :30 Kick no board BSLR
 525 3 x 175 on 2:30 Pulls-no br L.12 yds
 Hold under 1:20 base
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{2 x 150 on 2:00 Freestyle
 {1 x 300 on 4:15 Freestyle
 {2 x 125 on 1:40 Freestyle
 {1 x 250 on 3:30 Freestyle
 {2 x 100 on 1:20 Freestyle
 {1 x 200 on 2:50 Freestyle
 {4 x 75 on 1:00 Freestyle
 Last 25 of each repeat alt between
 10 KOW +Exp BO and 6 beat kick
 400 8 x 50 on 1:00 Stroke Drills
 5:17 PM 4,125 Yards - Stress Value = 77

{4 x 75 on 1:35 Fly Kick w/board
 {3 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:00 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:00 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:00 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:00 Butterfly
 {1 x 50 on :55 Freestyle
 {5 x 50 on 1:00 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:00 Butterfly
 325 13 x 25 on :35 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,925 Yards - Stress Value = 70

Workout #21333 - Monday, 19 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 350 1 on 30:00 DS/Dryland
 150 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 10 x 15 on :45 Shooters
 550 1x{2 x 100 on 2:25 Fly Kick w/board
 {4 x 75 on 1:50 Fly Kick w/board
 {1 x 50 on 1:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {5 x 50 on 1:10 Butterfly
 275 11 x 25 on :40 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 61

Workout #21331 - Monday, 19 March 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 450 1 on 30:00 DS/Dryland
 150 1 x 450 on 7:00 By 100: THD + ThmbDrg + CFP
 10 x 15 on :45 Shooters
 750 1x{2 x 100 on 1:50 Fly Kick w/board
 {4 x 75 on 1:25 Fly Kick w/board
 {5 x 50 on :55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 50 on :50 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :50 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on :50 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :50 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on :50 Butterfly
 {1 x 50 on :50 Freestyle
 {6 x 50 on :50 Butterfly
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 82

Workout #21332 - Monday, 19 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Dryland
 150 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 10 x 15 on :45 Shooters
 650 1x{2 x 100 on 2:05 Fly Kick w/board

Workout #21334 - Monday, 19 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{2 x 100 on 2:40 Fly Kick w/board
 {4 x 75 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:15 Butterfly
 {1 x 50 on 1:05 Freestyle
 {2 x 50 on 1:15 Butterfly
 {1 x 50 on 1:05 Freestyle
 {3 x 50 on 1:15 Butterfly
 {1 x 50 on 1:05 Freestyle
 {4 x 50 on 1:15 Butterfly
 {1 x 50 on 1:05 Freestyle
 {4 x 50 on 1:15 Butterfly
 250 10 x 25 on :45 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,400 Yards - Stress Value = 56

{1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 200 8 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 1,750 Yards - Stress Value = 42

Workout #21337 - Tuesday, 20 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on 1:00 Racing Skills-Back Shooters SP3
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 2:00 Walking/Jump Rope REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 2:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 2:00 Walking/Jump Rope REC
 750 30 x 25 on :30 100 Fly Pace SP2
 150 1 x 150 on 3:00 Sculling Drill REC
 5:37 PM 4,875 Yards - Stress Value = 459

Workout #21335 - Monday, 19 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 100 on 3:00 Fly Kick w/board
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {4 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 1:30 Butterfly
 225 9 x 25 on :50 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,125 Yards - Stress Value = 49

Workout #21338 - Tuesday, 20 March 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 10:00 Top Hat Drill
 500 5 x 100 on 2:00 Kick @ FPI
 900 6 x 150 on 1:50 Pulls BTB
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 15m under, 50's 12.5yds under
 off last wall
 1,200 1x{2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:15 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:10 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:05 Back w/fins
 {2 x 50 on 1:00 Backstroke
 1 on 15:00 Racing Skills-Starts
 250 1 x 250 on 5:00 Stroke Drills
 5:15 PM 3,450 Yards - Stress Value = 54

Workout #21336 - Monday, 19 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly

Workout #21339 - Tuesday, 20 March 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
400	1 on 25:00 DS/Core
500	1 x 400 on 10:00 Top Hat Drill
750	5 x 100 on 2:00 Kick @ FPI
200	5 x 150 on 2:05 Pulls BTB
4x{1 x 25 on :50 Sculling drills	
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	100's 15m under, 50's 12.5yds under
	off last wall
1,150	1x{2 x 100 on 1:25 Back w/fins
	{ 2 x 50 on 1:05 Backstroke
	{ 2 x 100 on 1:20 Back w/fins
	{ 2 x 50 on 1:05 Backstroke
	{ 2 x 100 on 1:15 Back w/fins
	{ 2 x 50 on 1:05 Backstroke
	{ 2 x 100 on 1:10 Back w/fins
	{ 1 x 50 on 1:00 Backstroke
250	1 on 15:00 Racing Skills-Starts
	1 x 250 on 5:00 Stroke Drills
5:15 PM	3,250 Yards - Stress Value = 50

Workout #21340 - Tuesday, 20 March 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
450	1 on 30:00 DS/Dryland
150	1 x 450 on 7:00 Sun Yang Free
700	10 x 15 on :45 Shooters
1x{1 x 100 on 1:40 Free Kick w/board	
	{ 2 x 100 on 1:45 Free Kick w/board
	{ 3 x 100 on 1:50 Free Kick w/board
	{ 1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	15 x 100 on 1:30 Free descend in sets of 3
	Each set of three descends
375	15 x 25 on :30 USRPT-100 Free Pace
	1 on 17:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,475 Yards - Stress Value = 88

Workout #21341 - Tuesday, 20 March 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Sun Yang Free
650	10 x 15 on :45 Shooters
1x{1 x 100 on 1:55 Free Kick w/board	
	{ 2 x 100 on 2:00 Free Kick w/board
	{ 3 x 100 on 2:05 Free Kick w/board
	{ 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	13 x 100 on 1:40 Free descend in sets of 3
	Each set of three descends
375	15 x 25 on :30 USRPT-100 Free Pace
	1 on 17:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,175 Yards - Stress Value = 83

Workout #21342 - Tuesday, 20 March 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Sun Yang Free
600	10 x 15 on :45 Shooters
1x{1 x 100 on 2:05 Free Kick w/board	
	{ 2 x 100 on 2:10 Free Kick w/board
	{ 3 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	12 x 100 on 1:50 Free descend in sets of 3
	Each set of three descends
325	13 x 25 on :35 USRPT-100 Free Pace
	1 on 17:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,925 Yards - Stress Value = 74

Workout #21343 - Tuesday, 20 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Sun Yang Free
550	10 x 15 on :45 Shooters
1x{1 x 100 on 2:20 Free Kick w/board	
	{ 2 x 100 on 2:25 Free Kick w/board
	{ 2 x 100 on 2:30 Free Kick w/board
	{ 1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	11 x 100 on 2:00 Free descend in sets of 3
	Each set of three descends
275	11 x 25 on :40 USRPT-100 Free Pace
	1 on 17:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,675 Yards - Stress Value = 67

Workout #21344 - Monday, 19 March 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Sun Yang Free
500	10 x 15 on :45 Shooters
1x{1 x 100 on 2:40 Free Kick w/board	
	{ 2 x 100 on 2:45 Free Kick w/board
	{ 2 x 100 on 2:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	9 x 100 on 2:20 Free descend in sets of 3
	Each set of three descends
275	11 x 25 on :45 USRPT-100 Free Pace
	1 on 17:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,425 Yards - Stress Value = 62

Workout #21345 - Tuesday, 20 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 Sun Yang Free
350	10 x 15 on :45 Shooters
100	1x{1 x 100 on 3:00 Free Kick w/board {2 x 100 on 3:05 Free Kick w/board {1 x 50 on 1:40 Free Kick w/board
600	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	6 x 100 on 3:45 Free descend in sets of 3 Each set of three descends
200	8 x 25 on 1:00 USRPT-100 Free Pace
200	1 on 17:00 Game
	1 x 200 on 4:00 Stroke Drills

7:28 PM 1,850 Yards - Stress Value = 45

Workout #21346 - Wednesday, 21 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
225	1 on 15:00 DS/Showers
1,000	15 x 15 on 1:00 Racing Skills-Breast Shooters
1,500	40 x 25 on :30 200 Fly Pace
750	1 on 2:00 Walking/Jump Rope
750	30 x 50 on :50 200 Back Pace
150	1 on 2:00 Walking/Jump Rope
	30 x 25 on :30 100 Breast Pace
	1 on 2:00 Walking/Jump Rope
	30 x 25 on :30 100 Free Pace
	1 x 150 on 5:00 Scllng Drills w/PullBouy-video

5:31 PM 4,375 Yards - Stress Value = 409

Workout #21347 - Monday, 19 March 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
900	10 x 15 on :45 Shooters
100	1x{1 x 200 on 3:20 Kick {4 x 25 on :45 Sprint kick {2 x 175 on 2:55 Kick {4 x 25 on :40 Sprint kick {1 x 150 on 2:30 Kick
1,500	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
200	6x{3 x 50 on :40 3-4-5 strokes fly off walls {1 x 100 on 2:00 Fly Drill
	1 x 200 on 3:00 Stroke Drills

5:11 PM 3,350 Yards - Stress Value = 54

Workout #21348 - Wednesday, 21 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
850	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:40 Kick

100	2x{1 x 25 on :45 Sprint kick {2 x 175 on 3:15 Kick {4 x 25 on :40 Sprint kick {1 x 100 on 1:50 Kick
1,350	6x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes {3 x 50 on :45 3-4-5 strokes fly off walls {1 x 75 on 1:45 Fly Drill
200	1 x 200 on 3:00 Stroke Drills

5:11 PM 3,150 Yards - Stress Value = 50

Workout #21349 - Wednesday, 21 March 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
450	1 on 30:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 6-15
700	10 x 15 on :45 Shooters
1,000	1x{1 x 200 on 3:40 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:45 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 100 on 1:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:40 Breaststroke {1 on 1:00 Rest {3 x 100 on 1:40 Breaststroke {1 on 1:00 Rest {2 x 100 on 1:40 Breaststroke {1 on 1:00 Rest {1 x 100 on 1:40 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace
250	1 on 17:00 Game/Relay
	1 x 250 on 4:00 Stroke Drills

7:30 PM 2,975 Yards - Stress Value = 70

Workout #21350 - Wednesday, 21 March 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
375	1 on 30:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 6-16, 3-17
600	10 x 15 on :45 Shooters
100	1x{1 x 200 on 4:15 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:20 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline
950	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	1x{4 x 100 on 1:50 Breaststroke {1 on 1:00 Rest {3 x 100 on 1:50 Breaststroke {1 on :45 Rest {2 x 100 on 1:50 Breaststroke {1 on :45 Rest {1 x 50 on :55 Breaststroke
250	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 17:00 Game
	1 x 250 on 4:00 Stroke Drills

7:30 PM 2,750 Yards - Stress Value = 67

Workout #21351 - Wednesday, 21 March 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
650	1 on 30:00 DS/Dryland 13 x 50 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 1-18
150	10 x 15 on :45 Shooters
550	1x{1 x 200 on 4:35 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:40 Breast Kick w/board {2 x 25 on :40 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 100 on 2:05 Breaststroke {1 on 1:00 Rest {3 x 100 on 2:05 Breaststroke {1 on 1:00 Rest {2 x 75 on 1:35 Breaststroke
275	11 x 25 on :40 USRPT-100 Breast Pace 1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,825 Yards - Stress Value = 60

Workout #21352 - Wednesday, 21 March 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-16, 4-17, 6-18
150	10 x 15 on :45 Shooters
525	1x{1 x 200 on 4:55 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {1 x 200 on 5:00 Breast Kick w/board {1 x 25 on :45 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{4 x 100 on 2:20 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:20 Breaststroke {1 on 1:00 Rest {2 x 75 on 1:45 Breaststroke
275	11 x 25 on :40 USRPT-100 Breast Pace 1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 58

Workout #21353 - Wednesday, 21 March 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-18, 4-19, 6-20
150	10 x 15 on :45 Shooters
475	1x{1 x 150 on 4:00 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {1 x 150 on 4:05 Breast Kick w/board {3 x 25 on :45 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{3 x 100 on 2:40 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:40 Breaststroke {1 on 1:00 Rest

	{2 x 75 on 2:00 Breaststroke
225	9 x 25 on :50 USRPT-100 Breast Pace
	1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 49

Workout #21354 - Wednesday, 21 March 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-20, 4-21, 6-22
150	10 x 15 on :45 Shooters
375	1x{1 x 100 on 4:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlinr {1 x 150 on 4:05 Breast Kick w/board {1 x 25 on 1:00 Breast Kick on Back-Streamlinr
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{3 x 100 on 3:20 Breaststroke {1 on 1:00 Rest {2 x 100 on 3:20 Breaststroke {1 on 1:00 Rest {1 x 50 on 1:00 Breaststroke
200	8 x 25 on 1:00 USRPT-100 Breast Pace 1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 1,925 Yards - Stress Value = 43

Workout #21355 - Thursday, 22 March 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 15:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills-Free Shooters
1,500	30 x 50 on :55 200 Breast Pace 1 on 2:00 Walking/Jump Rope
1,500	30 x 50 on :50 200 Free Pace 1 on 2:00 Walking/Jump Rope
750	30 x 25 on :30 100 Fly Pace 1 on 2:00 Walking/Jump Rope
750	30 x 25 on :30 100 Back Pace
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video
	5:39 PM 4,875 Yards - Stress Value = 459

Workout #21356 - Thursday, 22 March 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,200	1x{6 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:00 Kick #3
	{1 x 150 on 3:00 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{1 x 125 on 2:25 Kick #3
	{1 x 125 on 2:25 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{1 x 100 on 1:50 Kick #3
	{1 x 100 on 1:50 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,300	1x{3 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:11 PM	3,400 Yards - Stress Value = 55

Workout #21357 - Thursday, 22 March 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
400	1 x 400 on 10:00 Underwater trn drill
150	10 x 15 on :45 Shooters
1,150	1x{6 x 25 on :30 Sprint Kick #1
	{2 x 125 on 2:35 Kick #3
	{2 x 125 on 2:35 Kick #2
	{6 x 25 on :30 Sprint Kick #1
	{2 x 100 on 2:00 Kick #3
	{3 x 50 on 1:00 Kick #2
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:11 PM	3,250 Yards - Stress Value = 53

Workout #21358 - Thursday, 22 March 2018

Group 2 - All

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 25:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1 x 500 on 10:00 Indian File Kick with fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills

{	Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 25:00 Rabbit Game
	1 on 30:00 Relays with Group 1
7:30 PM	1,525 Yards - Stress Value = 54

Workout #21359 - Monday, 09 April 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
400	1 on 30:00 DS/Physio Balls/Tm Mtg		L
400	1 x 400 on 5:00 Warm-up	REC	D
150	10 x 15 on :45 Shooters	SP3	S
750	3 x 250 on 3:30 3:00 swims :30 rest	EN2	S
	#1 Closed fist every 4th 25		
	#2 3+1 fly kicks off bulkhead wall		
	#3 build each 50 to 100%		
500	10 x 50 on 1:00 Kick-super fast turns	EN2	K
750	3 x 250 on 3:30 3:00 swims :30 rest	EN2	S
	#1 zipper drill every 4th 25		
	#2 Hold breath 2+1 of shalllow end wall		
	#3-descend each 50 to 100%		
50	1 x 50 on 2:00 Free OTB	EN2	S
400	8 x 50 on 1:00 Stroke Drills	REC	D
5:01 PM	3,000 Yards - Stress Value = 47		

Workout #21360 - Monday, 09 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
150	1 on 20:00 Team Mtg/DS/Showers
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 x 25 on :30 100 Fly Pace
	1 on 5:00 Walking/Jump Rope
375	15 x 25 on :30 100 Back Pace
	1 on 5:00 Walking/Jump Rope
750	15 x 50 on :55 200 Breast Pace
	1 on 5:00 Walking/Jump Rope
750	15 x 50 on :50 200 Free Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
5:09 PM	2,550 Yards - Stress Value = 232

Workout #21361 - Monday, 09 April 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
75	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
75	5 x 15 on :45 Shooters
450	1x{1 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 1:55 Free Kick w/board
	{1 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 1:45 Free Kick w/board
	{1 x 50 on :50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	4 x 250 on 3:30 3 Min Swims 30sec rest
450	18 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,575 Yards - Stress Value = 57

Workout #21362 - Monday, 09 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 75 5 x 15 on :45 Shooters
 400 1x{1 x 100 on 2:10 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board
 {1 x 100 on 1:55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 4 x 225 on 3:30 3 Min Swims 30sec rest
 450 18 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,425 Yards - Stress Value = 56

Workout #21363 - Monday, 09 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 75 5 x 15 on :45 Shooters
 400 1x{1 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4 x 200 on 3:30 3 Min Swims 30sec rest
 375 15 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 1 on 10:00 Game
 7:00 PM 2,200 Yards - Stress Value = 49

Workout #21364 - Monday, 09 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 75 5 x 15 on :45 Shooters
 350 1x{1 x 100 on 2:25 Free Kick w/board
 {1 x 100 on 2:20 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 4 x 175 on 3:30 3 Min Swims 30sec rest
 375 15 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,050 Yards - Stress Value = 48

Workout #21365 - Monday, 09 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland

200 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
 75 5 x 15 on :45 Shooters
 350 1x{1 x 100 on 2:40 Free Kick w/board
 {1 x 100 on 2:35 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 1:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 4 x 150 on 3:30 3 Min Swims 30sec rest
 325 13 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,850 Yards - Stress Value = 42

Workout #21366 - Monday, 09 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
 75 5 x 15 on :45 Shooters
 300 1x{1 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 2:55 Free Kick w/board
 {1 x 100 on 2:50 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 4 x 125 on 3:30 3 Min Swims 30sec rest
 300 12 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,675 Yards - Stress Value = 39

Workout #21367 - Tuesday, 10 April 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 DS/Core
 400 1 x 400 on 5:00 5:00 Warm-up REC
 150 10 x 15 on :45 Shooters SP3
 600 1x{3 x 100 on 1:30 Backstroke EN2
 { 3rd 100 90% effort
 { 2 x 100 on 1:30 Backstroke EN2
 { 2nd 100 95% effort
 { 1 x 100 on 1:30 Backstroke EN2
 { 100% effort
 750 15 x 50 on 1:00 Pulls odds BTB evens BTS EN1
 Hold breath 3 strokes off 1st wall
 Hold breath 3+1 off turn wall1 to 7-repeat
 600 1x{3 x 100 on 1:30 Backstroke EN2
 { 3rd 100 L.25 12 yds under
 { 2 x 100 on 1:30 Backstroke EN2
 { 2nd 100 L.25 14yds under
 { 1 x 100 on 1:30 Backstroke EN2
 { L.25 16yds under
 50 1 x 50 on 3:00 Back for time SP2
 500 10 x 50 on 1:00 Stroke Drills REC
 5:00 PM 3,050 Yards - Stress Value = 43

Workout #21368 - Tuesday, 10 April 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM Start		
400	1 on 25:00 DS/Core	EGY
150	1 x 400 on 5:00 5:00 Warm-up	REC
500	10 x 15 on :45 Shooters	SP3
	1x{3 x 100 on 1:40 Backstroke	EN2
	{ 3rd 100 90% effort	
	{ 2 x 75 on 1:15 Backstroke	EN2
	{ 2nd 75 95% effort	
	{ 1 x 50 on :50 Backstroke	EN2
	{ 100% effort	
750	15 x 50 on 1:00 Pulls odds BTB evens BTS	EN1
	Hold breath 3 strokes off 1st wall	
	Hold breath 3+1 off turn wall to 7-repeat	
500	1x{3 x 100 on 1:40 Backstroke	EN2
	{ 3rd 100 L.25 12 yds under	
	{ 2 x 75 on 1:15 Backstroke	EN2
	{ 2nd 75 L.25 14yds under	
	{ 1 x 50 on :50 Backstroke	EN2
	{ L.25 16yds under	
50	1 x 50 on 3:00 Back for time	SP2
500	10 x 50 on 1:00 Stroke Drills	REC
5:00 PM 2,850 Yards - Stress Value = 39		

Workout #21369 - Tuesday, 10 April 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
150	1 on 15:00 DS/Showers
375	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 100 Breast Pace
	1 on 5:00 Walking/Jump Rope
375	15 x 25 on :30 100 Free Pace
	1 on 5:00 Walking/Jump Rope
750	15 x 50 on :50 200 Fly Pace
	1 on 5:00 Walking/Jump Rope
750	15 x 50 on :50 200 Back Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
5:03 PM 2,550 Yards - Stress Value = 232	

Workout #21370 - Tuesday, 10 April 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
75	1 x 300 on 5:00 SunYangFree-Count strokes
450	5 x 15 on :45 Shooters
	18 x 25 on :30 Kick no board BSLR
	10KOW+1 to 18 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 150 on 2:15 Backstroke
	{ 3 x 50 on :45 Backstroke
	{ 2 x 150 on 2:10 Backstroke
	{ 3 x 50 on :50 Backstroke
	{ 1 x 150 on 2:05 Backstroke
450	18 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 2,475 Yards - Stress Value = 75	

Workout #21371 - Tuesday, 10 April 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
75	1 x 300 on 5:00 SunYangFree-Count strokes
375	5 x 15 on :45 Shooters
	15 x 25 on :35 Kick no board BSLR
	10KOW+1 to 18 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{1 x 150 on 2:30 Backstroke
	{ 3 x 50 on :50 Backstroke
	{ 1 x 150 on 2:25 Backstroke
	{ 3 x 50 on :55 Backstroke
	{ 1 x 150 on 2:20 Backstroke
	{ 1 x 50 on 1:00 Backstroke
450	18 x 25 on :30 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:00 PM 2,300 Yards - Stress Value = 72	

Workout #21372 - Tuesday, 10 April 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
75	1 x 250 on 5:00 SunYangFree-Count strokes
325	5 x 15 on :45 Shooters
	13 x 25 on :40 Kick no board BSLR
	10KOW+1 to 16 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 150 on 2:45 Backstroke
	{ 3 x 50 on :55 Backstroke
	{ 1 x 150 on 2:40 Backstroke
	{ 3 x 50 on 1:00 Backstroke
	{ 1 x 150 on 2:35 Backstroke
375	15 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 2,075 Yards - Stress Value = 62	

Workout #21373 - Tuesday, 10 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
75	1 x 250 on 5:00 SunYangFree-Count strokes
325	5 x 15 on :45 Shooters
	13 x 25 on :40 Kick no board BSLR
	10KOW+1 to 16 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 150 on 2:55 Backstroke
	{ 2 x 50 on 1:00 Backstroke
	{ 1 x 150 on 2:50 Backstroke
	{ 2 x 50 on 1:05 Backstroke
	{ 1 x 150 on 2:45 Backstroke
	{ 1 x 50 on 1:10 Backstroke
375	15 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 2,025 Yards - Stress Value = 61	

Workout #21374 - Tuesday, 10 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
75	5 x 15 on :45 Shooters
300	12 x 25 on :45 Kick no board BSLR 8KOW+1 to 15 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 100 on 2:40 Backstroke { 2 x 50 on 1:10 Backstroke { 1 x 100 on 2:35 Backstroke { 2 x 50 on 1:15 Backstroke { 1 x 100 on 2:30 Backstroke { 1 x 50 on 1:20 Backstroke
325	13 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,750 Yards - Stress Value = 52

Workout #21375 - Tuesday, 10 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
75	5 x 15 on :45 Shooters
225	9 x 25 on 1:00 Kick no board BSLR 8KOW+1 to 12 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	1x{1 x 100 on 3:00 Backstroke { 2 x 50 on 1:30 Backstroke { 1 x 100 on 2:55 Backstroke { 3 x 50 on 1:35 Backstroke
250	10 x 25 on :50 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,500 Yards - Stress Value = 41

Workout #21376 - Wednesday, 11 April 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	1 x 400 on 5:00 5:00 Warm-up
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 1:45 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall { 2 x 50 on :50 25brst 25free-6bk br on 5 { 2 x 100 on 1:40 Breast-same as above { 2 x 50 on :50 Same as above
600	1x{4 x 25 on :45 Kick no board BSLR { Minimum 12.5 yds under { 2 x 75 on 1:30 Kick { 4 x 25 on :45 Kick no board BSLR { Minimum 12.5yds +.5 bl under { 2 x 75 on 1:30 Kick { 4 x 25 on :45 Kick no board BSLR { Minimum 12.5yds + 1 bl under
600	1x{2 x 100 on 1:40 Breast 1st&4th 25-2K1P { 2nd 25 4 strks under 2 up { 3rd 25 build to 100% { 2 x 50 on :50 25brst 25free 6bk br on 7

	{ 2 x 100 on 1:35 Breast-same as above	E
	{ 2 x 50 on :50 Same as above	E
50	1 x 50 on 3:00 Breast OTB for time	S
350	7 x 50 on 1:00 Stroke Drills	F
	5:00 PM 2,750 Yards - Stress Value = 46	

Workout #21377 - Wednesday, 11 April 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX Bands
400	1 x 400 on 5:00 5:00 Warm-up
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 1:45 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall { 2 x 50 on :50 25brst 25free-6bk br on 5 { 2 x 100 on 1:40 Breast-same as above { 2 x 50 on :50 Same as above
600	1x{4 x 25 on :45 Kick no board BSLR { Minimum 12.5 yds under { 2 x 75 on 1:30 Kick { 4 x 25 on :45 Kick no board BSLR { Minimum 12.5yds +.5 bl under { 2 x 75 on 1:30 Kick { 4 x 25 on :45 Kick no board BSLR { Minimum 12.5yds + 1 bl under
600	1x{2 x 100 on 1:40 Breast 1st&4th 25-2K1P { 2nd 25 4 strks under 2 up { 3rd 25 build to 100% { 2 x 50 on :50 25brst 25free 6bk br on 7 { 2 x 100 on 1:35 Breast-same as above { 2 x 50 on :50 Same as above
50	1 x 50 on 3:00 Breast OTB for time
350	7 x 50 on 1:00 Stroke Drills
	5:00 PM 2,750 Yards - Stress Value = 46

Workout #21378 - Wednesday, 11 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
2,000	20 x 100 on 1:25 1650 Free Pace
	1 on 8:00 Walking/Jump Rope
160	8 x 20 on 3:00 50 Free Pace
150	1 x 150 on 3:00 Sculling Drills w/pull buoy
	5:00 PM 2,460 Yards - Stress Value = 222

Workout #21379 - Wednesday, 11 April 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 2:40 Breast Kick w/board { 2 x 100 on 1:45 Breast Kick w/board { 3 x 50 on :50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,125	1x{4 x 75 on 1:20 Breast 2X pullouts 1st turn { 4 x 75 on 1:15 Breast 2X pullouts 1st turn { 4 x 75 on 1:10 Breast 2X pullouts 1st turn { 3 x 75 on 1:05 Breast 2X pullouts 1st turn
450	18 x 25 on :30 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 2,825 Yards - Stress Value = 83

Workout #21380 - Wednesday, 11 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{1 x 150 on 3:05 Breast Kick w/board { 2 x 100 on 2:00 Breast Kick w/board { 2 x 50 on :55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{4 x 75 on 1:30 Breast 2X pullouts 1st turn { 4 x 75 on 1:25 Breast 2X pullouts 1st turn { 4 x 75 on 1:20 Breast 2X pullouts 1st turn { 1 x 75 on 1:15 Breast 2X pullouts 1st turn
375	15 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 2,500 Yards - Stress Value = 73

Workout #21381 - Wednesday, 11 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	8 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 3:30 Breast Kick w/board { 1 x 100 on 2:15 Breast Kick w/board { 3 x 50 on 1:05 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
825	1x{4 x 75 on 1:45 Breast 2X pullouts 1st turn { 4 x 75 on 1:40 Breast 2X pullouts 1st turn { 2 x 75 on 1:35 Breast 2X pullouts 1st turn { 1 x 75 on 1:30 Breast 2X pullouts 1st turn
325	13 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 2,200 Yards - Stress Value = 63

Workout #21382 - Wednesday, 11 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	8 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
350	1x{1 x 150 on 3:40 Breast Kick w/board { 1 x 100 on 2:25 Breast Kick w/board { 2 x 50 on 1:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{4 x 75 on 1:50 Breast 2X pullouts 1st turn { 4 x 75 on 1:45 Breast 2X pullouts 1st turn { 2 x 75 on 1:40 Breast 2X pullouts 1st turn { 1 x 50 on 1:05 Breast 2X pullouts on turn
325	13 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 2,125 Yards - Stress Value = 61

Workout #21383 - Wednesday, 11 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 25:00 DS/Dryland
150	7 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
300	1x{1 x 150 on 4:00 Breast Kick w/board { 1 x 100 on 2:35 Breast Kick w/board { 1 x 50 on 1:15 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{4 x 75 on 2:05 Breast 2X pullouts 1st turn { 2 x 75 on 2:00 Breast 2X pullouts 1st turn { 2 x 75 on 1:55 Breast 2X pullouts 1st turn { 2 x 50 on 1:15 Breast 2X pullouts on turn
300	12 x 25 on :45 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
6:59	PM 1,925 Yards - Stress Value = 56

Workout #21384 - Wednesday, 11 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 25:00 DS/Dryland
150	7 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
300	1x{1 x 150 on 4:30 Breast Kick w/board { 1 x 100 on 2:55 Breast Kick w/board { 1 x 50 on 1:25 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
675	1x{2 x 75 on 2:15 Breast 2X pullouts 1st turn { 2 x 75 on 2:10 Breast 2X pullouts 1st turn { 2 x 75 on 2:05 Breast 2X pullouts 1st turn { 3 x 75 on 2:00 Breast 2X pullouts 1st turn
225	9 x 25 on 1:00 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 1,825 Yards - Stress Value = 47

Workout #21385 - Thursday, 12 April 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 5:00 5:00 Warm-up
750	10 x 15 on :45 Shooters Free:hb 3 SOW + NB inside flags/straight ar
750	1x{5 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {4 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {3 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {2 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle
500	10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/t knees/feet-hb 3 SOW
750	1x{5 x 25 on :30 Fly lup2down {2 x 50 on :45 Freestyle {4 x 25 on :30 Fly 5KOW+1 {2 x 50 on :45 Freestyle {3 x 25 on :30 Fly hb 3 SOW {2 x 50 on :45 Freestyle {2 x 25 on :30 Fly nb 1.10 yds {2 x 50 on :45 Freestyle
50	1 x 50 on 3:00 Fly OTB
350	7 x 50 on 1:00 Stroke Drills
	5:00 PM 2,950 Yards - Stress Value = 45

Workout #21386 - Thursday, 12 April 2018

Group 3 - Gold

1 minute rest between sets

3:30 PM Start

Yards	Set Description
400	1 on 25:00 DS/Shoulders
150	1 x 400 on 5:00 5:00 Warm-up
650	10 x 15 on :45 Shooters Free:hb 3 SOW + NB inside flags/straight ar
650	1x{5 x 25 on :35 Fly with free kick {2 x 50 on :45 Freestyle {4 x 25 on :35 Fly with free kick {2 x 50 on :45 Freestyle {3 x 25 on :35 Fly with free kick {1 x 50 on :45 Freestyle {2 x 25 on :35 Fly with free kick {1 x 50 on :45 Freestyle
500	10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/t knees/feet-hb 3 SOW
650	1x{5 x 25 on :35 Fly lup2down {2 x 50 on :45 Freestyle {4 x 25 on :35 Fly 5KOW+1 {2 x 50 on :45 Freestyle {3 x 25 on :35 Fly hb 3 SOW {1 x 50 on :45 Freestyle {2 x 25 on :35 Fly nb 1.10 yds {1 x 50 on :45 Freestyle
50	1 x 50 on 3:00 Fly OTB
350	7 x 50 on 1:00 Stroke Drills
	5:00 PM 2,750 Yards - Stress Value = 41

Workout #21387 - Thursday, 12 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	V
150	1 on 15:00 DS/Showers		REC
150	10 x 15 on :45 Racing Skills-Fly Shooters		SP3

375	15 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Walking/Jump Rope	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Walking/Jump Rope	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Walking/Jump Rope	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Scllng Drills w/PullBouy-video	REC
	5:02 PM 2,400 Yards - Stress Value = 232	

Workout #21388 - Thursday, 12 April 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
125	1 x 300 on 5:00 Free 3KOW to 10 back to 3
450	5 x 25 on :45 Shooters
450	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {1 x 50 on :50 Fly Kick w/board 1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :30 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,625 Yards - Stress Value = 59

Workout #21389 - Thursday, 12 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
125	1 x 300 on 5:00 Free 3KOW to 10 back to 3
400	5 x 25 on :45 Shooters
400	1x{4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:00 Fly Kick w/board {4 x 25 on :35 Kick no board BSLR 1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :35 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,500 Yards - Stress Value = 51

Workout #21390 - Thursday, 12 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
125	1 x 250 on 5:00 Free 3KOW to 10 back to 3
350	5 x 25 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:20 Fly Kick w/board {2 x 25 on :40 Kick no board BS 1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :35 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,400 Yards - Stress Value = 50

Workout #21391 - Thursday, 12 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
125	1 x 250 on 5:00 Free 3KOW to 10 back to 3
350	5 x 25 on :45 Shooters
100	1x{4 x 25 on :40 Kick no board BSLR
	{ 2 x 100 on 2:30 Fly Kick w/board
	{ 2 x 25 on :40 Kick no board BS
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :40 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,350 Yards - Stress Value = 44

	{ 2 x 75 on 1:10 Back 25L 25R 25B	E
	{ 3 x 100 on 1:15 Individual Medley	E
	{ 2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk	E
	{ 2 x 100 on 1:10 Individual Medley	E
	{ 2 x 75 on 1:05 Fr 25scldsdfst25catchup25reg	E
450	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds	E
	{ 1 x 150 on 2:00 Pulls-nbbf&w + 2 yds	E
	{ 1 x 100 on 1:20 Pulls-nbbf&w + 2 yds	E
800	1x{2 x 25 on :30 Kick no board B	E
	{ 1 x 100 on 1:30 Kick	E
	{ 2 x 25 on :30 Kick no board S	E
	{ 2 x 100 on 1:30 Kick	E
	{ 2 x 25 on :30 Kick no board L	E
	{ 3 x 100 on 1:30 Kick	E
	{ 2 x 25 on :30 Kick no board R	E
	1 on 13:00 Racing Skills-Starts	F
250	1 x 250 on 4:00 Stroke Drills	F
	5:00 PM 3,450 Yards - Stress Value = 55	

Workout #21392 - Thursday, 12 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
125	1 x 200 on 5:00 Free 3KOW to 10 back to 3
300	5 x 25 on :45 Shooters
100	1x{4 x 25 on :45 Kick no board BSLR
	{ 2 x 100 on 2:45 Fly Kick w/board
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
300	12 x 25 on :45 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 41

3:30 PM Start

Yards	Set Description	
	1 on 15:00 DS/Showers	F
400	1 x 400 on 6:00 Reverse IM drill	F
150	10 x 15 on :45 Shooters	S
1,300	1x{1 x 100 on 1:35 Individual Medley	F
	{ 2 x 75 on 1:15 Fly-25L 25R 25 B	E
	{ 2 x 100 on 1:30 Individual Medley	E
	{ 2 x 75 on 1:15 Back 25L 25R 25B	E
	{ 3 x 100 on 1:25 Individual Medley	E
	{ 2 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	E
	{ 1 x 100 on 1:20 Individual Medley	E
	{ 2 x 75 on 1:05 Fr 25scldsdfst25catchup25reg	E
450	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds	E
	{ 1 x 150 on 2:00 Pulls-nbbf&w + 2 yds	E
	{ 1 x 100 on 1:20 Pulls-nbbf&w + 2 yds	E
700	1x{2 x 25 on :30 Kick no board B	E
	{ 1 x 100 on 1:45 Kick	E
	{ 2 x 25 on :30 Kick no board S	E
	{ 2 x 100 on 1:45 Kick	E
	{ 2 x 25 on :30 Kick no board L	E
	{ 2 x 100 on 1:45 Kick	E
	{ 2 x 25 on :30 Kick no board R	E
	1 on 13:00 Racing Skills-Starts	F
250	1 x 250 on 4:00 Stroke Drills	F
	5:00 PM 3,250 Yards - Stress Value = 51	

Workout #21393 - Thursday, 12 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
125	1 x 200 on 5:00 Free 3KOW to 10 back to 3
300	5 x 25 on :45 Shooters
100	1x{4 x 25 on :45 Kick no board BSLR
	{ 2 x 100 on 3:00 Fly Kick w/board
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
225	9 x 25 on 1:00 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,150 Yards - Stress Value = 33

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3	
375	15 x 25 on :30 100 Free Pace	SP2	
	1 on 5:00 Walking/Jump Rope	REC	
375	15 x 25 on :30 100 Breast Pace	SP2	
	1 on 5:00 Walking/Jump Rope	REC	
500	20 x 25 on :30 200 Fly Pace	EN2	
	1 on 5:00 Walking/Jump Rope	REC	
750	15 x 50 on :50 200 Back Pace	SP2	
	1 on 8:00 Scllng Drills w/PullBouy-video	REC	
	4:58 PM 2,150 Yards - Stress Value = 167		

Workout #21394 - Friday, 13 April 2018

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 15:00 DS/Showers
400	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:25 Individual Medley
	{ 2 x 75 on 1:10 Fly-25L 25R 25 B
	{ 2 x 100 on 1:20 Individual Medley

3:30 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3	
375	15 x 25 on :30 100 Free Pace	SP2	
	1 on 5:00 Walking/Jump Rope	REC	
375	15 x 25 on :30 100 Breast Pace	SP2	
	1 on 5:00 Walking/Jump Rope	REC	
500	20 x 25 on :30 200 Fly Pace	EN2	
	1 on 5:00 Walking/Jump Rope	REC	
750	15 x 50 on :50 200 Back Pace	SP2	
	1 on 8:00 Scllng Drills w/PullBouy-video	REC	
	4:58 PM 2,150 Yards - Stress Value = 167		

Workout #21397 - Friday, 13 April 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
500	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 125 on 2:15 SwimUSS	REC	D	
1,500	10 x 15 on :45 Shooters	SP3	S	
	1x{5 x 100 on 1:20 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:20 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:20 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:20 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
250	1 x 100 on 1:20 Individual Medley	EN2	S	
	1 x 250 on 5:00 Stroke Drills	REC	D	
6:29 PM	2,400 Yards - Stress Value = 36			

Workout #21398 - Friday, 13 April 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
500	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 125 on 2:15 SwimUSS	REC	D	
1,400	10 x 15 on :45 Shooters	SP3	S	
	1x{5 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
250	{2 x 100 on 1:30 Individual Medley	EN2	S	
	1 x 250 on 5:00 Stroke Drills	REC	D	
6:29 PM	2,300 Yards - Stress Value = 34			

Workout #21399 - Friday, 13 April 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 100 on 2:15 SwimUSS	REC	D	
1,200	10 x 15 on :45 Shooters	SP3	S	
	1x{5 x 100 on 1:50 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:50 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:50 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
250	{1 x 100 on 1:50 Individual Medley	EN2	S	
	1 x 250 on 5:00 Stroke Drills	REC	D	
6:30 PM	2,000 Yards - Stress Value = 30			

Workout #21400 - Friday, 13 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 100 on 2:15 SwimUSS	REC	D	
1,100	10 x 15 on :45 Shooters	SP3	S	
	1x{5 x 100 on 2:00 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	

{3 x 100 on 2:00 Individual Medley	EN2	S
{1 on 1:00 Rest	REC	M
{2 x 100 on 1:50 Individual Medley	EN2	S
{1 on 1:00 Rest	REC	M
{1 x 100 on 1:50 Individual Medley	EN2	S
1 x 250 on 5:00 Stroke Drills	REC	D
6:30 PM 1,900 Yards - Stress Value = 28		

Workout #21401 - Friday, 13 April 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 75 on 2:15 SwimUSS	REC	D	
900	10 x 15 on :45 Shooters	SP3	S	
	1x{3 x 100 on 2:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
250	{1 x 100 on 2:30 Individual Medley	EN2	S	
	1 x 250 on 5:00 Stroke Drills	REC	D	
6:31 PM	1,600 Yards - Stress Value = 24			

Workout #21402 - Friday, 13 April 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 75 on 2:15 SwimUSS	REC	D	
800	10 x 15 on :45 Shooters	SP3	S	
	1x{3 x 100 on 3:00 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 3:00 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
250	{2 x 100 on 3:00 Individual Medley	EN2	S	
	1 x 250 on 5:00 Stroke Drills	REC	D	
6:31 PM	1,500 Yards - Stress Value = 22			

Workout #21403 - Monday, 16 April 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Physio Balls
150	1 x 600 on 10:00 Swim-kick-pull-swim
800	10 x 15 on :45 Shooters All BSLR, min 15m underwater
1x{4	4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 1:30 Kick best effort
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 1:35 Kick best effort
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:40 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Kick best effort
600	1 x 600 on 8:00 Pulls-no br L.12 yds of each 100
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{4 x 150 on 2:00 Freestyle
	{4 x 125 on 1:40 Freestyle
	{4 x 100 on 1:20 Freestyle
	{4 x 75 on 1:00 Freestyle
	1st 25 of each 5 KOW sprint 12.5yds
	Last 25 of each repeat alt between
	10 KOW +Exp BO and 6 beat kick
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 4,300 Yards - Stress Value = 62

Workout #21404 - Monday, 16 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
1	on 15:00 DS>Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
500	20 x 25 on :30 100 Breast Pace	SP2
1	on 6:00 Video-journals	REC
500	20 x 25 on :30 100 Back Pace	SP2
1	on 6:00 Video-journals	REC
1,000	20 x 50 on :50 200 Fly Pace	SP2
1,000	1 on 5:00 Video-journals	REC
1,000	20 x 50 on :50 200 Free Pace	SP2
1	on 8:00 Scllng Drills w/PullBouy-video	REC
	5:15 PM 3,150 Yards - Stress Value = 306	

Workout #21405 - Monday, 16 April 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
450	6 x 15 on :45 Shooters
1x{6	6 x 25 on :30 Kick no board B
	{1 x 100 on 1:45 Streamline kick on back
	{2 x 50 on 1:00 Kick on left side
	{2 x 50 on 1:00 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
950	1x{3 x 125 on 1:50 Backstroke
	{3 x 100 on 1:25 Backstroke
	{3 x 75 on 1:05 Backstroke
	{1 x 50 on :40 Backstroke-FAST

375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,465 Yards - Stress Value = 70

Workout #21406 - Monday, 16 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
400	6 x 15 on :45 Shooters
1x{4	4 x 25 on :35 Kick no board B
	{1 x 100 on 2:00 Streamline kick on back
	{2 x 50 on 1:05 Kick on left side
	{2 x 50 on 1:05 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
825	1x{3 x 125 on 2:00 Backstroke
	{3 x 100 on 1:35 Backstroke
	{2 x 75 on 1:10 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,240 Yards - Stress Value = 61

Workout #21407 - Monday, 16 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
90	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
350	6 x 15 on :45 Shooters
1x{6	6 x 25 on :40 Kick no board B
	{1 x 100 on 2:15 Streamline kick on back
	{1 x 50 on 1:10 Kick on left side
	{1 x 50 on 1:10 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
725	1x{3 x 125 on 2:15 Backstroke
	{3 x 100 on 1:50 Backstroke
	{1 x 50 on :55 Backstroke-FAST
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,040 Yards - Stress Value = 58

Workout #21408 - Monday, 16 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
90	6 x 15 on :45 Shooters
350	1x{6 x 25 on :40 Kick no board B
	{1 x 100 on 2:20 Streamline kick on back
	{1 x 50 on 1:15 Kick on left side
	{1 x 50 on 1:15 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
675	1x{3 x 100 on 2:00 Backstroke
	{3 x 75 on 1:30 Backstroke
	{3 x 50 on 1:00 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,990 Yards - Stress Value = 56

Workout #21409 - Monday, 16 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
90	6 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 2:45 Streamline kick on back
	{1 x 50 on 1:25 Kick on left side
	{1 x 50 on 1:25 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
575	1x{3 x 100 on 2:30 Backstroke
	{3 x 75 on 1:50 Backstroke
	{1 x 50 on 1:00 Backstroke-FAST
300	12 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,765 Yards - Stress Value = 51

Workout #21410 - Monday, 16 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
90	6 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:00 Streamline kick on back
	{1 x 50 on 1:30 Kick on left side
	{1 x 50 on 1:30 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
450	1x{3 x 100 on 3:00 Backstroke
	{3 x 50 on 1:30 Backstroke

250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,590 Yards - Stress Value = 44

Workout #21411 - Tuesday, 17 April 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,000	1x{1 x 150 on 2:35 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 125 on 2:10 Kick
	{4 x 25 on :40 Sprint kick
	{3 x 100 on 1:45 Kick
	{4 x 25 on :35 Sprint kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	6x{3 x 50 on :40 3 strokes fly off walls
	{1 x 100 on 2:00 Fly Drill
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,600 Yards - Stress Value = 56

Workout #21412 - Tuesday, 17 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
150	1 on 15:00 DS/Showers
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :30 100 Fly Pace
	1 on 6:00 Video-journal
500	20 x 25 on :30 100 Back Pace
	1 on 6:00 Video-journal
1,000	20 x 50 on :55 200 Breast Pace
	1 on 6:00 Video-journal
1,000	20 x 50 on :50 200 Free Pace
150	1 x 150 on 3:00 Scllng Drills w/PullBouy-video
	5:15 PM 3,300 Yards - Stress Value = 306

Workout #21413 - Tuesday, 17 April 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
75	5 x 15 on :45 Shooters
500	5 x 100 on 1:45 Breast Kick w/board
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
700	1x{5 x 50 on 1:05 Breaststroke
	{4 x 50 on 1:00 Breaststroke
	{3 x 50 on :55 Breaststroke
	{2 x 50 on :50 Breaststroke
400	16 x 25 on :30 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,325 Yards - Stress Value = 67

Workout #21414 - Tuesday, 17 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
75	1 x 300 on 5:00 SunYangFree-Count strokes
450	5 x 15 on :45 Shooters
	1x{4 x 100 on 2:00 Breast Kick w/board
	{1 x 50 on 1:00 Breast Kick w/board
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
600	1x{5 x 50 on 1:10 Breaststroke
	{4 x 50 on 1:05 Breaststroke
	{3 x 50 on 1:00 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,100 Yards - Stress Value = 56

Workout #21415 - Tuesday, 17 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
75	1 x 250 on 5:00 SunYangFree-Count strokes
400	5 x 15 on :45 Shooters
	4 x 100 on 2:15 Breast Kick w/board
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
550	1x{5 x 50 on 1:15 Breaststroke
	{4 x 50 on 1:10 Breaststroke
	{2 x 50 on 1:05 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,950 Yards - Stress Value = 54

Workout #21416 - Tuesday, 17 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
75	1 x 250 on 5:00 SunYangFree-Count strokes
350	5 x 15 on :45 Shooters
	1x{3 x 100 on 2:25 Breast Kick w/board
	{1 x 50 on 1:15 Freestyle
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
550	1x{4 x 50 on 1:20 Breaststroke
	{3 x 50 on 1:15 Breaststroke
	{2 x 50 on 1:10 Breaststroke
	{2 x 50 on 1:05 Breaststroke
275	11 x 25 on :40 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,850 Yards - Stress Value = 48

Workout #21417 - Tuesday, 17 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
75	1 x 200 on 5:00 SunYangFree-Count strokes
300	5 x 15 on :45 Shooters
	3 x 100 on 2:45 Breast Kick w/board
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
500	1x{4 x 50 on 1:25 Breaststroke
	{3 x 50 on 1:20 Breaststroke
	{2 x 50 on 1:15 Breaststroke
	{1 x 50 on 1:10 Breaststroke
250	10 x 25 on :45 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,675 Yards - Stress Value = 44

Workout #21418 - Tuesday, 17 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
75	1 x 200 on 5:00 SunYangFree-Count strokes
300	5 x 15 on :45 Shooters
	3 x 100 on 3:00 Breast Kick w/board
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
450	1x{4 x 50 on 1:35 Breaststroke
	{3 x 50 on 1:30 Breaststroke
	{2 x 50 on 1:25 Breaststroke
200	8 x 25 on 1:00 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,575 Yards - Stress Value = 38

Workout #21419 - Wednesday, 18 April 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/TRX Bands
150	20 x 25 on :30 Wednesday Warm-up
900	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3 x 600 on 8:00 Freestyle-descend
250	1 x 250 on 5:00 Stroke Drills
	5:15 PM 3,800 Yards - Stress Value = 62

Workout #21420 - Wednesday, 18 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
1	on 15:00 DS>Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :30 100 Free Pace
1	on 6:00 Video-journal
500	20 x 25 on :30 100 Breast Pace
1	on 6:00 Video-journal
1,000	20 x 50 on :50 200 Back Pace
1	on 6:00 Video-journal
625	25 x 25 on :30 200 Fly Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
5:14 PM	2,925 Yards - Stress Value = 268

Workout #21421 - Wednesday, 18 April 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :30 Kick no board S {2 x 100 on 1:50 Fly Kick w/board {2 x 25 on :30 Kick no board S {1 x 100 on 1:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{7 x 50 on :55 Butterfly 3 SOW/25 w/free Kick {6 x 50 on :55 Butterfly 4 SOW/25 w/free Kick {5 x 50 on :55 Butterfly 5 SOW/25 w/free Kick {2 x 50 on :55 Butterfly 6 SOW/25 w/free Kick
400	16 x 25 on :30 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,650 Yards - Stress Value = 75

Workout #21422 - Wednesday, 18 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
250	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :35 Kick no board S {2 x 100 on 2:05 Fly Kick w/board {2 x 25 on :35 Kick no board S {1 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{7 x 50 on 1:00 Butterfly 3 SOW/25 w/free Kic {6 x 50 on 1:00 Butterfly 4 SOW/25 w/free Kic {5 x 50 on 1:00 Butterfly 5 SOW/25 w/free Kic {1 x 50 on 1:00 Butterfly 6 SOW/25 w/free Kic
325	13 x 25 on :35 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,425 Yards - Stress Value = 65

Workout #21423 - Wednesday, 18 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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1	on 25:00 DS/Dryland
225	9 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board S {2 x 100 on 2:20 Fly Kick w/board {2 x 25 on :40 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{6 x 50 on 1:10 Butterfly 3 SOW/25 w/free Kic {5 x 50 on 1:10 Butterfly 4 SOW/25 w/free Kic {4 x 50 on 1:10 Butterfly 5 SOW/25 w/free Kic {1 x 50 on 1:10 Butterfly 6 SOW/25 w/free Kic
300	12 x 25 on :40 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,175 Yards - Stress Value = 59

Workout #21424 - Wednesday, 18 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
225	9 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board S {2 x 100 on 2:30 Fly Kick w/board {2 x 25 on :40 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{6 x 50 on 1:15 Butterfly 3 SOW/25 w/free Kic {5 x 50 on 1:15 Butterfly 4 SOW/25 w/free Kic {4 x 50 on 1:15 Butterfly 5 SOW/25 w/free Kic
300	12 x 25 on :40 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,125 Yards - Stress Value = 58

Workout #21425 - Wednesday, 18 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board S {2 x 100 on 2:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{5 x 50 on 1:25 Butterfly 3 SOW/25 w/free Kic {4 x 50 on 1:25 Butterfly 4 SOW/25 w/free Kic {3 x 50 on 1:25 Butterfly 5 SOW/25 w/free Kic {1 x 50 on 1:25 Butterfly 6 SOW/25 w/free Kic
250	10 x 25 on :45 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	1,900 Yards - Stress Value = 50

Workout #21426 - Wednesday, 18 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
250	1x{4 x 25 on 1:00 Kick no board S
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{5 x 50 on 1:25 Butterfly 3 SOW/25 w/free Kic
	{4 x 50 on 1:25 Butterfly 4 SOW/25 w/free Kic
	{3 x 50 on 1:25 Butterfly 5 SOW/25 w/free Kic
	{1 x 50 on 1:25 Butterfly 6 SOW/25 w/free Kic
250	10 x 25 on :45 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,850 Yards - Stress Value = 49

Workout #21427 - Thursday, 19 April 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free evens 100's back
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 1:25 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 100 on 1:10 Backstroke
	{1 x 200 on 3:30 Backstroke Drill
	{2 x 75 on 1:10 Backstroke
	{2 x 75 on 1:05 Backstroke
	{2 x 75 on 1:00 Backstroke
	{2 x 75 on :55 Backstroke
	{1 x 150 on 2:35 Backstroke Drill
	{3 x 50 on :45 Backstroke
	{3 x 50 on :40 Backstroke
	{3 x 50 on :35 Backstroke
	{1 x 100 on 1:45 Backstroke
	{4 x 25 on :30 Backstroke-100%
	{4 x 25 on :25 Backstroke-100%
250	1 x 250 on 4:00 Stroke Drills
	5:16 PM 4,300 Yards - Stress Value = 61

Workout #21428 - Thursday, 19 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :30 100 Free Pace

	1 on 6:00 Video-journal
500	20 x 25 on :30 100 Fly Pace
	1 on 6:00 Video-journal
1,000	20 x 50 on :50 200 Back Pace
	1 on 6:00 Video-journal
1,000	20 x 50 on :55 200 Breast Pace
150	1 x 150 on 4:00 Scllng Drills w/PullBouy-video
	5:16 PM 3,300 Yards - Stress Value = 306

Workout #21429 - Thursday, 19 April 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
400	1 x 400 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{12 x 25 on :30 Kick no board BSLR
	{1 x 50 on :50 Fly Kick w/board
	{1 x 50 on :55 Breast Kick w/board
	{1 x 50 on :50 Free Kick w/board
	1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,750 Yards - Stress Value = 60

Workout #21430 - Thursday, 19 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
350	1 x 350 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
400	1x{10 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:00 Fly Kick w/board
	{1 x 50 on 1:05 Breast Kick w/board
	{1 x 50 on 1:00 Free Kick w/board
	1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,650 Yards - Stress Value = 59

Workout #21431 - Thursday, 19 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{8 x 25 on :40 Kick no board BSLR {1 x 50 on 1:05 Fly Kick w/board {1 x 50 on 1:15 Breast Kick w/board {1 x 50 on 1:05 Free Kick w/board 1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,475 Yards - Stress Value = 51

Workout #21432 - Thursday, 19 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{8 x 25 on :40 Kick no board BSLR {1 x 50 on 1:10 Fly Kick w/board {1 x 50 on 1:20 Breast Kick w/board {1 x 50 on 1:10 Free Kick w/board 1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,475 Yards - Stress Value = 51

Workout #21433 - Thursday, 19 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
250	1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:20 Fly Kick w/board {1 x 50 on 1:25 Breast Kick w/board {1 x 50 on 1:20 Free Kick w/board 1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,275 Yards - Stress Value = 43

Workout #21434 - Thursday, 19 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland

250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
250	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 1:30 Fly Kick w/board {1 x 50 on 1:30 Breast Kick w/board {1 x 50 on 1:30 Free Kick w/board 1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :45 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 39

Workout #21435 - Friday, 20 April 2018

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers		L
400	1 x 400 on 5:00 Choice	REC	D
730	1x{1 x 100 on 1:45 Kick {1 x 25 on :45 Tombstone Kicking {4 x 15 on :30 Underwater Fly Kick {1 x 100 on 1:45 Kick {2 x 25 on :45 Tombstone Kicking {4 x 15 on :30 Underwater Fly Kick {1 x 100 on 1:45 Kick {2 x 25 on :45 Tombstone Kicking {4 x 15 on :30 Underwater Fly Kick {1 x 100 on 1:45 Kick {1 x 25 on :45 Tombstone Kicking	EN2	K
150	10 x 15 on :45 Shooters	SP3	S
2,400	1x{4 x 25 on :20 Freestyle {1 x 100 on 1:20 Individual Medley {4 x 25 on :25 odds free evens fly {1 x 200 on 2:40 Individual Medley {4 x 25 on :25 odds free evens back {1 x 300 on 4:00 Individual Medley {4 x 25 on :25 odds free evens brst {1 x 400 on 5:20 Individual Medley {4 x 25 on :25 odds free evens fly {1 x 300 on 4:00 Individual Medley {4 x 25 on :25 odds free evens back {1 x 200 on 2:40 Individual Medley {4 x 25 on :25 odds free evens brst {1 x 100 on 1:20 Individual Medley {4 x 25 on :25 Freestyle	EN1	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	5:00 PM 3,930 Yards - Stress Value = 62		

Workout #21436 - Friday, 20 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
150	10 x 15 on :45 Racing Skills-IM Shooters
2,500	25 x 100 on 1:25 1650 Free Pace 1 on 3:00 Video-journal
160	8 x 20 on 3:00 50 Free Pace
150	1 x 150 on 3:00 Scllng Drills w/PullBouy-video
	5:02 PM 2,960 Yards - Stress Value = 272

Workout #21437 - Friday, 20 April 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
1	on 40:00 DS/Dryland	REC	L
500	4 x 125 on 2:30 SwimUSS 50swim, 25underwater, 25scull. 25drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,800	12 x 150 on 2:15 Descend in sets of 3 EN2 Each set of 3 faster then previous set	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM 2,650 Yards - Stress Value = 42			

Workout #21438 - Friday, 20 April 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
1	on 40:00 DS/Dryland	REC	L
500	4 x 125 on 2:30 SwimUSS 50swim, 25underwater, 25scull. 25drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,500	10 x 150 on 2:30 Descend in sets of 3 EN2 Each set of 3 faster then previous set #10 as fast as #9	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:29 PM 2,350 Yards - Stress Value = 36			

Workout #21439 - Friday, 20 April 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
1	on 40:00 DS/Dryland	REC	L
400	4 x 100 on 2:30 SwimUSS 25swim, 25underwater, 25scull. 25drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,350	9 x 150 on 2:50 Descend in sets of 3 EN2 Each set of 3 faster then previous set	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30 PM 2,100 Yards - Stress Value = 33			

Workout #21440 - Friday, 20 April 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
1	on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:30 SwimSS 25swim, 25scull. 25drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,050	7 x 150 on 3:40 Descend in sets of 3 EN2 Each set of 3 faster then previous set #7 as fast as #6	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:30 PM 1,700 Yards - Stress Value = 27			

Workout #21441 - Friday, 20 April 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			

1	on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:30 SwimSS 25swim, 25scull. 25drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
900	6 x 150 on 4:00 Descend in sets of 3 EN2 Each set of 3 faster then previous set	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:28 PM 1,550 Yards - Stress Value = 24			

Workout #21442 - Monday, 23 April 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
1	on 29:00 DS/Physio Ball Shldrs
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:00 Kick-100% {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Kick-100% {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 100 on 1:45 Kick-100%
200	4x{1 x 25 on :50 Sculling drills
2,500	1x{1 x 200 on 2:30 Free 3KOW {2 x 200 on 2:35 Free 5KOW+6BKL25 {3 x 200 on 2:40 Free 7KOW+NBL12.5 {1 x 100 on 3:00 Free {1 x 200 on 2:25 Free {2 x 200 on 2:30 Free {3 x 200 on 2:35 Free
200	1 x 200 on 3:00 Stroke Drills
5:30 PM 4,950 Yards - Stress Value = 82	

Workout #21443 - Monday, 23 April 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:30 PM Start	
1	on 20:00 Team Mtg/DS/Showers
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :30 100 Back Pace 1 on 5:00 Video-evaluate
625	25 x 25 on :30 100 Breast Pace 1 on 5:00 Video-evaluate
1,250	25 x 50 on :50 200 Free Pace 1 on 5:00 Video-Evaluate
1,250	25 x 50 on :50 200 Fly Pace
150	1 x 150 on 5:00 Sculling Drill-Video-Evaluate
5:31 PM 4,050 Yards - Stress Value = 380	

Workout #21444 - Monday, 23 April 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 400 1x{2 x 75 on 1:35 Breast Kick w/board
 {2 x 100 on 2:05 Breast Kick w/board
 {1 x 50 on 1:05 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 950 1x{1 x 250 on 5:00 Breast 2X pullouts start wal
 {2 x 200 on 4:00 Breast 2X pullouts start wal
 {3 x 100 on 2:00 Breast 2X pullouts start wal
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,775 Yards - Stress Value = 95

Workout #21445 - Monday, 23 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 375 1x{2 x 75 on 1:45 Breast Kick w/board
 {2 x 100 on 2:15 Breast Kick w/board
 {1 x 25 on :40 Breast Kick NO board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 850 1x{1 x 250 on 5:30 Breast 2X pullouts start wal
 {2 x 200 on 4:20 Breast 2X pullouts start wal
 {2 x 100 on 2:10 Breast 2X pullouts start wal
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,575 Yards - Stress Value = 85

Workout #21446 - Monday, 23 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 350 1x{2 x 75 on 1:55 Breast Kick w/board
 {2 x 100 on 2:30 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 800 1x{1 x 250 on 5:50 Breast 2X pullouts start wal
 {2 x 200 on 4:40 Breast 2X pullouts start wal
 {1 x 150 on 3:30 Breast 2X pullouts start wal
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,400 Yards - Stress Value = 79

Workout #21447 - Monday, 23 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description

=====

1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 300 1x{2 x 75 on 2:05 Breast Kick w/board
 {3 x 50 on 1:20 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 1x{1 x 250 on 6:15 Breast 2X pullouts start wal
 {2 x 200 on 5:00 Breast 2X pullouts start wal
 {1 x 100 on 2:30 Breast 2X pullouts start wal
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,300 Yards - Stress Value = 77

Workout #21448 - Monday, 23 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 250 1x{2 x 75 on 2:15 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 650 1x{1 x 200 on 6:00 Breast 2X pullouts start wal
 {2 x 150 on 4:30 Breast 2X pullouts start wal
 {1 x 100 on 3:00 Breast 2X pullouts start wal
 {1 x 50 on 1:00 Breast 2X pullouts start wal
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:14 PM 2,050 Yards - Stress Value = 69

Workout #21449 - Monday, 23 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 200 1x{2 x 75 on 3:00 Breast Kick w/board
 {1 x 50 on 2:00 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 500 1x{1 x 200 on 7:00 Breast 2X pullouts start wal
 {1 x 150 on 5:15 Breast 2X pullouts start wal
 {1 x 100 on 3:30 Breast 2X pullouts start wal
 {1 x 50 on 1:45 Breast 2X pullouts start wal
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:13 PM 1,775 Yards - Stress Value = 58

Workout #21450 - Tuesday, 24 April 2018

Group 3 - Back

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Top Hat Drill
1,140	10 x 15 on :45 Shooters
	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 40 on 1:00 20 underwater 20 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 40 on :55 20 undwater 20 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 40 on :50 20 underwater 20 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 40 on :45 20 underwater 20 sprint free
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{ 50's-#1 easy, 2&3 w/fins 15m/6sec underwate
	{2 x 100 on 1:30 Backstroke
	{3 x 50 on 1:00 Backstroke
	{2 x 100 on 1:25 Backstroke
	{3 x 50 on 1:00 Backstroke
	{2 x 100 on 1:20 Backstroke
	{3 x 50 on 1:00 Backstroke
	{2 x 100 on 1:15 Backstroke
	{3 x 50 on 1:00 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,740 Yards - Stress Value = 58

Workout #21451 - Tuesday, 24 April 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
	3:30 PM Start
	1 on 20:00 Goal Setting/DS/Showers
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :30 100 Free Pace
	1 on 5:00 Video-evaluate
625	25 x 25 on :30 100 Fly Pace
	1 on 5:00 Video-evaluate
1,250	25 x 50 on :50 200 Back Pace
	1 on 5:00 Video-evaluate
1,250	25 x 50 on :55 200 Breast Pace
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video
	5:33 PM 4,050 Yards - Stress Value = 380

Workout #21452 - Tuesday, 24 April 2018

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{6 x 25 on :30 Kick no board S
	{1 x 150 on 2:45 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 150 on 2:15 Butterfly
	{4 x 25 on :30 Fly lupldown+1
	{2 x 125 on 1:55 Butterfly
	{4 x 25 on :30 Fly lupldown+1
	{3 x 100 on 1:35 Butterfly
	{4 x 25 on :30 Fly lupldown+1
	{2 x 50 on :50 Butterfly
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts Certificati

250 1 x 250 on 4:00 Stroke Drills
7:15 PM 3,100 Yards - Stress Value = 112

Workout #21453 - Tuesday, 24 April 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
375	1x{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:00 Fly Kick w/board
	{5 x 25 on :35 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{1 x 150 on 2:30 Butterfly
	{4 x 25 on :35 Fly lupldown+1
	{2 x 125 on 2:10 Butterfly
	{4 x 25 on :35 Fly lupldown+1
	{3 x 100 on 1:45 Butterfly
	{3 x 25 on :35 Fly lupldown+1
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts Certificati
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,775 Yards - Stress Value = 95

Workout #21454 - Tuesday, 24 April 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board S
	{1 x 150 on 3:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 150 on 2:45 Butterfly
	{4 x 25 on :40 Fly lupldown+1
	{2 x 125 on 2:20 Butterfly
	{4 x 25 on :40 Fly lupldown+1
	{3 x 100 on 1:55 Butterfly
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts Certificati
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,550 Yards - Stress Value = 86

Workout #21455 - Tuesday, 24 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board S
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 150 on 3:00 Butterfly
	{4 x 25 on :40 Fly lupldown+1
	{2 x 125 on 2:35 Butterfly
	{2 x 25 on :40 Fly lupldown+1
	{3 x 100 on 2:05 Butterfly
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts Certificati
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 85

Workout #21456 - Tuesday, 24 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:45 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 150 on 3:30 Butterfly
	{4 x 25 on :45 Fly lupldown+1
	{2 x 125 on 3:00 Butterfly
	{2 x 25 on :45 Fly lupldown+1
	{4 x 50 on 1:15 Butterfly
475	19 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts Certificati
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,225 Yards - Stress Value = 75

Workout #21457 - Tuesday, 24 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 3:00 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 150 on 4:30 Butterfly
	{2 x 25 on :45 Fly lupldown+1
	{2 x 125 on 3:30 Butterfly
	{2 x 25 on :45 Fly lupldown+1
	{1 x 100 on 3:00 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts Certificati
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 1,975 Yards - Stress Value = 62

Workout #21458 - Wednesday, 25 April 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/TRX
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{2 x 125 on 2:00 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{2 x 125 on 1:55 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{2 x 125 on 1:50 Kick L.25 100%
	{6 x 25 on :30 Kick no board L
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	2x{5 x 75 on 1:00 Fly-25L25R25B
	{4 x 25 on :25 Fly 5/7/9/11 KOW
	{4 x 75 on 1:00 Fly-25L25R25B
	{4 x 25 on :25 Fly 5/7/9/11 KOW
	{3 x 75 on 1:00 Fly-25L25R25B
	{4 x 25 on :25 Fly-5-7-9-11 KOW
	{1 x 100 on 3:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	5:29 PM 4,900 Yards - Stress Value = 80

Workout #21459 - Wednesday, 25 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 Goal Setting/DS/Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :30 100 Breast Pace
	1 on 5:00 Video Evaluation
625	25 x 25 on :30 100 Back Pace
	1 on 5:00 Video Evaluation
750	30 x 25 on :30 200 Fly Pace
	1 on 5:00 Video Evaluation
1,250	25 x 50 on :50 200 Free Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	5:28 PM 3,550 Yards - Stress Value = 330

Workout #21460 - Wednesday, 25 April 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 12 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 100 on 1:30 Butterfly
 {3 x 100 on 1:30 Reverse IM
 {1 x 100 on 1:25 Backstroke
 {3 x 100 on 1:30 Reverse IM
 {1 x 100 on 1:35 Breaststroke
 {3 x 100 on 1:30 Reverse IM
 {1 x 100 on 1:20 Freestyle
 {2 x 100 on 1:30 Reverse IM
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,700 Yards - Stress Value = 125

Workout #21461 - Wednesday, 25 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 12 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 50 on 1:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 50 on 1:00 Breast Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 100 on 1:40 Butterfly
 {3 x 100 on 1:40 Reverse IM
 {1 x 100 on 1:35 Backstroke
 {3 x 100 on 1:40 Reverse IM
 {1 x 100 on 1:45 Breaststroke
 {3 x 100 on 1:40 Reverse IM
 {1 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 3,450 Yards - Stress Value = 120

Workout #21462 - Wednesday, 25 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 10 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Breast Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Free Kick w/board

100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 100 on 1:50 Butterfly
 {2 x 100 on 1:50 Reverse IM
 {1 x 100 on 1:45 Backstroke
 {2 x 100 on 1:50 Reverse IM
 {1 x 100 on 1:55 Breaststroke
 {2 x 100 on 1:50 Reverse IM
 {1 x 100 on 1:35 Freestyle
 {2 x 100 on 1:50 Reverse IM
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 3,075 Yards - Stress Value = 103

Workout #21463 - Wednesday, 25 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 10 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:10 Breast Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 100 on 2:00 Butterfly
 {2 x 100 on 1:50 Reverse IM
 {1 x 100 on 1:50 Backstroke
 {2 x 100 on 1:50 Reverse IM
 {1 x 100 on 2:05 Breaststroke
 {2 x 100 on 1:50 Reverse IM
 {1 x 100 on 1:40 Freestyle
 {2 x 100 on 1:50 Reverse IM
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,075 Yards - Stress Value = 103

Workout #21464 - Wednesday, 25 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 8 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:20 Breast Kick w/board
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:15 Butterfly
 {2 x 100 on 2:15 Reverse IM
 {1 x 100 on 2:10 Backstroke
 {2 x 100 on 2:15 Reverse IM
 {1 x 100 on 2:15 Breaststroke
 {2 x 100 on 2:15 Reverse IM
 {1 x 100 on 2:00 Freestyle
 550 22 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,700 Yards - Stress Value = 91

Workout #21465 - Wednesday, 25 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 8 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 3:00 Butterfly
 {1 x 100 on 3:00 Reverse IM
 {1 x 100 on 3:00 Backstroke
 {1 x 100 on 3:00 Reverse IM
 {1 x 100 on 3:00 Breaststroke
 {1 x 100 on 3:00 Reverse IM
 {1 x 100 on 3:00 Freestyle
 {1 x 100 on 3:00 Reverse IM
 550 22 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,350 Yards - Stress Value = 84

Workout #21466 - Thursday, 26 April 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description EGY W
 =====
 1 on 25:00 DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 1,700 1x{1 x 200 on 3:20 Breast 2K1P+1K upto4 EN2
 {6 x 50 on 1:00 Descend 2X pullouts EN2
 {1 x 200 on 3:20 Breast 2K1P+1K upto4 EN2
 {5 x 50 on :55 Descend 2X pullouts EN2
 {1 x 200 on 3:20 Breast 2K1P+1K upto4 EN2
 {4 x 50 on :50 Descend 2X pullouts EN2
 {1 x 200 on 3:20 Breast 2K1P+1K upto4 EN2
 {3 x 50 on :45 Descend 2X pullouts EN2
 1,000 1x{1 x 200 on 3:00 Pull-175free/25breast EN1
 {1 x 200 on 3:00 Pull-150free/50breast EN1
 {1 x 200 on 3:00 Pull-125free/75breast EN2
 {1 x 200 on 3:00 Pull-100free/100breast EN2
 {1 x 200 on 3:00 Pull-75free/125breast EN2
 1,400 1x{1 x 100 on 2:00 Kick EN1
 {1 x 100 on 1:30 Kick EN2
 {2 x 50 on 1:00 Kick EN1
 {2 x 100 on 1:35 Kick EN2
 {4 x 25 on :30 Kick EN1
 {3 x 100 on 1:40 Kick EN2
 {2 x 50 on 1:00 Kick EN2
 {4 x 100 on 1:45 Kick EN2
 200 1 x 200 on 3:00 Stroke Drills REC
 5:31 PM 5,050 Yards - Stress Value = 81

Workout #21467 - Thursday, 26 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 20:00 Goal Setting/DS/Showers
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 625 25 x 25 on :30 100 Fly Pace
 1 on 5:00 Video Evaluation

625 25 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluation
 1,250 25 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluation
 1,250 25 x 50 on :50 200 Back Pace
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 5:33 PM 4,050 Yards - Stress Value = 380

Workout #21468 - Thursday, 26 April 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 1:45 Free Kick w/board
 {1 x 50 on 1:00 Free Kick-100%
 {1 x 100 on 1:45 Free Kick w/board
 {2 x 50 on 1:00 Free Kick-100%
 {1 x 100 on 1:45 Free Kick w/board
 {3 x 50 on 1:00 Free Kick-100%
 {1 x 100 on 1:45 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board-100%
 1 on 20:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Strght Arm Finis
 7:15 PM 2,050 Yards - Stress Value = 96

Workout #21469 - Thursday, 26 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:00 Free Kick w/board
 {2 x 50 on 1:10 Free Kick-100%
 {1 x 100 on 2:00 Free Kick w/board
 {2 x 50 on 1:10 Free Kick-100%
 {1 x 100 on 2:00 Free Kick w/board
 {3 x 50 on 1:10 Free Kick-100%
 1 on 20:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Strght Arm Finis
 7:16 PM 1,950 Yards - Stress Value = 94

Workout #21470 - Thursday, 26 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:10 Free Kick w/board { 2 x 50 on 1:15 Free Kick-100% { 1 x 100 on 2:10 Free Kick w/board { 2 x 50 on 1:15 Free Kick-100% { 1 x 100 on 2:10 Free Kick w/board { 2 x 50 on 1:15 Free Kick-100% 1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Strght Arm Finis
7:14 PM	1,725 Yards - Stress Value = 80

Workout #21471 - Thursday, 26 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:15 Free Kick w/board { 2 x 50 on 1:20 Free Kick-100% { 1 x 100 on 2:15 Free Kick w/board { 2 x 50 on 1:20 Free Kick-100% { 1 x 100 on 2:15 Free Kick w/board { 2 x 50 on 1:20 Free Kick-100% 1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Strght Arm Finis
7:15 PM	1,725 Yards - Stress Value = 80

Workout #21472 - Thursday, 26 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:30 Free Kick w/board { 2 x 50 on 1:30 Free Kick-100% { 1 x 100 on 2:30 Free Kick w/board { 2 x 50 on 1:30 Free Kick-100% { 1 x 100 on 2:30 Free Kick w/board { 1 x 50 on 1:30 Free Kick-100% 1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Strght Arm Finis
7:15 PM	1,550 Yards - Stress Value = 72

Workout #21473 - Thursday, 26 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Free Kick w/board { 1 x 50 on 2:00 Free Kick-100% { 1 x 100 on 3:00 Free Kick w/board { 1 x 50 on 2:00 Free Kick-100% { 1 x 100 on 3:00 Free Kick w/board { 1 x 50 on 2:00 Free Kick-100% 1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
475	19 x 25 on :45 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Strght Arm Finis
7:15 PM	1,375 Yards - Stress Value = 63

Workout #21474 - Friday, 27 April 2018

Group 3 - IM's

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	1 x 600 on 12:00 Kick w/random 10 sec sprint
2,100	1x{4 x 75 on 1:10 Individual Medley { 4 x 75 on :55 Free L.25 6bk { 4 x 75 on 1:05 Individual Medley { 4 x 75 on :55 Free L.25 6bk { 4 x 75 on 1:00 Individual Medley { 4 x 75 on :55 Free L.25 6bk { 4 x 75 on :55 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
5:01 PM	3,700 Yards - Stress Value = 60

Workout #21475 - Friday, 27 April 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
150	1 on 15:00 DS/Showers	REC	I
1,500	10 x 15 on :45 Racing Skills-Shooters	SP3	S
1,500	30 x 50 on :55 400 IM Pace	SP2	S
160	1 on 5:00 Video 1+1- for each stroke	REC	M
160	8 x 20 on 3:00 50 Free Pace	SP2	S
150	1 x 150 on 8:00 Sculling Drill/journal	REC	I
5:01 PM	1,960 Yards - Stress Value = 172		

Workout #21476 - Friday, 27 April 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
500	1 on 40:00 DS/Dryland	REC	L
150	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,800	1x{4 x 150 on 2:20 Backstroke-descend { 4 x 125 on 1:55 Backstroke-descend { 4 x 100 on 1:30 Backstroke-descend { 4 x 75 on 1:05 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
6:31 PM	2,650 Yards - Stress Value = 42		

Workout #21477 - Friday, 27 April 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	=====		
	1 on 40:00 DS/Dryland	REC	L
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,650	1x{4 x 150 on 2:30 Backstroke-descend	EN2	S
	{4 x 125 on 2:00 Backstroke-descend	EN2	S
	{4 x 100 on 1:35 Backstroke-descend	EN2	S
	{2 x 75 on 1:10 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,500 Yards - Stress Value = 39		

Workout #21478 - Friday, 27 April 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	=====		
	1 on 40:00 DS/Dryland	REC	L
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	1x{4 x 150 on 2:50 Backstroke-descend	EN2	S
	{4 x 125 on 2:20 Backstroke-descend	EN2	S
	{3 x 100 on 1:50 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,150 Yards - Stress Value = 34		

Workout #21479 - Friday, 27 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	=====		
	1 on 40:00 DS/Dryland	REC	L
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	1x{4 x 150 on 3:00 Backstroke-descend	EN2	S
	{4 x 125 on 2:25 Backstroke-descend	EN2	S
	{3 x 100 on 1:55 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:31 PM 2,150 Yards - Stress Value = 34		

Workout #21480 - Friday, 27 April 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	=====		
	1 on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,150	1x{3 x 150 on 3:30 Backstroke-descend	EN2	S
	{4 x 125 on 2:50 Backstroke-descend	EN2	S
	{4 x 50 on 1:05 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,800 Yards - Stress Value = 29		

Workout #21481 - Friday, 27 April 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
	5:00 PM Start		
	=====		
	1 on 40:00 DS/Dryland	REC	L

300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
900	1x{3 x 150 on 4:30 Backstroke-descend	EN2	S
	{3 x 100 on 3:00 Backstroke-descend	EN2	S
	{3 x 50 on 1:30 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,550 Yards - Stress Value = 24		

Workout #21482 - Monday, 30 April 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:30 PM Start		
	=====		
	1 on 25:00 DS/Physio Balls		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
165	11 x 15 on :45 Cross pool sprints		
1,900	1x{4 x 25 on :30 Kick no board B		
	{1 x 150 on 2:30 Kick		
	{4 x 25 on :30 Kick no board S		
	{2 x 150 on 2:25 Kick		
	{4 x 25 on :30 Kick no board L		
	{3 x 150 on 2:20 Kick		
	{4 x 25 on :30 Kick no board R		
	{4 x 150 on 2:15 Kick		
1,500	1x{1 x 500 on 6:15 Pulls-no br L.12 yds		
	{1 x 400 on 5:05 Pulls-no br L.14 yds		
	{1 x 300 on 3:50 Pulls-no br L.16 yds		
	{1 x 200 on 2:35 Pulls-no br L.18 yds		
	{1 x 100 on 1:20 Pulls-no br L.20 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,800	12 x 150 on 2:00 Freestyle-Descend		
250	1 x 250 on 4:00 Stroke Drills		
	5:46 PM 6,415 Yards - Stress Value = 113		

Workout #21483 - Monday, 30 April 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:30 PM Start		
	=====		
	1 on 15:00 DS/Showers	RE	
225	15 x 15 on :45 Racing Skills-Free Shooters	SE	
750	30 x 25 on :30 100 Free Pace	SE	
	1 on 7:00 Video evaluation	RE	
750	30 x 25 on :30 100 Fly Pace	SE	
	1 on 7:00 Video evaluation	RE	
1,250	25 x 50 on :50 200 Back Pace	SE	
	1 on 7:00 Video evaluation	RE	
1,250	25 x 50 on :55 200 Breast Pace	SE	
150	1 x 150 on 8:00 Video-eval and 2 corrections	RE	
	5:45 PM 4,375 Yards - Stress Value = 409		

Workout #21484 - Monday, 30 April 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
450	10 x 15 on :45 Shooters
100	1x{1 x 150 on 2:40 Fly Kick w/board { 4 x 25 on :30 Kick no board S { 1 x 100 on 1:45 Fly Kick w/board { 4 x 25 on :30 Kick no board S
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	4x{8 x 25 on :25 Butterfly { 1 on 1:00 Rest
250	30 x 25 on :30 USRPT-100 Fly Pace 1 on 10:00 Relay
7:15 PM	1 x 250 on 5:00 Stroke Drills 2,800 Yards - Stress Value = 106

Workout #21485 - Monday, 30 April 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
450	10 x 15 on :45 Shooters
100	1x{1 x 150 on 3:00 Fly Kick w/board { 4 x 25 on :30 Kick no board S { 1 x 100 on 2:00 Fly Kick w/board { 4 x 25 on :30 Kick no board S
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	4x{8 x 25 on :30 Butterfly { 1 on 1:00 Rest
250	25 x 25 on :35 USRPT-100 Fly Pace 1 on 10:00 Relay
7:17 PM	1 x 250 on 5:00 Stroke Drills 2,675 Yards - Stress Value = 93

Workout #21486 - Monday, 30 April 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
400	10 x 15 on :45 Shooters
100	1x{1 x 150 on 3:20 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 1 x 100 on 2:10 Fly Kick w/board { 2 x 25 on :35 Kick no board S
600	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	4x{6 x 25 on :35 Butterfly { 1 on 1:00 Rest
250	25 x 25 on :35 USRPT-100 Fly Pace 1 on 10:00 Relay
7:15 PM	1 x 250 on 5:00 Stroke Drills 2,375 Yards - Stress Value = 88

Workout #21487 - Monday, 30 April 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
350	10 x 15 on :45 Shooters
100	1x{1 x 150 on 3:30 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 1 x 100 on 2:20 Fly Kick w/board
600	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	3x{8 x 25 on :40 Butterfly { 1 on 1:00 Rest
250	25 x 25 on :35 USRPT-100 Fly Pace 1 on 10:00 Relay
7:16 PM	1 x 250 on 5:00 Stroke Drills 2,325 Yards - Stress Value = 87

Workout #21488 - Monday, 30 April 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
300	10 x 15 on :45 Shooters
100	1x{1 x 100 on 3:00 Fly Kick w/board { 4 x 25 on :45 Kick no board S { 1 x 100 on 3:00 Fly Kick w/board
450	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	3x{6 x 25 on :45 Butterfly { 1 on 1:00 Rest
250	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Relay
7:14 PM	1 x 250 on 5:00 Stroke Drills 2,000 Yards - Stress Value = 76

Workout #21489 - Monday, 30 April 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
250	10 x 15 on :45 Shooters
100	1x{1 x 100 on 3:30 Fly Kick w/board { 4 x 25 on :45 Kick no board S { 1 x 50 on 1:45 Fly Kick w/board
450	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	3x{6 x 25 on 1:00 Butterfly { 1 on 1:00 Rest
250	18 x 25 on :45 USRPT-100 Fly Pace 1 on 10:00 Relay
7:17 PM	1 x 250 on 5:00 Stroke Drills 1,850 Yards - Stress Value = 65

Workout #21490 - Tuesday, 01 May 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
600	1 on 25:00 DS/Core
150	1 x 600 on 10:00 Top Hat Drill
800	10 x 15 on :45 Shooters
1,500	1x{20 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
1,500	1x{1 x 250 on 3:15 Pulls BTB { 3 x 50 on :50 Pull 6/5/4 breaths { 1 x 250 on 3:15 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths { 1 x 200 on 2:30 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths { 1 x 200 on 2:30 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 2 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 1 x 100 on 1:20 Backstroke
250	1 x 250 on 5:00 Stroke Drills
5:45 PM 5,600 Yards - Stress Value = 96	

Workout #21491 - Tuesday, 01 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
225	15 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 100 Back Pace
750	1 on 7:00 Video evaluation
750	30 x 25 on :30 100 Breast Pace
750	1 on 7:00 Video evaluation
625	25 x 25 on :50 200 Free Pace
625	1 on 7:00 Video evaluation
1,250	25 x 50 on :50 200 Fly Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video 2 corrections
5:43 PM 3,750 Yards - Stress Value = 346	

Workout #21492 - Tuesday, 01 May 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{1 x 150 on 2:35 Fly Kick w/board { 1 x 150 on 3:00 Kick on back no board { 1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{2 x 150 on 2:15 IM w/out the free { 3 x 50 on :40 Freestyle { 2 x 150 on 2:15 IM w/out the breast

750	{2 x 50 on :50 Breaststroke
750	{2 x 150 on 2:15 IM w/out the back
750	{2 x 50 on :45 Backstroke
750	30 x 25 on :30 USRPT 100 Breast Pace
250	1 on 10:00 Racing Skills-Bucket turns
250	1 x 250 on 4:00 Stroke Drills
7:15 PM 3,250 Yards - Stress Value = 115	

Workout #21493 - Tuesday, 01 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 2:55 Fly Kick w/board { 1 x 150 on 3:15 Kick on back no board { 1 x 100 on 1:55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{2 x 150 on 2:30 IM w/out the free { 2 x 50 on :45 Freestyle { 2 x 150 on 2:30 IM w/out the breast { 1 x 50 on :55 Breaststroke { 2 x 150 on 2:30 IM w/out the back { 1 x 50 on :50 Backstroke
625	25 x 25 on :35 USRPT 100 Breast Pace
250	1 on 10:00 Racing Skills-Bucket turns
250	1 x 250 on 4:00 Stroke Drills
7:15 PM 2,925 Yards - Stress Value = 98	

Workout #21494 - Tuesday, 01 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 3:20 Fly Kick w/board { 1 x 100 on 2:20 Kick on back no board { 1 x 100 on 2:15 Breast Kick w/board { 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{2 x 150 on 2:45 IM w/out the free { 3 x 50 on :50 Freestyle { 1 x 150 on 2:45 IM w/out the breast { 3 x 50 on 1:00 Breaststroke { 1 x 150 on 2:45 IM w/out the back { 2 x 50 on :55 Backstroke
625	25 x 25 on :35 USRPT 100 Breast Pace
250	1 on 10:00 Racing Skills-Bucket turns
250	1 x 250 on 4:00 Stroke Drills
7:15 PM 2,775 Yards - Stress Value = 96	

Workout #21495 - Tuesday, 01 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 2:20 Fly Kick w/board
	{1 x 100 on 2:30 Kick on back no board
	{1 x 100 on 2:20 Breast Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{2 x 150 on 2:55 IM w/out the free
	{3 x 50 on :50 Freestyle
	{1 x 150 on 2:55 IM w/out the breast
	{3 x 50 on 1:00 Breaststroke
	{1 x 150 on 2:55 IM w/out the back
	{2 x 50 on :55 Backstroke
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Bucket turns
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,650 Yards - Stress Value = 88

Workout #21496 - Tuesday, 01 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{1 x 100 on 2:40 Fly Kick w/board
	{1 x 100 on 2:45 Kick on back no board
	{1 x 100 on 2:40 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 150 on 4:00 IM w/out the free
	{2 x 50 on 1:00 Freestyle
	{1 x 150 on 4:00 IM w/out the breast
	{2 x 50 on 1:10 Breaststroke
	{1 x 150 on 4:00 IM w/out the back
	{2 x 50 on 1:05 Backstroke
500	20 x 25 on :45 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Bucket turns
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,250 Yards - Stress Value = 77

Workout #21497 - Tuesday, 01 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{1 x 100 on 3:00 Fly Kick w/board
	{1 x 50 on 1:30 Kick on back no board
	{1 x 100 on 3:00 Breast Kick w/board
	{1 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 150 on 4:30 IM w/out the free
	{2 x 50 on 1:15 Freestyle
	{1 x 150 on 4:30 IM w/out the breast
	{1 x 50 on 1:30 Breaststroke
	{1 x 150 on 4:00 IM w/out the back
	{1 x 50 on 1:30 Backstroke

375 15 x 25 on 1:00 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Bucket turns
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,025 Yards - Stress Value = 63

Workout #21498 - Wednesday, 02 May 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
500	1 on 25:00 DS/Abs
150	20 x 25 on :30 Wednesday Warm-up
	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :30 Kick no board BSLR-20KOW
	{3 x 125 on 2:00 Kick
	{4 x 25 on :30 Kick no board BSLR-18KOW
	{3 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR-16KOW
	{3 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-14KOW
	{3 x 50 on :45 Kick
	{4 x 25 on :30 Kick no board BSLR-12KOW
1,250	1x{2 x 125 on 1:45 Lungbuster pulls
	{2 x 125 on 1:40 Lungbuster pulls
	{2 x 125 on 1:35 Lungbuster pulls
	{2 x 125 on 1:30 Lungbuster pulls
	{2 x 125 on 1:25 Lungbuster pulls
	breathe 3-5-7 continuos, only 2 breaths L.2
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	8x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 5,450 Yards - Stress Value = 93

Workout #21499 - Wednesday, 02 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
225	1 on 15:00 DS/Showers
750	15 x 15 on :45 Racing Skills-Breast Shooters
	30 x 25 on :30 100 Fly Pace
	1 on 7:00 Video evaluation
750	30 x 25 on :30 100 Free Pace
	1 on 7:00 Video evaluation
1,250	25 x 50 on :55 200 Breast Pace
	1 on 7:00 Video evaluation
1,250	25 x 50 on :50 200 Back Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	2 corrections
	5:45 PM 4,375 Yards - Stress Value = 409

Workout #21500 - Wednesday, 02 May 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Drylandn
 300 12 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{2 x 125 on 2:10 Free Kick w/board
 {2 x 125 on 2:05 Free Kick w/board
 {2 x 125 on 2:00 Free Kick wboard
 {2 x 50 on :45 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 125 on 1:40 Freestyle
 {4 x 50 on 1:00 Free-100%
 {2 x 125 on 1:40 Freestyle
 {3 x 50 on 1:00 Free 100%
 {3 x 125 on 1:40 Freestyle
 {2 x 50 on 1:00 Free 100%
 {2 x 125 on 1:40 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,850 Yards - Stress Value = 127

Workout #21501 - Wednesday, 02 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Drylandn
 300 12 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{2 x 125 on 2:25 Free Kick w/board
 {2 x 125 on 2:20 Free Kick w/board
 {2 x 125 on 2:15 Free Kick wboard
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,375 1x{1 x 125 on 1:50 Freestyle
 {4 x 50 on 1:00 Free-100%
 {2 x 125 on 1:50 Freestyle
 {3 x 50 on 1:00 Free 100%
 {3 x 125 on 1:50 Freestyle
 {2 x 50 on 1:00 Free 100%
 {1 x 125 on 1:50 Freestyle
 {1 x 50 on 1:00 Free-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,675 Yards - Stress Value = 123

Workout #21502 - Wednesday, 02 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Drylandn
 250 10 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{2 x 125 on 2:40 Free Kick w/board
 {2 x 125 on 2:35 Free Kick w/board
 {2 x 75 on 1:30 Free Kick wboard
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 125 on 2:00 Freestyle
 {4 x 50 on 1:05 Free-100%
 {2 x 125 on 2:00 Freestyle
 {3 x 50 on 1:05 Free 100%
 {3 x 125 on 2:00 Freestyle
 {3 x 50 on 1:05 Free 100%

625 25 x 25 on :35 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,275 Yards - Stress Value = 106

Workout #21503 - Wednesday, 02 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Drylandn
 250 10 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{2 x 125 on 2:50 Free Kick w/board
 {2 x 125 on 2:45 Free Kick w/board
 {2 x 50 on 1:05 Free Kick wboard
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 125 on 2:10 Freestyle
 {4 x 50 on 1:05 Free-100%
 {2 x 125 on 2:10 Freestyle
 {3 x 50 on 1:05 Free 100%
 {3 x 125 on 2:10 Freestyle
 {2 x 50 on 1:05 Free 100%
 625 25 x 25 on :35 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,175 Yards - Stress Value = 104

Workout #21504 - Wednesday, 02 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Drylandn
 200 8 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{2 x 100 on 2:50 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 50 on 1:20 Free Kick wboard
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 125 on 2:30 Freestyle
 {4 x 50 on 1:15 Free-100%
 {2 x 125 on 2:30 Freestyle
 {2 x 50 on 1:15 Free 100%
 {3 x 125 on 2:30 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,800 Yards - Stress Value = 92

Workout #21505 - Wednesday, 02 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Drylandn
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{2 x 100 on 3:30 Free Kick w/board { 2 x 100 on 3:25 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 100 on 2:30 Freestyle { 3 x 50 on 1:30 Free-100% { 2 x 100 on 2:30 Freestyle { 2 x 50 on 1:30 Free 100% { 3 x 100 on 2:30 Freestyle
500	20 x 25 on :45 USRPT-100 Free Pace
250	1 x 250 on 4:00 Stroke Drills
7:15 PM	2,450 Yards - Stress Value = 81

Workout #21506 - Thursday, 03 May 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 1:30 Kick your best kick { 2 x 50 on 1:00 Kick your 2nd best kick { 2 x 50 on 1:05 Kick your 3rd best kick { 1 x 100 on 1:35 Kick your best kick { 2 x 50 on 1:00 Kick your 2nd best kick { 2 x 50 on 1:05 Kick your 3rd best kick { 1 x 100 on 1:40 Kick your best kick { 2 x 50 on 1:00 Kick your 2nd best kick { 2 x 50 on 1:05 Kick your 3rd best kick { 1 x 100 on 1:45 Kick your best kick { 2 x 50 on 1:00 Kick your 2nd best kick { 2 x 50 on 1:05 Kick your 3rd best kick
1,500	1x{2 x 150 on 2:00 Pulls BTB { 2 x 150 on 2:00 Pulls BTS { 2 x 125 on 1:40 Pulls BTB { 2 x 125 on 1:40 Pulls BTS { 2 x 100 on 1:20 Pulls BTB { 2 x 100 on 1:20 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
300	6 x 50 on 1:00 Stroke Drills
5:44 PM	5,150 Yards - Stress Value = 74

Workout #21507 - Thursday, 03 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
225	15 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 100 Breast Pace
	1 on 7:00 Video evaluation
750	30 x 25 on :30 100 Back Pace
	1 on 7:00 Video evaluation
1,000	40 x 25 on :30 200 Fly Pace
	1 on 7:00 Video evaluation
1,500	30 x 50 on :50 200 Free Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video

2 corrections

5:46 PM 4,375 Yards - Stress Value = 289

Workout #21508 - Thursday, 03 May 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board B { 3 x 50 on 1:00 Kick on left side { 4 x 25 on :30 Kick no board B { 3 x 50 on 1:00 Kick on right side { 4 x 25 on :30 Kick no board B { 2 x 50 on 1:00 Kick alt 8KLS/8KRS
	1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
7:15 PM	2,000 Yards - Stress Value = 95

Workout #21509 - Thursday, 03 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :30 Kick no board B { 3 x 50 on 1:05 Kick on left side { 4 x 25 on :30 Kick no board B { 3 x 50 on 1:05 Kick on right side { 4 x 25 on :30 Kick no board B { 1 x 50 on 1:05 Kick alt 8KLS/8KRS
	1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
7:15 PM	1,950 Yards - Stress Value = 94

Workout #21510 - Thursday, 03 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board B { 3 x 50 on 1:10 Kick on left side { 4 x 25 on :35 Kick no board B { 3 x 50 on 1:10 Kick on right side { 4 x 25 on :35 Kick no board B
	1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
7:15 PM	1,750 Yards - Stress Value = 83

Workout #21511 - Thursday, 03 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:10 Kick on left side {4 x 25 on :40 Kick no board B {3 x 50 on 1:10 Kick on right side {2 x 25 on :40 Kick no board B 1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Finishes
	7:15 PM 1,700 Yards - Stress Value = 82

Workout #21512 - Thursday, 03 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board B {2 x 50 on 1:20 Kick on left side {4 x 25 on :45 Kick no board B {3 x 50 on 1:20 Kick on right side {2 x 25 on :45 Kick no board B 1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
575	23 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Finishes
	7:16 PM 1,525 Yards - Stress Value = 74

Workout #21513 - Thursday, 03 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on 1:00 Kick no board B {2 x 50 on 1:30 Kick on left side {4 x 25 on 1:00 Kick no board B {2 x 50 on 1:30 Kick on right side 1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Finishes
	7:15 PM 1,350 Yards - Stress Value = 64

Workout #21514 - Friday, 04 May 2018

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 25:00 DS/Ted's Abs	REC	L
600	1 x 600 on 8:00 Reverse IM drill	REC	D

150	10 x 15 on :45 Shooters	SP3	S
800	1 x 800 on 16:00 Vertical Kick	EN2	K
2,000	10x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle	EN2	S
200	1 x 200 on 3:00 Stroke Drills	EN1	S
	5:00 PM 3,750 Yards - Stress Value = 57	REC	D

Workout #21515 - Friday, 04 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	I
150	10 x 15 on :45 Racing Skills-Shooters	SP3	S
1,500	30 x 50 on :55 400 IM Pace 1 on 5:00 Video 1+1- for each stroke	SP2	S
160	8 x 20 on 3:00 50 Free Pace	REC	M
150	1 x 150 on 8:00 Sculling Drill/journal	SP2	S
	5:01 PM 1,960 Yards - Stress Value = 172	REC	I

Workout #21516 - Friday, 04 May 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	I
500	4 x 125 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	S
1,600	1x{2 x 125 on 2:05 100 Breast 25 free {3 x 100 on 1:45 Breast-descend {2 x 100 on 1:40 25 back 75 breast {3 x 100 on 1:45 Breast-descend {2 x 75 on 1:15 50 Breast 25 free {3 x 100 on 1:45 Breaststroke	EN2	S
200	{2 x 50 on :50 25 Back 25 Breast 1 x 200 on 3:00 Stroke Drills	EN2	S
	6:31 PM 2,450 Yards - Stress Value = 38	REC	I

Workout #21517 - Friday, 04 May 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	I
500	4 x 125 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	S
1,500	1x{2 x 125 on 2:15 100 Breast 25 free {3 x 100 on 1:50 Breast-descend {2 x 100 on 1:50 25 back 75 breast {3 x 100 on 1:50 Breast-descend {2 x 75 on 1:15 50 Breast 25 free {3 x 100 on 1:50 Breaststroke	EN2	S
200	1 x 200 on 3:00 Stroke Drills	EN2	S
	6:31 PM 2,350 Yards - Stress Value = 36	REC	I

Workout #21518 - Friday, 04 May 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
400	4 x 100 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	£
1,400	1x{2 x 125 on 2:25 100 Breast 25 free	EN2	£
	{3 x 100 on 2:00 Breast-descend	EN2	£
	{2 x 100 on 1:55 25 back 75 breast	EN2	£
	{3 x 100 on 2:00 Breast-descend	EN2	£
	{2 x 75 on 1:25 50 Breast 25 free	EN2	£
	{2 x 100 on 2:00 Breaststroke	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
	6:31 PM 2,150 Yards - Stress Value = 34		

Workout #21519 - Friday, 04 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
400	4 x 100 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	£
1,300	1x{2 x 125 on 2:35 100 Breast 25 free	EN2	£
	{3 x 100 on 2:05 Breast-descend	EN2	£
	{2 x 100 on 2:05 25 back 75 breast	EN2	£
	{3 x 100 on 2:05 Breast-descend	EN2	£
	{2 x 75 on 1:35 50 Breast 25 free	EN2	£
	{1 x 100 on 2:05 Breaststroke-fast	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
	6:31 PM 2,050 Yards - Stress Value = 32		

Workout #21520 - Friday, 04 May 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
300	4 x 75 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	£
1,100	1x{2 x 125 on 3:00 100 Breast 25 free	EN2	£
	{2 x 100 on 2:30 Breast-descend	EN2	£
	{2 x 100 on 2:30 25 back 75 breast	EN2	£
	{2 x 100 on 2:30 Breast-descend	EN2	£
	{2 x 75 on 1:50 50 Breast 25 free	EN2	£
	{1 x 100 on 2:30 Breaststroke-fast	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
	6:31 PM 1,750 Yards - Stress Value = 28		

Workout #21521 - Friday, 04 May 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
300	4 x 75 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	£
850	1x{2 x 125 on 4:00 100 Breast 25 free	EN2	£
	{2 x 100 on 3:00 Breast-descend	EN2	£
	{2 x 100 on 3:00 25 back 75 breast	EN2	£
	{2 x 100 on 3:00 Breast-descend	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
	6:29 PM 1,500 Yards - Stress Value = 23		

Workout #21522 - Monday, 07 May 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 30:00 DS/Physio Ball		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,650	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:20 Kick		
	{1 x 100 on 1:35 Kick		
	{1 x 50 on :45 Kick		
	{6 x 25 on :30 Kick no board BSLRLR		
	{2 x 150 on 2:20 Kick		
	{2 x 100 on 1:35 Kick		
	{2 x 50 on :45 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:20 Kick		
	{1 x 100 on 1:35 Kick		
	{1 x 50 on :45 Kick		
1,600	2x{1 x 100 on 1:20 Pulls-no br L.12 yds		
	{1 x 100 on 1:20 Pulls-no br L.13 yds		
	{1 x 100 on 1:20 Pulls-no br L.14 yds		
	{1 x 100 on 1:20 Pulls-no br L.15 yds		
	{1 x 100 on 1:20 Pulls-no br L.16 yds		
	{1 x 100 on 1:20 Pulls-no br L.17 yds		
	{1 x 100 on 1:20 Pulls-no br L.18 yds		
	{1 x 100 on 1:20 Pulls-no br L.19 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,400	6 x 400 on 5:15 Free-R.10 @200/Neg split		
	dsdnd in 3's, 2nd set of 3 fstr then 1st		
400	8 x 50 on 1:00 Stroke Drills		
	6:00 PM 7,000 Yards - Stress Value = 113		

Workout #21523 - Monday, 07 May 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3	
1,500	30 x 50 on :50 200 Fly Pace	SP2	
	1 on 10:00 Video-evaluation/walk-jumprope	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 10:00 Video-evaluation/walk-jumprope	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 10:00 Video-evaluation/walk-jumprope	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 9:00 Scllng Drills w/PullBouy-video	REC	
	6:00 PM 4,725 Yards - Stress Value = 459		

Workout #21524 - Monday, 07 May 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Breast Kick w/board
	{2 x 25 on :30 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:00 Individual Medley
	{3 x 100 on 1:30 Random Medley
	{1 x 200 on 2:55 Individual Medley
	{3 x 100 on 1:30 Random Medley
	{1 x 200 on 2:50 Individual Medley
	{1 x 100 on 1:30 Random Medley
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
	7:15 PM 3,250 Yards - Stress Value = 116

Workout #21525 - Monday, 07 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 3:20 Individual Medley
	{3 x 100 on 1:40 Random Medley
	{1 x 200 on 3:15 Individual Medley
	{3 x 100 on 1:40 Random Medley
	{1 x 200 on 3:10 Individual Medley
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
	7:15 PM 3,100 Yards - Stress Value = 113

Workout #21526 - Monday, 07 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:15 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
1,050	1x{1 x 200 on 3:50 Individual Medley
	{2 x 100 on 1:50 Random Medley
	{1 x 200 on 3:45 Individual Medley
	{2 x 100 on 1:50 Random Medley

	{1 x 150 on 2:50 IM no fly
	{1 x 100 on 1:50 Random Medly
	1 on 10:00 GAmE
200	1 x 200 on 3:00 Stroke Drills
	7:15 PM 2,775 Yards - Stress Value = 96

Workout #21527 - Monday, 07 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
900	1x{1 x 200 on 4:10 Individual Medley
	{2 x 100 on 2:00 Random Medley
	{1 x 200 on 4:05 Individual Medley
	{3 x 100 on 2:00 Random Medley
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
	7:14 PM 2,550 Yards - Stress Value = 86

Workout #21528 - Monday, 07 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
300	1x{2 x 25 on :45 Kick no board BS
	{1 x 100 on 2:45 Fly Kick w/board
	{2 x 25 on :45 Kick no board LR
	{1 x 100 on 2:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
475	19 x 25 on :45 USRPT-100 Fly Pace
700	1x{1 x 100 on 2:30 Individual Medley
	{2 x 100 on 2:30 Random Medley
	{1 x 100 on 2:30 Individual Medley
	{2 x 100 on 2:30 Random Medley
	{1 x 100 on 2:30 Individual Medley
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
	7:13 PM 2,225 Yards - Stress Value = 74

Workout #21529 - Monday, 07 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
300	1x{2 x 25 on :45 Kick no board BS {1 x 100 on 3:00 Fly Kick w/board {2 x 25 on :45 Kick no board LR {1 x 100 on 3:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
600	1x{1 x 100 on 3:00 Individual Medley {2 x 100 on 3:00 Random Medley {1 x 100 on 3:00 Individual Medley {2 x 100 on 3:00 Random Medley 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
	7:13 PM 2,025 Yards - Stress Value = 62

Workout #21530 - Tuesday, 08 May 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Core
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,800	1x{2 x 150 on 2:00 Backstroke {3 x 100 on 1:25 Back-descend 2/3/4 KOW {2 x 150 on 1:55 Backstroke {3 x 100 on 1:25 Back descend 3/4/5 KOW {2 x 150 on 1:50 Backstroke {3 x 100 on 1:25 Back descend 4//5/6 KOW
1,120	2x{ Alt 20 Tombstone Kick 15m underwater-to bre {2 x 40 on 1:00 Kick {2 x 40 on :55 Kick {2 x 40 on :50 Kick {2 x 40 on :45 Kick {2 x 40 on :40 Kick {2 x 40 on :35 Kick {2 x 40 on :30 Kick
650	1x{2 x 75 on 1:00 Pulls BTB {2 x 50 on :40 Pulls {2 x 75 on 1:00 Pulls BTS {2 x 50 on :35 Pulls {2 x 75 on 1:00 Pulls alt BT S/B
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:10 Backstroke {3 x 100 on 1:25 Back-descend 2/3/4 KOW {2 x 150 on 2:05 Backstroke {3 x 100 on 1:25 Back descend 3/4/5 KOW {3 x 150 on 2:00 Backstroke {3 x 100 on 1:25 Back descend 4//5/6 KOW {4 x 150 on 1:55 Backstroke
250	1 x 250 on 5:00 Stroke Drills
	5:59 PM 7,170 Yards - Stress Value = 126

Workout #21531 - Tuesday, 08 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3

1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 9:00 Video-evaluation/walk-jumprope	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 9:00 Video-evaluation/walk-jumprope	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 9:00 Video-evaluation/walk-jumprope	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 9:00 Scllng Drills w/PullBouy-video	REC
	6:00 PM 4,725 Yards - Stress Value = 459	

Workout #21532 - Tuesday, 08 May 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 2:30 Free Kick w/board {2 x 125 on 2:05 Free Kick w/board {1 x 100 on 1:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{3 x 200 on 2:35 FR #1DPS, #2KOW, #3FAST! {3 x 200 on 2:30 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:15 FR #1DPS, #2KOW, #3FAST!
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts-CDBO
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,500 Yards - Stress Value = 121

Workout #21533 - Tuesday, 08 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{1 x 150 on 2:55 Free Kick w/board {2 x 125 on 2:25 Free Kick w/board {1 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,275	1x{3 x 200 on 3:00 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:10 FR #1DPS, #2KOW, #3FAST! {3 x 75 on 1:05 FR #1DPS, #2KOW, #3FAST!
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts-CDBO
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,225 Yards - Stress Value = 115

Workout #21534 - Tuesday, 08 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 400 1x{1 x 150 on 3:15 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{3 x 150 on 2:40 FR #1DPS, #2KOW, #3FAST!
 {3 x 100 on 1:45 FR #1DPS, #2KOW, #3FAST!
 {3 x 100 on 1:40 FR #1DPS, #2KOW, #3FAST!
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts-CDBO
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,775 Yards - Stress Value = 97

Workout #21535 - Tuesday, 08 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{1 x 150 on 3:30 Free Kick w/board
 {2 x 100 on 2:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{3 x 150 on 2:55 FR #1DPS, #2KOW, #3FAST!
 {3 x 100 on 1:55 FR #1DPS, #2KOW, #3FAST!
 {3 x 75 on 1:25 FR #1DPS, #2KOW, #3FAST!
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts-CDBO
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,650 Yards - Stress Value = 94

Workout #21536 - Tuesday, 08 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 300 1x{1 x 150 on 4:05 Free Kick w/board
 {1 x 100 on 2:40 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 825 1x{3 x 150 on 3:30 FR #1DPS, #2KOW, #3FAST!
 {3 x 75 on 1:40 FR #1DPS, #2KOW, #3FAST!
 {3 x 50 on 1:05 FR #1DPS, #2KOW, #3FAST!
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts-CDBO
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,325 Yards - Stress Value = 83

Workout #21537 - Tuesday, 08 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description

=====

1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 300 1x{1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 675 1x{3 x 100 on 2:50 FR #1DPS, #2KOW, #3FAST!
 {3 x 75 on 2:05 FR #1DPS, #2KOW, #3FAST!
 {3 x 50 on 1:20 FR #1DPS, #2KOW, #3FAST!
 475 19 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts-CDBO
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,100 Yards - Stress Value = 73

Workout #21538 - Wednesday, 09 May 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,800 1x{ BSLR 100%-Make all to 15m = - 1 X 50
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :55 Kick-100%
 2,100 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 {1 x 300 on 4:05 Lungbuster pulls
 {1 x 300 on 4:00 Lungbuster pulls
 {1 x 300 on 3:55 Lungbuster pulls
 {1 x 300 on 3:50 Lungbuster pulls
 {1 x 300 on 3:45 Lungbuster pulls
 {1 x 300 on 3:40 Lungbuster pulls
 {1 x 300 on 3:35 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr
 {2 x 75 on 1:10 Breast 2/3/4 PO
 {2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr
 100 1 x 100 on 2:00 Breast OTB
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 6,650 Yards - Stress Value = 120

Workout #21539 - Wednesday, 09 May 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	3:30 PM Start	
	1 on 15:00 DS>Showers	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,500	30 x 50 on :50 200 Back Pace	SF
	1 on 9:00 Video-evaluation/walk-jumprope	RF
1,000	40 x 25 on :30 200 Fly Pace	SF
	1 on 9:00 Video-evaluation/walk-jumprope	RF
750	30 x 25 on :30 100 Free Pace	SF
	1 on 5:00 Video-evaluation	RF
	1 on 12:00 Racing Skills-Tivo Starts	RF
750	30 x 25 on :30 100 Breast Pace	SF
	1 on 9:00 Scllng Drills w/PullBouy-video	RF
	6:00 PM 4,225 Yards - Stress Value = 409	

Workout #21540 - Wednesday, 09 May 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{6 x 25 on :30 Kick no board B {1 x 100 on 1:55 Streamline kick on back {6 x 25 on :30 Kick no board B {2 x 100 on 1:55 Streamline kick on back {4 x 25 on :30 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{4 x 50 on 1:00 Back-descend {1 x 100 on 1:30 Back 3KOW+1 {4 x 50 on :55 Backstroke-descend {1 x 100 on 1:30 Back 4KOW+1 {4 x 50 on :50 Backstroke-descend {1 x 100 on 1:30 Back 5KOW+1 {4 x 50 on :45 Backstroke-descend {1 x 100 on 1:30 Back 6KOW+1 {4 x 50 on :40 Backstroke-descend
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,600 Yards - Stress Value = 63

Workout #21541 - Wednesday, 09 May 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{6 x 25 on :35 Kick no board B {1 x 100 on 2:05 Streamline kick on back {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:05 Streamline kick on back {2 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{4 x 50 on 1:05 Back-descend {1 x 100 on 1:40 Back 3KOW+1 {4 x 50 on 1:00 Backstroke-descend {1 x 100 on 1:40 Back 4KOW+1 {4 x 50 on :55 Backstroke-descend {1 x 100 on 1:40 Back 5KOW+1 {4 x 50 on :50 Backstroke-descend {1 x 100 on 1:40 Back 6KOW+1

	{1 x 50 on :45 Backstroke-FAST
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,225 Yards - Stress Value = 55

Workout #21542 - Wednesday, 09 May 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
250	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{6 x 25 on :35 Kick no board B {1 x 100 on 2:15 Streamline kick on back {4 x 25 on :35 Kick no board B {2 x 100 on 2:15 Streamline kick on back {2 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{4 x 50 on 1:10 Back-descend {1 x 100 on 1:50 Back 3KOW+1 {4 x 50 on 1:05 Backstroke-descend {1 x 100 on 1:50 Back 4KOW+1 {3 x 50 on 1:00 Backstroke-descend {1 x 100 on 1:50 Back 5KOW+1 {3 x 50 on :55 Backstroke-descend {1 x 100 on 1:50 Back 6KOW+1
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,025 Yards - Stress Value = 52

Workout #21543 - Wednesday, 09 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
250	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{6 x 25 on :40 Kick no board B {1 x 100 on 2:20 Streamline kick on back {4 x 25 on :40 Kick no board B {2 x 100 on 2:20 Streamline kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{3 x 50 on 1:15 Back-descend {1 x 100 on 1:55 Back 3KOW+1 {3 x 50 on 1:10 Backstroke-descend {1 x 100 on 1:55 Back 4KOW+1 {3 x 50 on 1:05 Backstroke-descend {1 x 100 on 1:55 Back 5KOW+1 {4 x 50 on 1:00 Backstroke-descend {1 x 100 on 1:55 Back 6KOW+1
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,925 Yards - Stress Value = 50

Workout #21544 - Wednesday, 09 May 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{6 x 25 on :45 Kick no board B
	{1 x 100 on 2:45 Streamline kick on back
	{6 x 25 on :45 Kick no board B
	{1 x 50 on 1:20 Streamline kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{3 x 50 on 1:30 Back-descend
	{1 x 100 on 2:30 Back 3KOW+1
	{3 x 50 on 1:25 Backstroke-descend
	{1 x 100 on 2:25 Back 4KOW+1
	{3 x 50 on 1:20 Backstroke-descend
	{1 x 100 on 2:20 Back 5KOW+1
	{2 x 50 on 1:15 Backstroke-descend
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 43

Workout #21545 - Wednesday, 09 May 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board B
	{1 x 100 on 3:30 Streamline kick on back
	{4 x 25 on 1:00 Kick no board B
	{1 x 50 on 1:45 Streamline kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{3 x 50 on 2:00 Back-descend
	{1 x 100 on 3:00 Back 3KOW+1
	{3 x 50 on 1:55 Backstroke-descend
	{1 x 100 on 2:55 Back 4KOW+1
	{3 x 50 on 1:50 Backstroke-descend
475	19 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,125 Yards - Stress Value = 36

Workout #21546 - Thursday, 10 May 2018

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
2,300	10x{1 x 200 on 3:00 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,700	1x{1 x 100 on 1:25 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:30 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:35 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{4 x 100 on 1:40 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2

1,500	15 x 100 on 1:20 Pulls-nbbf&w + 2 yds	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:00 PM 6,500 Yards - Stress Value = 116	

Workout #21547 - Thursday, 10 May 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Shooters
1,500	30 x 50 on :50 200 Free Pace
	1 on 9:00 Video-evaluation/walk-jumprope
1,500	30 x 50 on :55 200 Breast Pace
	1 on 9:00 Video-evaluation/walk-jumprope
750	30 x 25 on :30 100 Back Pace
	1 on 9:00 Video-evaluation/walk-jumprope
750	30 x 25 on :30 100 Fly Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	6:00 PM 4,875 Yards - Stress Value = 459

Workout #21548 - Thursday, 10 May 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{2 x 25 on :25 Breast Kick w/board
	{2 x 50 on :50 Breast Kick w/board
	{2 x 75 on 1:20 Breast Kick w/board
	{2 x 100 on 1:50 Breast Kick w/board
	1 on 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,050 Yards - Stress Value = 91

Workout #21549 - Thursday, 10 May 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{2 x 50 on 1:00 Breast Kick w/board
	{2 x 75 on 1:30 Breast Kick w/board
	{2 x 100 on 2:00 Breast Kick w/board
	1 on 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,875 Yards - Stress Value = 77

Workout #21550 - Thursday, 10 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
400	1x{1 x 50 on 1:10 Breast Kick w/board {2 x 75 on 1:40 Breast Kick w/board {2 x 100 on 2:15 Breast Kick w/board
	1 on 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,775 Yards - Stress Value = 76

Workout #21551 - Thursday, 10 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{3 x 50 on 1:15 Breast Kick w/board {2 x 100 on 2:30 Breast Kick w/board
	1 on 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,650 Yards - Stress Value = 68

Workout #21552 - Thursday, 10 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
300	1x{2 x 50 on 1:25 Breast Kick w/board {2 x 100 on 2:45 Breast Kick w/board
	1 on 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
475	19 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,475 Yards - Stress Value = 60

Workout #21553 - Thursday, 10 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
250	1x{2 x 50 on 1:45 Breast Kick w/board {2 x 75 on 2:30 Breast Kick w/board
	1 on 20:00 TEACH DAY-Breast

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,325 Yards - Stress Value = 49

Workout #21554 - Monday, 14 May 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Physio Balls
600	1 x 600 on 10:00 Swim-kick-pull-swim
165	11 x 15 on :45 Cross pool sprints
1,750	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board BSLR {2 x 125 on 1:55 Kick {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:30 Kick {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR {5 x 50 on :45 Kick
1,500	1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds {2 x 150 on 2:00 Pulls-no br L.12/25 yds {2 x 150 on 1:55 Pulls-no br L.12/25 yds {2 x 150 on 1:50 Pulls-no br L.12/25 yds {2 x 150 on 1:45 Pulls-no br L.12/25 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	6x{1 x 400 on 5:00 Freestyle {1 x 100 on 1:30 Freestyle Each round 400 drops 5 seconds
200	1 x 200 on 3:00 Stroke Drills
	6:02 PM 7,415 Yards - Stress Value = 158

Workout #21555 - Monday, 14 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Free Shooters
1,500	30 x 50 on :55 200 Breast Pace
	1 on 8:00 Video-evaluation
1,500	30 x 50 on :50 200 Free Pace
	1 on 8:00 Video-evaluation
750	30 x 25 on :30 100 Fly Pace
	1 on 11:00 Video/Racing Skills-Starts
750	30 x 25 on :30 100 Back Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	6:00 PM 4,875 Yards - Stress Value = 459

Workout #21556 - Monday, 14 May 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{2 x 125 on 2:10 Free Kick w/board
 {2 x 125 on 2:05 Free Kick w/board
 {2 x 125 on 2:00 Free Kick w/board
 {1 x 50 on :45 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 4x{1 x 300 on 4:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,000 Yards - Stress Value = 145

Workout #21557 - Monday, 14 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{2 x 125 on 2:25 Free Kick w/board
 {2 x 125 on 2:20 Free Kick w/board
 {2 x 125 on 2:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 4x{1 x 275 on 4:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,850 Yards - Stress Value = 142

Workout #21558 - Monday, 14 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{2 x 125 on 2:40 Free Kick w/board
 {2 x 100 on 2:05 Free Kick w/board
 {2 x 100 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 4x{1 x 250 on 4:00 Freestyle
 {1 x 75 on 1:30 Freestyle
 625 25 x 25 on :35 100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,375 Yards - Stress Value = 119

Workout #21559 - Monday, 14 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====

1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{2 x 125 on 2:50 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {2 x 75 on 1:40 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 4x{1 x 225 on 4:00 Freestyle
 {1 x 75 on 1:30 Freestyle
 625 25 x 25 on :35 100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 116

Workout #21560 - Monday, 14 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{2 x 100 on 2:35 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {2 x 75 on 1:50 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 4x{1 x 200 on 4:00 Freestyle
 {1 x 50 on 1:30 Freestyle
 550 22 x 25 on :40 100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 100

Workout #21561 - Monday, 14 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{2 x 100 on 3:30 Free Kick w/board
 {2 x 75 on 2:30 Free Kick w/board
 {1 x 50 on 1:35 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4x{1 x 150 on 4:00 Freestyle
 {1 x 50 on 1:30 Freestyle
 550 22 x 25 on :40 100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,450 Yards - Stress Value = 93

Workout #21562 - Tuesday, 15 May 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 960 1x{4 x 40 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr-desce
 1,650 1 x 1650 on 22:00 Pulls
 BTB for 1st half and BTS for 2nd half
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{4 x 100 on 1:30 Backstroke
 {3 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 200 on 3:30 Stroke Drills
 {1 x 100 on 1:10 Backstroke
 {2 x 100 on 1:15 Backstroke
 {3 x 100 on 1:20 Backstroke
 {4 x 100 on 1:25 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 200 1 x 200 on 5:00 200 Back for Time!
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 6,510 Yards - Stress Value = 97

Workout #21563 - Tuesday, 15 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 5:00 Video-evaluation
 1,500 30 x 50 on :50 200 Back Pace
 1 on 15:00 Video-evaluation-Kickboard tag
 750 30 x 25 on :30 100 Breast Pace
 1 on 10:00 Video-Racing Skills Starts
 750 30 x 25 on :30 100 Free Pace
 150 1 x 150 on 8:00 Scelling Drills w/PullBouy-video
 6:00 PM 4,875 Yards - Stress Value = 459

Workout #21564 - Tuesday, 15 May 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 3:00 Streamline Kick on back
 {6 x 25 on :30 Kick no board B
 {2 x 125 on 2:25 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 3:00 Backstroke
 {1 x 200 on 2:55 Backstroke
 {1 x 200 on 2:50 Backstroke
 {1 x 200 on 2:45 Backstroke

{1 x 150 on 2:10 Backstroke
 {1 x 150 on 2:05 Backstroke
 {1 x 150 on 2:00 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on :40 Backstroke
 750 30 x 25 on :30 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 125

Workout #21565 - Tuesday, 15 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B
 {2 x 100 on 2:10 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 3:15 Backstroke
 {1 x 200 on 3:10 Backstroke
 {1 x 200 on 3:05 Backstroke
 {1 x 200 on 3:00 Backstroke
 {1 x 150 on 2:25 Backstroke
 {1 x 150 on 2:20 Backstroke
 {1 x 150 on 2:15 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 50 on :45 Backstroke
 750 30 x 25 on :30 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 122

Workout #21566 - Tuesday, 15 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 600 1x{6 x 25 on :35 Kick no board B
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B
 {1 x 100 on 2:20 Streamline Kick on Back
 {1 x 50 on 1:05 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:45 Backstroke
 {1 x 200 on 3:40 Backstroke
 {1 x 200 on 3:35 Backstroke
 {1 x 150 on 2:45 Backstroke
 {1 x 150 on 2:40 Backstroke
 {1 x 150 on 2:35 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 50 on :50 Backstroke
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 104

Workout #21567 - Tuesday, 15 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{6 x 25 on :35 Kick no board B
	{1 x 150 on 3:55 Streamline Kick on back
	{6 x 25 on :35 Kick no board B
	{1 x 100 on 2:35 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:05 Backstroke
	{1 x 200 on 4:00 Backstroke
	{1 x 200 on 3:55 Backstroke
	{1 x 150 on 3:00 Backstroke
	{1 x 150 on 2:55 Backstroke
	{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
625	25 x 25 on :35 USRPT 100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 101

Workout #21568 - Tuesday, 15 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board B
	{1 x 150 on 4:30 Streamline Kick on back
	{4 x 25 on :45 Kick no board B
	{1 x 100 on 2:55 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 4:45 Backstroke
	{1 x 200 on 4:40 Backstroke
	{1 x 150 on 3:35 Backstroke
	{1 x 150 on 3:30 Backstroke
	{1 x 100 on 2:20 Backstroke
	{1 x 100 on 2:15 Backstroke
550	22 x 25 on :40 USRPT 100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 88

Workout #21569 - Tuesday, 15 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:30 Streamline Kick on back
	{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:25 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{2 x 200 on 6:00 Backstroke
	{1 x 150 on 4:30 Backstroke
	{1 x 100 on 3:00 Backstroke
	{2 x 50 on 1:30 Backstroke

500	20 x 25 on :45 USRPT 100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 79

Workout #21570 - Wednesday, 16 May 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/TRX bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
2,100	1x{3 x 125 on 2:05 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:00 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 1:55 Kick L.25 100%
	{6 x 25 on :30 Kick no board L
	{3 x 125 on 1:50 Kick L.25 100%
	{6 x 25 on :30 Kick no board R
1,000	5 x 200 on 2:40 Lungbuster pulls
	Breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{4 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{8 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 6,350 Yards - Stress Value = 98

Workout #21571 - Wednesday, 16 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 7:00 Video Evaluation	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 7:00 Video Evaluation	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 15:00 Video-Racing Skills-Starts	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 7:00 Scllng Drills w/PullBouy-video	RE
	6:00 PM 4,725 Yards - Stress Value = 459	

Workout #21572 - Wednesday, 16 May 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 2:45 Breast Kick w/board
 {3 x 50 on 1:00 Breast Kick w/board-descend
 {1 x 150 on 2:40 Breast Kick w/board
 {3 x 50 on 1:00 Breast Kick w/board-descend
 {1 x 150 on 2:35 Breast Kick w/board
 {3 x 50 on 1:00 Breast Kick w/board-descend
 {1 x 100 on 1:40 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 3:10 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 150 on 2:25 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 100 on 1:35 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {4 x 50 on :45 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 750 30 x 25 on :30 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 116

Workout #21573 - Wednesday, 16 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 150 on 3:00 Breast Kick w/board
 {3 x 50 on 1:05 Breast Kick w/board-descend
 {1 x 150 on 2:55 Breast Kick w/board
 {3 x 50 on 1:05 Breast Kick w/board-descend
 {1 x 150 on 2:50 Breast Kick w/board
 {3 x 50 on 1:05 Breast Kick w/board-descend
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,300 1x{1 x 200 on 3:25 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {2 x 150 on 2:35 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {3 x 100 on 1:45 Breaststroke
 {6 x 25 on :35 Breast 2X pullouts
 {3 x 50 on :50 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 99

Workout #21574 - Wednesday, 16 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 800 1x{1 x 150 on 3:25 Breast Kick w/board
 {3 x 50 on 1:10 Breast Kick w/board-descend
 {1 x 150 on 3:20 Breast Kick w/board
 {3 x 50 on 1:10 Breast Kick w/board-descend

{1 x 150 on 3:15 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board-descend
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 4:00 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {2 x 150 on 2:55 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {3 x 100 on 1:55 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 {1 x 50 on :55 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,425 Yards - Stress Value = 95

Workout #21575 - Wednesday, 16 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 14 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 800 1x{1 x 150 on 3:35 Breast Kick w/board
 {3 x 50 on 1:10 Breast Kick w/board-descend
 {1 x 150 on 3:30 Breast Kick w/board
 {3 x 50 on 1:10 Breast Kick w/board-descend
 {1 x 150 on 3:25 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board-descend
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:15 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {2 x 150 on 3:10 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {3 x 100 on 2:05 Breaststroke
 {6 x 25 on :40 Breast 2X pullouts
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 88

Workout #21576 - Wednesday, 16 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{1 x 150 on 4:15 Breast Kick w/board
 {3 x 50 on 1:30 Breast Kick w/board-descend
 {1 x 150 on 4:10 Breast Kick w/board
 {3 x 50 on 1:30 Breast Kick w/board-descend
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 950 1x{1 x 200 on 5:00 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {2 x 150 on 3:45 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {3 x 100 on 2:30 Breaststroke
 475 19 x 25 on :45 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,800 Yards - Stress Value = 75

Workout #21577 - Wednesday, 16 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
275	11 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{1 x 150 on 4:45 Breast Kick w/board { 3 x 50 on 1:45 Breast Kick w/board-descend { 1 x 150 on 4:40 Breast Kick w/board { 2 x 50 on 1:45 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 200 on 6:00 Breaststroke { 2 x 25 on 1:00 Breast 2X pullouts { 2 x 150 on 4:30 Breaststroke { 4 x 25 on 1:00 Breast 2X pullouts { 1 x 100 on 3:00 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,450 Yards - Stress Value = 62

Workout #21578 - Thursday, 17 May 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,750	1x{5 x 50 on :45 Kick { 8 x 25 on :30 Kick your weakest kick { 4 x 50 on :45 Kick { 8 x 25 on :30 Kick your weakest kick { 3 x 50 on :45 Kick { 8 x 25 on :30 Kick your weakest kick { 2 x 50 on :45 Kick { 8 x 25 on :30 Kick your weakest kick { 1 x 50 on :45 Kick { 8 x 25 on :30 Kick your weakest kick
1,000	1x{4 x 100 on 1:40 Alt 50brpull/50frpull { 3 x 100 on 1:35 Alt 50brpull/50frpull { 2 x 100 on 1:30 Alt 50brpull/50frpull { 1 x 100 on 1:25 Alt 50brpull/50frpull
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 125 on 2:00 100 Breast 25 free { 2 x 75 on 1:10 25 back 50 breast { 4 x 125 on 1:55 100 Breast 25 free { 2 x 75 on 1:10 25 back 50 breast { 4 x 125 on 1:50 100 Breast 25 free { 2 x 75 on 1:10 25 back 50 breast { 4 x 125 on 1:45 100 Breast 25 free
250	1 x 250 on 5:00 Stroke Drills
	6:00 PM 6,400 Yards - Stress Value = 103

Workout #21579 - Thursday, 17 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Fly Shooters
1,500	30 x 50 on :50 200 Back Pace
	1 on 10:00 Video-Evaluation
1,000	40 x 25 on :30 200 Fly Pace
	1 on 10:00 Video Evaluation

750	30 x 25 on :30 100 Free Pace
	1 on 15:00 Video/Racing Skills-Starts
750	30 x 25 on :30 100 Breast Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	6:00 PM 4,375 Yards - Stress Value = 409

Workout #21580 - Thursday, 17 May 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR { 2 x 100 on 1:45 Fly Kick w/board { 4 x 25 on :30 Kick no board BSLR { 3 x 100 on 1:40 Fly Kick w/board { 2 x 25 on :30 Kick no board BS
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 100

Workout #21581 - Thursday, 17 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR { 2 x 100 on 2:00 Fly Kick w/board { 4 x 25 on :30 Kick no board BSLR { 3 x 100 on 1:55 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 99

Workout #21582 - Thursday, 17 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board BSLR { 2 x 100 on 2:15 Fly Kick w/board { 4 x 25 on :30 Kick no board BSLR { 2 x 100 on 2:10 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,125 Yards - Stress Value = 84

Workout #21583 - Thursday, 17 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Dryland
250	1 x 350 on 7:00 Free 3KOW to 10 back to 3
550	10 x 25 on :45 Shooters
1x{4	x 25 on :35 Kick no board BSLR
	{ 2 x 100 on 2:25 Fly Kick w/board
	{ 4 x 25 on :35 Kick no board BSLR
	{ 1 x 100 on 2:20 Fly Kick w/board
	{ 2 x 25 on :35 Kick no board BSLR
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,000 Yards - Stress Value = 76

Workout #21584 - Thursday, 17 May 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
250	1 x 300 on 7:00 Free 3KOW to 10 back to 3
450	10 x 25 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
	{ 2 x 100 on 2:45 Fly Kick w/board
	{ 2 x 25 on :45 Kick no board BSLR
	{ 1 x 100 on 2:40 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
475	19 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	1,775 Yards - Stress Value = 67

Workout #21585 - Thursday, 17 May 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
400	10 x 25 on :45 Shooters
1x{4	x 25 on :45 Kick no board BSLR
	{ 2 x 100 on 3:30 Fly Kick w/board
	{ 2 x 25 on :45 Kick no board BSLR
	{ 1 x 50 on 1:45 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	1,575 Yards - Stress Value = 56

Workout #21586 - Friday, 18 May 2018

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
3:30 PM	Start	

1 on 25:00 DS/Ted's Abs		
600	1 x 600 on 10:00 Reverse IM drill	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2
	All 100%	
1,400	1x{1 x 500 on 7:30 Individual Medley	EN2
	{ 1 x 400 on 6:00 Individual Medley	EN2
	{ 1 x 300 on 4:30 Individual Medley	EN2
	{ 1 x 200 on 3:00 Individual Medley	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
200	1 x 200 on 3:00 Stroke Drills	REC
5:01 PM	3,080 Yards - Stress Value = 65	

Workout #21587 - Friday, 18 May 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:30 PM	Start
1 on 15:00 DS>Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters
2,500	25 x 100 on 1:25 1650 Free Pace
	1 on 3:00 Video-journal
160	8 x 20 on 3:00 50 Free Pace
150	1 x 150 on 3:00 Scllng Drills w/PullBouy-video
5:02 PM	2,960 Yards - Stress Value = 272

Workout #21588 - Friday, 18 May 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
1 on 40:00 DS/Dryland		REC
500	4 x 125 on 2:15 SwimUSS	REC
150	10 x 15 on :45 Shooters	SP3
1,900	1x{1 x 300 on 4:00 Individual Medley	EN2
	{ 4 x 25 on :30 Fly 1up+1down	EN2
	{ 1 x 100 on 1:30 Individual Medley	EN2
	{ 1 x 100 on 1:25 Individual Medley	EN2
	{ 1 x 100 on 1:20 Individual Medley	EN2
	{ 1 x 50 on 1:00 Easy Free	REC
	{ 1 x 300 on 3:55 Individual Medley	EN2
	{ 4 x 25 on :30 Back 5KOW+2	EN2
	{ 1 x 100 on 1:25 Individual Medley	EN2
	{ 1 x 100 on 1:20 Individual Medley	EN2
	{ 1 x 100 on 1:15 Individual Medley	EN2
	{ 1 x 50 on 1:00 Easy Free	REC
	{ 1 x 300 on 3:50 Individual Medley	EN2
	{ 4 x 25 on :30 Breaststroke 2X Pullouts	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:31 PM	2,750 Yards - Stress Value = 42	

Workout #21589 - Friday, 18 May 2018

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

5:00 PM Start		EGY	WORK	Σ
Yards	Set Description			
500	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 125 on 2:15 SwimUSS	REC	S	
1,650	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 300 on 4:45 Individual Medley	EN2	S	
	{4 x 25 on :30 Fly lup+1down	EN2	S F	
	{1 x 100 on 1:45 Individual Medley	EN2	S	
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 100 on 1:35 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Easy Free	REC	S	
	{1 x 300 on 4:40 Individual Medley	EN2	S	
	{4 x 25 on :30 Back 5KOW+2	EN2	S	
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 100 on 1:35 Individual Medley	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
200	{1 x 200 on 3:05 Individual Medley	EN2	S	
	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM 2,500 Yards - Stress Value = 38				

5:00 PM Start		EGY	WORK	Σ
Yards	Set Description			
300	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 75 on 2:15 SwimUSS	REC	S	
1,100	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 200 on 5:00 Individual Medley	EN2	S	
	{4 x 25 on :40 Fly lup+1down	EN2	S F	
	{1 x 100 on 2:30 Individual Medley	EN2	S	
	{1 x 100 on 2:25 Individual Medley	EN2	S	
	{1 x 50 on 1:30 Easy Free	REC	S	
	{1 x 200 on 4:55 Individual Medley	EN2	S	
	{4 x 25 on :40 Back 5KOW+2	EN2	S	
	{1 x 100 on 2:25 Individual Medley	EN2	S	
	{1 x 100 on 2:20 Individual Medley	EN2	S	
	{2 x 25 on :45 Breaststroke	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM 1,750 Yards - Stress Value = 27				

Workout #21593 - Friday, 18 May 2018

Group 2 - Copper

1 minute rest between sets

Workout #21590 - Friday, 18 May 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start		EGY	WORK	Σ
Yards	Set Description			
400	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 100 on 2:15 SwimUSS	REC	S	
1,450	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 300 on 5:30 Individual Medley	EN2	S	
	{4 x 25 on :35 Fly lup+1down	EN2	S F	
	{1 x 100 on 1:55 Individual Medley	EN2	S	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Easy Free	REC	S	
	{1 x 300 on 5:25 Individual Medley	EN2	S	
	{4 x 25 on :35 Back 5KOW+2	EN2	S	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 100 on 1:45 Individual Medley	EN2	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM 2,200 Yards - Stress Value = 34				

5:00 PM Start		EGY	WORK	Σ
Yards	Set Description			
300	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 75 on 2:15 SwimUSS	REC	S	
850	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 200 on 6:00 Individual Medley	EN2	S	
	{2 x 25 on 1:00 Fly lup+1down	EN2	S F	
	{1 x 100 on 3:00 Individual Medley	EN2	S	
	{1 x 50 on 1:30 Easy Free	REC	S	
	{1 x 200 on 5:55 Individual Medley	EN2	S	
	{2 x 25 on 1:00 Back 5KOW+2	EN2	S	
	{1 x 100 on 2:55 Individual Medley	EN2	S	
	{1 x 100 on 2:50 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30 PM 1,500 Yards - Stress Value = 22				

Workout #21591 - Friday, 18 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start		EGY	WORK	Σ
Yards	Set Description			
400	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 100 on 2:15 SwimUSS	REC	S	
1,300	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 200 on 4:20 Individual Medley	EN2	S	
	{4 x 25 on :35 Fly lup+1down	EN2	S F	
	{1 x 100 on 2:05 Individual Medley	EN2	S	
	{1 x 100 on 2:00 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Easy Free	REC	S	
	{1 x 200 on 4:15 Individual Medley	EN2	S	
	{4 x 25 on :35 Back 5KOW+2	EN2	S	
	{1 x 100 on 2:00 Individual Medley	EN2	S	
	{1 x 100 on 1:55 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Easy Free	REC	S	
	{1 x 200 on 4:10 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM 2,050 Yards - Stress Value = 30				

Workout #21592 - Friday, 18 May 2018

Group 2 - Bronze

Workout #21594 - Monday, 21 May 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Physio Ball
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,800 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 250 on 4:15 Kick
 {5 x 50 on 1:00 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:20 Kick
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:20 Kick
 {4 x 50 on 1:00 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:25 Kick
 {3 x 50 on 1:00 Kick-descend
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on 1:00 Kick-descend
 {1 x 100 on 1:35 Kick
 1,600 1x{1 x 100 on 1:10 Pulls
 {3 x 50 on 1:00 Pulls-no br L.12 yds
 {2 x 100 on 1:15 Pulls
 {3 x 50 on :55 Pulls-no br L.13 yds
 {3 x 100 on 1:20 Pulls
 {3 x 50 on :50 Pulls-no br L.14 yds
 {4 x 100 on 1:25 Pulls
 {3 x 50 on :45 Pulls-no br L.15 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 600 on 8:00 Free Neg Split
 {1 x 500 on 6:40 Free L.25 of each 100 6BK
 {1 x 400 on 5:20 Free descend 100's
 {1 x 300 on 4:00 Free SFBO SW/3KOBHW
 {1 x 200 on 2:40 Free-build each 50
 {1 x 100 on 1:20 Free-100%
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,700 Yards - Stress Value = 87

Workout #21595 - Monday, 21 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 225 1 on 15:00 DS/Showers
 1,500 15 x 15 on :45 Racing Skills-Shooters
 1,500 30 x 50 on :50 200 Back Pace
 1 on 5:00 Video-evaluation
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 11:00 Eval/Racing Skills-1 leg starts
 750 30 x 25 on :30 100 Free Pace
 1 on 11:00 Eval/6sec work
 750 30 x 25 on :30 100 Fly Pace
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 6:00 PM 4,875 Yards - Stress Value = 459

Workout #21596 - Monday, 21 May 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Dryland
 150 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 700 10 x 15 on :45 Shooters
 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 3:00 Streamline Kick on back
 {6 x 25 on :30 Kick no board B
 {2 x 125 on 2:25 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 3:00 Backstroke
 {1 x 200 on 2:55 Backstroke
 {1 x 200 on 2:50 Backstroke
 {1 x 200 on 2:45 Backstroke
 {1 x 150 on 2:10 Backstroke
 {1 x 150 on 2:05 Backstroke
 {1 x 150 on 2:00 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on :40 Backstroke
 750 30 x 25 on :30 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 125

Workout #21597 - Monday, 21 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Dryland
 150 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 650 10 x 15 on :45 Shooters
 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B
 {2 x 100 on 2:10 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 3:15 Backstroke
 {1 x 200 on 3:10 Backstroke
 {1 x 200 on 3:05 Backstroke
 {1 x 200 on 3:00 Backstroke
 {1 x 150 on 2:25 Backstroke
 {1 x 150 on 2:20 Backstroke
 {1 x 150 on 2:15 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 50 on :45 Backstroke
 750 30 x 25 on :30 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 122

Workout #21598 - Monday, 21 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{6 x 25 on :35 Kick no board B
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B
 {1 x 100 on 2:20 Streamline Kick on Back
 {1 x 50 on 1:05 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:45 Backstroke
 {1 x 200 on 3:40 Backstroke
 {1 x 200 on 3:35 Backstroke
 {1 x 150 on 2:45 Backstroke
 {1 x 150 on 2:40 Backstroke
 {1 x 150 on 2:35 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 50 on :50 Backstroke
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 104

Workout #21599 - Monday, 21 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{6 x 25 on :35 Kick no board B
 {1 x 150 on 3:55 Streamline Kick on back
 {6 x 25 on :35 Kick no board B
 {1 x 100 on 2:35 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:05 Backstroke
 {1 x 200 on 4:00 Backstroke
 {1 x 200 on 3:55 Backstroke
 {1 x 150 on 3:00 Backstroke
 {1 x 150 on 2:55 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,075 Yards - Stress Value = 101

Workout #21600 - Monday, 21 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:55 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 200 on 4:45 Backstroke

{1 x 200 on 4:40 Backstroke
 {1 x 150 on 3:35 Backstroke
 {1 x 150 on 3:30 Backstroke
 {1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 550 22 x 25 on :40 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 88

Workout #21601 - Monday, 21 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 3:30 Streamline Kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 3:25 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{2 x 200 on 6:00 Backstroke
 {1 x 150 on 4:30 Backstroke
 {1 x 100 on 3:00 Backstroke
 {2 x 50 on 1:30 Backstroke
 500 20 x 25 on :45 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 79

Workout #21602 - Tuesday, 22 May 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,140 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 15 underwater 20 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 15 undwater 20 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 15 underwater 20 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 15 underwater 20 sprint free
 2,000 1x{4 x 50 on :40 Pull HB 2 SOW +1
 {4 x 75 on 1:00 Pull HB 2 SOW +1
 {4 x 100 on 1:20 Pull HB 2 SOW +1
 {4 x 125 on 1:40 Pull HB 2 SOW +1
 {4 x 150 on 2:00 Pull HB 2 SOW +1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:20 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:59 PM 6,490 Yards - Stress Value = 102

Workout #21603 - Tuesday, 22 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
225	15 x 15 on :45 Racing Skills-Back Shooters
1,500	30 x 50 on :50 200 Free Pace
	1 on 5:00 Video evaluation
1,500	30 x 50 on :50 200 Fly Pace
	1 on 15:00 Video-evaluation/RS-Trophy Start
750	30 x 25 on :30 100 Back Pace
300	1x{8 x 15 on :30 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :15 Undr Wtr Fly Kck
750	30 x 25 on :30 100 Breast Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-vic
6:01 PM	5,175 Yards - Stress Value = 465

Workout #21604 - Tuesday, 22 May 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{1 x 150 on 2:45 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 150 on 2:40 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 150 on 2:35 Breast Kick w/baord
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:10 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:25 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:35 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :45 Breaststroke
750	30 x 25 on :30 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,700 Yards - Stress Value = 109

Workout #21605 - Tuesday, 22 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{1 x 150 on 3:00 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board-descend
	{1 x 150 on 2:55 Breast Kick w/board
	{4 x 50 on 1:05 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 200 on 3:25 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
	{2 x 150 on 2:35 Breaststroke
	{4 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:45 Breaststroke

{6 x 25 on :35 Breast 2X pullouts

{1 x 50 on :50 Breaststroke

625 25 x 25 on :35 USRPT-100 Breast Pace

1 on 10:00 Racing Skills-Relay Starts

250 1 x 250 on 4:00 Stroke Drills

7:30 PM 3,325 Yards - Stress Value = 92

Workout #21606 - Tuesday, 22 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{1 x 150 on 3:25 Breast Kick w/board
	{3 x 50 on 1:10 Breast Kick w/board-descend
	{1 x 150 on 3:20 Breast Kick w/board
	{3 x 50 on 1:10 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,025	1x{1 x 200 on 4:00 Breaststroke
	{2 x 25 on :40 Breast 2X pullouts
	{2 x 150 on 2:55 Breaststroke
	{4 x 25 on :40 Breast 2X pullouts
	{3 x 100 on 1:55 Breaststroke
	{3 x 25 on :40 Breast 2X pullouts
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,100 Yards - Stress Value = 90

Workout #21607 - Tuesday, 22 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
575	1x{1 x 150 on 3:35 Breast Kick w/board
	{3 x 50 on 1:10 Breast Kick w/board-descend
	{1 x 150 on 3:30 Breast Kick w/board
	{2 x 50 on 1:10 Breast Kick w/board-descend
	{1 x 25 on :35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 200 on 4:15 Breaststroke
	{2 x 25 on :40 Breast 2X pullouts
	{2 x 150 on 3:10 Breaststroke
	{4 x 25 on :40 Breast 2X pullouts
	{3 x 100 on 2:05 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:29 PM	2,925 Yards - Stress Value = 81

Workout #21608 - Tuesday, 22 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 4:15 Breast Kick w/board { 3 x 50 on 1:30 Breast Kick w/board-descend { 1 x 150 on 4:10 Breast Kick w/board { 1 x 50 on 1:00 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 200 on 5:00 Breaststroke { 2 x 25 on :45 Breast 2X pullouts { 2 x 150 on 3:45 Breaststroke { 4 x 25 on :45 Breast 2X pullouts { 2 x 100 on 2:30 Breaststroke
475	19 x 25 on :45 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,575 Yards - Stress Value = 72

Workout #21609 - Tuesday, 22 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 4:45 Breast Kick w/board { 2 x 50 on 1:45 Breast Kick w/board-descend { 1 x 150 on 4:40 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 200 on 6:00 Breaststroke { 2 x 25 on 1:00 Breast 2X pullouts { 2 x 150 on 4:30 Breaststroke { 2 x 25 on 1:00 Breast 2X pullouts { 1 x 100 on 3:00 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,175 Yards - Stress Value = 58

Workout #21610 - Wednesday, 23 May 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 35:00 DS/TRX Bands
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,800	1x{3 x 100 on 1:45 Kick { 3 x 100 on 1:40 Kick { 3 x 100 on 1:35 Kick { 3 x 100 on 1:30 Kick { 3 x 100 on 1:25 Kick { 3 x 100 on 1:20 Kick
650	1 x 650 on 8:00 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{3 x 150 on 2:35 2K1P w/ tennis balls { 6 x 25 on :40 Brst with paddles alt 2/3 PO { 3 x 150 on 2:30 2K1P w/ tennis balls { 6 x 25 on :40 Brst with paddles alt 2/3 PO { 3 x 150 on 2:25 2K1P w/ tennis balls

{6 x 25 on :40 Brst with paddles alt 2/3 PO
{3 x 150 on 2:20 2K1P w/tennis balls
100 1 x 100 on 3:00 Breast OTB
250 1 x 250 on 4:00 Stroke Drills
6:01 PM 5,900 Yards - Stress Value = 82

Workout #21611 - Wednesday, 23 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
	1 on 15:00 DS>Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,500	30 x 50 on :55 200 Breast Pace 1 on 5:00 Video evaluation
1,500	30 x 50 on :50 100 Back Pace 1 on 13:00 Eval/Racing Skills-Tivo Starts
750	30 x 25 on :30 100 Fly Pace 1 on 13:00 Eval-Fly Kick Relay
750	30 x 25 on :30 100 Free Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	6:00 PM 4,800 Yards - Stress Value = 456

Workout #21612 - Wednesday, 23 May 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{2 x 50 on 1:00 Fly Kick w/board { 1 x 100 on 2:00 Fly Kick w/board { 2 x 125 on 2:30 Fly Kick w/board { 1 x 150 on 3:00 Fly Kick w/board { 2 x 175 on 3:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick { 4 x 25 on :30 Fly 8/9/10/11 KOW { 2 x 100 on 1:30 75 Free 25 Fly w/free kick { 4 x 25 on :30 Fly 9/10/11/12 KOW { 3 x 100 on 1:30 75 Free 25 Fly w/free kick { 4 x 25 on :30 Fly 10/11/12/13 KOW { 4 x 100 on 1:30 75 Free 25 Fly w/free kick { 4 x 25 on :30 Fly 11/12/13/14 KOW { 1 x 100 on 1:30 Butterfly
750	30 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 70

Workout #21613 - Wednesday, 23 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:10 Fly Kick w/board
 {2 x 125 on 2:45 Fly Kick w/board
 {1 x 150 on 3:15 Fly Kick w/board
 {2 x 175 on 3:40 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 8/9/10/11 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 9/10/11/12 KOW
 {3 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 10/11/12/13 KOW
 {4 x 100 on 1:40 75 Free 25 Fly w/free kick
 {2 x 25 on :35 Fly 13/14 KOW
 625 25 x 25 on :35 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 62

Workout #21614 - Wednesday, 23 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{2 x 75 on 1:55 Fly Kick w/board
 {2 x 100 on 2:30 Fly Kick w/board
 {2 x 125 on 3:05 Fly Kick w/board
 {1 x 150 on 3:45 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 8/9/10/11 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 9/10/11/12 KOW
 {3 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 10/11/12/13 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 550 22 x 25 on :40 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,225 Yards - Stress Value = 54

Workout #21615 - Wednesday, 23 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{1 x 50 on 1:20 Fly Kick w/board
 {2 x 75 on 2:00 Fly Kick w/board
 {1 x 100 on 2:40 Fly Kick w/board
 {2 x 125 on 3:20 Fly Kick w/board
 {1 x 150 on 4:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 8/9/10/11 KOW
 {2 x 100 on 2:05 75 Free 25 Fly w/free kick

{4 x 25 on :45 Fly 9/10/11/12 KOW
 {3 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 500 20 x 25 on :45 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,025 Yards - Stress Value = 50

Workout #21616 - Wednesday, 23 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{2 x 75 on 2:15 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {1 x 200 on 6:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {2 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 9/10/11/12 KOW
 {3 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 10/11/12/13 KOW
 450 18 x 25 on :50 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,675 Yards - Stress Value = 45

Workout #21617 - Wednesday, 23 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{2 x 50 on 2:00 Fly Kick w/board
 {2 x 100 on 4:00 Fly Kick w/board
 {1 x 200 on 7:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 775 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {2 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {3 x 100 on 3:00 75 Free 25 Fly w/free kick
 {3 x 25 on 1:00 Fly 8/9/10 KOW
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 40

Workout #21618 - Thursday, 24 May 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 600 1 on 30:00 DS/Shoulders
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 2,000 1x{2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #3
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #3
 1,100 1x{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {5 x 50 on :40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {8 x 25 on :30 Fly HBLSOW+1
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {8 x 25 on :30 Fly HBLSOW+1
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {8 x 25 on :30 Fly HBLSOW+1
 {1 x 50 on :45 Fly w/free kick 25
 {1 x 50 on :45 Fly w/free kick 30
 {1 x 50 on :45 Fly w/free kick 35
 {1 x 50 on :45 Fly w/free kick 40
 {1 x 50 on :45 Fly w/free kick 45
 {1 x 50 on :45 Fly w/free kick 50
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 6,100 Yards - Stress Value = 106

Workout #21619 - Thursday, 24 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 10:00 Video evaluation
 1,500 30 x 50 on :50 200 Free Pace
 1 on 15:00 Evals/RS-Partner Assisted Starts
 750 30 x 25 on :30 100 Breast Pace
 1 on 10:00 Underwater Racing
 750 30 x 25 on :30 100 Back Pace
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 6:00 PM 4,375 Yards - Stress Value = 409

Workout #21620 - Thursday, 24 May 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:55 Stremline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Breat Kick w/board
 {2 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Free Kick w/board
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,300 Yards - Stress Value = 95

Workout #21621 - Thursday, 24 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:10 Stremline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breat Kick w/board
 {2 x 25 on :30 Kick no board BSLR
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,125 Yards - Stress Value = 19

Workout #21622 - Thursday, 24 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Stremline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Breat Kick w/board
	{2 x 25 on :40 Kick no board BS
	{1 x 50 on 1:00 Free Kick /board
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 17

Workout #21623 - Thursday, 24 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:15 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:15 Stremline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:15 Breat Kick w/board
	{2 x 25 on :40 Kick no board BS
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 16

Workout #21624 - Thursday, 24 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Stremline Kick on Back
	{2 x 25 on :45 Kick no board BS
	{1 x 100 on 2:45 50Br50Fr Kick w/board
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,650 Yards - Stress Value = 15

Workout #21625 - Thursday, 24 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Streamline Kick on Back
	{2 x 25 on 1:00 Kick no board BS
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,425 Yards - Stress Value = 13

Workout #21626 - Friday, 25 May 2018

Group 3 - IM'ers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Ted's Abs
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	1x{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 2:00 Kick-all under 1:25
	{1 x 25 on :45 Kick on left side face down
	{1 x 25 on :45 Kick on right side face down
	{1 x 25 on :45 Kick on left side face up
	{1 x 25 on :45 Kick on right side face up
	{3 x 100 on 1:55 Kick-all under 1:25
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 200 on 2:45 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{1 x 100 on 1:15 Freestyle
	{1 x 200 on 2:45 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	5:00 PM 3,150 Yards - Stress Value = 44

Workout #21627 - Friday, 25 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
150	10 x 15 on :45 Racing Skills-IM Shooters
2,500	25 x 100 on 1:25 1650 Free Pace
	1 on 3:00 Video-journal
160	8 x 20 on 3:00 50 Free Pace
150	1 x 150 on 3:00 Scllng Drills w/PullBouy-video
	5:02 PM 2,960 Yards - Stress Value = 272

Workout #21628 - Friday, 25 May 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 40:00 DS/Dryland
	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,800	1x{1 x 100 on 1:30 Free L.25 6BK
	{1 x 100 on 1:30 Free L.25 2 breaths
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:25 Free L.25 6BK
	{2 x 100 on 1:25 Free L.25 2 breaths
	{2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:20 Free L.25 6bk
	{3 x 100 on 1:20 Free L.25 2 breaths
	{3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,700 Yards - Stress Value = 42

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:00 Free L.25 6BK
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:55 Free L.25 6BK
	{2 x 100 on 1:55 Free L.25 2 breaths
	{2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:00 Free L.25 6bk
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 2,000 Yards - Stress Value = 30

Workout #21632 - Friday, 25 May 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 40:00 DS/Dryland
	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 1:40 Free L.25 6BK
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:35 Free L.25 6BK
	{2 x 100 on 1:35 Free L.25 2 breaths
	{2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:30 Free L.25 6bk
	{2 x 100 on 1:30 Free L.25 2 breaths
	{2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,500 Yards - Stress Value = 38

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:25 Free L.25 6BK
	{2 x 100 on 2:25 Free L.25 2 breaths
	{2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:10 Free L.25 6bk
	{1 x 50 on 1:10 Free L.25 2 breaths
	{1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 1,850 Yards - Stress Value = 27

Workout #21633 - Friday, 25 May 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,200 Yards - Stress Value = 34

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 1,600 Yards - Stress Value = 22

Workout #21631 - Friday, 25 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Workout #21634 - Tuesday, 29 May 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,280 1x{2 x 40 on 1:00 Kick
 {1 x 120 on 1:35 Kick
 {2 x 40 on :55 Kick
 {1 x 120 on 1:40 Kick
 {2 x 40 on :50 Kick
 {1 x 120 on 1:45 Kick
 {2 x 40 on :45 Kick
 {1 x 120 on 1:50 Kick
 {2 x 40 on :40 Kick
 {1 x 120 on 1:55 Kick
 {2 x 40 on :35 Kick
 {1 x 120 on 2:00 Kick
 {2 x 40 on :30 Kick
 { 20y streamline kick on back
 { 15m undrwtr/SFBO-GF
 1,800 12 x 150 on 1:55 Pulls 1-6BTB/7-12BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 100's 12.5yds under, 50's 15m under
 off last wall
 2,400 2x{2 x 100 on 1:30 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:25 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Back w/fins
 {2 x 50 on 1:00 Backstroke
 {2 x 100 on 1:15 Back w/fins
 {2 x 50 on 1:00 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 5:59 PM 6,730 Yards - Stress Value = 118

{2 x 25 on :30 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 3:00 Butterfly
 {1 x 200 on 3:00 Freestyle
 {2 x 175 on 2:35 Butterfly
 {1 x 200 on 3:00 Freestyle
 {3 x 150 on 2:15 Butterfly
 {1 x 50 on :45 Freestyle
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 120

Workout #21637 - Tuesday, 29 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{6 x 25 on :35 Kick no board S
 {1 x 150 on 3:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board S
 {2 x 125 on 2:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,225 1x{1 x 200 on 3:30 Butterfly
 {1 x 150 on 2:30 Freestyle
 {2 x 175 on 3:00 Butterfly
 {1 x 150 on 2:35 Freestyle
 {3 x 125 on 2:10 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 104

Workout #21635 - Tuesday, 29 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,500 30 x 50 on :50 200 Free Pace
 1 on 5:00 Video Evaluation
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 15:00 Vid Eval/RS-1 leg starts
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 Vid Eval/Underwater Racing
 750 30 x 25 on :30 100 Breast Pace
 150 1 x 150 on 8:00 Scelling Drills w/PullBouy-video
 2 corrections
 6:00 PM 4,875 Yards - Stress Value = 459

Workout #21638 - Tuesday, 29 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board S
 {1 x 150 on 3:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board S
 {2 x 100 on 2:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{1 x 200 on 3:50 Butterfly
 {1 x 100 on 1:50 Freestyle
 {2 x 175 on 3:20 Butterfly
 {1 x 100 on 1:50 Freestyle
 {3 x 125 on 2:20 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 100

Workout #21636 - Tuesday, 29 May 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :30 Kick no board S
 {1 x 150 on 2:30 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 {2 x 150 on 2:30 Fly Kick w/board

Workout #21639 - Tuesday, 29 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board S
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board S
 {2 x 100 on 2:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{1 x 200 on 4:00 Butterfly
 {1 x 100 on 1:50 Freestyle
 {2 x 175 on 3:30 Butterfly
 {1 x 100 on 1:50 Freestyle
 {3 x 125 on 2:25 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,025 Yards - Stress Value = 93

Workout #21640 - Tuesday, 29 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 75 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 200 on 5:00 Butterfly
 {1 x 100 on 2:30 Freestyle
 {2 x 150 on 3:45 Butterfly
 {1 x 50 on 1:15 Freestyle
 {2 x 100 on 2:30 Butterfly
 475 19 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 79

Workout #21641 - Tuesday, 29 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 3:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 200 on 6:00 Butterfly
 {1 x 100 on 2:45 Freestyle
 {2 x 150 on 4:30 Butterfly
 {1 x 100 on 2:45 Freestyle
 {1 x 50 on 1:30 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns

200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,275 Yards - Stress Value = 66

Workout #21642 - Wednesday, 30 May 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/TRX Bands
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR-14
 {4 x 75 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 1,200 1x{2 x 150 on 2:10 Lungbuster pulls
 {2 x 150 on 2:05 Lungbuster pulls
 {2 x 150 on 2:00 Lungbuster pulls
 {2 x 150 on 1:55 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 150 on 2:30 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:00 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:35 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {4 x 75 on 1:10 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {4 x 50 on :45 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 6,150 Yards - Stress Value = 108

Workout #21643 - Wednesday, 30 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 160 15 x 15 on :45 Racing Skills-IM Shooters
 3,000 30 x 100 on 1:25 1650 Free Pace
 1 on 5:00 Video evaluations
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 1 on 14:00 Video Eval/Tic Tac Toe
 150 8 x 20 on 3:00 50 Free Pace
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-vic
 6:00 PM 5,035 Yards - Stress Value = 475

Workout #21644 - Wednesday, 30 May 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
Meters Set Description
=====

1 on 30:00 DS/Dryland
350 14 x 25 on :30 Wednesday Warm-up
150 10 x 15 on :45 Shooters
750 1x{1 x 100 on 1:45 Breast Kick w/board
{1 x 100 on 2:00 Breast Kick w/board
{1 x 100 on 1:40 Breast Kick w/board
{1 x 100 on 2:00 Breast Kick w/board
{1 x 100 on 1:35 Breast Kick w/board
{1 x 100 on 2:00 Breast Kick w/board
{1 x 100 on 1:30 Breast Kick w/board
{1 x 50 on 1:00 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
1,300 1x{1 x 150 on 2:30 Breaststroke
{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
{2 x 125 on 2:00 Breaststroke
{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
{3 x 100 on 1:35 Breaststroke
{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
{2 x 75 on 1:10 Breaststroke
750 30 x 25 on :30 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,600 Meters - Stress Value = 133

Workout #21645 - Wednesday, 30 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
Meters Set Description
=====

1 on 30:00 DS/Dryland
350 14 x 25 on :30 Wednesday Warm-up
150 10 x 15 on :45 Shooters
650 1x{1 x 100 on 2:00 Breast Kick w/board
{1 x 100 on 2:10 Breast Kick w/board
{1 x 100 on 1:55 Breast Kick w/board
{1 x 100 on 2:10 Breast Kick w/board
{1 x 100 on 1:50 Breast Kick w/board
{1 x 100 on 2:10 Breast Kick w/board
{1 x 50 on :50 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
1,150 1x{1 x 150 on 2:45 Breaststroke
{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
{2 x 125 on 2:15 Breaststroke
{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
{3 x 100 on 1:45 Breaststroke
{2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
625 25 x 25 on :35 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,225 Meters - Stress Value = 113

Workout #21646 - Wednesday, 30 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
Meters Set Description
=====

1 on 30:00 DS/Dryland
300 12 x 25 on :35 Wednesday Warm-up
150 10 x 15 on :45 Shooters
600 1x{1 x 100 on 2:10 Breast Kick w/board
{1 x 100 on 2:20 Breast Kick w/board
{1 x 100 on 2:05 Breast Kick w/board

{1 x 100 on 2:20 Breast Kick w/board
{1 x 100 on 2:00 Breast Kick w/board
{1 x 100 on 2:20 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
1,075 1x{1 x 150 on 3:00 Breaststroke
{2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
{2 x 125 on 2:25 Breaststroke
{2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
{3 x 100 on 1:55 Breaststroke
{1 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
550 22 x 25 on :40 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,975 Meters - Stress Value = 104

Workout #21647 - Wednesday, 30 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
Meters Set Description
=====

1 on 30:00 DS/Dryland
300 12 x 25 on :35 Wednesday Warm-up
150 10 x 15 on :45 Shooters
550 1x{1 x 100 on 2:20 Breast Kick w/board
{1 x 100 on 2:30 Breast Kick w/board
{1 x 100 on 2:15 Breast Kick w/board
{1 x 100 on 2:30 Breast Kick w/board
{1 x 100 on 2:10 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
1,000 1x{1 x 150 on 3:10 Breaststroke
{2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
{2 x 125 on 2:35 Breaststroke
{2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
{3 x 100 on 2:00 Breaststroke
550 22 x 25 on :40 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:29 PM 2,850 Meters - Stress Value = 101

Workout #21648 - Wednesday, 30 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
Meters Set Description
=====

1 on 30:00 DS/Dryland
225 9 x 25 on :45 Wednesday Warm-up
150 10 x 15 on :45 Shooters
500 1x{1 x 100 on 2:45 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
{1 x 100 on 2:40 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
{1 x 100 on 2:35 Breast Kick w/board
{1 x 100 on 3:00 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
850 1x{1 x 150 on 3:45 Breaststroke
{2 x 75 on 2:00 25flyK, 25XK1p, 25clsdfst
{2 x 100 on 2:30 Breaststroke
{2 x 75 on 2:00 25flyK, 25XK1p, 25clsdfst
{4 x 50 on 1:15 Breaststroke
475 19 x 25 on :45 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,500 Meters - Stress Value = 87

Workout #21649 - Wednesday, 30 May 2018

6:00 PM 4,875 Yards - Stress Value = 459

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Meters	Set Description
=====	=====
	1 on 30:00 DS/Dryland
225	9 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Breast Kick w/board
	{1 x 50 on 1:30 Breast Kick w/board
	{1 x 100 on 2:55 Breast Kick w/board
	{1 x 50 on 1:30 Breast Kick w/board
	{1 x 100 on 2:50 Breast Kick w/board
	{1 x 50 on 1:30 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 150 on 4:15 Breaststroke
	{2 x 75 on 2:15 25flyK, 25XK1p, 25clsdfst
	{2 x 100 on 2:50 Breaststroke
	{2 x 75 on 2:15 25flyK, 25XK1p, 25clsdfst
	{2 x 50 on 1:25 Breaststroke
475	19 x 25 on :45 USRPT 100 Breast Pace
	1 on 10:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Meters - Stress Value = 84

Workout #21652 - Thursday, 31 May 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 1:45 Free Kick w/board
	{1 x 50 on 1:00 Free Kick-100%
	{1 x 100 on 1:45 Free Kick w/board
	{2 x 50 on 1:00 Free Kick-100%
	{1 x 100 on 1:45 Free Kick w/board
	{3 x 50 on 1:00 Free Kick-100%
	{1 x 100 on 1:45 Free Kick w/board
	{1 x 50 on 1:00 Free Kick w/board-100%
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drill
	7:30 PM 2,150 Yards - Stress Value = 96

Workout #21650 - Thursday, 31 May 2018

Group 3 - Fly

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Shoulders
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,100	11 x 100 on 2:00 Challenge Kick Set
1,600	2x{1 x 200 on 2:30 Pulls BWSPF
	{1 x 200 on 2:35 Pulls BWHPF
	{1 x 200 on 2:40 Pulls BWKPF
	{1 x 200 on 2:45 Pulls BWFPF
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	1x{1 x 200 on 2:40 3 strokes fly off walls-NB
	{4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
	{2 x 200 on 2:40 3 strokes fly off walls-NB
	{3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
	{3 x 200 on 2:40 3 strokes fly off walls-NB
	{2 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
	{4 x 200 on 2:40 3 strokes fly off walls-NB
	{1 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
500	10 x 50 on 1:00 Stroke Drills
	6:00 PM 7,150 Yards - Stress Value = 122

Workout #21653 - Thursday, 31 May 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:00 Free Kick w/board
	{2 x 50 on 1:10 Free Kick-100%
	{1 x 100 on 2:00 Free Kick w/board
	{2 x 50 on 1:10 Free Kick-100%
	{1 x 100 on 2:00 Free Kick w/board
	{3 x 50 on 1:05 Free Kick-100%
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drill
	7:30 PM 2,050 Yards - Stress Value = 94

Workout #21654 - Thursday, 31 May 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:10 Free Kick w/board
	{2 x 50 on 1:15 Free Kick-100%
	{1 x 100 on 2:10 Free Kick w/board
	{2 x 50 on 1:15 Free Kick-100%
	{1 x 100 on 2:10 Free Kick w/board
	{2 x 50 on 1:15 Free Kick-100%
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,850 Yards - Stress Value = 83

Workout #21651 - Thursday, 31 May 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
225	15 x 15 on :45 Racing Skills-#1 Shooter
1,500	30 x 50 on :50 200 Back Pace
	1 on 5:00 Video Evaluations
1,500	30 x 50 on :55 200 Breast Pace
	1 on 10:00 Video Eval/RS-Trophy Starts
750	30 x 25 on :30 100 Free Pace
	1 on 12:00 Video Eval-undrwrtr racing
750	30 x 25 on :30 100 Fly Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	2 corrections

Workout #21655 - Thursday, 31 May 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:15 Free Kick w/board
	{2 x 50 on 1:20 Free Kick-100%
	{1 x 100 on 2:15 Free Kick w/board
	{2 x 50 on 1:20 Free Kick-100%
	{1 x 100 on 2:15 Free Kick w/board
	{1 x 50 on 1:15 Free Kick-100%
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,800 Yards - Stress Value = 82

Workout #21656 - Thursday, 31 May 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:30 Free Kick w/board
	{2 x 50 on 1:30 Free Kick-100%
	{1 x 100 on 2:30 Free Kick w/board
	{2 x 50 on 1:30 Free Kick-100%
	{1 x 100 on 2:30 Free Kick w/board
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
575	23 x 25 on :40 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,625 Yards - Stress Value = 74

Workout #21657 - Thursday, 31 May 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Free Kick w/board
	{1 x 50 on 2:00 Free Kick-100%
	{1 x 100 on 3:00 Free Kick w/board
	{1 x 50 on 2:00 Free Kick-100%
	{1 x 100 on 3:00 Free Kick w/board
	{1 x 50 on 1:00 Free Kick-100%
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,450 Yards - Stress Value = 65

Workout #21658 - Monday, 04 June 2018

Group 3 - Freestylers

1 minute rest between sets

3:30 PM Start

Yards	Set Description
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=====	=====
	1 on 30:00 Team Mtg/DS
600	1 x 600 on 10:00 Swim-kick-pull-swim
120	8 x 15 on :45 Spinners
	All BSLR, min 15m underwater
1,500	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Kick best effort
1,200	6 x 200 on 2:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,600	1x{4 x 150 on 1:55 Freestyle
	{1 x 600 on 8:00 Freestyle
	{4 x 125 on 1:35 Freestyle
	{1 x 500 on 6:40 Freestyle
	{4 x 100 on 1:15 Freestyle
	{1 x 400 on 5:20 Freestyle
	{4 x 75 on :55 Freestyle
	{1 x 300 on 4:00 Freestyle
	Last 25 of each repeat alt between
	10 KOW +Exp BO and 6 beat kick
200	1 x 200 on 3:00 Stroke Drills
	6:01 PM 7,420 Yards - Stress Value = 153

Workout #21659 - Monday, 04 June 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 100 Fly Pace
	1 on 5:00 Video Evaluations
1,500	30 x 50 on :50 200 Back Pace
	1 on 12:00 Vid Evals/RS-1 leg starts
1,500	30 x 50 on :55 200 Breast Pace
	1 on 10:00 Vid Evals/RS 6 sec work
750	30 x 25 on :30 100 Free Pace
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video
	2 corrections
	6:00 PM 4,875 Yards - Stress Value = 459

Workout #21660 - Monday, 04 June 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 250 on 4:15 Fly Kick w/board
 {5 x 50 on 1:00 Fly Kick w/board-100%
 {1 x 200 on 3:20 Fly Kick w/board
 {4 x 50 on 1:00 Fly Kick w/board-100%
 {1 x 150 on 2:25 Fly Kick w/board
 {3 x 50 on 1:00 Fly Kick w/board-100%
 {1 x 100 on 1:35 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,250 1x{1 x 200 on 2:40 Butterfly
 {1 x 125 on 2:00 2-3-4-5-6 strokes off walls
 {1 x 200 on 2:45 Butterfly
 {2 x 125 on 1:55 2-3-4-5-6 strokes off walls
 {1 x 200 on 2:50 Butterfly
 {3 x 125 on 1:50 2-3-4-5-6 strokes off walls
 {1 x 200 on 2:55 Butterfly
 {4 x 125 on 1:45 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:00 Butterfly
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,400 Yards - Stress Value = 152

Workout #21661 - Monday, 04 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 250 on 5:00 Fly Kick w/board
 {5 x 50 on 1:05 Fly Kick w/board-100%
 {1 x 200 on 3:55 Fly Kick w/board
 {4 x 50 on 1:05 Fly Kick w/board-100%
 {1 x 150 on 2:55 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board-100%
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,925 1x{1 x 200 on 3:10 Butterfly
 {1 x 125 on 2:20 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:15 Butterfly
 {2 x 125 on 2:15 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:20 Butterfly
 {3 x 125 on 2:10 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:25 Butterfly
 {3 x 125 on 2:05 2-3-4-5-6 strokes off walls
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,750 Yards - Stress Value = 130

Workout #21662 - Monday, 04 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 250 on 5:30 Fly Kick w/board

{5 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 200 on 4:20 Fly Kick w/board
 {4 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 150 on 3:10 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,675 1x{1 x 200 on 3:35 Butterfly
 {1 x 125 on 2:40 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:40 Butterfly
 {2 x 125 on 2:35 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:45 Butterfly
 {3 x 125 on 2:30 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:50 Butterfly
 {1 x 125 on 2:25 2-3-4-5-6 strokes off walls
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 122

Workout #21663 - Monday, 04 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 250 on 5:50 Fly Kick w/board
 {5 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 200 on 4:40 Fly Kick w/board
 {4 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 100 on 2:20 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 3:50 Butterfly
 {1 x 125 on 2:50 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:55 Butterfly
 {2 x 125 on 2:45 2-3-4-5-6 strokes off walls
 {1 x 200 on 4:00 Butterfly
 {3 x 125 on 2:40 2-3-4-5-6 strokes off walls
 {1 x 200 on 4:05 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 112

Workout #21664 - Monday, 04 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 250 on 6:30 Fly Kick w/board
 {5 x 50 on 1:20 Fly Kick w/board-100%
 {1 x 200 on 5:10 Fly Kick w/board
 {4 x 50 on 1:20 Fly Kick w/board-100%
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 200 on 4:50 Butterfly
 {1 x 125 on 3:15 2-3-4-5-6 strokes off walls
 {1 x 200 on 4:55 Butterfly
 {2 x 125 on 3:10 2-3-4-5-6 strokes off walls
 {1 x 200 on 5:00 Butterfly
 {3 x 125 on 3:05 2-3-4-5-6 strokes off walls
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,700 Yards - Stress Value = 101

Workout #21665 - Monday, 04 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 250 on 7:30 Fly Kick w/board
 {4 x 50 on 1:45 Fly Kick w/board-100%
 {1 x 150 on 5:00 Fly Kick w/board
 {2 x 50 on 1:45 Fly Kick w/board-100%
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,225 1x{1 x 200 on 6:00 Butterfly
 {1 x 125 on 3:30 2-3-4-5-6 strokes off walls
 {1 x 200 on 6:00 Butterfly
 {2 x 125 on 3:30 2-3-4-5-6 strokes off walls
 {1 x 200 on 6:00 Butterfly
 {2 x 125 on 3:30 2-3-4-5-6 strokes off walls
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:32 PM 3,325 Yards - Stress Value = 94

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,450 1x{1 x 150 on 2:30 Breast Kick w/board
 {4 x 25 on :30 Sprint Free Kick w/board
 {2 x 150 on 2:25 Breast Kick w/board
 {4 x 25 on :30 Sprint Free Kick w/board
 {3 x 150 on 2:20 Breast Kick w/board
 {4 x 25 on :30 Sprint Free Kick w/board
 {2 x 125 on 1:50 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{4 x 50 on :45 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {4 x 75 on 1:10 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {4 x 100 on 1:35 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {4 x 125 on 2:05 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {1 x 150 on 2:35 Breaststroke
 750 30 x 25 on :30 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,250 Yards - Stress Value = 149

Workout #21666 - Tuesday, 05 June 2018

Group 3 - Back

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Core
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 1:45 Kick-odds 100%
 600 1x{20 x 30 on 1:00 15m BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,750 5x{4 x 25 on :45 Bathtub Drill with fins
 {1 x 100 on 1:25 Backstroke-7KOW
 {1 x 100 on 1:20 Backstroke-5KOW
 {1 x 100 on 1:15 Backstroke-3KOW
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,250 Yards - Stress Value = 79

Workout #21669 - Tuesday, 05 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 150 on 3:00 Breast Kick w/board
 {4 x 25 on :35 Sprint Free Kick w/board
 {2 x 150 on 2:55 Breast Kick w/board
 {4 x 25 on :35 Sprint Free Kick w/board
 {3 x 150 on 2:50 Breast Kick w/board
 {2 x 25 on :35 Sprint Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{4 x 50 on :50 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 75 on 1:20 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 100 on 1:50 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 125 on 2:20 Breaststroke
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,525 Yards - Stress Value = 125

Workout #21667 - Tuesday, 05 June 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 750 30 x 25 on :30 100 Back Pace
 1 on 6:00 Video Evaluation
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 12:00 Vid Evals/Tivo Starts
 1,500 30 x 50 on :50 200 Free Pace
 1 on 12:00 Racing Skills-Trophy Starts
 750 30 x 25 on :30 100 Breast Pace
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 2 corrections
 6:00 PM 4,875 Yards - Stress Value = 459

Workout #21668 - Tuesday, 05 June 2018

Group 2 - Breast

Workout #21670 - Tuesday, 05 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 3:25 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 {2 x 150 on 3:20 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 {2 x 150 on 3:15 Breast Kick w/board
 {2 x 25 on :40 Sprint Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{4 x 50 on :55 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {4 x 75 on 1:30 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {4 x 100 on 2:05 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {2 x 125 on 2:35 Breaststroke
 {1 x 50 on 1:15 Breast Pull
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 4,050 Yards - Stress Value = 111

Workout #21671 - Tuesday, 05 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 975 1x{1 x 150 on 3:35 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 {2 x 150 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 {2 x 150 on 3:25 Breast Kick w/board
 {1 x 25 on :40 Sprint Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{4 x 50 on 1:00 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {4 x 75 on 1:35 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {4 x 100 on 2:10 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {2 x 125 on 2:45 Breaststroke
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 109

Workout #21672 - Tuesday, 05 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {2 x 100 on 2:40 Breast Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board

{2 x 150 on 4:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{4 x 50 on 1:10 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 75 on 1:50 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 100 on 2:30 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {2 x 75 on 2:15 Breaststroke
 475 19 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,475 Yards - Stress Value = 95

Workout #21673 - Tuesday, 05 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{1 x 150 on 4:30 Breast Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {2 x 100 on 3:00 Breast Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {2 x 125 on 3:45 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{4 x 50 on 1:20 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 75 on 2:05 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 100 on 2:50 Breaststroke
 {1 x 100 on 4:00 Breast Pull
 475 19 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 92

Workout #21674 - Wednesday, 06 June 2018

Group 3 - Breast

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 TDS/TRX Bands
 150 20 x 25 on :30 Wednesday Warm-ups
 100 10 x 15 on :45 Shooters
 1,750 1x{1 x 100 on 2:00 Kick for time
 {5 x 50 on :45 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {4 x 50 on :45 Kick
 {2 x 100 on 1:55 Kick 2 weakest kicks
 {3 x 50 on :45 Kick
 {2 x 100 on 1:50 Kick 2 weakest kicks
 {2 x 50 on :45 Kick
 {2 x 100 on 1:45 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {2 x 100 on 1:40 Kick 2 weakest kicks
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,700 1x{6 x 100 on 1:30 Breaststroke
 {1 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {5 x 100 on 1:30 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {4 x 100 on 1:30 Breaststroke
 {3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {3 x 100 on 1:30 Breaststroke
 {4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {2 x 100 on 1:30 Breaststroke
 {5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {1 x 100 on 1:30 Breaststroke
 300 6 x 50 on 1:00 Stroke Drills
 6:00 PM 5,700 Yards - Stress Value = 110

{8 x 25 on :25 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,650 1x{2 x 100 on 1:35 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:30 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:25 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:20 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:15 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:20 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:25 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:30 Individual Medley
 {1 x 50 on :35 Freestyle
 {1 x 50 on :45 Freestyle
 {2 x 100 on 1:35 Individual Medley
 {1 x 50 on :35 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,900 Yards - Stress Value = 151

Workout #21675 - Wednesday, 06 June 2018

Group 3 - USRPT

1 minute rest between sets

3:30 PM Start
 Yards Set Description
 =====
 225 1 on 15:00 DS>Showers
 2,250 15 x 15 on :45 Racing Skills-IM Shooters
 30 x 75 on 1:10 500 Free Pace
 1,500 1x{1 on 5:00 Video evaluations
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 160 1 on 14:00 Video Eval/Tic Tac Toe
 8 x 20 on 3:00 50 Free Pace
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-vic
 5:52 PM 4,285 Yards - Stress Value = 400

Workout #21676 - Wednesday, 06 June 2018

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 450 1 on 35:00 DS/Dryland
 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,550 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:30 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Streamline Kick on Back
 {8 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Breast Kick w/board
 {6 x 25 on :30 Kick no board BSLRBS

Workout #21677 - Wednesday, 06 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,350	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
	{6 x 25 on :35 Kick no board BSLR
	{4 x 50 on 1:00 Breast Kick w/board
	{8 x 25 on :35 Kick no board BSLR
	{8 x 25 on :30 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,200	1x{2 x 100 on 1:50 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{2 x 100 on 1:45 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{2 x 100 on 1:40 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{2 x 100 on 1:45 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 5,175 Yards - Stress Value = 138

{1 x 50 on :50 Freestyle
{1 x 50 on 1:00 Freestyle
{1 x 100 on 1:50 Individual Medley
{1 x 50 on :50 Freestyle
{1 x 50 on 1:00 Freestyle
{1 x 100 on 1:45 Individual Medley
{1 x 50 on :50 Freestyle
{1 x 50 on 1:00 Freestyle
{1 x 100 on 1:50 Individual Medley
{1 x 50 on :50 Freestyle
{1 x 50 on 1:00 Freestyle
{1 x 100 on 1:55 Individual Medley
{1 x 50 on :50 Freestyle
{1 x 50 on 1:00 Freestyle
{1 x 100 on 2:00 Individual Medley
{1 x 50 on :50 Freestyle
{1 x 50 on 1:00 Freestyle
{2 x 100 on 2:05 Individual Medley
{1 x 50 on :50 Freestyle
625 25 x 25 on :35 USRPT-100 Free Pace
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 4,600 Yards - Stress Value = 118

Workout #21679 - Wednesday, 06 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,150	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:40 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:25 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{4 x 50 on 1:10 Breast Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{6 x 25 on :40 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,850	1x{1 x 100 on 2:15 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:10 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{2 x 100 on 2:15 Individual Medley
	{1 x 50 on :50 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 116

Workout #21678 - Wednesday, 06 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:15 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{4 x 50 on 1:05 Breast Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{8 x 25 on :35 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,950	1x{2 x 100 on 2:05 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 1:55 Individual Medley

Workout #21680 - Wednesday, 06 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:20 Breast Kick w/board
	{4 x 25 on :45 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 100 on 2:30 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:25 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:20 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:15 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:20 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:25 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:30 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:35 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,950 Yards - Stress Value = 103

Workout #21681 - Wednesday, 06 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:30 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:30 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{3 x 50 on 1:45 Breast Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{1 x 100 on 3:00 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:55 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:50 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:45 Individual Medley

{1 x 50 on 1:15 Freestyle
{1 x 50 on 1:30 Freestyle
{1 x 100 on 2:50 Individual Medley
{1 x 50 on 1:15 Freestyle
{1 x 50 on 1:30 Freestyle
{1 x 100 on 2:55 Individual Medley
{1 x 50 on 1:15 Freestyle
{1 x 50 on 1:30 Freestyle
{1 x 100 on 3:00 Individual Medley
{1 x 50 on 1:15 Freestyle
475 19 x 25 on :45 USRPT-100 Free Pace
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,375 Yards - Stress Value = 88

Workout #21682 - Thursday, 07 June 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
900	1x{3 x 100 on 1:30 Fly 3 strokes off each wall
	{3 x 100 on 1:25 Fly 3 strokes off each wall
	{3 x 100 on 1:20 Fly 3 strokes off each wall
1,100	1x{2 x 125 on 2:10 25 tombstone kick 100 free k
	{3 x 100 on 1:45 25 tombstone kick 75 free ki
	{4 x 75 on 1:20 25 tombstone kick 50 free kic
	{5 x 50 on :55 25 tombstone kick 25 free kick
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{3 x 100 on 1:30 Fly 4 strokes off each wall
	{3 x 100 on 1:25 Fly 4 strokes off each wall
	{3 x 100 on 1:20 Fly 4 strokes off each wall
1,200	1x{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{3 x 50 on :35 Pulls
	{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{3 x 50 on :35 Pulls
	{3 x 125 on 1:45 Pulls-nbbf&w + 2 yds
	{3 x 50 on :35 Pulls
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{3 x 100 on 1:30 Fly 5 strokes off each wall
	{3 x 100 on 1:25 Fly 5 strokes off each wall
	{3 x 100 on 1:20 Fly 5 strokes off each wall
400	8 x 50 on 1:00 Stroke Drills
	9:15 AM 6,450 Yards - Stress Value = 102

Workout #21683 - Thursday, 07 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 1,500 30 x 50 on :50 200 Back Pace*
 1 on 5:00 Vid Eval/RS-partner starts
 750 30 x 25 on :30 100 Fly Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 750 30 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :55 200 Breast Pace
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-vic
 2 corrections
 9:19 AM 5,175 Yards - Stress Value = 465

Workout #21684 - Thursday, 07 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 15:00 DS/Showers REC L I
 600 1 x 600 on 10:00 Reverse IM drill REC D
 150 10 x 15 on :45 Shooters SP3 S
 800 4x{3 x 50 on 1:10 Freestyle SP1 S
 {1 x 50 on 1:30 Freestyle SP1 S
 { #1 20yds sprint-30yds easy, #2 30yds sprint
 { #3 all easy, #4 sprint, #4 of 4th set OTB
 500 10 x 50 on :50 Kick-ALL OUT 100% EN2 K C
 800 4x{3 x 50 on 1:10 Stroke SP1 S S
 {1 x 50 on 1:30 Stroke SP1 S S
 { Same as above --#3 can be free
 250 1 x 250 on 4:00 Freestyle REC S
 100 1 x 100 on 2:00 Choice OTB SP2 S C
 250 1 x 250 on 4:00 Stroke Drills REC D
 6:33 PM 3,250 Yards - Stress Value = 138

Workout #21685 - Thursday, 07 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK S
 =====
 1 on 15:00 DS/Showers REC L
 400 1 x 400 on 5:00 Non-specific swimming REC D
 3,000 30 x 100 on 1:30 1650 Free Pace* SP2 S
 160 8 x 20 on 3:00 50 Fly Pace SP2 S
 6:31 PM 3,560 Yards - Stress Value = 316

Workout #21686 - Thursday, 07 June 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmline/hands by si

{6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmline/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {3 x 50 on :50 Kick-alt strmline/hands by sic
 {4 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on :45 Kick-alt strmline/hands by sic
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 106

Workout #21687 - Thursday, 07 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {5 x 50 on 1:05 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on :55 Kick-alt strmline/hands by sic
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmline/hands by sic
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 103

Workout #21688 - Thursday, 07 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmline/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 87

Workout #21689 - Thursday, 07 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:20 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmline/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,400 Yards - Stress Value = 79

Workout #21690 - Thursday, 07 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {4 x 50 on 1:35 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:30 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {2 x 50 on 1:25 Kick-alt strmline/hands by si
 {2 x 25 on :45 Kick no board B-10KOW+1
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,200 Yards - Stress Value = 72

Workout #21691 - Thursday, 07 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 2:00 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:55 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:50 Kick-alt strmline/hands by si
 1 on 34:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,950 Yards - Stress Value = 68

Workout #21692 - Friday, 08 June 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 2,800 1x{1 x 100 on 1:25 Individual Medley
 {6 x 75 on 1:10 Fly-25L 25R 25 B
 {2 x 100 on 1:20 Individual Medley
 {6 x 75 on 1:10 Back 25L 25R 25B
 {3 x 100 on 1:15 Individual Medley
 {6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
 {4 x 100 on 1:10 Individual Medley
 {6 x 75 on 1:05 Fr 25sclsdfst25catchup25reg
 1,300 1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:20 Pulls-nbbf&w + 2 yds
 {2 x 150 on 2:00 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 2,100 1x{6 x 25 on :30 Kick no board B
 {1 x 200 on 3:00 Kick
 {6 x 25 on :30 Kick no board S
 {2 x 175 on 2:40 Kick
 {6 x 25 on :30 Kick no board L
 {3 x 150 on 2:15 Kick
 {6 x 25 on :30 Kick no board R
 {4 x 125 on 1:50 Kick
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 7,150 Yards - Stress Value = 117

Workout #21693 - Friday, 08 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 Vid Eval/Spinners
 750 30 x 25 on :30 100 Breast Pace
 1 on 10:00 Racing Skills-Timed 15m starts
 1,500 30 x 50 on :50 200 Free Pace
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-video
 2 corrections
 9:15 AM 4,375 Yards - Stress Value = 409

Workout #21694 - Friday, 08 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 30:00 DS/Ted's abs
690	3x{1 x 150 on 2:15 2:15swim 25dr25bl-mix of str
	{1 on :15 Get to a side wall
	{4 x 20 on :40 Undr Wtr Fly Kck
150	10 x 15 on :45 Shooters
2,100	1x{6 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:10 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:30 PM 3,140 Yards - Stress Value = 53	

150	10 x 15 on :45 Shooters	SP3	S	FR
2,000	1x{5 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:30 PM 2,850 Yards - Stress Value = 46				

Workout #21698 - Friday, 08 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 37:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
1,900	1x{4 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:20 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:20 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:31 PM 2,750 Yards - Stress Value = 44	

500	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,900	10 x 15 on :45 Shooters	SP3	S	FR
	1x{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:20 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:20 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 2,750 Yards - Stress Value = 44				

Workout #21699 - Friday, 08 June 2018

Group 2 - Gold/Silver

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 37:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
2,100	1x{6 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:10 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:30 PM 2,950 Yards - Stress Value = 48	

400	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,700	10 x 15 on :45 Shooters	SP3	S	FR
	1x{2 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:25 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:25 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:30 PM 2,450 Yards - Stress Value = 40				

Workout #21697 - Friday, 08 June 2018

Group 2 - Platinum-Gold

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 37:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS

500	1 on 37:00 DS/Dryland	REC	L	DRY
	4 x 125 on 2:15 SwimUSS	REC	D	FR

Workout #21700 - Friday, 08 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start				
Yards	Set Description	EGY	WORK	STK
400	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,700	10 x 15 on :45 Shooters	SP3	S	FR
	1x{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:30 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 2,450 Yards - Stress Value = 40				

Workout #21701 - Friday, 08 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start				
Yards	Set Description	EGY	WORK	STK
400	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,600	10 x 15 on :45 Shooters	SP3	S	FR
	1x{1 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:35 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:35 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 2,350 Yards - Stress Value = 38				

Workout #21702 - Friday, 08 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start				
Yards	Set Description	EGY	WORK	STK
300	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 75 on 2:15 SwimUSS	REC	D	FR
1,400	10 x 15 on :45 Shooters	SP3	S	FR
	1x{4 x 100 on 1:50 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:50 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:50 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:50 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:50 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:30 PM 2,050 Yards - Stress Value = 34				

Workout #21703 - Friday, 08 June 2018

Group 2 - Bronze/Copper

1 minute rest between sets

5:00 PM Start				
Yards	Set Description	EGY	WORK	STK
300	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 75 on 2:15 SwimUSS	REC	D	FR
1,300	10 x 15 on :45 Shooters	SP3	S	FR
	1x{3 x 100 on 2:00 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 2:00 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:00 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:00 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 2:00 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:30 PM 1,950 Yards - Stress Value = 32				

Workout #21704 - Friday, 08 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start				
Yards	Set Description	EGY	WORK	STK
300	1 on 37:00 DS/Dryland	REC	L	DRY
150	4 x 75 on 2:15 SwimUSS	REC	D	FR
1,050	10 x 15 on :45 Shooters	SP3	S	FR
	1x{1 x 100 on 2:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 2:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:30 Freestyle	EN2	S	FR
	{1 on 1:00 Rest	REC	M	
	{1 x 50 on 1:15 Freestyle	EN2	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 1,700 Yards - Stress Value = 27				

Workout #21705 - Monday, 11 June 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start				
Yards	Set Description	EGY	WORK	STK
600	1 on 45:00 DS/Weights			
150	1 x 600 on 10:00 Swim-kick-pull-swim			
1,800	10 x 15 on :45 Shooters			
	1x{6 x 25 on :30 Kick no board B			
	{2 x 150 on 2:25 Kick			
	{6 x 25 on :30 Kick no board S			
	{2 x 150 on 2:20 Kick			
	{6 x 25 on :30 Kick no board L			
	{2 x 150 on 2:15 Kick			
	{6 x 25 on :30 Kick no board R			
	{2 x 150 on 2:10 Kick			
1,500	1x{1 x 500 on 6:15 Pulls-no br L.12 yds			
	{1 x 400 on 5:00 Pulls-no br L.14 yds			
	{1 x 300 on 3:45 Pulls-no br L.16 yds			
	{1 x 200 on 2:30 Pulls-no br L.18 yds			
	{1 x 100 on 1:15 Pulls-no br L.20 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,700	18 x 150 on 2:00 Freestyle-Descend			
250	1 x 250 on 4:00 Stroke Drills			
9:15 AM 7,200 Yards - Stress Value = 128				

Workout #21703 - Friday, 08 June 2018

Group 2 - Bronze/Copper

1 minute rest between sets

Workout #21706 - Monday, 11 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
1	on 45:00 DS>Showers
225	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 100 Breast Pace*
1,500	30 x 50 on :50 200 Free Pace
1,500	30 x 50 on :50 200 Fly Pace
750	30 x 25 on :30 100 Free Pace*
150	1 x 150 on 5:00 Selling Drills w/PullBouy-video 2 corrections
9:17 AM	4,875 Yards - Stress Value = 459

{1 x 400 on 5:10 Freestyle BTintoW
{1 x 400 on 5:05 Freestyle HB 3SOW
{1 x 400 on 5:00 Freestyle HB 4SOW-100%
750 30 x 25 on :30 USRPT-100 Free Pace
1 on 10:00 Killer Relays
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 5,650 Yards - Stress Value = 155

Workout #21710 - Monday, 11 June 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
550	1 on 35:00 DS/Dryland
150	10 x 15 on :45 Shooters
1,100	1x{1 x 100 on 1:45 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 2 x 100 on 1:50 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 3 x 100 on 1:55 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 2 x 100 on 2:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,200	1x{1 x 350 on 5:00 Freestyle BTintoW 1 x 350 on 5:05 Free-3KOW 1 x 350 on 5:10 Freestyle 5KOW-100% 1 x 100 on 2:00 EZ Free 1 x 350 on 5:10 Freestyle BTintoW 1 x 350 on 5:05 Freestyle HB 3SOW 1 x 350 on 5:00 Freestyle HB 4SOW-100%
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 on 10:00 Killer Relays 1 x 200 on 4:00 Stroke Drills
7:30 PM	5,100 Yards - Stress Value = 145

Workout #21707 - Monday, 11 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
600	1 on 15:00 DS>Showers	REC	
1x{1 on 10:00 Vrtcl Kck w/fins		SP3	
{1 on 10:00 OTB 15m sprints		SP3	
{1 on 10:00 StrthCrzd-PA-Dep/Shl		SP3	
{1 on 10:00 12X25@45 fins/tennis balls		SP3	
{1 on 10:00 12X25@45 undwtr w/fn		SP3	
{1 on 10:00 Running Pit Sprints		SP3	
250 1 x 250 on 4:00 Stroke Drills		REC	
6:30 PM	850 Yards		

Workout #21711 - Monday, 11 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
500	1 on 35:00 DS/Dryland
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 1:55 Free Kick w/board 4 x 25 on :45 Tombstone Kicking 2 x 100 on 2:00 Free Kick w/board 4 x 25 on :45 Tombstone Kicking 3 x 100 on 2:05 Free Kick w/board 4 x 25 on :45 Tombstone Kicking 1 x 100 on 2:10 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,850	1x{1 x 300 on 5:00 Freestyle BTintoW 1 x 300 on 5:05 Free-3KOW 1 x 300 on 5:10 Freestyle 5KOW-100% 1 x 50 on 2:00 EZ Free 1 x 300 on 5:10 Freestyle BTintoW 1 x 300 on 5:05 Freestyle HB 3SOW 1 x 300 on 5:00 Freestyle HB 4SOW-100%
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 on 10:00 Killer Relays 1 x 200 on 4:00 Stroke Drills
7:30 PM	4,600 Yards - Stress Value = 137

Workout #21708 - Monday, 11 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
225	15 x 15 on :45 Racing Skills-#1 Shooters	REC	
3,000	30 x 100 on 1:25 1650 Freestyle Pace*	SP2	
160	8 x 20 on 3:00 50 Fly Pace	SP2	
6:36 PM	3,385 Yards - Stress Value = 325		

Workout #21709 - Monday, 11 June 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 35:00 DS/Dryland
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 1:25 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 2 x 100 on 1:30 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 3 x 100 on 1:35 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 4 x 100 on 1:40 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,500	1x{1 x 400 on 5:00 Freestyle BTintoW 1 x 400 on 5:05 Free-3KOW 1 x 400 on 5:10 Freestyle 5KOW-100% 1 x 100 on 2:00 EZ Free

Workout #21712 - Monday, 11 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:00 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:05 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {3 x 100 on 2:10 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 275 on 5:00 Freestyle BTintoW
 {1 x 275 on 5:05 Free-3KOW
 {1 x 275 on 5:10 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 275 on 5:10 Freestyle BTintoW
 {1 x 275 on 5:05 Freestyle HB 3SOW
 {1 x 275 on 5:00 Freestyle HB 4SOW-100%
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,275 Yards - Stress Value = 124

Workout #21713 - Monday, 11 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:30 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {2 x 100 on 2:35 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {3 x 100 on 2:40 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 225 on 5:00 Freestyle BTintoW
 {1 x 225 on 5:05 Free-3KOW
 {1 x 225 on 5:10 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 225 on 5:10 Freestyle BTintoW
 {1 x 225 on 5:05 Freestyle HB 3SOW
 {1 x 225 on 5:00 Freestyle HB 4SOW-100%
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 101

Workout #21714 - Monday, 11 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 25 on 1:00 Tombstone Kicking
 {3 x 100 on 3:00 Free Kick w/board

150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 5:00 Freestyle BTintoW
 {1 x 200 on 5:05 Free-3KOW
 {1 x 200 on 5:10 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 200 on 5:10 Freestyle BTintoW
 {1 x 200 on 5:05 Freestyle HB 3SOW
 {1 x 200 on 5:00 Freestyle HB 4SOW-100%
 475 19 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 93

Workout #21715 - Tuesday, 12 June 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 59:59 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 560 1x{ Alt 20 Tombstone Kick 15m underwater to GBC
 {2 x 40 on 1:00 Kick
 {2 x 40 on :55 Kick
 {2 x 40 on :50 Kick
 {2 x 40 on :45 Kick
 {2 x 40 on :40 Kick
 {2 x 40 on :35 Kick
 {2 x 40 on :30 Kick
 1,900 1x{1 x 250 on 3:10 Pulls BTB
 {5 x 50 on :45 Pull 7/6/5/4 breaths
 {1 x 250 on 3:10 Pulls BTS
 {5 x 50 on :45 Pull 7/6/5/4 breaths
 {1 x 200 on 2:25 Pulls BTS
 {5 x 50 on :45 Pull 7/6/5/4 breaths
 {1 x 200 on 2:25 Pulls BTS
 {5 x 50 on :45 Pull 7/6/5/4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{4 x 125 on 2:00 Backstroke
 {1 on 1:00 Rest
 {4 x 125 on 1:55 Backstroke
 {1 on 1:00 Rest
 {4 x 125 on 1:50 Backstroke
 {1 on 1:00 Rest
 {4 x 125 on 1:45 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 9:15 AM 5,660 Yards - Stress Value = 180

Workout #21716 - Tuesday, 12 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 59:59 DS/Weights
 150 10 x 15 on :45 Racing Skills-Back Shooters
 625 25 x 25 on :30 100 Fly Pace*
 1 on 5:00 Video Evaluations
 1,250 25 x 50 on :50 200 Back Pace*
 1 on 5:00 Vid Evals/Underwater Racing
 1,250 25 x 50 on :55 200 Breast Pace*
 1 on 5:00 Vid Evals/RS-1 leg starts
 625 25 x 25 on :30 100 Free Pace*
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 2 corrections
 9:15 AM 4,050 Yards - Stress Value = 380

Workout #21717 - Tuesday, 12 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Too complicated to type out
 150 10 x 15 on :45 Shooters
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yards
 400 8x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 second
 { 1 x 25 on 1:29 Kick no board BSLR
 175 7x{1 on 1:00 Vertical Kick
 { 1 x 25 on :01 12.5yds undr/Body Driven Free
 { 1 on 1:59 Sculling Drill Feet First
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 1,925 Yards - Stress Value = 68

Workout #21718 - Tuesday, 12 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 2,400 30 x 80 on 1:10 1000 Free Pace SP2
 160 8 x 20 on 3:00 50 Back Pace SP2
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy REC
 6:32 PM 2,935 Yards - Stress Value = 265

Workout #21719 - Tuesday, 12 June 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:30 Streamline Kick on Back
 { 6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:30 Kick on Rt Side-Face up
 { 6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:30 Kick on Lt Side-Face up
 { 8 x 25 on :30 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{1 x 200 on 3:00 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:55 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:50 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:45 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:40 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:35 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 9:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,300 Yards - Stress Value = 150

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,200 1x{6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:50 Streamline Kick on Back
 { 6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:50 Kick on Rt Side-Face up
 { 6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:50 Kick on Lt Side-Face up
 { 6 x 25 on :30 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{1 x 200 on 3:20 Backstroke
 { 4 x 50 on :55 Back-3/4/5/6 KOW
 { 1 x 200 on 3:15 Backstroke
 { 4 x 50 on :55 Back-3/4/5/6 KOW
 { 1 x 200 on 3:10 Backstroke
 { 4 x 50 on :55 Back-3/4/5/6 KOW
 { 1 x 200 on 3:05 Backstroke
 { 4 x 50 on :55 Back-3/4/5/6 KOW
 { 1 x 200 on 3:00 Backstroke
 { 3 x 50 on :55 Back-4/5/6 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 9:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,950 Yards - Stress Value = 144

Workout #21721 - Tuesday, 12 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,075 1x{6 x 25 on :35 Kick no board B
 { 1 x 200 on 4:15 Streamline Kick on Back
 { 6 x 25 on :35 Kick no board B
 { 1 x 200 on 4:15 Kick on Rt Side-Face up
 { 6 x 25 on :35 Kick no board B
 { 1 x 200 on 4:15 Kick on Lt Side-Face up
 { 1 x 25 on :35 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{1 x 200 on 3:45 Backstroke
 { 4 x 50 on 1:00 Back-3/4/5/6 KOW
 { 1 x 200 on 3:40 Backstroke
 { 4 x 50 on 1:00 Back-3/4/5/6 KOW
 { 1 x 200 on 3:35 Backstroke
 { 4 x 50 on 1:00 Back-3/4/5/6 KOW
 { 1 x 200 on 3:30 Backstroke
 { 4 x 50 on 1:00 Back-3/4/5/6 KOW
 { 1 x 200 on 3:25 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 9:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,500 Yards - Stress Value = 125

Workout #21720 - Tuesday, 12 June 2018

Group 2 - Gold

1 minute rest between sets

Workout #21722 - Tuesday, 12 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,050 1x{6 x 25 on :35 Kick no board B
 {1 x 200 on 4:30 Streamline Kick on Back
 {6 x 25 on :35 Kick no board B
 {1 x 200 on 4:30 Kick on Rt Side-Face up
 {6 x 25 on :35 Kick no board B
 {1 x 200 on 4:30 Kick on Lt Side-Face up
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 200 on 4:00 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:55 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:50 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:45 Backstroke
 {2 x 50 on 1:00 Back-/5/6 KOW
 {1 x 200 on 3:40 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 on 9:00 Racing Skills-Back Finishes
 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 123

Workout #21723 - Tuesday, 12 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Kick on Rt Side-Face up
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Kick on Lt Side-Face up
 {2 x 25 on :45 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 150 on 4:00 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:55 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:50 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:45 Backstroke
 {2 x 50 on 1:15 Back-4/5 KOW
 {1 x 150 on 3:40 Backstroke
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 9:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,550 Yards - Stress Value = 103

Workout #21724 - Tuesday, 12 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters

650 1x{4 x 25 on 1:00 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board B
 {1 x 150 on 4:30 Kick on Rt Side-Face up
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 2:15 Kick on Lt Side-Face up
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 150 on 4:30 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:25 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:20 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:15 Backstroke
 {2 x 50 on 1:30 Back 3/4 KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 9:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 97

Workout #21725 - Wednesday, 13 June 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 1 on 20:00 Meeting w/Ava
 500 20 x 25 on :30 Wednesday warm-ups
 150 10 x 15 on :45 Shooters
 1,550 1x{4 x 25 on :30 Kick no board BSLR-20KOW
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR-18KOW
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR-16KOW
 {3 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-14KOW
 {3 x 50 on :45 Kick
 {4 x 25 on :30 Kick no board BSLR-12KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 9x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 250 1 x 250 on 4:00 Stroke Drills
 9:14 AM 4,450 Yards - Stress Value = 75

Workout #21726 - Wednesday, 13 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights REC
 1 on 20:00 Meeting w/ Ava
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3
 1,500 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
 1 on 8:00 Video Eval-2 corrections & REC
 1 positive-all written in notebook
 1 on 20:00 Racing Skills-TN turn drills REC
 160 8 x 20 on 3:00 50 Free Pace SP2
 150 1 x 150 on 3:00 Sculling drills REC
 9:15 AM 2,035 Yards - Stress Value = 175

Workout #21727 - Thursday, 14 June 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
600	1 on 59:59 DS/Weights	REC	
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back		
1,500	10 x 15 on :45 Shooters		
1x{	1 x 100 on 1:25 Your best kick		
	{ 2 x 50 on 1:00 Kick your 2nd best kick		
	{ 2 x 50 on 1:05 Kick your 3rd best kick		
	{ 1 x 100 on 1:30 Kick your best kick		
	{ 2 x 50 on 1:00 Kick your 2nd best kick		
	{ 2 x 50 on 1:05 Kick your 3rd best kick		
	{ 1 x 100 on 1:35 Kick your best kick		
	{ 2 x 50 on 1:00 Kick your 2nd best kick		
	{ 2 x 50 on 1:05 Kick your 3rd best kick		
	{ 1 x 100 on 1:40 Kick your best kick		
	{ 2 x 50 on 1:00 Kick your 2nd best kick		
	{ 2 x 50 on 1:05 Kick your 3rd best kick		
	{ 1 x 100 on 1:45 Kick your best kick		
	{ 2 x 50 on 1:00 Kick your 2nd best kick		
	{ 2 x 50 on 1:05 Kick your 3rd best kick		
1,600	4 x 400 on 5:15 Pulls		
200	4x{1 x 25 on :50 Sculling drills		
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	16 x 75 on 1:30 Breaststroke		
200	1 x 200 on 3:00 Stroke Drills		
	9:16 AM 5,450 Yards - Stress Value = 88		

Workout #21728 - Thursday, 14 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
225	1 on 59:59 DS/Weights	REC	
1,250	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	25 x 50 on :50 200 Free Pace*	SP2	
625	1 on 5:00 Video Evaluation	REC	
	25 x 25 on :30 100 Breast Pace*	SP2	
	1 on 5:00 Video Evaluation	REC	
625	25 x 25 on :30 100 Back Pace*	SP2	
	1 on 10:00 Vid Eval/RS-Partner Starts	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
150	1 x 150 on 3:00 Scllng Drills w/PullBouy	REC	
	9:16 AM 3,875 Yards - Stress Value = 358		

Workout #21729 - Thursday, 14 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
750	1 on 15:00 DS/Showers		
	3x{1 x 150 on 3:00 Closed Fist Freestyle		
	{ 4 x 25 on :30 IM Order-100%		
500	1 x 500 on 10:00 Social Kick w/all out 10s s on every :40		
150	10 x 15 on :45 Shooters		
1,000	5 x 200 on 8:00 IM Off the Block for Time		
200	1 x 200 on 3:00 Stroke Drills		
	6:35 PM 2,600 Yards - Stress Value = 126		

Workout #21730 - Thursday, 14 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 DS/Showers	REC	
2,250	15 x 15 on :45 Racing Skills-#3 Shooters	SP3	
	30 x 75 on 1:10 500 Free Pace	SP2	
160	8 x 20 on 3:00 50 Breast Pace	SP2	
120	1 x 120 on 3:00 Scllng Drills w/PullBouy	REC	
	6:32 PM 2,755 Yards - Stress Value = 250		

Workout #21731 - Thursday, 14 June 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
600	1 on 35:00 DS/Dryland		
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3		
1,250	10 x 15 on :45 Shooters		
1x{	1 x 50 on :55 Breast Kick w/board		
	{ 4 x 50 on 1:00 Breast Pull		
	{ 2 x 75 on 1:25 Breast Kick w/board		
	{ 3 x 50 on 1:00 Breast Pull		
	{ 3 x 100 on 1:50 Breast Kick w/board		
	{ 3 x 50 on 1:00 Breast Pull		
	{ 2 x 125 on 2:05 Breast Kick w/board		
	1 on 34:00 TEACH DAY-Breast		
150	1x{6 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
750	30 x 25 on :30 USRPT 100 Breast Pace		
	1 on 10:00 Racing Skills-Low Profile Turns		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 3,100 Yards - Stress Value = 106		

Workout #21732 - Thursday, 14 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
550	1 on 35:00 DS/Dryland		
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3		
1,100	10 x 15 on :45 Shooters		
1x{	1 x 50 on 1:05 Breast Kick w/board		
	{ 4 x 50 on 1:05 Breast Pull		
	{ 2 x 75 on 1:35 Breast Kick w/board		
	{ 3 x 50 on 1:05 Breast Pull		
	{ 3 x 100 on 2:10 Breast Kick w/board		
	{ 3 x 50 on 1:05 Breast Pull		
	{ 1 x 100 on 2:10 Breast Kick w/board		
	1 on 34:00 TEACH DAY-Breast		
150	1x{6 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
625	25 x 25 on :35 USRPT 100 Breast Pace		
	1 on 10:00 Racing Skills-Low Profile Turns		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 2,775 Yards - Stress Value = 90		

Workout #21733 - Thursday, 14 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 50 on 1:10 Breast Kick w/board
 {4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,550 Yards - Stress Value = 81

5:00 PM Start

Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 2:00 Breast Kick w/board
 {4 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {1 x 100 on 4:00 Breast Kick w/board
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,775 Yards - Stress Value = 56

Workout #21737 - Friday, 15 June 2018

Group 3 - IM'ers

1 minute rest between sets

Workout #21734 - Thursday, 14 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {3 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,450 Yards - Stress Value = 80

6:30 AM Start

Yards Set Description
 =====
 1 on 45:00 Yoga/Showers
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 50 on :50 Kick-descend
 {1 x 200 on 3:00 Kick
 {4 x 50 on :50 Kick-descend
 {1 x 200 on 2:55 Kick
 {4 x 50 on :50 Kick-descend
 {1 x 200 on 2:50 Kick
 {4 x 50 on :50 Kick-descend
 {1 x 200 on 2:45 Kick
 {4 x 50 on :50 Kick-descend
 the last 50 of each set faster
 then the last of the previous set
 1,500 1x{2 x 100 on 1:10 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:30 Pulls-nbbf&w + 2 yds
 {2 x 150 on 1:50 Pulls-nbbf&w + 2 yds
 {2 x 175 on 2:10 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:30 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:20 Freestyle
 {1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:05 Freestyle
 250 5 x 50 on 1:00 Stroke Drills
 9:15 AM 7,300 Yards - Stress Value = 130

Workout #21736 - Thursday, 14 June 2018

Group 2 - Copper

1 minute rest between sets

Workout #21738 - Friday, 15 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
6:30 PM	Start			
1,500	1 on 45:00 Yoga/Showers			
225	15 x 15 on :45 Racing Skills-Breast Shooters			
1,500	30 x 50 on :50 200 Back Pace*			
750	1 on 5:00 Video Evaluation	200		
750	30 x 25 on :30 100 Fly Pace*			
1,500	1 on 10:00 Vid Eval/RS-Tivo Starts			
150	30 x 25 on :30 100 Free Pace*			
1,500	1 on 10:00 Vid Eval/RS-Tic Tac Toe			
150	30 x 50 on :55 200 Breast Pace*			
	2 corrections			
9:28 PM	4,875 Yards - Stress Value = 459			

Workout #21739 - Friday, 15 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
600	1 on 15:00 DS/Showers	REC	L I	
150	1 x 600 on 10:00 Reverse IM drill	REC	D	
600	10 x 15 on :45 Shooter	SP3	S	
2,625	6 x 100 on 1:45 Kick-Odds-100%	EN2	K C	
	1x{5 x 125 on 1:34 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN3	S	
	{4 x 125 on 1:33 Freestyle	EN2	S	
	{2 x 50 on 1:00 Freestyle	EN3	S	
	{3 x 125 on 1:32 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle	EN3	S	
	{2 x 125 on 1:31 Freestyle	EN2	S	
	{4 x 50 on 1:00 Freestyle	EN3	S	
	{1 x 125 on 1:30 Freestyle	EN2	S	
	{5 x 50 on 1:00 Freestyle	EN3	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30 PM	4,175 Yards - Stress Value = 100			

Workout #21740 - Friday, 15 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
225	1 on 15:00 DS/Showers	REC		
600	15 x 15 on :45 Racing Skills-Shooters	SP3		
600	30 x 20 on :30 100 Fly Pace	SP2		
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC		
600	30 x 20 on :30 100 Back Pace	SP2		
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC		
150	30 x 20 on :30 100 Free Pace	SP2		
6:30 PM	1 x 150 on 4:00 Scllng Drills w/PullBouy	REC		
6:30 PM	2,175 Yards - Stress Value = 189			

Workout #21741 - Friday, 15 June 2018

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 125 on 2:15 SwimUSS	REC	D FR	
1,700	10 x 15 on :45 Shooters	SP3	S FLY	
	1x{1 x 50 on :45 Butterfly	EN2	S FLY	
	{1 x 50 on :45 Freestyle	EN1	S FR	
	{2 x 50 on :45 Butterfly	EN2	S FLY	

{1 x 50 on :45 Freestyle	EN2	S FR
{3 x 50 on :45 Butterfly	EN2	S FLY
{1 x 50 on :45 Freestyle	EN1	S FR
{4 x 50 on :45 Butterfly	EN2	S FLY
{1 x 50 on :45 Freestyle	EN1	S FR
{5 x 50 on :45 Butterfly	EN2	S FLY
{1 x 50 on :45 Freestyle	EN2	S FR
{6 x 50 on :45 Butterfly	EN2	S FLY
{1 x 50 on :45 Freestyle	EN1	S FR
{7 x 50 on :45 Butterfly	EN2	S FLY
1 x 200 on 4:00 Stroke Drills	REC	D CD
6:30 PM	2,550 Yards - Stress Value = 36	

Workout #21742 - Friday, 15 June 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 125 on 2:15 SwimUSS	REC	D FR	
1,400	10 x 15 on :45 Shooters	SP3	S FLY	
	1x{1 x 50 on :55 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN1	S FR	
	{2 x 50 on :55 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN2	S FR	
	{3 x 50 on :55 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN1	S FR	
	{4 x 50 on :55 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN1	S FR	
	{5 x 50 on :55 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN2	S FR	
	{6 x 50 on :55 Butterfly	EN2	S FLY	
	{1 x 50 on :50 Freestyle	EN2	S FR	
	{1 x 50 on :55 Butterfly	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	
6:30 PM	2,250 Yards - Stress Value = 31			

Workout #21743 - Friday, 15 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	D FR	
1,300	10 x 15 on :45 Shooters	SP3	S FLY	
	1x{1 x 50 on 1:00 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{2 x 50 on 1:00 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN2	S FR	
	{3 x 50 on 1:00 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{4 x 50 on 1:00 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{5 x 50 on 1:00 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{6 x 50 on :55 Butterfly	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	
6:30 PM	2,050 Yards - Stress Value = 28			

Workout #21744 - Friday, 15 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	D FR	
1,200	10 x 15 on :45 Shooters	SP3	S FLY	
	1x{1 x 50 on 1:05 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{2 x 50 on 1:05 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN2	S FR	
	{3 x 50 on 1:05 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{4 x 50 on 1:05 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	EN1	S FR	
	{5 x 50 on 1:05 Butterfly	EN2	S FLY	
	{1 x 50 on :55 Freestyle	REC	S FR	
	{4 x 50 on 1:05 Butterfly	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
1,650	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 150 on 2:20 Kick
	{2 x 100 on 1:35 Kick
	{2 x 50 on :45 Kick
	{8 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	Pull Set-1st round @ 1:20, 2nd round @1:15
1,600	2x{1 x 100 on 1:15 Pulls-no br L.12 yds
	{1 x 100 on 1:15 Pulls-no br L.13 yds
	{1 x 100 on 1:15 Pulls-no br L.14 yds
	{1 x 100 on 1:15 Pulls-no br L.15 yds
	{1 x 100 on 1:15 Pulls-no br L.16 yds
	{1 x 100 on 1:15 Pulls-no br L.17 yds
	{1 x 100 on 1:15 Pulls-no br L.18 yds
	{1 x 100 on 1:15 Pulls-no br L.19 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	6 x 400 on 5:15 Free-R.10 @200/Neg split
	dscnd in 3's, 2nd set of 3 fstr then 1st
300	6 x 50 on 1:00 Stroke Drills
	9:14 AM 7,000 Yards - Stress Value = 123

Workout #21745 - Friday, 15 June 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
300	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 75 on 2:15 SwimUSS	REC	D FR	
900	10 x 15 on :45 Shooters	SP3	S FLY	
	1x{1 x 50 on 1:30 Butterfly	EN2	S FLY	
	{1 x 50 on 1:15 Freestyle	EN1	S FR	
	{2 x 50 on 1:30 Butterfly	EN2	S FLY	
	{1 x 50 on 1:15 Freestyle	EN2	S FR	
	{3 x 50 on 1:30 Butterfly	EN2	S FLY	
	{1 x 50 on 1:15 Freestyle	EN1	S FR	
	{4 x 50 on 1:30 Butterfly	EN2	S FLY	
	{1 x 50 on 1:15 Freestyle	EN1	S FR	
	{4 x 50 on 1:30 Butterfly	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

Workout #21748 - Monday, 18 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
225	1 on 45:00 DS/Weights			
750	15 x 15 on :45 Racing Skills-Free Shooters			
	30 x 25 on :30 100 Back Pace			
	1 on 5:00 Video Evaluations			
1,500	30 x 50 on :55 200 Breast Pace			
	1 on 10:00 Vid Evals/RS-6sec from start			
1,500	30 x 50 on :50 200 Free Pace*			
	1 on 5:00 Video Evaluation			
750	30 x 25 on :30 100 Fly Pace*			
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video			
	2 corrections			
	9:20 AM 4,875 Yards - Stress Value = 459			

Workout #21746 - Friday, 15 June 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
300	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 75 on 2:15 SwimUSS	REC	D FR	
600	10 x 15 on :45 Shooters	SP3	S FLY	
	1x{1 x 50 on 2:15 Butterfly	EN2	S FLY	
	{1 x 50 on 1:30 Freestyle	EN1	S FR	
	{2 x 50 on 2:15 Butterfly	EN2	S FLY	
	{1 x 50 on 1:30 Freestyle	EN2	S FR	
	{3 x 50 on 2:15 Butterfly	EN2	S FLY	
	{1 x 50 on 1:30 Freestyle	EN1	S FR	
	{3 x 50 on 2:15 Butterfly	EN2	S FLY	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

Workout #21749 - Monday, 18 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
600	1 on 15:00 DS/Showers			
	1 x 600 on 9:00 Choice			
	1x{1 on 10:00 Vrtcl Kck			
	{1 on 10:00 OTB 15m sprints w/weight belts			
	{1 on 10:00 StrthCrdez-SPR-Shal/Dep			
	{1 on 10:00 12X25@45 parachutes-paddles			
	{1 on 10:00 12X25@45 undwtr w/belts			
	{1 on 10:00 Running Pit Sprints w/belts			
250	1 x 250 on 4:00 Stroke Drills			
	6:30 PM 850 Yards			

Workout #21747 - Monday, 18 June 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/Weights			

Workout #21750 - Monday, 18 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 DS>Showers	REC	
3,000	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
160	30 x 100 on 1:25 1650 Freestyle Pace*	SP2	
	8 x 20 on 3:00 50 Fly Pace	SP2	
	6:36 PM 3,385 Yards - Stress Value = 325		

Workout #21751 - Monday, 18 June 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
1,250	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:45 50Streamline--50Rtside-50Lts
	{6 x 25 on :30 Kick no board B
	{2 x 150 on 2:45 50Streamline--50Rtside-50Lts
	{4 x 25 on :30 Kick no board B
150	{3 x 150 on 2:45 50Streamline--50Rtside-50Lts
	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,500	1x{3 x 200 on 2:45 Backstroke
	{3 x 200 on 2:40 Backstroke
	{3 x 200 on 2:35 Backstroke
	{3 x 200 on 2:30 Backstroke
	{1 x 100 on 1:10 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 5,600 Yards - Stress Value = 156

Workout #21752 - Monday, 18 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
1,050	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board B
	{1 x 150 on 3:15 50Streamline--50Rtside-50Lts
	{4 x 25 on :35 Kick no board B
	{2 x 150 on 3:15 50Streamline--50Rtside-50Lts
	{4 x 25 on :35 Kick no board B
	{2 x 150 on 3:15 50Streamline--50Rtside-50Lts
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,150	1x{3 x 200 on 3:10 Backstroke
	{3 x 200 on 3:05 Backstroke
	{3 x 200 on 3:00 Backstroke
	{1 x 200 on 2:55 Backstroke
	{1 x 150 on 2:10 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 5,000 Yards - Stress Value = 145

Workout #21753 - Monday, 18 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
950	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :40 Kick no board B
	{1 x 150 on 3:30 50Streamline--50Rtside-50Lts
	{4 x 25 on :40 Kick no board B
	{2 x 150 on 3:30 50Streamline--50Rtside-50Lts
	{6 x 25 on :40 Kick no board B
	{1 x 150 on 3:30 50Streamline--50Rtside-50Lts
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{3 x 200 on 3:40 Backstroke
	{3 x 200 on 3:35 Backstroke
	{3 x 200 on 3:30 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,375 Yards - Stress Value = 123

Workout #21754 - Monday, 18 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
925	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board B
	{1 x 150 on 3:45 50Streamline--50Rtside-50Lts
	{4 x 25 on :40 Kick no board B
	{2 x 150 on 3:45 50Streamline--50Rtside-50Lts
	{5 x 25 on :40 Kick no board B
	{1 x 150 on 3:45 50Streamline--50Rtside-50Lts
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	1x{3 x 200 on 3:55 Backstroke
	{3 x 200 on 3:50 Backstroke
	{2 x 200 on 3:45 Backstroke
	{1 x 100 on 1:50 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,200 Yards - Stress Value = 120

Workout #21755 - Monday, 18 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
800	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B
	{1 x 150 on 4:15 50Streamline--50Rtside-50Lts
	{4 x 25 on :45 Kick no board B
	{2 x 150 on 4:15 50Streamline--50Rtside-50Lts
	{4 x 25 on :45 Kick no board B
	{1 x 50 on 1:25 50Streamline
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{3 x 150 on 3:55 Backstroke
	{3 x 150 on 3:50 Backstroke
	{2 x 150 on 3:45 Backstroke
	{1 x 50 on 1:50 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,500 Yards - Stress Value = 102

Workout #21756 - Monday, 18 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :45 Kick no board B {1 x 150 on 5:00 50Streamline--50Rtside-50Lts {4 x 25 on :45 Kick no board B {1 x 150 on 5:00 50Streamline--50Rtside-50Lts {4 x 25 on :45 Kick no board B {1 x 150 on 5:00 50Streamline--50Rtside-50Lts
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{3 x 125 on 3:55 Backstroke {3 x 125 on 3:50 Backstroke {2 x 125 on 3:45 Backstroke {1 x 50 on 1:50 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 98

Workout #21757 - Tuesday, 19 June 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
2,100	1x{2 x 150 on 2:00 Backstroke {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW {2 x 150 on 1:55 Backstroke {4 x 100 on 1:25 Back descend 3/4/5/6 KOW {2 x 150 on 1:50 Backstroke {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
800	1 x 800 on 16:00 Vertical Kicking
1,050	1x{3 x 75 on 1:00 Pulls BTB {3 x 50 on :35 Pulls {3 x 75 on 1:00 Pulls BTS {3 x 50 on :35 Pulls {4 x 75 on 1:00 Pulls alt BT S/B
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{2 x 150 on 1:55 Backstroke {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW {2 x 150 on 1:50 Backstroke {4 x 100 on 1:25 Back descend 3/4/5/6 KOW {2 x 150 on 1:45 Backstroke {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
200	1 x 200 on 3:00 Stroke Drills
	9:16 AM 7,200 Yards - Stress Value = 128

Workout #21758 - Tuesday, 19 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 100 Free Pace
	1 on 5:00 Video Evaluations
1,500	30 x 50 on :50 200 Fly Pace
	1 on 10:00 Vid Evals/Underwater Racing
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Video Evaluations

750 30 x 25 on :30 100 Breast Pace*
150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
2 corrections
9:17 AM 4,875 Yards - Stress Value = 459

Workout #21759 - Tuesday, 19 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
750	3x{1 x 150 on 3:00 Alt 25 Breast Drill 25 Back {4 x 25 on :30 Your #1-100%
500	1 x 500 on 10:00 Social Kick w/all out 10s s on every :40
150	10 x 15 on :45 Shooters
600	6 x 100 on 6:00 IM Off the Block for Time
200	1 x 200 on 3:00 Stroke Drills
	6:31 PM 2,200 Yards - Stress Value = 94

Workout #21760 - Tuesday, 19 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WC
=====	=====	== ==
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
2,400	30 x 80 on 1:10 1000 Free Pace	SP2
160	8 x 20 on 3:00 50 Back Pace	SP2
150	1 x 150 on 3:00 Scllng Drills w/PullBouy	REC
	6:32 PM 2,935 Yards - Stress Value = 265	

Workout #21761 - Tuesday, 19 June 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,450	1x{2 x 125 on 2:05 Free Kick w/board {1 x 50 on :55 Free Kick w/board-100% {2 x 125 on 2:00 Free Kick w/board {2 x 50 on :55 Free Kick w/board-100% {2 x 125 on 1:55 Free Kick w/board {3 x 50 on :55 Free Kick w/board-100% {2 x 125 on 1:50 Free Kick w/board {3 x 50 on :55 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,400	1x{1 x 400 on 5:30 Free-5 KOW {1 x 400 on 5:25 Free-Focus on high elbow {1 x 400 on 5:20 Free-focus on Sun Yang {1 x 400 on 5:15 Free-HB inside the flags {1 x 400 on 5:10 Free-HB 3SOW {1 x 400 on 5:05 Free-All OUT!!!!
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 16:00 Racing Skills-TN Turn Drills
	7:30 PM 5,500 Yards - Stress Value = 158

Workout #21762 - Tuesday, 19 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,200 1x{2 x 125 on 2:30 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board-100%
 {2 x 125 on 2:25 Free Kick w/board
 {2 x 50 on 1:05 Free Kick w/board-100%
 {2 x 125 on 2:20 Free Kick w/board
 {3 x 50 on 1:05 Free Kick w/board-100%
 {2 x 75 on 1:20 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,250 1x{1 x 375 on 5:30 Free-5 KOW
 {1 x 375 on 5:25 Free-Focus on high elbow
 {1 x 375 on 5:20 Free-focus on Sun Yang
 {1 x 375 on 5:15 Free-HB inside the flags
 {1 x 375 on 5:10 Free-HB 3SOW
 {1 x 375 on 5:05 Free-All OUT!!!!
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 16:00 Racing Skills-TN Turn Drills
 7:30 PM 5,050 Yards - Stress Value = 153

Workout #21763 - Tuesday, 19 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,100 1x{2 x 125 on 2:45 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board-100%
 {2 x 125 on 2:40 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board-100%
 {2 x 100 on 2:05 Free Kick w/board
 {3 x 50 on 1:10 Free Kick w/board-100%
 {1 x 100 on 2:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{1 x 325 on 5:30 Free-5 KOW
 {1 x 325 on 5:25 Free-Focus on high elbow
 {1 x 325 on 5:20 Free-focus on Sun Yang
 {1 x 325 on 5:15 Free-HB inside the flags
 {1 x 325 on 5:10 Free-HB 3SOW
 {1 x 325 on 5:05 Free-All OUT!!!!
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 16:00 Racing Skills-TN Turn Drills
 7:30 PM 4,600 Yards - Stress Value = 139

Workout #21764 - Tuesday, 19 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 125 on 2:55 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board-100%
 {2 x 125 on 2:50 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board-100%
 {2 x 125 on 2:45 Free Kick w/board
 {3 x 50 on 1:10 Free Kick w/board-100%
 150 1x{6 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,800 1x{1 x 300 on 5:30 Free-5 KOW
 {1 x 300 on 5:25 Free-Focus on high elbow
 {1 x 300 on 5:20 Free-focus on Sun Yang
 {1 x 300 on 5:15 Free-HB inside the flags
 {1 x 300 on 5:10 Free-HB 3SOW
 {1 x 300 on 5:05 Free-All OUT!!!!
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 16:00 Racing Skills-TN Turn Drills
 7:29 PM 4,225 Yards - Stress Value = 125

Workout #21765 - Tuesday, 19 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 900 1x{2 x 125 on 3:20 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board-100%
 {2 x 125 on 3:15 Free Kick w/board
 {2 x 50 on 1:20 Free Kick w/board-100%
 {2 x 125 on 3:10 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 250 on 5:30 Free-5 KOW
 {1 x 250 on 5:25 Free-Focus on high elbow
 {1 x 250 on 5:20 Free-focus on Sun Yang
 {1 x 250 on 5:15 Free-HB inside the flags
 {1 x 250 on 5:10 Free-HB 3SOW
 {1 x 250 on 5:05 Free-All OUT!!!!
 575 23 x 25 on :40 USRPT-100 Free Pace
 1 on 16:00 Racing Skills-TN Turn Drills
 7:30 PM 3,675 Yards - Stress Value = 112

Workout #21766 - Tuesday, 19 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{2 x 100 on 3:00 Free Kick w/board
 {1 x 50 on 1:30 Free Kick w/board-100%
 {2 x 100 on 2:55 Free Kick w/board
 {2 x 50 on 1:30 Free Kick w/board-100%
 {2 x 125 on 3:40 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 5:30 Free-5 KOW
 {1 x 200 on 5:25 Free-Focus on high elbow
 {1 x 200 on 5:20 Free-focus on Sun Yang
 {1 x 200 on 5:15 Free-HB inside the flags
 {1 x 200 on 5:10 Free-HB 3SOW
 {1 x 200 on 5:05 Free-All OUT!!!!
 500 20 x 25 on :45 USRPT-100 Free Pace
 1 on 16:00 Racing Skills-TN Turn Drills
 7:30 PM 3,150 Yards - Stress Value = 96

Workout #21767 - Wednesday, 20 June 2018

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
=====	=====	=====
	1 on 45:00 DS/Weights	REC
	1 on 20:00 Meeting w/Ava	
600	1 x 600 on 10:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
1,800	1x{ BSLR 100%-Make all past 15m= - 1 X 50	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 50 on :45 Kick-100%	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 50 on :50 Kick-100%	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 50 on :55 Kick-100%	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 50 on :45 Kick-100%	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 50 on :50 Kick-100%	
	{4 x 25 on :30 Kick no board BSLR	
	{4 x 50 on :55 Kick-100%	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	1x{2 x 100 on 1:40 75-2k1p+1to4 25 TODrill w/fr	
	{2 x 75 on 1:10 Breast 2/3/4 PO	
	{2 x 100 on 1:35 75-2k1p+1to4 25 TODrill w/fr	
	{2 x 75 on 1:10 Breast 2/3/4 PO	
	{2 x 100 on 1:30 75-2k1p+1to4 25 TODrill w/fr	
	{2 x 75 on 1:10 Breast 2/3/4 PO	
	{2 x 100 on 1:25 75-2k1p+1to4 25 TODrill w/fr	
	{2 x 75 on 1:10 Breast 2/3/4 PO	
100	1 x 100 on 2:00 Breast OTB	
500	10 x 50 on 1:00 Stroke Drills	
	9:14 AM 4,950 Yards - Stress Value = 78	

Workout #21768 - Wednesday, 20 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
=====	=====	=====
	1 on 45:00 DS/Weights	REC
	1 on 20:00 Meeting w/ Ava	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	1x{10 x 50 on :55 200 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 200 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 200 IM Pace	SP2
	1 on 8:00 Video Eval-2 corrections &	REC
	1 positive-all written in notebook	
	1 on 20:00 Racing Skills-TN turn drills	REC
160	8 x 20 on 3:00 50 Free Pace	SP2
150	1 x 150 on 3:00 Sculling drills	REC
	9:15 AM 2,035 Yards - Stress Value = 175	

Workout #21769 - Thursday, 21 June 2018

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
=====	=====	=====
	1 on 45:00 DS/Weights	REC
600	1 x 600 on 10:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
2,300	10x{1 x 200 on 2:55 Butterfly	EN2
	{1 on :30 5 squats	EN1

	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,700	1x{1 x 150 on 2:05 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 125 on 1:45 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:30 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{4 x 75 on 1:10 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
1,300	1x{2 x 200 on 2:40 Pulls BWFPF	EN2
	{2 x 175 on 2:20 Pulls BWFPF	EN2
	{2 x 150 on 2:00 Pulls BWFPF	EN2
	{2 x 125 on 1:40 Pulls BWFPF	EN2
	hold 1:05 base	
200	1 x 200 on 3:00 Stroke Drills	REC
	9:15 AM 6,250 Yards - Stress Value = 112	

Workout #21770 - Thursday, 21 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
=====	=====	=====
	1 on 45:00 DS/Weights	
150	10 x 15 on :45 Racing Skills-Breast Shooters	
1,500	30 x 50 on :55 200 Breast Pace	
	1 on 5:00 Video Evaluation	
750	30 x 25 on :30 100 Back Pace	
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	
	{1 on :30 Rest	
	{6 x 15 on :25 Undr Wtr Fly Kck	
	{1 on :30 Rest	
	{4 x 15 on :20 Undr Wtr Fly Kck	
	{1 on :30 Rest	
	{2 x 15 on :15 Undr Wtr Fly Kck	
750	30 x 25 on :30 100 Fly Pace*	
	1 on 5:00 Video Evaluations	
1,500	30 x 50 on :50 200 Free Pace*	
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-vic	
	2 corrections	
	9:17 AM 5,100 Yards - Stress Value = 462	

Workout #21771 - Thursday, 21 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yds
 2,000 1x{4 x 25 on :30 Free 4 breaths total
 {1 x 100 on 1:25 Free 5 strokes fast
 {1 x 100 on 1:25 Free 10 strokes fast
 {1 x 100 on 1:25 Free 15 strokes fast
 {4 x 25 on :30 Free 4 breaths total
 {1 x 100 on 1:25 Free 20 strokes fast
 {1 x 100 on 1:25 Free 25 strokes fast
 {1 x 100 on 1:25 Free 30 strokes fast
 {4 x 25 on :30 Free 4 breaths total
 {1 x 100 on 1:25 Free 35 strokes fast
 {1 x 100 on 1:25 Free 40 strokes fast
 {1 x 100 on 1:25 Free -35 strokes fast
 {4 x 25 on :30 Free 4 breaths total
 {1 x 100 on 1:25 Free-30 strokes fast
 {1 x 100 on 1:25 Free-25 strokes fast
 {1 x 100 on 1:25 Free-20 strokes fast
 {4 x 25 on :30 Free 4 breaths total
 {1 x 100 on 1:25 Free 15 strokes fast
 {1 x 100 on 1:25 Free 10 strokes fast
 {1 x 100 on 1:25 Free 5 strokes fast
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 3,400 Yards - Stress Value = 86

Workout #21772 - Thursday, 21 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#3 Shooters SP3
 2,250 30 x 75 on 1:10 500 Free Pace SP2
 160 8 x 20 on 3:00 50 Breast Pace SP2
 120 1 x 120 on 3:00 Scllng Drills w/PullBouy REC
 6:32 PM 2,755 Yards - Stress Value = 250

Workout #21773 - Thursday, 21 June 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1,350 1x{4 x 25 on :30 Kick no board S-12KOW+1
 {1 x 50 on :50 Fly Kick w/board
 {1 x 100 on 1:40 Fly Kick w/board
 {1 x 150 on 2:30 Fly Kick w/board
 {6 x 25 on :30 Kick no board S-13KOW+1
 {2 x 50 on :50 Fly Kick w/board
 {2 x 100 on 1:40 Fly Kick w/board
 {2 x 150 on 2:30 Fly Kick w/board
 {8 x 25 on :30 Kick no board S-14KOW+1
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 108

Workout #21774 - Thursday, 21 June 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1,100 1x{4 x 25 on :35 Kick no board S-12KOW+1
 {1 x 50 on 1:00 Fly Kick w/board
 {1 x 100 on 2:00 Fly Kick w/board
 {1 x 150 on 3:00 Fly Kick w/board
 {6 x 25 on :35 Kick no board S-13KOW+1
 {2 x 50 on 1:00 Fly Kick w/board
 {2 x 100 on 2:00 Fly Kick w/board
 {1 x 150 on 3:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board S-14KOW+1
 200 1 on 10:00 Racing Skills-Relay Starts
 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 103

Workout #21775 - Thursday, 21 June 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1,000 1x{4 x 25 on :40 Kick no board S-12KOW+1
 {1 x 50 on 1:10 Fly Kick w/board
 {1 x 100 on 2:20 Fly Kick w/board
 {1 x 150 on 3:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {2 x 50 on 1:10 Fly Kick w/board
 {2 x 100 on 2:20 Fly Kick w/board
 {1 x 150 on 3:30 Fly Kick w/board
 {2 x 25 on :40 Kick no board S-14KOW+1
 200 1 on 10:00 Racing Skills-Relay Starts
 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,625 Yards - Stress Value = 88

Workout #21776 - Thursday, 21 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
950	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:15 Fly Kick w/board {1 x 100 on 2:30 Fly Kick w/board {1 x 150 on 3:45 Fly Kick w/board {4 x 25 on :40 Kick no board S-13KOW+1 {3 x 50 on 1:15 Fly Kick w/board {3 x 100 on 2:30 Fly Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts 1 x 200 on 4:00 Stroke Drills
7:31 PM	2,450 Yards - Stress Value = 80

Workout #21777 - Thursday, 21 June 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
800	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {2 x 50 on 1:30 Fly Kick w/board {2 x 100 on 3:00 Fly Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts 1 x 200 on 4:00 Stroke Drills
7:30 PM	2,200 Yards - Stress Value = 72

Workout #21778 - Thursday, 21 June 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
650	1x{4 x 25 on 1:00 Kick no board S-12KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {2 x 50 on 2:00 Fly Kick w/board {2 x 100 on 4:00 Fly Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts 1 x 200 on 4:00 Stroke Drills
7:31 PM	1,875 Yards - Stress Value = 57

Workout #21779 - Friday, 22 June 2018

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :30 Kick no board BSLR {1 x 250 on 3:45 Kick {4 x 25 on :30 Kick no board BSLR {1 x 225 on 3:20 Kick {4 x 25 on :30 Kick no board BSLR {1 x 200 on 2:55 Kick {4 x 25 on :30 Kick no board BSLR {1 x 175 on 2:30 Kick {4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:05 Kick {4 x 25 on :30 Kick no board BSLR {1 x 125 on 1:40 Kick {3 x 25 on :30 Kick no board BSC
1,000	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds {2 x 200 on 2:35 Pulls-nbbf&w + 2 yds {1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	3 x 1000 on 13:00 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
9:15 AM	7,150 Yards - Stress Value = 124

Workout #21780 - Friday, 22 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Fly Shooters
1,000	40 x 25 on :30 200 Fly Pace
	1 on 5:00 Video Evaluation
750	30 x 25 on :30 100 Free Pace
	1 on 10:00 Vid Eval/Fly Kick Relay
750	30 x 25 on :30 100 Breast Pace*
	1 on 8:00 Vid Evals/Tivo Starts
1,500	30 x 50 on :50 200 Back Pace*
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video 2 positives
9:15 AM	4,375 Yards - Stress Value = 409

Workout #21781 - Friday, 22 June 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	I
500	4 x 125 on 2:15 SwimUSS	REC	I
150	10 x 15 on :45 Shooters	SP3	§
1,600	1x{2 x 125 on 2:05 100 Breast 25 free {3 x 100 on 1:45 Breast-descend {2 x 100 on 1:40 25 back 75 breast {3 x 100 on 1:45 Breast-descend {2 x 75 on 1:15 50 Breast 25 free {3 x 100 on 1:45 Breaststroke {2 x 50 on :50 25 Back 25 Breast	EN2	§
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:31 PM	2,450 Yards - Stress Value = 38		

Workout #21782 - Friday, 22 June 2018

6:31 PM 1,750 Yards - Stress Value = 28

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 on 40:00 DS/Dryland	REC	I
150	4 x 125 on 2:15 SwimUSS	REC	I
1,500	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 125 on 2:15 100 Breast 25 free	EN2	£
	{3 x 100 on 1:50 Breast-descend	EN2	£
	{2 x 100 on 1:50 25 back 75 breast	EN2	£
	{3 x 100 on 1:50 Breast-descend	EN2	£
	{2 x 75 on 1:15 50 Breast 25 free	EN2	£
	{3 x 100 on 1:50 Breaststroke	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:31 PM 2,350 Yards - Stress Value = 36			

Workout #21786 - Friday, 22 June 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimUSS	REC	I
850	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 125 on 4:00 100 Breast 25 free	EN2	£
	{2 x 100 on 3:00 Breast-descend	EN2	£
	{2 x 100 on 3:00 25 back 75 breast	EN2	£
	{2 x 100 on 3:00 Breast-descend	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:29 PM 1,500 Yards - Stress Value = 23			

Workout #21783 - Friday, 22 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
150	4 x 100 on 2:15 SwimUSS	REC	I
1,400	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 125 on 2:25 100 Breast 25 free	EN2	£
	{3 x 100 on 2:00 Breast-descend	EN2	£
	{2 x 100 on 1:55 25 back 75 breast	EN2	£
	{3 x 100 on 2:00 Breast-descend	EN2	£
	{2 x 75 on 1:25 50 Breast 25 free	EN2	£
	{2 x 100 on 2:00 Breaststroke	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:31 PM 2,150 Yards - Stress Value = 34			

Workout #21787 - Monday, 25 June 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
6:30 AM Start	
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,750	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR
	{5 x 50 on :45 Kick
1,500	1x{2 x 150 on 2:00 Pulls-no br L.12/25 yds
	{2 x 150 on 1:55 Pulls-no br L.12/25 yds
	{2 x 150 on 1:50 Pulls-no br L.12/25 yds
	{2 x 150 on 1:45 Pulls-no br L.12/25 yds
	{2 x 150 on 1:40 Pulls-no br L.12/25 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	6x{1 x 400 on 5:10 Freestyle
	{1 x 100 on 1:30 Freestyle
	Each round 400 drops 5 seconds
200	1 x 200 on 3:00 Stroke Drills
9:16 AM 7,400 Yards - Stress Value = 157	

Workout #21784 - Friday, 22 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
150	4 x 100 on 2:15 SwimUSS	REC	I
1,300	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 125 on 2:35 100 Breast 25 free	EN2	£
	{3 x 100 on 2:05 Breast-descend	EN2	£
	{2 x 100 on 2:05 25 back 75 breast	EN2	£
	{3 x 100 on 2:05 Breast-descend	EN2	£
	{2 x 75 on 1:35 50 Breast 25 free	EN2	£
	{1 x 100 on 2:05 Breaststroke-fast	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I
6:31 PM 2,050 Yards - Stress Value = 32			

Workout #21788 - Monday, 25 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM Start	
	1 on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 100 Free Pace
	1 on 5:00 Video Evaluation
1,500	30 x 50 on :50 200 Fly Pace
	1 on 10:00 Vid Evals/RS-6 sec from a start
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Video Evaluation
750	30 x 25 on :30 100 Breast Pace*
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video
	2 corrections
9:17 AM 4,875 Yards - Stress Value = 339	

Workout #21785 - Friday, 22 June 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimUSS	REC	I
1,100	10 x 15 on :45 Shooters	SP3	£
	1x{2 x 125 on 3:00 100 Breast 25 free	EN2	£
	{2 x 100 on 2:30 Breast-descend	EN2	£
	{2 x 100 on 2:30 25 back 75 breast	EN2	£
	{2 x 100 on 2:30 Breast-descend	EN2	£
	{2 x 75 on 1:50 50 Breast 25 free	EN2	£
	{1 x 100 on 2:30 Breaststroke-fast	EN2	£
200	1 x 200 on 3:00 Stroke Drills	REC	I

Workout #21789 - Monday, 25 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WC
600	1 on 15:00 DS/Showers	REC	
	1 x 600 on 9:00 Choice	REC	
1x{1	on 10:00 Vrtcl Kck w/fins	SP3	
	{1 on 10:00 OTB 15m sprints	SP3	
	{1 on 10:00 StrthCrdz-PA-Dep/Shl	SP3	
	{1 on 10:00 12X25@45 fins/tennis balls	SP3	
	{1 on 10:00 12X25@45 undwtr w/fn	SP3	
	{1 on 10:00 Running Pit Sprints	SP3	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:30	PM 850 Yards		

	{3 x 50 on :55 Breast Kick w/board		
	{1 x 200 on 4:05 Breast Kick w/board		
	{3 x 50 on :55 Breast Kick w/board		
	{1 x 200 on 4:00 Breast Kick w/board		
	{2 x 50 on :55 Breast Kick w/board		
	{1 x 200 on 3:55 Breast Kick w/board		
150	1x{6 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,650	1x{1 x 200 on 3:45 Breaststroke		
	{2 x 25 on :35 Breast 2X pullouts		
	{2 x 175 on 3:15 Breaststroke		
	{4 x 25 on :35 Breast 2X pullouts		
	{3 x 150 on 2:45 Breaststroke		
	{6 x 25 on :35 Breast 2X pullouts		
	{2 x 125 on 2:15 Breaststroke		
	{4 x 25 on :35 Breast 2X pullouts		
625	25 x 25 on :35 USRPT-100 Breast Pace		
	1 on 10:00 Relay		
200	1 x 200 on 4:00 Stroke Drills		
7:30	PM 4,525 Yards - Stress Value = 108		

Workout #21790 - Monday, 25 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
225	1 on 15:00 DS/Showers	REC	
3,000	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
160	30 x 100 on 1:25 1650 Freestyle Pace*	SP2	
	8 x 20 on 3:00 50 Fly Pace	SP2	
6:36	PM 3,385 Yards - Stress Value = 325		

Workout #21793 - Monday, 25 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
1,100	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:30 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board
	{1 x 200 on 4:25 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board
	{1 x 200 on 4:20 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board
	{1 x 50 on 1:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{1 x 200 on 4:10 Breaststroke
	{2 x 25 on :40 Breast 2X pullouts
	{2 x 175 on 3:35 Breaststroke
	{4 x 25 on :40 Breast 2X pullouts
	{3 x 150 on 3:00 Breaststroke
	{6 x 25 on :40 Breast 2X pullouts
	{2 x 100 on 1:55 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30	PM 4,225 Yards - Stress Value = 105

Workout #21791 - Monday, 25 June 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
1,400	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:30 Breast Kick w/board
	{4 x 50 on :50 Breast Kick w/board
	{1 x 200 on 3:25 Breast Kick w/board
	{4 x 50 on :50 Breast Kick w/board
	{1 x 200 on 3:20 Breast Kick w/board
	{4 x 50 on :50 Breast Kick w/board
	{1 x 200 on 3:15 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	1x{1 x 200 on 3:25 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{2 x 175 on 2:55 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{3 x 150 on 2:25 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{4 x 125 on 2:00 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
750	30 x 25 on :30 USRPT-100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30	PM 5,150 Yards - Stress Value = 128

Workout #21792 - Monday, 25 June 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
1,200	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:10 Breast Kick w/board

Workout #21794 - Monday, 25 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 200 on 4:40 Breast Kick w/board
 {3 x 50 on 1:10 Breast Kick w/board
 {1 x 200 on 4:35 Breast Kick w/board
 {3 x 50 on 1:10 Breast Kick w/board
 {1 x 200 on 4:30 Breast Kick w/board
 {2 x 50 on 1:10 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 4:20 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {2 x 175 on 3:45 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {3 x 150 on 3:10 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {2 x 100 on 2:05 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,950 Yards - Stress Value = 95

Workout #21795 - Monday, 25 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:15 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board
 {1 x 200 on 5:10 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board
 {1 x 200 on 5:05 Breast Kick w/board
 {2 x 50 on 1:20 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 200 on 4:45 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {2 x 175 on 4:05 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {3 x 150 on 3:25 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {1 x 100 on 2:15 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,700 Yards - Stress Value = 92

Workout #21796 - Monday, 25 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 6:00 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board
 {1 x 200 on 5:50 Breast Kick w/board
 {2 x 50 on 1:30 Breast Kick w/board
 {1 x 200 on 5:45 Breast Kick w/board

150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 5:15 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {2 x 175 on 4:30 Breaststroke
 {4 x 25 on :45 Breast 2X pullouts
 {3 x 150 on 3:50 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,350 Yards - Stress Value = 83

Workout #21797 - Tuesday, 26 June 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 640 1x{1 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 15 underwater 20 sprint free
 {2 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 15 undwater 20 sprint free
 {3 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 15 underwater 20 sprint free
 {4 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 15 underwater 20 sprint free
 1,500 12 x 125 on 1:40 Pull HB 2SOW+1upto8
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 115 or faster on all 100's
 2,850 1x{1 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {6 x 100 on 1:20 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 6,140 Yards - Stress Value = 97

Workout #21798 - Tuesday, 26 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 150 10 x 15 on :45 Racing Skills-Back Shooters
 750 30 x 25 on :30 100 Back Pace
 1 on 5:00 Video Evaluation
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 10:00 Vid Eval/RS-Undewater Racing
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace
 150 1 x 150 on 5:00 Scilng Drills w/PullBouy-video
 2 corrections
 9:16 AM 4,800 Yards - Stress Value = 456

Workout #21799 - Tuesday, 26 June 2018

7:30 PM 5,400 Yards - Stress Value = 152

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	
=====	=====	=====
	1 on 15:00 DS/Showers	F
600	1 x 600 on 10:00 Choice	F
150	10 x 15 on :45 Shooters #1	F
700	7 x 100 on 2:00 Odds 10-8-6-4 off best 100	F
	Evans social kick	
1,500	5x{1 x 25 on :30 Freestyle	F
	{1 x 25 on :40 Freestyle	F
	{1 x 25 on :50 Freestyle	F
	{1 x 25 on 1:00 Freestyle	F
	{1 x 200 on 4:00 Stroke Drills	F
250	1 x 250 on 4:00 Stroke Drills	F
	6:30 PM 3,200 Yards - Stress Value = 68	

Workout #21800 - Tuesday, 26 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
2,400	30 x 80 on 1:10 1000 Free Pace	SP2	
160	8 x 20 on 3:00 50 Back Pace	SP2	
150	1 x 150 on 3:00 Scllng Drills w/PullBouy	REC	
	6:32 PM 2,935 Yards - Stress Value = 265		

Workout #21801 - Tuesday, 26 June 2018

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,300	1x{8 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:20 Fly Kick w/board
	{8 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:10 Fly Kick w/board
	{8 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:00 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLRBS
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,250	1x{1 x 100 on 1:25 2 strokes fly off walls
	{1 x 75 on 1:05 3 strokes fly off walls
	{1 x 50 on :45 4 strokes fly off walls
	{1 x 25 on :30 5 strokes fly off walls
	{4 x 125 on 1:50 Fly-Descend
	{1 x 100 on 1:25 3 strokes fly off walls
	{1 x 75 on 1:05 4 strokes fly off walls
	{1 x 50 on :45 5 stokes fly off walls
	{1 x 25 on :30 6 strokes fly off walls
	{4 x 125 on 1:45 Fly-descend
	{1 x 100 on 1:25 4 strokes fly off walls
	{1 x 75 on 1:05 5 strokes fly off walls
	{1 x 50 on :45 6 strokes fly off walls
	{1 x 25 on :30 7 strokes fly off walls
	{2 x 125 on 1:40 Fly-descend
	{1 x 100 on 1:25 5 strokes fly of walls
	{1 x 75 on 1:05 6 strokes fly off walls
	{1 x 50 on :45 7 strokes fly off walls
	{1 x 25 on :30 8 strokes fly off walls
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills

Workout #21802 - Tuesday, 26 June 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,100	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/board
	{8 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:55 Fly Kick w/board
	{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 1:55 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,775	1x{1 x 100 on 1:35 2 strokes fly off walls
	{1 x 75 on 1:15 3 strokes fly off walls
	{1 x 50 on :55 4 strokes fly off walls
	{1 x 25 on :35 5 strokes fly off walls
	{2 x 150 on 3:00 Butterfly
	{1 x 100 on 1:35 3 strokes fly off walls
	{1 x 75 on 1:15 4 strokes fly off walls
	{1 x 50 on :55 5 stokes fly off walls
	{1 x 25 on :35 6 strokes fly off walls
	{2 x 150 on 2:55 Butterfly
	{1 x 100 on 1:35 4 strokes fly off walls
	{1 x 75 on 1:15 5 strokes fly off walls
	{1 x 50 on :55 6 strokes fly off walls
	{1 x 25 on :35 7 strokes fly off walls
	{1 x 150 on 2:50 Butterfly
	{1 x 100 on 1:35 5 strokes off walls
	{1 x 75 on 1:15 6 strokes off walls
	{1 x 50 on :55 7 strokes off walls
	{2 x 25 on :35 8 strokes off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,550 Yards - Stress Value = 126

Workout #21803 - Tuesday, 26 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 SunYangFree-Count strokes
950	10 x 15 on :45 Shooters
1,525	1x{8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:40 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:35 Fly Kick w/board {6 x 25 on :40 Kick no board BSLRBS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,525	1x{1 x 100 on 1:50 2 strokes fly off walls {1 x 75 on 1:25 3 strokes fly off walls {1 x 50 on 1:00 4 strokes fly off walls {1 x 25 on :40 5 strokes fly off walls {2 x 150 on 3:30 Butterfly {1 x 100 on 1:50 3 strokes fly off walls {1 x 75 on 1:25 4 strokes fly off walls {1 x 50 on 1:00 5 strokes fly off walls {1 x 25 on :40 6 strokes fly off walls {2 x 150 on 3:25 Butterfly {1 x 100 on 1:50 4 strokes fly off walls {1 x 75 on 1:25 5 strokes fly off walls {1 x 50 on 1:00 6 strokes fly off walls {2 x 25 on :40 7 strokes fly off walls {1 x 150 on 3:20 Butterfly
625	25 x 25 on :35 USRPT 100 Fly Pace
200	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,100 Yards - Stress Value = 118

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 SunYangFree-Count strokes
800	10 x 15 on :45 Shooters
1,200	1x{8 x 25 on :45 Kick no board BSLR {1 x 200 on 5:30 Fly Kick w/board {8 x 25 on :45 Kick no board BSLR {1 x 150 on 4:05 Fly Kick w/board {2 x 25 on :45 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:30 2 strokes fly off walls {1 x 75 on 1:50 3 strokes fly off walls {1 x 50 on 1:15 4 strokes fly off walls {1 x 25 on :50 5 strokes fly off walls {2 x 100 on 3:00 Butterfly {1 x 100 on 2:30 3 strokes fly off walls {1 x 75 on 1:50 4 strokes fly off walls {1 x 50 on 1:15 5 strokes fly off walls {1 x 25 on :50 6 strokes fly off walls {2 x 100 on 3:00 Butterfly {1 x 100 on 2:30 4 strokes fly off walls {1 x 75 on 1:50 5 strokes fly off walls {1 x 50 on 1:15 6 strokes fly off walls {1 x 25 on :50 7 strokes fly off walls {1 x 50 on 1:10 Butterfly
475	19 x 25 on :45 USRPT 100 Fly Pace
200	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,375 Yards - Stress Value = 94

Workout #21804 - Tuesday, 26 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 SunYangFree-Count strokes
900	10 x 15 on :45 Shooters
1,500	1x{8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:55 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {1 x 150 on 3:40 Fly Kick w/board {6 x 25 on :40 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 100 on 2:05 2 strokes fly off walls {1 x 75 on 1:35 3 strokes fly off walls {1 x 50 on 1:05 4 strokes fly off walls {1 x 25 on :45 5 strokes fly off walls {2 x 150 on 3:45 Butterfly {1 x 100 on 2:05 3 strokes fly off walls {1 x 75 on 1:35 4 strokes fly off walls {1 x 50 on 1:05 5 strokes fly off walls {1 x 25 on :45 6 strokes fly off walls {2 x 150 on 3:40 Butterfly {1 x 100 on 2:05 4 strokes fly off walls {1 x 75 on 1:35 5 strokes fly off walls {1 x 50 on 1:05 6 strokes fly off walls {1 x 25 on :45 7 strokes fly off walls {1 x 150 on 3:35 Butterfly
550	22 x 25 on :40 USRPT 100 Fly Pace
200	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,850 Yards - Stress Value = 109

Workout #21806 - Tuesday, 26 June 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 SunYangFree-Count strokes
600	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 200 on 8:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 200 on 8:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 100 on 3:30 2 strokes fly off walls {1 x 75 on 2:35 3 strokes fly off walls {1 x 50 on 1:45 4 strokes fly off walls {1 x 25 on 1:00 5 strokes fly off walls {1 x 100 on 4:00 Butterfly {1 x 100 on 3:30 3 strokes fly off walls {1 x 75 on 2:35 4 strokes fly off walls {1 x 50 on 1:45 5 strokes fly off walls {1 x 25 on 1:00 6 strokes fly off walls {1 x 100 on 4:00 Butterfly {1 x 100 on 3:30 4 strokes off walls {1 x 75 on 2:35 5 strokes off walls {1 x 25 on 1:00 7 strokes fly off walls
375	15 x 25 on 1:00 USRPT 100 Fly Pace
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,725 Yards - Stress Value = 74

Workout #21805 - Tuesday, 26 June 2018

Workout #21807 - Wednesday, 27 June 2018

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 45:00 DSWeights
	1 on 20:00 Meeting W/Ava
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,500	1x{3 x 100 on 1:45 Kick {3 x 100 on 1:40 Kick {3 x 100 on 1:35 Kick {3 x 100 on 1:30 Kick {3 x 100 on 1:25 Kick
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{3 x 150 on 2:40 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:35 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:30 2K1P w/ tennis balls {6 x 25 on :40 Brst with paddles alt 2/3 PO {3 x 150 on 2:25 2K1P w/tennis balls
250	1 x 250 on 4:00 Stroke Drills
9:15 AM	4,850 Yards - Stress Value = 60

	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	2x{1 x 50 on 1:00 Fly w/free kick 25 {1 x 50 on 1:00 Fly w/free kick 30 {1 x 50 on 1:00 Fly w/free kick 35 {1 x 50 on 1:00 Fly w/free kick 40 {1 x 50 on 1:00 Fly w/free kick 45 {1 x 50 on 1:00 Fly w/free kick 50 {1 x 50 on :55 Fly w/free kick 25 {1 x 50 on :55 Fly w/free kick 30 {1 x 50 on :55 Fly w/free kick 35 {1 x 50 on :55 Fly w/free kick 40 {1 x 50 on :55 Fly w/free kick 45 {1 x 50 on :55 Fly w/free kick 50 {1 x 50 on :50 Fly w/free kick 25 {1 x 50 on :50 Fly w/free kick 30 {1 x 50 on :50 Fly w/free kick 35 {1 x 50 on :50 Fly w/free kick 40 {1 x 50 on :50 Fly w/free kick 45 {1 x 50 on :50 Fly w/free kick 50 {1 x 50 on :45 Fly w/free kick 25 {1 x 50 on :45 Fly w/free kick 30 {1 x 50 on :45 Fly w/free kick 35 {1 x 50 on :45 Fly w/free kick 40 {1 x 50 on :45 Fly w/free kick 45 {1 x 50 on :45 Fly w/free kick 50 200 1 x 200 on 3:00 Stroke Drills
9:15 AM	6,050 Yards - Stress Value = 101

Workout #21808 - Wednesday, 27 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
=====	=====	=====
	1 on 45:00 DS/Weights	REC
	1 on 20:00 Meeting w/ Ava	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP1
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace 1 on 8:00 Video Eval-2 corrections & 1 positive-all written in notebook 1 on 20:00 Racing Skills-TN turn drills	SP2 REC SP2 REC SP2 REC
160	8 x 20 on 3:00 50 Free Pace	REC
150	1 x 150 on 3:00 Sculling drills	REC
9:15 AM	2,035 Yards - Stress Value = 175	

Workout #21810 - Thursday, 28 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Breast Shooters
1,000	40 x 25 on :30 200 Fly Pace 1 on 5:00 Video Evaluations 30 x 25 on :30 100 Free Pace
750	300 1x{8 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck
300	30 x 25 on :30 100 Breast Pace*
750	1 on 10:00 Vid Evals/RS-Partner Starts 30 x 50 on :50 200 Back Pace* 1 x 150 on 5:00 Scllng Drills w/PullBouy-vic 2 corrections
1,500	
150	
9:18 AM	4,675 Yards - Stress Value = 415

Workout #21809 - Thursday, 28 June 2018

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
2,000	1x{2 x 125 on 2:30 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:30 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:20 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:20 Kick #3 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:10 Kick #2 {4 x 25 on :30 Kick #1-100% {2 x 125 on 2:10 Kick #3
500	1 x 500 on 7:00 Pulls-nbbf&w + 2 yds with paddles
200	4x{1 x 25 on :50 Sculling drills

Workout #21811 - Thursday, 28 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
400	1 on 15:00 DS/Showers	REC	L	I
150	1 x 400 on 6:00 Choice	REC	S	C
210	10 x 15 on :45 Shooters #2	SP3	S	ε
	1x{4 x 15 on :30 Undr Wtr Fly Kck	EN2	K	F
	{1 on :30 Rest	REC	M	
	{4 x 15 on :25 Undr Wtr Fly Kck	EN2	K	F
	{1 on :30 Rest	REC	M	
	{4 x 15 on :20 Undr Wtr Fly Kck	EN2	K	F
	{1 on :30 Rest	REC	M	
	{2 x 15 on :15 Undr Wtr Fly Kck	EN2	K	F
1,000	1x{2 x 125 on 6:00 75 Fly 50 Back	SP1	S	
	{1 x 125 on 6:00 Your #1 non-free	SP1	S	ε
	{2 x 125 on 6:00 75 Back 50 Breast	SP1	S	
	{1 x 125 on 6:00 Your #1 non-free	SP1	S	ε
	{2 x 125 on 6:00 75 Breast 50 Free	SP1	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM	1,960 Yards - Stress Value = 90			

Workout #21812 - Thursday, 28 June 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:00 PM	Start			
225	1 on 15:00 DS/Showers	REC		
2,250	15 x 15 on :45 Racing Skills-#3 Shooters	SP3		
160	30 x 75 on 1:10 500 Free Pace	SP2		
120	8 x 20 on 3:00 50 Breast Pace	SP2		
	1 x 120 on 3:00 Scllng Drills w/PullBouy	REC		
6:32 PM	2,755 Yards - Stress Value = 250			

Workout #21813 - Thursday, 28 June 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:00 PM	Start			
600	1 on 35:00 DS/Dryland			
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3			
	10 x 15 on :45 Shooters			
	1 on 34:00 TEACH DAY-Free			
150	1x{6 x 25 on 1:00 Odds face in sculling drills			
	{ Evens-underwaters, count kicks			
750	30 x 25 on :30 USRPT-100 Free Pace			
	1 on 10:00 Racing Skills-Finishes			
1,300	1x{1 x 100 on 2:30 Free Kick w/board for time			
	{1 x 150 on 2:30 Free Kick w/board			
	{1 x 100 on 2:00 Free Kick w/board-6sec			
	{2 x 150 on 2:30 Free Kick w/board			
	{1 x 100 on 2:00 Free Kick w/board-5sec			
	{3 x 150 on 2:40 Free Kick w/board			
	{1 x 100 on 2:00 Free Kick w/board-4sec			
200	1 x 200 on 4:00 Stroke Drills			
7:30 PM	3,150 Yards - Stress Value = 107			

Workout #21814 - Thursday, 28 June 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:00 PM	Start			
550	1 on 35:00 DS/Dryland			
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP			
	10 x 15 on :45 Shooters			

	1 on 34:00 TEACH DAY-Free			
150	1x{6 x 25 on 1:00 Odds face in sculling drills			
	{ Evens-underwaters, count kicks			
750	30 x 25 on :30 USRPT-100 Free Pace			
	1 on 10:00 Racing Skills-Finishes			
1,150	1x{1 x 100 on 2:30 Free Kick w/board for time			
	{1 x 150 on 2:55 Free Kick w/board			
	{1 x 100 on 2:10 Free Kick w/board-6sec			
	{2 x 125 on 2:25 Free Kick w/board			
	{1 x 100 on 2:10 Free Kick w/board-5sec			
	{3 x 100 on 1:55 Free Kick w/board			
	{1 x 100 on 2:10 Free Kick w/board-4sec			
	{1 x 50 on :55 Free Kick w/board			
200	1 x 200 on 4:00 Stroke Drills			
7:30 PM	2,950 Yards - Stress Value = 104			

Workout #21815 - Thursday, 28 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:00 PM	Start			
500	1 on 35:00 DS/Dryland			
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP			
	10 x 15 on :45 Shooters			
	1 on 34:00 TEACH DAY-Free			
150	1x{6 x 25 on 1:00 Odds face in sculling drills			
	{ Evens-underwaters, count kicks			
625	25 x 25 on :35 USRPT-100 Free Pace			
	1 on 10:00 Racing Skills-Finishes			
1,000	1x{1 x 100 on 2:45 Free Kick w/board for time			
	{1 x 150 on 3:20 Free Kick w/board			
	{1 x 100 on 2:30 Free Kick w/board-6sec			
	{2 x 125 on 2:50 Free Kick w/board			
	{1 x 100 on 2:30 Free Kick w/board-5sec			
	{2 x 100 on 2:15 Free Kick w/board			
	{1 x 100 on 2:30 Free Kick w/board-4sec			
200	1 x 200 on 4:00 Stroke Drills			
7:30 PM	2,625 Yards - Stress Value = 88			

Workout #21816 - Thursday, 28 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC	ε
5:00 PM	Start			
450	1 on 35:00 DS/Dryland			
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP			
	10 x 15 on :45 Shooters			
	1 on 34:00 TEACH DAY-Free			
150	1x{6 x 25 on 1:00 Odds face in sculling drills			
	{ Evens-underwaters, count kicks			
625	25 x 25 on :35 USRPT-100 Free Pace			
	1 on 10:00 Racing Skills-Finishes			
900	1x{1 x 100 on 2:45 Free Kick w/board for time			
	{1 x 150 on 3:45 Free Kick w/board			
	{1 x 100 on 2:45 Free Kick w/board-6sec			
	{2 x 125 on 3:05 Free Kick w/board			
	{1 x 100 on 2:45 Free Kick w/board-5sec			
	{1 x 100 on 2:30 Free Kick w/board			
	{1 x 100 on 2:45 Free Kick w/board-4sec			
200	1 x 200 on 4:00 Stroke Drills			
7:30 PM	2,475 Yards - Stress Value = 86			

Workout #21817 - Tuesday, 26 June 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
850	1x{1 x 100 on 3:15 Free Kick w/board for time { 1 x 150 on 4:00 Free Kick w/board { 1 x 100 on 3:00 Free Kick w/board-6sec { 2 x 125 on 3:20 Free Kick w/board { 1 x 100 on 3:00 Free Kick w/board-5sec { 1 x 150 on 4:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 78

Workout #21818 - Thursday, 28 June 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 34:00 Teach Day
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
750	1x{1 x 100 on 3:15 Free Kick w/board for time { 1 x 150 on 4:30 Free Kick w/board { 1 x 100 on 3:15 Free Kick w/board-6sec { 2 x 125 on 3:45 Free Kick w/board { 1 x 100 on 3:15 Free Kick w/board-5sec { 1 x 50 on 1:30 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 71

Workout #21819 - Friday, 29 June 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 Yoga>Showers
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
2,250	1x{4 x 25 on :30 Kick no board BSLR { 3 x 150 on 1:55 Kick with flippers { 4 x 25 on :30 Kick no board BSLR { 3 x 150 on 1:50 Kick with flippers { 4 x 25 on :30 Kick no board BSLR { 3 x 150 on 1:45 Kick with flippers { 6 x 25 on :30 Kick no board BSLR { 3 x 150 on 1:40 Kick with flippers
1,200	1x{6 x 50 on :35 Pulls-nbbf&w + 2 yds { 6 x 50 on :40 Pulls-nbbf&w + 4 yds { 6 x 50 on :45 Pulls-nbbf&w + 6 yds { 6 x 50 on :50 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,600	13x{1 x 100 on 1:15 Individual Medley { 1 x 50 on :35 Freestyle

{1 x 50 on :45 Freestyle
400 8 x 50 on 1:00 Stroke Drills
9:15 AM 7,400 Yards - Stress Value = 104

Workout #21820 - Friday, 29 June 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 Yoga>Showers
225	15 x 15 on :45 Racing Skills-Fly Shooters
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 5:00 Video Evaluations
750	30 x 25 on :30 100 Back Pace*
	1 on 10:00 Vid Evals/RS-FlyKickRelay w/fins
750	30 x 25 on :30 100 Fly Pace*
	1 on 10:00 Vid Evals/RS-Tivo Starts
1,500	30 x 50 on :50 200 Free Pace*
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video 2 positives
	9:25 AM 4,875 Yards - Stress Value = 459

Workout #21821 - Friday, 29 June 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STF
=====	=====	=====	=====	=====
	1 on 15:00 DS>Showers	REC	L	DRY
600	1 x 600 on 9:00 Choice	REC	S	CHC
150	10 x 15 on :45 Spinners	SP3	S	FF
900	1x{2 x 125 on 2:05 Kick 100#1 25#2	EN2	K	CHC
	{ 2 x 125 on 2:00 Kick 100#1 25#3	EN2	K	CHC
	{ 2 x 125 on 1:55 Kick 100#1 25#4	EN2	K	CHC
	{ 1 x 150 on 2:00 Kick-your #1	EN2	K	CHC
1,800	18 x 100 on 2:01 Beat The Clock	EN3	S	FF
200	1 x 200 on 3:00 Stroke Drills	REC	D	CI
	6:30 PM 3,650 Yards - Stress Value = 132			

Workout #21822 - Friday, 29 June 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Shooters	SP3
600	30 x 20 on :30 100 Fly Pace	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
600	30 x 20 on :30 100 Back Pace	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
600	30 x 20 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Scllng Drills w/PullBouy	REC
	6:30 PM 2,175 Yards - Stress Value = 189	

Workout #21823 - Friday, 29 June 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 on 40:00 DS/Dryland	REC	I
500	4 x 125 on 2:15 SwimUSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,750	1x{3 x 50 on :45 Back-descend	EN2	£
	{5 x 125 on 1:50 Back alt 25's 10KOW	EN2	£
	{3 x 50 on :45 Back-descend	EN2	£
	{4 x 100 on 1:25 Back alt 25's 10KOW	EN2	£
	{3 x 50 on :45 Back-descend	EN2	£
	{3 x 75 on 1:00 Back alt 25's 10KOW	EN2	£
	{1 x 50 on :45 Back-FAST	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 2,600 Yards - Stress Value = 40			

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
925	1x{4 x 100 on 2:40 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:20 Back-descend	EN2	£
	{3 x 75 on 2:00 Back at 25's 10KOW	EN2	£
	{3 x 50 on 1:20 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:29 PM 1,575 Yards - Stress Value = 24			

Workout #21828 - Friday, 29 June 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimSS	REC	I
150	10 x 15 on :45 Shooters	SP3	£
875	1x{4 x 100 on 3:00 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:30 Back-descend	EN2	£
	{3 x 75 on 2:15 Back alt 25's 10KOW	EN2	£
	{2 x 50 on 1:30 Back-Descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:31 PM 1,525 Yards - Stress Value = 23			

Workout #21824 - Friday, 29 June 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
500	1 on 40:00 DS/Dryland	REC	I
500	4 x 125 on 2:15 SwimUSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,550	1x{5 x 125 on 2:05 Back alt 25's 10KOW	EN2	£
	{3 x 50 on :50 Back-descend	EN2	£
	{4 x 100 on 1:40 Back alt 25's 10KOW	EN2	£
	{3 x 50 on :50 Back-descend	EN2	£
	{3 x 75 on 1:15 Back alt 25's 10KOW	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 2,400 Yards - Stress Value = 36			

Workout #21829 - Monday, 25 June 2018

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 35:00 DS/Dryland	REC	I
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP		
150	10 x 15 on :45 Shooters		
500	1x{1 x 200 on 4:10 Breast Kick w/board		
	{1 x 50 on :55 Breast Kick w/board		
	{1 x 200 on 4:05 Breast Kick w/board		
	{1 x 50 on :55 Breast Kick w/board		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
800	1x{1 x 200 on 3:45 Breaststroke		
	{2 x 25 on :35 Breast 2X pullouts		
	{1 x 175 on 3:15 Breaststroke		
	{2 x 25 on :35 Breast 2X pullouts		
	{1 x 150 on 2:45 Breaststroke		
	{2 x 25 on :35 Breast 2X pullouts		
	{1 x 125 on 2:15 Breaststroke		
375	15 x 25 on :35 USRPT-100 Breast Pace		
200	1 x 200 on 4:00 Stroke Drills		
6:42 PM 2,525 Yards - Stress Value = 61			

Workout #21825 - Friday, 29 June 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
400	4 x 100 on 2:15 SwimUSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,375	1x{5 x 125 on 2:20 Back alt 25's 10KOW	EN2	£
	{3 x 50 on :55 Back-descend	EN2	£
	{4 x 100 on 1:55 Back alt 25's 10KOW	EN2	£
	{4 x 50 on :55 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 2,125 Yards - Stress Value = 33			

Workout #21826 - Friday, 29 June 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
400	4 x 100 on 2:15 SwimUSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,175	1x{5 x 125 on 2:45 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:05 Back-descend	EN2	£
	{4 x 100 on 2:10 Back alt 25's 10KOW	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 1,925 Yards - Stress Value = 29			

Workout #21827 - Friday, 29 June 2018

Group 2 - Bronze

Workout #21830 - Monday, 25 June 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{1 x 200 on 4:30 Breast Kick w/board
 {1 x 50 on 1:05 Breast Kick w/board
 {1 x 200 on 4:25 Breast Kick w/board
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 200 on 4:10 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 175 on 3:35 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:00 Breaststroke
 {3 x 25 on :40 Breast 2X pullouts
 350 14 x 25 on :35 USRPT-100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:42 PM 2,350 Yards - Stress Value = 58

Workout #21831 - Monday, 25 June 2018

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 200 on 4:40 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board
 {1 x 150 on 3:30 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 200 on 4:20 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 175 on 3:45 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:10 Breaststroke
 {3 x 25 on :40 Breast 2X pullouts
 300 12 x 25 on :40 USRPT-100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:41 PM 2,200 Yards - Stress Value = 52

Workout #21832 - Tuesday, 26 June 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 3:55 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 1:35 2 strokes fly off walls
 {1 x 75 on 1:15 3 strokes fly off walls
 {1 x 50 on :55 4 strokes fly off walls
 {1 x 25 on :35 5 strokes fly off walls
 {1 x 150 on 3:00 Butterfly
 {1 x 100 on 1:35 3 strokes fly off walls

{1 x 75 on 1:15 4 strokes fly off walls
 {1 x 50 on :55 5 stokes fly off walls
 {1 x 25 on :35 6 strokes fly off walls
 {1 x 150 on 2:55 Butterfly
 375 15 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,525 Yards - Stress Value = 70

Workout #21833 - Tuesday, 26 June 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:40 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 1:50 2 strokes fly off walls
 {1 x 75 on 1:25 3 strokes fly off walls
 {1 x 50 on 1:00 4 strokes fly off walls
 {1 x 25 on :40 5 strokes fly off walls
 {1 x 150 on 3:30 Butterfly
 {1 x 100 on 1:50 3 strokes fly off walls
 {1 x 75 on 1:25 4 strokes fly off walls
 {1 x 50 on 1:00 5 stokes fly off walls
 {1 x 25 on :40 6 strokes fly off walls
 {1 x 50 on 1:10 Butterfly
 375 15 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,375 Yards - Stress Value = 68

Workout #21834 - Tuesday, 26 June 2018

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:55 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 2:05 2 strokes fly off walls
 {1 x 75 on 1:35 3 strokes fly off walls
 {1 x 50 on 1:05 4 strokes fly off walls
 {1 x 25 on :45 5 strokes fly off walls
 {1 x 150 on 3:45 Butterfly
 {1 x 100 on 2:05 3 strokes fly off walls
 {1 x 75 on 1:35 4 strokes fly off walls
 {1 x 50 on 1:05 5 strokes fly off walls
 {1 x 25 on :45 6 strokes fly off walls
 325 13 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,225 Yards - Stress Value = 61

Workout #21835 - Thursday, 28 June 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,425 Yards - Stress Value = 44

Workout #21836 - Thursday, 28 June 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,325 Yards - Stress Value = 38

Workout #21837 - Thursday, 28 June 2018

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,275 Yards - Stress Value = 38

Workout #21838 - Monday, 02 July 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR, 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR

{2 x 100 on 1:50 Kick best effort
 1,000 5 x 200 on 2:45 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:20 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 4:00 Freestyle
 1st 25 of each repeat alt between
 12.5yds under+EBO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 9:16 AM 7,250 Yards - Stress Value = 152

Workout #21839 - Monday, 02 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 Vid Eval/RS-6 sec work from push
 750 30 x 25 on :30 100 Breast Pace*
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :50 200 Free Pace
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 Write down 2 positives in notebook
 9:17 AM 4,875 Yards - Stress Value = 459

Workout #21840 - Monday, 02 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers RE
 600 1 x 600 on 9:00 Choice RE
 1x{1 on 10:00 Vrtcl Kck SF
 {1 on 10:00 OTB 15m sprints w/weight belts SF
 {1 on 10:00 StrthCrzd-SPR-Shal/Dep SF
 {1 on 10:00 12X25@45 parachutes-paddles SF
 {1 on 10:00 12X25@45 undwtr w/belts SF
 {1 on 10:00 Running Pit Sprints w/belts SF
 250 1 x 250 on 4:00 Stroke Drills RE
 6:30 PM 850 Yards

Workout #21841 - Monday, 02 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters SP3
 3,000 30 x 100 on 1:25 1650 Freestyle Pace* SP2
 160 8 x 20 on 3:00 50 Free Pace SP2
 6:36 PM 3,385 Yards - Stress Value = 325

Workout #21842 - Monday, 02 July 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Fly Kick w/board
 {4 x 25 on :30 Kick no board B
 {2 x 100 on 1:40 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 {3 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board L
 {2 x 100 on 1:50 Fly Kick w/board
 {4 x 25 on :30 Kick no board R
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 8x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 BREAST Pace
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 4,750 Yards - Stress Value = 139

Workout #21843 - Monday, 02 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 1:50 Fly Kick w/board
 {4 x 25 on :35 Kick no board B
 {2 x 100 on 1:55 Fly Kick w/board
 {4 x 25 on :35 Kick no board S
 {3 x 100 on 2:00 Fly Kick w/board
 {2 x 25 on :35 Kick no board L
 {1 x 100 on 2:05 Fly Kick w/board
 {2 x 25 on :35 Kick no board R
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 7x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 625 25 x 25 on :35 USRPT-100 BREAST Pace
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 4,175 Yards - Stress Value = 118

Workout #21844 - Monday, 02 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:05 Fly Kick w/board
 {2 x 25 on :40 Kick no board B
 {2 x 100 on 2:10 Fly Kick w/board
 {2 x 25 on :40 Kick no board S
 {3 x 100 on 2:15 Fly Kick w/board
 {2 x 25 on :40 Kick no board L
 {1 x 100 on 2:20 Fly Kick w/board
 {2 x 25 on :40 Kick no board R

150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 6x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 550 22 x 25 on :40 USRPT-100 BREAST Pace
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 3,750 Yards - Stress Value = 105

Workout #21845 - Monday, 02 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Fly Kick w/board
 {2 x 25 on :40 Kick no board B
 {2 x 100 on 2:20 Fly Kick w/board
 {2 x 25 on :40 Kick no board S
 {3 x 100 on 2:25 Fly Kick w/board
 {2 x 25 on :40 Kick no board L
 {1 x 100 on 2:30 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 6x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 550 22 x 25 on :40 USRPT-100 BREAST Pace
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 104

Workout #21846 - Monday, 02 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:35 Fly Kick w/board
 {2 x 25 on :45 Kick no board B
 {2 x 100 on 2:40 Fly Kick w/board
 {2 x 25 on :45 Kick no board S
 {3 x 100 on 2:45 Fly Kick w/board
 {2 x 25 on :45 Kick no board L
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 6x{7 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 475 19 x 25 on :45 USRPT-100 BREAST Pace
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 92

Workout #21847 - Monday, 02 July 2018

9:15 AM 4,125 Yards - Stress Value = 384

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:50 Fly Kick w/board
	{2 x 25 on :45 Kick no board B
	{2 x 100 on 2:55 Fly Kick w/board
	{2 x 25 on :45 Kick no board S
	{3 x 100 on 3:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	6x{6 x 25 on :45 Butterfly
	{1 on 1:00 Rest
475	19 x 25 on :45 USRPT-100 BREAST Pace
	1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 3,025 Yards - Stress Value = 88

Workout #21848 - Tuesday, 03 July 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
	1 on 25:00 Meeting w/Ava
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
600	1x{ Alt 20y Tmbstn Kick 15m under
	{3 x 40 on 1:00 Kick
	{3 x 40 on :55 Kick
	{3 x 40 on :50 Kick
	{3 x 40 on :45 Kick
	{3 x 40 on :40 Kick
900	6 x 150 on 2:00 Pulls odd BTB evens BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	100's 10/11/12/13 KOW, 50's 12.5yds under
	off last wall
2,400	2x{2 x 100 on 1:25 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:20 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:15 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:10 Back w/fins
	{2 x 50 on 1:00 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	9:15 AM 5,250 Yards - Stress Value = 84

Workout #21849 - Tuesday, 03 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Weights
	1 on 25:00 Meeting w/Ava
225	15 x 15 on :45 Racing Skills-Back Shooters
1,500	30 x 50 on :50 200 Back Pace
	1 on 5:00 Video Evaluations
1,500	30 x 50 on :55 200 Breast Pace
	1 on 5:00 Video Evaluations
750	30 x 25 on :30 100 Free Pace
150	1 x 150 on 6:00 Scllng Drills w/PullBouy-video
	2 corrections

Workout #21850 - Monday, 02 July 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{2 x 25 on :35 Kick no board BS
	{1 x 100 on 1:50 Fly Kick w/board
	{4 x 25 on :35 Kick no board B
	{1 x 100 on 1:55 Fly Kick w/board
	{4 x 25 on :35 Kick no board S
	{1 x 100 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	3x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
375	15 x 25 on :35 USRPT-100 BREAST Pace
200	1 x 200 on 3:00 Stroke Drills
	6:41 PM 2,375 Yards - Stress Value = 67

Workout #21851 - Monday, 02 July 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
500	1x{2 x 25 on :40 Kick no board BS
	{1 x 100 on 2:05 Fly Kick w/board
	{2 x 25 on :40 Kick no board B
	{1 x 100 on 2:10 Fly Kick w/board
	{2 x 25 on :40 Kick no board S
	{1 x 100 on 2:15 Fly Kick w/board
	{2 x 25 on :40 Kick no board LR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	3x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
300	12 x 25 on :40 USRPT-100 BREAST Pace
200	1 x 200 on 3:00 Stroke Drills
	6:42 PM 2,250 Yards - Stress Value = 58

Workout #21852 - Monday, 02 July 2018

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 475 1x{2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Fly Kick w/board
 {2 x 25 on :40 Kick no board B
 {1 x 100 on 2:20 Fly Kick w/board
 {2 x 25 on :40 Kick no board S
 {1 x 100 on 2:25 Fly Kick w/board
 {1 x 25 on :40 Kick no board L
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 3x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 300 12 x 25 on :40 USRPT-100 BREAST Pace
 200 1 x 200 on 3:00 Stroke Drills
 6:42 PM 2,175 Yards - Stress Value = 57

{1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 {3 x 150 on 2:40 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,500 1x{1 x 400 on 5:00 Pull-BTB
 {4 x 100 on 1:20 Free NBBF&W
 {2 x 300 on 3:50 Pulls BTS
 {3 x 100 on 1:20 Free NBBF&W
 {3 x 200 on 2:35 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,650 Yards - Stress Value = 157

Workout #21856 - Tuesday, 03 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {3 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-4sec
 {1 x 50 on :55 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{1 x 400 on 5:50 Pull-BTB
 {4 x 100 on 1:30 Free NBBF&W
 {2 x 300 on 4:25 Pulls BTS
 {3 x 100 on 1:30 Free NBBF&W
 {2 x 200 on 2:55 Pulls-no br L.12 yds
 {1 x 100 on 1:30 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,150 Yards - Stress Value = 148

Workout #21853 - Tuesday, 03 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers REC L
 600 1 x 600 on 9:00 Choice REC S
 950 1x{1 x 100 on 1:30 Kick EN2 K
 {1 x 150 on 3:00 Kick-100% EN2 K
 {1 x 100 on 1:35 Kick EN2 K
 {1 x 125 on 2:30 Kick-100% EN2 K
 {1 x 100 on 1:40 Kick EN2 K
 {1 x 100 on 2:00 Kick-100% EN2 K
 {1 x 100 on 1:45 Kick EN2 K
 {1 x 75 on 1:30 Kick-100% EN2 K
 {1 x 100 on 1:50 Kick EN2 K
 150 10 x 15 on :45 Shooters SP3 S
 2,200 11 x 200 on 3:00 Challenge 200 Set EN2 S
 200 1 x 200 on 3:00 Stroke Drills REC D
 6:30 PM 4,100 Yards - Stress Value = 69

Workout #21854 - Tuesday, 03 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 2,400 30 x 80 on 1:10 1000 Free Pace SP2
 160 8 x 20 on 3:00 #1 Non Free Pace SP2
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy REC
 6:32 PM 2,935 Yards - Stress Value = 265

Workout #21855 - Tuesday, 03 July 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:30 Free Kick w/board

Workout #21857 - Tuesday, 03 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {2 x 125 on 2:50 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{1 x 400 on 7:00 Pull-BTB
 {3 x 100 on 1:45 Free NBBF&W
 {2 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {1 x 200 on 3:30 Pulls-no br L.12 yds
 {3 x 50 on :50 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,475 Yards - Stress Value = 125

Workout #21858 - Tuesday, 03 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {2 x 125 on 3:05 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-4sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 7:40 Pull-BTB
 {4 x 100 on 1:55 Free NBBF&W
 {1 x 300 on 5:45 Pulls BTS
 {3 x 100 on 1:55 Free NBBF&W
 {1 x 200 on 3:50 Pulls-no br L.12 yds
 {1 x 100 on 1:55 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,175 Yards - Stress Value = 120

Workout #21859 - Tuesday, 03 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-6sec
 {2 x 125 on 3:20 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-5sec

{1 x 150 on 4:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 400 on 8:20 Pull-BTB
 {3 x 100 on 2:10 Free NBBF&W
 {1 x 300 on 6:30 Pulls BTS
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 {1 x 100 on 2:10 Free NBBF&W
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 108

Workout #21860 - Thursday, 05 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-6sec
 {2 x 125 on 3:45 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-5sec
 {1 x 50 on 1:30 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 400 on 11:00 Pull-BTB
 {3 x 100 on 2:45 Free NBBF&W
 {1 x 300 on 8:15 Pulls BTS
 {2 x 100 on 2:45 Free NBBF&W
 500 20 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 95

Workout #21861 - Tuesday, 03 July 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Freestyle
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 400 on 5:50 Pull-BTB
 {2 x 100 on 1:30 Free NBBF&W
 {1 x 300 on 4:25 Pulls BTS
 {3 x 100 on 1:30 Free NBBF&W
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 6:56 PM 3,225 Yards - Stress Value = 81

Workout #21862 - Tuesday, 03 July 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{2 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{1 x 50 on 2:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 300 on 5:15 Pull-BTB
	{1 x 100 on 1:45 Free NBBF&W
	{1 x 300 on 5:15 Pulls BTS
325	13 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,725 Yards - Stress Value = 67

Workout #21863 - Tuesday, 03 July 2018

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{2 x 75 on 2:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 400 on 7:40 Pull-BTB
	{1 x 100 on 1:55 Free NBBF&W
	{1 x 300 on 5:45 Pulls BTS
	{1 x 100 on 1:55 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,625 Yards - Stress Value = 66

Workout #21864 - Wednesday, 04 July 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,900	1x{1 x 200 on 3:20 Kick
	{4 x 25 on :45 Sprint kick
	{2 x 175 on 2:55 Kick
	{4 x 25 on :40 Sprint kick
	{3 x 150 on 2:30 Kick
	{4 x 25 on :35 Sprint kick
	{4 x 125 on 2:05 Kick
	{4 x 25 on :30 Sprint Kick
1,000	20 x 50 on :45 Lungbuster pulls
	breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	9x{3 x 50 on :40 3-4-5 strokes fly off walls
	{1 x 100 on 2:00 Fly Drill

3rd one every 3rd set whole stroke fly

250 1 x 250 on 4:00 Stroke Drills
9:15 AM 6,250 Yards - Stress Value = 101

Workout #21865 - Wednesday, 04 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 100 Back Pace
	1 on 5:00 Video Evaluations
1,000	40 x 25 on :30 200 Fly Pace
300	1x{8 x 15 on :30 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :15 Undr Wtr Fly Kck
1,500	30 x 50 on :50 200 Free Pace*
	1 on 10:00 VidEval/FmRllrs-RllngStcks-LcBl1
750	30 x 25 on :30 100 Breast Pace*
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-vic
	2 corrections
	9:18 AM 4,675 Yards - Stress Value = 415

Workout #21866 - Thursday, 05 July 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 1:25 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:30 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:35 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
	{1 x 100 on 1:40 Kick your best kick
	{2 x 50 on 1:00 Kick your 2nd best kick
	{2 x 50 on 1:05 Kick your 3rd best kick
1,500	1x{6 x 50 on :40 Pulls
	{6 x 50 on :45 Pulls
	{6 x 50 on :50 Pulls
	{6 x 50 on :55 Pulls
	{6 x 50 on 1:00 Pulls
	{ Break Outs in sets of 2 (shoulders/hips/kne
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	1x{6 x 125 on 1:55 100 Breast 25 Free
	{4 x 25 on :30 Breast Drill
	{6 x 100 on 1:30 75 Breast 25 Free
	{4 x 25 on :30 Breast Drill
	{6 x 75 on 1:05 50 Breast 25 Free
	{4 x 25 on :30 Breast Drill
	{6 x 50 on :40 25 Breast 25 Free
	{4 x 25 on :30 Breast Drill
200	1 x 200 on 3:00 Stroke Drills
	9:15 AM 6,350 Yards - Stress Value = 60

Workout #21867 - Thursday, 05 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 750 30 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 10:00 Vid Evals/Fly Kick Relay
 1,500 30 x 50 on :50 200 Back Pace*
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace*
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 2 positvies
 9:20 AM 4,875 Yards - Stress Value = 459

Workout #21868 - Thursday, 05 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 600 1 x 600 on 10:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 250 1 x 250 on 5:00 Social Kick w/board REC
 100 1 x 100 on 2:00 Kick for time SP2
 400 4x{1 x 50 on :01 Freestyle w/fins SP2
 { #1-4 breaths, #2-10 KOW on turn,
 { #3 L.25 body driven stroke, #4 perfect swin
 {1 x 50 on 2:59 Freestyle REC
 900 6x{1 x 50 on :40 Free-90% effort SP2
 {1 x 25 on :01 Free kick w/snorkel SP3
 {1 x 25 on 1:19 Fr-6bk-body driven finish SP1
 {1 x 50 on 2:00 Freestyle REC
 400 8 x 50 on 1:00 Stroke Drill REC
 6:30 PM 2,800 Yards - Stress Value = 84

Workout #21869 - Thursday, 05 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#3 Shooters SP3
 2,250 30 x 75 on 1:10 500 Free Pace SP2
 160 8 x 20 on 3:00 50 Breast Pace SP2
 120 1 x 120 on 3:00 Scllng Drills w/PullBouy REC
 6:32 PM 2,755 Yards - Stress Value = 250

Workout #21870 - Thursday, 05 July 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 1,250 1x{1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side

{2 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:50 Streamline Kick on back
 {3 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:50 Streamline Kick on back
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 106

Workout #21871 - Thursday, 05 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 1,100 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 103

Workout #21872 - Thursday, 05 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 1,000 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:15 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:15 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:15 Alt 25 kick on each side
 {1 x 100 on 2:15 Streamline Kick on back
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,625 Yards - Stress Value = 88

Workout #21873 - Thursday, 05 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 950 1x{1 x 100 on 2:20 Streamline Kick on back
 { 2 x 50 on 1:20 Alt 25 kick on each side
 { 2 x 100 on 2:20 Streamline Kick on back
 { 2 x 50 on 1:20 Alt 25 kick on each side
 { 3 x 100 on 2:20 Streamline Kick on back
 { 1 x 50 on 1:20 Alt 25 kick on each side
 { 1 x 100 on 2:20 Streamline Kick on back
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,575 Yards - Stress Value = 87

Workout #21874 - Thursday, 05 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 850 1x{1 x 100 on 2:45 Streamline Kick on back
 { 2 x 50 on 1:30 Alt 25 kick on each side
 { 2 x 100 on 2:45 Streamline Kick on back
 { 2 x 50 on 1:30 Alt 25 kick on each side
 { 3 x 100 on 2:45 Streamline Kick on back
 { 1 x 50 on 1:30 Alt 25 kick on each side
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 78

Workout #21875 - Thursday, 05 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 475 19 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 750 1x{1 x 100 on 3:00 Streamline Kick on back
 { 2 x 50 on 1:45 Alt 25 kick on each side
 { 2 x 100 on 3:00 Streamline Kick on back
 { 2 x 50 on 1:45 Alt 25 kick on each side
 { 2 x 100 on 3:00 Streamline Kick on back
 { 1 x 50 on 1:45 Alt 25 kick on each side
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,125 Yards - Stress Value = 69

Workout #21876 - Thursday, 05 July 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,275 Yards - Stress Value = 44

Workout #21877 - Thursday, 05 July 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,225 Yards - Stress Value = 38

Workout #21878 - Thursday, 05 July 2018

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,225 Yards - Stress Value = 38

Workout #21879 - Monday, 09 July 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 1,200 6 x 200 on 2:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 7:30 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:15 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:00 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 3:45 Freestyle
 On sets of 4
 1st 3 of each set-1st 25 6bk-90% effort
 last one of each hold at 1:05 base
 137/121/105/49
 Longer swims-least amount of strokes possik
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 7,450 Yards - Stress Value = 154

Workout #21880 - Monday, 09 July 2018

Taper 1 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR 15m underwater
 800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick best effort
 600 3 x 200 on 2:35 Pulls-no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,925 1x{3 x 150 on 1:55 Freestyle
 {1 x 400 on 5:00 Freestyle
 {3 x 125 on 1:35 Freestyle
 {1 x 400 on 6:15 Freestyle
 {3 x 100 on 1:15 Freestyle
 On sets of 3
 1st 2 of each set-1st 25 6bk-90% effort
 last one of each hold at 1:05 base
 137/121/105
 Longer swims-least amount of strokes possik
 200 1 x 200 on 3:00 Stroke Drills
 8:32 AM 4,175 Yards - Stress Value = 87

Workout #21881 - Monday, 09 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 1 on 10:00 Vid Evals/RS-6 sec work from sta
 750 30 x 25 on :30 100 Fly Pace*
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :50 200 Back Pace*
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-video
 2 positives and 1 mental strategy used during
 9:18 AM 4,875 Yards - Stress Value = 459

Workout #21882 - Monday, 09 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers REC I
 400 1 x 400 on 6:00 Choice REC S
 1x{1 on 6:00 Vrtcl Kck w/fins SP3 F
 {1 on 6:00 OTB 15m sprints SP3 S
 {1 on 6:00 StrthCrdrz-PA-Dep/Shl SP3 S
 {1 on 6:00 8X25@45 fins/tennis balls SP3 S
 {1 on 6:00 8X25@45 undwtr w/fn SP3 F
 {1 on 6:00 Running Pit Sprints SP3 S
 200 1 x 200 on 3:00 Stroke Drills REC I
 6:02 PM 600 Yards

Workout #21883 - Monday, 09 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters SP3
 3,000 30 x 100 on 1:25 1650 Freestyle Pace SP2
 160 8 x 20 on 3:00 50 Free Pace SP2
 6:36 PM 3,385 Yards - Stress Value = 325

Workout #21884 - Monday, 09 July 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:25 Free Kick w/board
 {4 x 25 on :40 Tombstone Kicking
 {2 x 100 on 1:30 Free Kick w/board
 {4 x 25 on :40 Tombstone Kicking
 {3 x 100 on 1:35 Free Kick w/board
 {4 x 25 on :40 Tombstone Kicking
 {4 x 100 on 1:40 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,500 1x{1 x 400 on 5:00 Freestyle BTintoW
 {1 x 400 on 5:05 Free-3KOW
 {1 x 400 on 5:10 Freestyle 5KOW-100%
 {1 x 100 on 2:00 EZ Free
 {1 x 400 on 5:10 Freestyle BTintoW
 {1 x 400 on 5:05 Freestyle HB 3SOW
 {1 x 400 on 5:00 Freestyle HB 4SOW-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,650 Yards - Stress Value = 155

Workout #21885 - Monday, 09 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,100 1x{1 x 100 on 1:45 Free Kick w/board
 {4 x 25 on :40 Tombstone Kicking
 {2 x 100 on 1:50 Free Kick w/board
 {4 x 25 on :40 Tombstone Kicking
 {3 x 100 on 1:55 Free Kick w/board
 {4 x 25 on :40 Tombstone Kicking
 {2 x 100 on 2:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{1 x 350 on 5:00 Freestyle BTintoW
 {1 x 350 on 5:05 Free-3KOW
 {1 x 350 on 5:10 Freestyle 5KOW-100%
 {1 x 100 on 2:00 EZ Free
 {1 x 350 on 5:10 Freestyle BTintoW
 {1 x 350 on 5:05 Freestyle HB 3SOW
 {1 x 350 on 5:00 Freestyle HB 4SOW-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,100 Yards - Stress Value = 145

Workout #21886 - Monday, 09 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 1:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:00 Free Kick w/board

{4 x 25 on :45 Tombstone Kicking
 {3 x 100 on 2:05 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:10 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,850 1x{1 x 300 on 5:00 Freestyle BTintoW
 {1 x 300 on 5:05 Free-3KOW
 {1 x 300 on 5:10 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 300 on 5:10 Freestyle BTintoW
 {1 x 300 on 5:05 Freestyle HB 3SOW
 {1 x 300 on 5:00 Freestyle HB 4SOW-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 137

Workout #21887 - Monday, 09 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:00 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:05 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {3 x 100 on 2:10 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 275 on 5:00 Freestyle BTintoW
 {1 x 275 on 5:05 Free-3KOW
 {1 x 275 on 5:10 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 275 on 5:10 Freestyle BTintoW
 {1 x 275 on 5:05 Freestyle HB 3SOW
 {1 x 275 on 5:00 Freestyle HB 4SOW-100%
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,275 Yards - Stress Value = 124

Workout #21888 - Monday, 09 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:30 Free Kick w/board
 { 4 x 25 on 1:00 Tombstone Kicking
 { 2 x 100 on 2:35 Free Kick w/board
 { 4 x 25 on 1:00 Tombstone Kicking
 { 3 x 100 on 2:40 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 225 on 5:00 Freestyle BTintoW
 { 1 x 225 on 5:05 Free-3KOW
 { 1 x 225 on 5:10 Freestyle 5KOW-100%
 { 1 x 50 on 2:00 EZ Free
 { 1 x 225 on 5:10 Freestyle BTintoW
 { 1 x 225 on 5:05 Freestyle HB 3SOW
 { 1 x 225 on 5:00 Freestyle HB 4SOW-100%
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 101

Workout #21889 - Monday, 09 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:00 Free Kick w/board
 { 4 x 25 on 1:00 Tombstone Kicking
 { 2 x 100 on 3:00 Free Kick w/board
 { 2 x 25 on 1:00 Tombstone Kicking
 { 3 x 100 on 3:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 5:00 Freestyle BTintoW
 { 1 x 200 on 5:05 Free-3KOW
 { 1 x 200 on 5:10 Freestyle 5KOW-100%
 { 1 x 50 on 2:00 EZ Free
 { 1 x 200 on 5:10 Freestyle BTintoW
 { 1 x 200 on 5:05 Freestyle HB 3SOW
 { 1 x 200 on 5:00 Freestyle HB 4SOW-100%
 475 19 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 93

Workout #21890 - Tuesday, 10 July 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 700 7 x 100 on 1:45 Kick-odds 100%
 600 1x{20 x 30 on 1:00 15m BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,750 5x{4 x 25 on :45 Bathtub Drill with fins

{1 x 100 on 1:25 Backstroke-7KOW
 {1 x 100 on 1:20 Backstroke-5KOW
 {1 x 100 on 1:15 Backstroke-3KOW
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 2:00 Back-100%, min 8 KOW
 1 x 250 on 4:00 Stroke Drills
 9:15 AM 5,250 Yards - Stress Value = 79

Workout #21891 - Tuesday, 10 July 2018

Taper 1 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 300 3 x 100 on 1:45 Kick-odds 100%
 300 1x{10 x 30 on 1:00 15m BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR
 100 2x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 3x{4 x 25 on :45 Bathtub Drill with fins
 { 1 x 100 on 1:25 Backstroke-7KOW
 { 1 x 100 on 1:20 Backstroke-5KOW
 { 1 x 100 on 1:15 Backstroke-3KOW
 { 1 x 100 on 1:30 Freestyle
 { 1 x 50 on 2:00 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 8:34 AM 3,150 Yards - Stress Value = 45

Workout #21892 - Tuesday, 10 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 Vid Evals/Underwater Racing
 750 30 x 25 on :30 100 Breast Pace*
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :50 200 Free Pace*
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-video
 9:15 AM 4,875 Yards - Stress Value = 459

Workout #21893 - Tuesday, 10 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 15:00 DS>Showers
120	1 x 600 on 9:00 Choice
1,850	8 x 15 on :45 Spinners
	1x{1 x 100 on :20 Kick with flippers
	{1 x 100 on :25 Kick with flippers
	{1 x 100 on :30 Kick with flippers
	{1 x 100 on :35 Kick with flippers
	{1 x 100 on :40 Kick with flippers
	{1 x 100 on :45 Kick with flippers
	{1 x 100 on :50 Kick with flippers
	{1 x 100 on :55 Kick with flippers
	{1 x 100 on 1:00 Kick with flippers
	{1 x 100 on 1:05 Kick with flippers
	{1 x 100 on 1:10 Kick with flippers
	{1 x 100 on 1:15 Kick with flippers
	{1 x 100 on 1:20 Kick with flippers
	{1 x 100 on 1:25 Kick with flippers
	{1 x 100 on 1:30 Kick with flippers
	{1 x 100 on 1:35 Kick with flippers
	{1 x 100 on 1:40 Kick with flippers
	{1 x 100 on 1:45 Kick with flippers
	{1 x 50 on 2:00 Easy Swim
400	4 x 100 on 1:30 Free descend to ludicrous sp
250	1 x 250 on 4:00 Stroke Drills
6:05 PM	3,220 Yards - Stress Value = 49

Workout #21894 - Tuesday, 10 July 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
	1 on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
160	8 x 20 on 3:00 50 Back Pace	SP2	
150	1 x 150 on 3:00 Scllng Drills w/PullBouy	REC	
6:32 PM	2,785 Yards - Stress Value = 250		

Workout #21895 - Tuesday, 10 July 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,250	1x{6 x 25 on :30 Kick no board B
	{1 x 200 on 3:30 Streamline Kick on Back
	{6 x 25 on :30 Kick no board B
	{1 x 200 on 3:30 Kick on Rt Side-Face up
	{6 x 25 on :30 Kick no board B
	{1 x 200 on 3:30 Kick on Lt Side-Face up
	{8 x 25 on :30 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,200	1x{1 x 200 on 2:55 Backstroke
	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 200 on 2:50 Backstroke
	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 200 on 2:45 Backstroke
	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 200 on 2:40 Backstroke
	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 200 on 2:35 Backstroke

	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 200 on 2:30 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	5,300 Yards - Stress Value = 150

Workout #21896 - Tuesday, 10 July 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,100	1x{6 x 25 on :35 Kick no board B
	{1 x 200 on 3:50 Streamline Kick on Back
	{6 x 25 on :35 Kick no board B
	{1 x 200 on 3:50 Kick on Rt Side-Face up
	{6 x 25 on :35 Kick no board B
	{1 x 200 on 3:50 Kick on Lt Side-Face up
	{2 x 25 on :35 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	1x{1 x 200 on 3:20 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:15 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:10 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:05 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:00 Backstroke
	{2 x 50 on :55 Back-4/5/6 KOW
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,800 Yards - Stress Value = 141

Workout #21897 - Tuesday, 10 July 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,000	1x{6 x 25 on :40 Kick no board B
	{1 x 200 on 4:15 Streamline Kick on Back
	{6 x 25 on :40 Kick no board B
	{1 x 200 on 4:15 Kick on Rt Side-Face up
	{4 x 25 on :40 Kick no board B
	{1 x 200 on 4:15 Kick on Lt Side-Face up
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{1 x 200 on 3:45 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:40 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:35 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:30 Backstroke
	{3 x 50 on 1:00 Back-4/5/6 KOW
	{1 x 200 on 3:25 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,375 Yards - Stress Value = 123

Workout #21898 - Tuesday, 10 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :40 Kick no board B
 {1 x 200 on 4:30 Streamline Kick on Back
 {6 x 25 on :40 Kick no board B
 {1 x 200 on 4:30 Kick on Rt Side-Face up
 {4 x 25 on :40 Kick no board B
 {1 x 150 on 3:45 Kick on Lt Side-Face up
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{1 x 200 on 4:00 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:55 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:50 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:45 Backstroke
 {1 x 50 on 1:00 Back-/6 KOW
 {1 x 200 on 3:40 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,175 Yards - Stress Value = 120

Workout #21899 - Tuesday, 10 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Kick on Rt Side-Face up
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Kick on Lt Side-Face up
 {2 x 25 on :45 Kick no board B
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 150 on 4:00 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:55 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:50 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:45 Backstroke
 {1 x 50 on 1:15 Back-5 KOW
 {1 x 150 on 3:40 Backstroke
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,500 Yards - Stress Value = 102

Workout #21900 - Tuesday, 10 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters

650 1x{4 x 25 on 1:00 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board B
 {1 x 150 on 4:30 Kick on Rt Side-Face up
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 2:15 Kick on Lt Side-Face up
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 150 on 4:30 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:25 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:20 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:15 Backstroke
 {1 x 50 on 1:30 Back 4 KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 96

Workout #21901 - Wednesday, 11 July 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 1 on 20:00 Meeting w/Ava
 500 20 x 25 on :30 Wednesday Warm-ups
 150 10 x 15 on :45 Shooters
 1,750 1x{5 x 50 on :45 Kick
 {2 x 100 on 2:00 Kick 2 weakest kicks
 {4 x 50 on :45 Kick
 {2 x 100 on 1:55 Kick 2 weakest kicks
 {3 x 50 on :45 Kick
 {2 x 100 on 1:50 Kick 2 weakest kicks
 {2 x 50 on :45 Kick
 {2 x 100 on 1:45 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {2 x 100 on 1:40 Kick 2 weakest kicks
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,060 1x{5 x 100 on 1:30 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {4 x 100 on 1:30 Breaststroke
 {3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {3 x 100 on 1:30 Breaststroke
 {4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {2 x 100 on 1:30 Breaststroke
 {5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {1 x 100 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 9:15 AM 4,910 Yards - Stress Value = 89

Workout #21902 - Wednesday, 11 July 2018

Taper 1 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 1 on 20:00 Meeting w/Ava
 300 12 x 25 on :30 Wednesday Warm-ups
 150 10 x 15 on :45 Shooters
 950 1x{2 x 50 on :45 Kick
 {1 x 100 on 2:00 Kick 2 weakest kicks
 {2 x 50 on :45 Kick
 {1 x 100 on 1:55 Kick 2 weakest kicks
 {2 x 50 on :45 Kick
 {1 x 100 on 1:50 Kick 2 weakest kicks
 {2 x 50 on :45 Kick
 {1 x 100 on 1:45 Kick 2 weakest kicks
 {1 x 50 on :45 Kick
 {1 x 100 on 1:40 Kick 2 weakest kicks
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,520 1x{2 x 100 on 1:30 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {4 x 100 on 1:30 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {3 x 100 on 1:30 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {2 x 100 on 1:30 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {1 x 100 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 8:43 AM 3,270 Yards - Stress Value = 60

{5 x 50 on :55 25 tombstone kick 25 free kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 Fly 4 strokes off each wall
 {3 x 100 on 1:25 Fly 4 strokes off each wall
 {2 x 100 on 1:20 Fly 4 strokes off each wall
 {1 x 100 on 1:15 4 strokes off each wall
 1,200 1x{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :35 Pulls
 {2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :35 Pulls
 {3 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :35 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 Fly 5 strokes off each wall
 {3 x 100 on 1:25 Fly 5 strokes off each wall
 {2 x 100 on 1:20 Fly 5 strokes off each wall
 {1 x 100 on 1:15 5 strokes off each wall
 400 8 x 50 on 1:00 Stroke Drills
 9:15 AM 6,450 Yards - Stress Value = 102

Workout #21905 - Thursday, 12 July 2018

Taper 1 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:30 Fly 3 strokes off each wall
 {2 x 100 on 1:25 Fly 3 strokes off each wall
 {2 x 100 on 1:20 Fly 3 strokes off each wall
 {1 x 100 on 1:15 3 strokes off each wall
 350 1x{1 x 125 on 2:10 25 tombstone kick 100 free k
 {1 x 100 on 1:45 25 tombstone kick 75 free ki
 {1 x 75 on 1:20 25 tombstone kick 50 free ki
 {1 x 50 on :55 25 tombstone kick 25 free kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 100 on 1:30 Fly 4 strokes off each wall
 {2 x 100 on 1:25 Fly 4 strokes off each wall
 {2 x 100 on 1:20 Fly 4 strokes off each wall
 {1 x 100 on 1:15 4 strokes off each wall
 500 1x{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 50 on :35 Pulls
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 50 on :35 Pulls
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 25 on :15 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 100 on 1:30 Fly 5 strokes off each wall
 {2 x 100 on 1:25 Fly 5 strokes off each wall
 {2 x 100 on 1:20 Fly 5 strokes off each wall
 {1 x 100 on 1:15 5 strokes off each wall
 200 1 x 200 on 3:00 Stroke Drills
 8:34 AM 3,650 Yards - Stress Value = 56

Workout #21903 - Wednesday, 11 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 1 on 20:00 Meeting w/ Ava
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3
 1,500 1x{10 x 50 on :55 200 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 200 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 200 IM Pace SP2
 1 on 8:00 Video Eval-2 corrections & REC
 1 positive-all written in notebook
 1 on 20:00 Racing Skills-TN Turn Drills REC
 160 8 x 20 on 3:00 50 Free Pace SP2
 150 1 x 150 on 3:00 Sculling drills REC
 9:15 AM 2,035 Yards - Stress Value = 175

Workout #21904 - Thursday, 12 July 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{3 x 100 on 1:30 Fly 3 strokes off each wall
 {3 x 100 on 1:25 Fly 3 strokes off each wall
 {2 x 100 on 1:20 Fly 3 strokes off each wall
 {1 x 100 on 1:15 3 strokes off each wall
 1,100 1x{2 x 125 on 2:10 25 tombstone kick 100 free k
 {3 x 100 on 1:45 25 tombstone kick 75 free ki
 {4 x 75 on 1:20 25 tombstone kick 50 free ki

Workout #21906 - Thursday, 12 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Breast Shooters
 750 30 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :55 200 Breast Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 1,500 30 x 50 on :50 200 Back Pace*
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace*
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-vic
 2 positives
 9:24 AM 5,175 Yards - Stress Value = 465

750 30 x 25 on :30 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Starts w/pullouts
 1,250 1x{1 x 50 on :55 Breast Kick w/board
 {4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:25 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {3 x 100 on 1:50 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {2 x 125 on 2:05 Breast Kick w/board
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 106

Workout #21910 - Thursday, 12 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Starts w/pullouts
 1,100 1x{1 x 50 on 1:05 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:35 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:10 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {1 x 100 on 2:10 Breast Kick w/board
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 90

Workout #21907 - Thursday, 12 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 DS/Showers REC
 400 1 x 400 on 6:00 Choice REC
 150 10 x 15 on :45 Shooters SP3
 700 1x{1 x 100 on 3:00 Kick for time EN2
 {1 x 100 on 1:50 20 Fast 80 Ez EN1
 {1 x 100 on 1:50 40 Fast 60 Ez EN1
 {1 x 100 on 1:50 60 Fast 40 Ez EN2
 {1 x 100 on 1:50 80 Fast 20 Ez EN2
 {1 x 100 on 3:00 Ez kick w/fast turns REC
 {1 x 100 on 3:00 Kick for time EN2
 300 6 x 50 on 3:00 Your #1 OTB SP1
 200 1 x 200 on 3:00 Stroke Drills REC
 6:08 PM 1,750 Yards - Stress Value = 40

Workout #21911 - Thursday, 12 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 1,000 1x{1 x 50 on 1:10 Breast Kick w/board
 {4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,550 Yards - Stress Value = 81

Workout #21908 - Thursday, 12 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#3 Shooters SP3
 2,250 30 x 75 on 1:10 500 Free Pace SP2
 160 8 x 20 on 3:00 50 Breast Pace SP2
 120 1 x 120 on 3:00 Scllng Drills w/PullBouy REC
 6:32 PM 2,755 Yards - Stress Value = 250

Workout #21909 - Thursday, 12 July 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

Workout #21912 - Thursday, 12 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
150	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Breast Pace
950	1 on 10:00 Racing Skills-Low Profile Turns
950	1x{1 x 50 on 1:15 Breast Kick w/board { 4 x 50 on 1:15 Breast Pull { 2 x 75 on 1:55 Breast Kick w/board { 3 x 50 on 1:15 Breast Pull { 3 x 100 on 2:30 Breast Kick w/board { 2 x 50 on 1:15 Breast Pull
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,450 Yards - Stress Value = 80

Workout #21913 - Thursday, 12 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
150	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Breast Pace
850	1 on 10:00 Racing Skills-Low Profile Turns
850	1x{1 x 50 on 1:25 Breast Kick w/board { 4 x 50 on 1:25 Breast Pull { 2 x 75 on 2:05 Breast Kick w/board { 3 x 50 on 1:25 Breast Pull { 3 x 100 on 2:50 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,200 Yards - Stress Value = 73

Workout #21914 - Thursday, 12 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
150	1 on 34:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT 100 Breast Pace
600	1 on 10:00 Racing Skills-Low Profile Turns
600	1x{1 x 50 on 2:00 Breast Kick w/board { 4 x 50 on 2:00 Breast Pull { 2 x 75 on 3:00 Breast Kick w/board { 2 x 50 on 2:00 Breast Pull { 1 x 100 on 4:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 1,775 Yards - Stress Value = 56

Workout #21915 - Friday, 13 July 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description	
600	1 on 45:00 DS/Weights	E
150	1 x 600 on 10:00 Reverse IM drill	F
2,800	10 x 15 on :45 Shooters	S
2,800	1x{1 x 100 on 1:25 Individual Medley { 6 x 75 on 1:10 Fly-25L 25R 25 B { 2 x 100 on 1:20 Individual Medley { 6 x 75 on 1:10 Back 25L 25R 25B { 3 x 100 on 1:15 Individual Medley { 6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk { 4 x 100 on 1:10 Individual Medley { 6 x 75 on 1:05 Fr 25scldsdfst25catchup25reg	E E E E E E E
1,300	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds { 2 x 175 on 2:20 Pulls-nbbf&w + 2 yds { 2 x 150 on 2:00 Pulls-nbbf&w + 2 yds { 2 x 125 on 1:40 Pulls-nbbf&w + 2 yds	E E E E
2,100	1x{6 x 25 on :30 Kick no board B { 1 x 200 on 3:00 Kick { 6 x 25 on :30 Kick no board S { 2 x 175 on 2:40 Kick { 6 x 25 on :30 Kick no board L { 3 x 150 on 2:15 Kick { 6 x 25 on :30 Kick no board R { 4 x 125 on 1:50 Kick	E E E E E E E E
200	1 x 200 on 3:00 Stroke Drills	F

9:15 AM 7,150 Yards - Stress Value = 117

Workout #21916 - Friday, 13 July 2018

Taper 1 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description	
400	1 on 45:00 DS/Weights	E
150	1 x 400 on 10:00 Reverse IM drill	F
1,500	10 x 15 on :45 Shooters	S
1,500	1x{1 x 100 on 1:25 Individual Medley { 2 x 75 on 1:10 Fly-25L 25R 25 B { 2 x 100 on 1:20 Individual Medley { 2 x 75 on 1:10 Back 25L 25R 25B { 3 x 100 on 1:15 Individual Medley { 2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk { 3 x 100 on 1:10 Individual Medley { 2 x 75 on 1:05 Fr 25scldsdfst25catchup25reg	E E E E E E E
650	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds { 1 x 175 on 2:20 Pulls-nbbf&w + 2 yds { 1 x 150 on 2:00 Pulls-nbbf&w + 2 yds { 1 x 125 on 1:40 Pulls-nbbf&w + 2 yds	E E E E
1,050	1x{4 x 25 on :30 Kick no board B { 1 x 200 on 3:00 Kick { 4 x 25 on :30 Kick no board S { 1 x 175 on 2:40 Kick { 4 x 25 on :30 Kick no board L { 1 x 150 on 2:15 Kick { 4 x 25 on :30 Kick no board R { 1 x 125 on 1:50 Kick	E E E E E E E E
200	1 x 200 on 3:00 Stroke Drills	F

8:29 AM 3,950 Yards - Stress Value = 64

Workout #21917 - Friday, 13 July 2018

6:31 PM 2,650 Yards - Stress Value = 44

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 750 30 x 25 on :30 100 Back Pace
 1 on 5:00 Video Evaluations
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 10:00 Vid Evals-Fly Kick Relay
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 10:00 Vid Evals/RS Relay Starts
 750 30 x 25 on :30 100 Breast Pace*
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 2 positives
 9:20 AM 4,375 Yards - Stress Value = 409

Workout #21918 - Friday, 13 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dymanic Stretch
 400 1 x 400 on 6:00 Choice
 180 12 x 15 on :45 Start/Shooter/Finish
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 200 1 x 200 on 3:00 Stroke Drills
 6:07 PM 2,780 Yards - Stress Value = 55

Workout #21919 - Friday, 13 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Shooters SP3
 600 30 x 20 on :30 100 Fly Pace SP2
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 600 30 x 20 on :30 100 Back Pace SP2
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 600 30 x 20 on :30 100 Free Pace SP2
 150 1 x 150 on 4:00 Scllng Drills w/PullBouy REC
 6:30 PM 2,175 Yards - Stress Value = 189

Workout #21920 - Friday, 13 July 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 1,900 1x{1 x 100 on 1:25 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :25 Fly 8/9/10/11 KOW
 {2 x 100 on 1:25 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :25 Fly 9/10/11/12 KOW
 {3 x 100 on 1:25 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :25 Fly 10/11/12/13 KOW
 {4 x 100 on 1:25 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :25 Fly 11/12/13/14 KOW
 {5 x 100 on 1:25 50Fr/25Fly/25Flyw/free kick
 200 1 x 200 on 3:00 Stroke Drills

Workout #21921 - Friday, 13 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 1:40 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :30 Fly 8/9/10/11 KOW
 {2 x 100 on 1:40 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :30 Fly 9/10/11/12 KOW
 {3 x 100 on 1:40 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :30 Fly 10/11/12/13 KOW
 {4 x 100 on 1:40 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :30 Fly 11/12/13/14 KOW
 {1 x 100 on 1:40 50Fr/25Fly/25Flyw/free kick
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 2,350 Yards - Stress Value = 36

Workout #21922 - Friday, 13 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:55 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :35 Fly 8/9/10/11 KOW
 {2 x 100 on 1:55 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :35 Fly 9/10/11/12 KOW
 {3 x 100 on 1:55 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :35 Fly 10/11/12/13 KOW
 {3 x 100 on 1:55 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :35 Fly 11/12/13/14 KOW
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 2,050 Yards - Stress Value = 32

Workout #21923 - Friday, 13 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:05 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :40 Fly 8/9/10/11 KOW
 {2 x 100 on 2:05 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :40 Fly 9/10/11/12 KOW
 {3 x 100 on 2:05 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :40 Fly 10/11/12/13 KOW
 {3 x 100 on 2:05 50Fr/25Fly/25Flyw/free kick
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 1,950 Yards - Stress Value = 30

Workout #21924 - Friday, 13 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 300 4 x 75 on 2:15 Swim-kick-pull
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:45 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :45 Fly 8/9/10/11 KOW
 {2 x 100 on 2:45 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :45 Fly 9/10/11/12 KOW
 {3 x 100 on 2:45 50Fr/25Fly/25Flyw/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 200 1 x 200 on 3:00 Stroke Drills
 6:29 PM 1,550 Yards - Stress Value = 24

{1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 Pull Set-1st round @ 1:20, 2nd round @1:15
 1,600 2x{1 x 100 on 1:15 Pulls-no br L.9 yds
 {1 x 100 on 1:15 Pulls-no br L.10 yds
 {1 x 100 on 1:15 Pulls-no br L.11 yds
 {1 x 100 on 1:15 Pulls-no br L.12 yds
 {1 x 100 on 1:15 Pulls-no br L.13 yds
 {1 x 100 on 1:15 Pulls-no br L.14 yds
 {1 x 100 on 1:15 Pulls-no br L.15 yds
 {1 x 100 on 1:15 Pulls-no br L.16 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 6 x 400 on 5:15 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 300 6 x 50 on 1:00 Stroke Drills
 9:14 AM 7,000 Yards - Stress Value = 123

Workout #21925 - Friday, 13 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 300 4 x 75 on 2:15 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 3:30 50Fr/25Fly/25Flyw/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {2 x 100 on 3:30 50Fr/25Fly/25Flyw/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {3 x 100 on 3:30 50Fr/25Fly/25Flyw/free kick
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 1,350 Yards - Stress Value = 20

Workout #21928 - Monday, 16 July 2018

Taper 1 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 800 1x{1 x 100 on 1:15 Pulls-no br L.9 yds
 {1 x 100 on 1:15 Pulls-no br L.10 yds
 {1 x 100 on 1:15 Pulls-no br L.11 yds
 {1 x 100 on 1:15 Pulls-no br L.12 yds
 {1 x 100 on 1:20 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls-no br L.14 yds
 {1 x 100 on 1:20 Pulls-no br L.15 yds
 {1 x 100 on 1:20 Pulls-no br L.16 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 3 x 400 on 5:15 Free-R.10 @200/Neg split
 dscnd in 3's
 250 1 x 250 on 4:00 Stroke Drills
 8:28 AM 3,750 Yards - Stress Value = 59

Workout #21926 - Thursday, 12 July 2018

Groups 2 & 3 combined workout - Race day warmup

1 minute rest between sets

7:45 AM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 15:00 Dynamic Stretch REC L DRY
 400 1 x 400 on 8:00 Freestyle Drill REC D FR
 300 3 x 100 on 2:30 Kick-choice REC K CHO
 400 8 x 50 on 1:15 25 Drill-25 build EN1 D STK
 2 on each stroke
 300 3 x 100 on 2:00 Freestyle-descend EN1 S FR
 50 2 x 25 on 3:00 Off the Blocks SP3 S CHO
 200 1 x 200 on 3:00 Cool down REC D CD
 8:46 AM 1,650 Yards - Stress Value = 9

Workout #21929 - Monday, 16 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,500 30 x 50 on :50 200 Back Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Breast Pace
 1 on 10:00 Vid Evals/RS-6 sec from start
 750 30 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluations
 1,000 40 x 25 on :30 200 Fly Pace
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 2 positives
 9:15 AM 4,375 Yards - Stress Value = 409

Workout #21927 - Monday, 16 July 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 100 1 x 100 on 2:00 Kick for time
 1,650 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:20 Kick
 {2 x 100 on 1:35 Kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick no board BSLR

Workout #21930 - Monday, 16 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 400 1 on 15:00 DS/Showers REC I
 1 x 400 on 6:00 Choice REC E
 1x{1 on 6:00 Vrtcl Kck w/fins SP3 F
 {1 on 6:00 OTB 15m sprints SP3 E
 {1 on 6:00 StrthCrdrz-PA-Dep/Shl SP3 E
 {1 on 6:00 8X25@45 fins/tennis balls SP3 E
 {1 on 6:00 8X25@45 undwtr w/fn SP3 F
 {1 on 6:00 Running Pit Sprints SP3 E
 200 1 x 200 on 3:00 Stroke Drills REC I
 6:02 PM 600 Yards

1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {5 x 50 on 1:05 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {3 x 50 on :55 Kick-alt strmlne/hands by sic
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :50 Kick-alt strmlne/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,850 Yards - Stress Value = 142

Workout #21931 - Monday, 16 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters SP3
 3,000 30 x 100 on 1:25 1650 Freestyle Pace SP2
 160 8 x 20 on 3:00 50 Free Pace SP2
 6:36 PM 3,385 Yards - Stress Value = 325

Workout #21934 - Monday, 16 July 2018

Group 2 - Silver

1 minute rest between sets

Workout #21932 - Monday, 16 July 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Showers
 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,250 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmlne/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmlne/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {3 x 50 on :50 Kick-alt strmlne/hands by sic
 {4 x 25 on :30 Kick no board B-10KOW+1
 {2 x 50 on :45 Kick-alt strmlne/hands by sic
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:25 Backstroke
 {2 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 5,250 Yards - Stress Value = 149

5:00 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Showers
 150 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 950 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {3 x 50 on 1:05 Kick-alt strmlne/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 122

Workout #21933 - Monday, 16 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

Workout #21935 - Monday, 16 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{ 5 x 50 on 1:20 Kick-alt strmlne/hands by si
	{ 4 x 25 on :40 Kick no board B-10KOW+1
	{ 4 x 50 on 1:15 Kick-alt strmlne/hands by si
	{ 4 x 25 on :40 Kick no board B-10KOW+1
	{ 2 x 50 on 1:10 Kick-alt strmlne/hands by si
	{ 2 x 25 on :40 Kick no board B-10KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{3 x 100 on 2:10 Backstroke
	{ 2 x 100 on 2:05 Backstroke
	{ 1 x 100 on 2:00 Backstroke
	{ 4 x 25 on :40 Back 4 KOW +1
	{ 2 x 100 on 2:05 Backstroke
	{ 1 x 100 on 2:00 Backstroke
	{ 1 x 100 on 1:55 Backstroke
	{ 4 x 25 on :40 Back 4 KOW +1
	{ 1 x 100 on 2:00 Backstroke
	{ 1 x 100 on 1:55 Backstroke
	{ 1 x 100 on 1:50 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,900 Yards - Stress Value = 109

Workout #21936 - Monday, 16 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{ 4 x 50 on 1:35 Kick-alt strmlne/hands by si
	{ 4 x 25 on :45 Kick no board B-10KOW+1
	{ 3 x 50 on 1:30 Kick-alt strmlne/hands by si
	{ 4 x 25 on :45 Kick no board B-10KOW+1
	{ 2 x 50 on 1:25 Kick-alt strmlne/hands by si
	{ 2 x 25 on :45 Kick no board B-10KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{3 x 100 on 2:30 Backstroke
	{ 2 x 100 on 2:25 Backstroke
	{ 1 x 100 on 2:20 Backstroke
	{ 4 x 25 on :45 Back 4 KOW +1
	{ 1 x 100 on 2:25 Backstroke
	{ 1 x 100 on 2:20 Backstroke
	{ 1 x 100 on 2:15 Backstroke
	{ 4 x 25 on :45 Back 4 KOW +1
	{ 1 x 100 on 2:20 Backstroke
	{ 1 x 50 on 1:10 Backstroke
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 97

Workout #21937 - Monday, 16 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====

=====	=====
	1 on 35:00 DS/Showers
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{ 2 x 50 on 2:00 Kick-alt strmlne/hands by si
	{ 4 x 25 on 1:00 Kick no board B-10KOW+1
	{ 2 x 50 on 1:55 Kick-alt strmlne/hands by si
	{ 4 x 25 on 1:00 Kick no board B-10KOW+1
	{ 2 x 50 on 1:50 Kick-alt strmlne/hands by si
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{3 x 100 on 3:00 Backstroke
	{ 2 x 100 on 2:55 Backstroke
	{ 1 x 100 on 2:50 Backstroke
	{ 4 x 25 on :45 Back 4 KOW +1
	{ 1 x 100 on 2:55 Backstroke
	{ 1 x 100 on 2:50 Backstroke
	{ 1 x 100 on 2:45 Backstroke
	{ 4 x 25 on :45 Back 4 KOW +1
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 90

Workout #21938 - Monday, 16 July 2018

Taper 1 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :30 Kick no board B-10KOW+1
	{ 2 x 50 on 1:00 Kick-alt strmlne/hands by si
	{ 4 x 25 on :30 Kick no board B-10KOW+1
	{ 2 x 50 on :55 Kick-alt strmlne/hands by sic
	{ 4 x 25 on :30 Kick no board B-10KOW+1
	{ 2 x 50 on :50 Kick-alt strmlne/hands by sic
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 100 on 1:35 Backstroke
	{ 1 x 100 on 1:30 Backstroke
	{ 1 x 100 on 1:25 Backstroke
	{ 4 x 25 on :30 Back 4 KOW +1
	{ 1 x 100 on 1:30 Backstroke
	{ 1 x 100 on 1:25 Backstroke
	{ 1 x 100 on 1:20 Backstroke
	{ 4 x 25 on :30 Back 4 KOW +1
	{ 1 x 100 on 1:25 Backstroke
	{ 1 x 100 on 1:20 Backstroke
	{ 1 x 100 on 1:15 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:43 PM 2,925 Yards - Stress Value = 78

Workout #21939 - Monday, 16 July 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on 1:05 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on 1:00 Kick-alt strmline/hands by si
 {2 x 25 on :35 Kick no board B-10KOW+1
 {2 x 50 on :55 Kick-alt strmline/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:43 PM 2,725 Yards - Stress Value = 75

Workout #21940 - Monday, 16 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 300 1 x 300 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:10 Kick-alt strmline/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {4 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:35 Backstroke
 300 12 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:42 PM 2,400 Yards - Stress Value = 63

Workout #21941 - Tuesday, 17 July 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 2,100 1x{2 x 150 on 2:00 Backstroke
 {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW
 {2 x 150 on 1:55 Backstroke

{4 x 100 on 1:25 Back descend 3/4/5/6 KOW
 {2 x 150 on 1:50 Backstroke
 {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
 800 1 x 800 on 16:00 Vertical Kicking
 1,050 1x{3 x 75 on 1:00 Pulls BTB
 {3 x 50 on :35 Pulls
 {3 x 75 on 1:00 Pulls BTS
 {3 x 50 on :35 Pulls
 {4 x 75 on 1:00 Pulls alt BT S/B
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{2 x 150 on 1:55 Backstroke
 {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW
 {2 x 150 on 1:50 Backstroke
 {4 x 100 on 1:25 Back descend 3/4/5/6 KOW
 {2 x 150 on 1:45 Backstroke
 {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
 200 1 x 200 on 3:00 Stroke Drills
 9:16 AM 7,200 Yards - Stress Value = 128

Workout #21942 - Tuesday, 17 July 2018

Taper 1 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 150 on 2:00 Backstroke
 {2 x 100 on 1:25 Back-descend 2/3/4/5 KOW
 {1 x 150 on 1:55 Backstroke
 {2 x 100 on 1:25 Back descend 3/4/5/6 KOW
 {1 x 150 on 1:50 Backstroke
 {2 x 100 on 1:25 Back descend 4/5/6/7 KOW
 400 1 x 400 on 8:00 Social kick w/4 10 sec sprir
 500 1x{2 x 75 on 1:00 Pulls BTB
 {2 x 50 on :35 Pulls
 {2 x 75 on 1:00 Pulls BTS
 {2 x 50 on :35 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,050 1x{1 x 150 on 1:55 Backstroke
 {2 x 100 on 1:25 Back-descend 2/3/4/5 KOW
 {1 x 150 on 1:50 Backstroke
 {2 x 100 on 1:25 Back descend 3/4/5/6 KOW
 {1 x 150 on 1:45 Backstroke
 {2 x 100 on 1:25 Back descend 4/5/6/7 KOW
 200 1 x 200 on 3:00 Stroke Drills
 8:33 AM 3,950 Yards - Stress Value = 64

Workout #21943 - Tuesday, 17 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,500 30 x 50 on :50 200 Free Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace
 1 on 10:00 Vid Evals/Underwater Racing
 750 30 x 25 on :30 100 Back Pace*
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :55 200 Breast Pace*
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 2 positives
 9:20 AM 4,875 Yards - Stress Value = 459

Workout #21944 - Tuesday, 17 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	
5:00 PM Start		
400	1 on 15:00 DS/Showers	F
60	1 x 400 on 7:00 Choice	F
250	4 x 15 on :45 Spinners	F
	1x{1 x 50 on 1:00 Kick Free-100%	F
	{1 x 25 on :30 Free breathe on 3-100%	F
	{1 x 25 on 1:30 Ez-Free	F
	{1 x 75 on 1:30 Kick Free-100%	F
	{1 x 25 on :30 Free breathe on 5-100%	F
	{1 x 50 on 1:30 Ez-Free	F
1,000	1x{1 x 100 on 1:30 14 strokes per length	F
	{1 x 100 on 1:30 75-14 spl /25-12 spl	F
	{1 x 100 on 1:30 50-14 spl/50-12 spl	F
	{1 x 100 on 1:30 25-14 spl/ 75-12 spl	F
	{1 x 100 on 1:30 12 strokes per length-fast	F
	{1 x 100 on 1:25 14 strokes per length	F
	{1 x 100 on 1:25 75-14 spl /25-12 spl	F
	{1 x 100 on 1:25 50-14 spl/50-12 spl	F
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl	F
	{1 x 100 on 1:25 12 strokes per length-fast	F
250	1 x 250 on 4:00 Stroke Drills	F
5:55 PM 1,960 Yards - Stress Value = 20		

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Sun Yang Free
1,100	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:20 Breast Kick w/board
	{2 x 175 on 3:45 Breast Kick w/board
	{3 x 150 on 3:10 Breast Kick w/board
	{1 x 100 on 2:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	1x{3 x 125 on 2:25 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{3 x 125 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on 1:05 Breaststroke
	{1 x 125 on 2:10 Breast L.25 3X pullouts
625	25 x 25 on :35 100 Breast Pace
	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 4,475 Yards - Stress Value = 125	

Workout #21948 - Tuesday, 17 July 2018

Group 2 - Silver

1 minute rest between sets

Workout #21945 - Tuesday, 17 July 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM Start			
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
160	8 x 20 on 3:00 50 Back Pace	SP2	
150	1 x 150 on 3:00 Scllng Drills w/PullBouy	REC	
6:32 PM 2,785 Yards - Stress Value = 250			

Yards	Set Description
5:00 PM Start	
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Sun Yang Free
1,050	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:40 Breast Kick w/board
	{2 x 175 on 4:00 Breast Kick w/board
	{3 x 150 on 3:25 Breast Kick w/board
	{1 x 50 on 1:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,475	1x{3 x 125 on 2:50 Breast L.25 3X pullouts
	{3 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:45 Breast L.25 3X pullouts
	{3 x 50 on 1:05 Breaststroke
	{3 x 125 on 2:40 Breast L.25 3X pullouts
	{1 x 50 on 1:10 Breaststroke
550	22 x 25 on :40 100 Breast Pace
	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 4,075 Yards - Stress Value = 113	

Workout #21946 - Tuesday, 17 July 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Sun Yang Free
1,300	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:40 Breast Kick w/board
	{2 x 175 on 3:10 Breast Kick w/board
	{3 x 150 on 2:40 Breast Kick w/board
	{2 x 125 on 2:10 Breast Kick w/board
	{1 x 50 on :50 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	1x{3 x 125 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on :50 Breaststroke
	{3 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{3 x 125 on 2:05 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:00 Breast L.25 3X pullouts
750	30 x 25 on :30 100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 5,050 Yards - Stress Value = 147	

Workout #21947 - Tuesday, 17 July 2018

Group 2 - Gold

Workout #21949 - Tuesday, 17 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 975 1x{1 x 200 on 5:00 Breast Kick w/board
 { 2 x 175 on 4:20 Breast Kick w/board
 { 2 x 150 on 3:40 Breast Kick w/board
 { 1 x 125 on 3:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{3 x 125 on 3:10 Breast L.25 3X pullouts
 { 3 x 50 on 1:10 Breaststroke
 { 3 x 125 on 3:05 Breast L.25 3X pullouts
 { 3 x 50 on 1:15 Breaststroke
 { 2 x 125 on 3:00 Breast L.25 3X pullouts
 { 1 x 50 on 1:00 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 103

Workout #21950 - Tuesday, 17 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 5:30 Breast Kick w/board
 { 2 x 175 on 4:45 Breast Kick w/board
 { 2 x 150 on 4:00 Breast Kick w/board
 { 1 x 50 on 1:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{3 x 100 on 2:50 Breast L.25 3X pullouts
 { 3 x 50 on 1:25 Breaststroke
 { 3 x 100 on 2:45 Breast L.25 3X pullouts
 { 3 x 50 on 1:30 Breaststroke
 { 2 x 100 on 2:40 Breast L.25 3X pullouts
 { 1 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 97

Workout #21951 - Tuesday, 17 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 200 on 8:00 Breast Kick w/board
 { 2 x 150 on 6:00 Breast Kick w/board
 { 1 x 100 on 4:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{3 x 100 on 3:30 Breast L.25 3X pullouts
 { 2 x 50 on 1:45 Breaststroke
 { 3 x 100 on 3:25 Breast L.25 3X pullouts
 { 1 x 50 on 1:50 Breaststroke
 { 2 x 100 on 3:20 Breast L.25 3X pullouts
 500 20 x 25 on :45 100 Breast Pace

1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 87

Workout #21952 - Tuesday, 17 July 2018

Taper 1 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 3:40 Breast Kick w/board
 { 1 x 175 on 3:10 Breast Kick w/board
 { 1 x 150 on 2:40 Breast Kick w/board
 { 1 x 125 on 2:10 Breast Kick w/board
 { 1 x 50 on :50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 125 on 2:15 Breast L.25 3X pullouts
 { 3 x 50 on :50 Breaststroke
 { 1 x 125 on 2:10 Breast L.25 3X pullouts
 { 3 x 50 on :55 Breaststroke
 { 1 x 125 on 2:05 Breast L.25 3X pullouts
 { 2 x 50 on 1:00 Breaststroke
 { 1 x 125 on 2:00 Breast L.25 3X pullouts
 375 15 x 25 on :30 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,825 Yards - Stress Value = 74

Workout #21953 - Tuesday, 17 July 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 575 1x{1 x 200 on 4:20 Breast Kick w/board
 { 1 x 175 on 3:45 Breast Kick w/board
 { 1 x 150 on 3:10 Breast Kick w/board
 { 1 x 50 on 1:05 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 825 1x{1 x 125 on 2:25 Breast L.25 3X pullouts
 { 3 x 50 on :55 Breaststroke
 { 1 x 125 on 2:20 Breast L.25 3X pullouts
 { 3 x 50 on 1:00 Breaststroke
 { 1 x 125 on 2:15 Breast L.25 3X pullouts
 { 3 x 50 on 1:05 Breaststroke
 325 13 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,525 Yards - Stress Value = 65

Workout #21954 - Tuesday, 17 July 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 Sun Yang Free
525	10 x 15 on :45 Shooters
100	1x{1 x 200 on 4:40 Breast Kick w/board {1 x 175 on 4:00 Breast Kick w/board {1 x 150 on 3:25 Breast Kick w/board
725	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	1x{1 x 125 on 2:50 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {1 x 125 on 2:45 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke {1 x 125 on 2:40 Breast L.25 3X pullouts {1 x 50 on 1:10 Breaststroke
200	12 x 25 on :40 100 Breast Pace 1 on 10:00 Racing Skills-starts/pullouts
6:53 PM	2,300 Yards - Stress Value = 60

Workout #21955 - Wednesday, 18 July 2018

Group 3 - Race day warmup

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	S
	1 on 10:00 DS/Showers			L I
	1 on 25:00 Meeting w/Ava	REC		M
400	1 x 400 on 7:00 Freestyle Drill	REC		D C
150	10 x 15 on :45 Shooters	SP3		S C
300	3 x 100 on 2:15 Kick	EN1		K C
400	8 x 50 on 1:15 Down drill back build Odds free evens non free	EN1		S C
300	12 x 25 on :40 Variable Speed	SP3		S C
50	2 x 25 on 2:00 OTB	EN2		S C
250	1 x 250 on 4:00 Stroke Drills	REC		D
8:29 AM	1,850 Yards - Stress Value = 26			

Workout #21956 - Wednesday, 18 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
	1 on 45:00 DS/Weights	REC
	1 on 20:00 Meeting w/ Ava	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace	SP2 REC SP2 REC SP2 REC
	1 on 8:00 Video Eval-2 corrections & 1 positive-all written in notebook	
160	1 on 20:00 Racing Skills-Tivo Starts	REC
150	8 x 20 on 3:00 50 Free Pace	SP2
	1 x 150 on 3:00 Sculling drills	REC
9:15 AM	2,035 Yards - Stress Value = 175	

Workout #21957 - Thursday, 19 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====

1	on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Brst or Fly Shooters
750	30 x 25 on :30 100 Fly or Breast Pace
1,500	1 on 5:00 Video Evaluations 30 x 50 on :50 200 Free or Back Pace
1,500	1 on 10:00 Vid Evals/Fly Kick-tic tac toe 30 x 50 on :55 200 Fly or Breast Pace*
750	1 on 5:00 Video Evaluations 30 x 25 on :30 100 Free or Back Pace*
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video 2 positives
9:20 AM	4,875 Yards - Stress Value = 459

Workout #21958 - Thursday, 19 July 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland 1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
150	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,350	1x{4 x 25 on :30 Kick no board S-12KOW+1 {1 x 50 on :50 Fly Kick w/board {1 x 100 on 1:40 Fly Kick w/board {1 x 150 on 2:30 Fly Kick w/board {6 x 25 on :30 Kick no board S-13KOW+1 {2 x 50 on :50 Fly Kick w/board {2 x 100 on 1:40 Fly Kick w/board {2 x 150 on 2:30 Fly Kick w/board {8 x 25 on :30 Kick no board S-14KOW+1 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,200 Yards - Stress Value = 108

Workout #21959 - Thursday, 19 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland 1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
150	1 on 34:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,100	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/board {1 x 100 on 2:00 Fly Kick w/board {1 x 150 on 3:00 Fly Kick w/board {6 x 25 on :35 Kick no board S-13KOW+1 {2 x 50 on 1:00 Fly Kick w/board {2 x 100 on 2:00 Fly Kick w/board {1 x 150 on 3:00 Fly Kick w/board {4 x 25 on :35 Kick no board S-14KOW+1 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,900 Yards - Stress Value = 103

Workout #21960 - Thursday, 19 July 2018

7:30 PM 2,200 Yards - Stress Value = 72

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1,000 1x{4 x 25 on :40 Kick no board S-12KOW+1
 {1 x 50 on 1:10 Fly Kick w/board
 {1 x 100 on 2:20 Fly Kick w/board
 {1 x 150 on 3:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {2 x 50 on 1:10 Fly Kick w/board
 {2 x 100 on 2:20 Fly Kick w/board
 {1 x 150 on 3:30 Fly Kick w/board
 {2 x 25 on :40 Kick no board S-14KOW+1
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,625 Yards - Stress Value = 88

Workout #21963 - Thursday, 19 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 650 1x{4 x 25 on 1:00 Kick no board S-12KOW+1
 {1 x 50 on 2:00 Fly Kick w/board
 {1 x 100 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board S-13KOW+1
 {2 x 50 on 2:00 Fly Kick w/board
 {2 x 100 on 4:00 Fly Kick w/board
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 1,875 Yards - Stress Value = 57

Workout #21961 - Thursday, 19 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Fly Pace
 950 1x{4 x 25 on :40 Kick no board S-12KOW+1
 {1 x 50 on 1:15 Fly Kick w/board
 {1 x 100 on 2:30 Fly Kick w/board
 {1 x 150 on 3:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 {3 x 50 on 1:15 Fly Kick w/board
 {3 x 100 on 2:30 Fly Kick w/board
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,450 Yards - Stress Value = 80

Workout #21964 - Thursday, 19 July 2018

Taper 1 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,275 Yards - Stress Value = 44

Workout #21965 - Thursday, 19 July 2018

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,225 Yards - Stress Value = 44

Workout #21962 - Thursday, 19 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Fly Pace
 800 1x{4 x 25 on :45 Kick no board S-12KOW+1
 {1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S-13KOW+1
 {2 x 50 on 1:30 Fly Kick w/board
 {2 x 100 on 3:00 Fly Kick w/board
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills

Workout #21966 - Thursday, 19 July 2018

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 34:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:58 PM 1,225 Yards - Stress Value = 38

Workout #21967 - Friday, 20 July 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 50swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 1,800 1x{1 x 100 on 1:30 Free L.25 6BK
 {1 x 100 on 1:30 Free L.25 2 breaths
 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:25 Free L.25 6BK
 {2 x 100 on 1:25 Free L.25 2 breaths
 {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:20 Free L.25 6bk
 {3 x 100 on 1:20 Free L.25 2 breaths
 {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 2,700 Yards - Stress Value = 42

Workout #21968 - Friday, 20 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 50swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:35 Free L.25 6BK
 {2 x 100 on 1:35 Free L.25 2 breaths
 {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:30 Free L.25 6bk
 {2 x 100 on 1:30 Free L.25 2 breaths
 {2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 2,500 Yards - Stress Value = 38

Workout #21969 - Friday, 20 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull

150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:45 Free L.25 6BK
 {2 x 100 on 1:45 Free L.25 2 breaths
 {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:40 Free L.25 6bk
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 2,200 Yards - Stress Value = 34

Workout #21970 - Friday, 20 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:00 Free L.25 6BK
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:55 Free L.25 6BK
 {2 x 100 on 1:55 Free L.25 2 breaths
 {2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:00 Free L.25 6bk
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:29 PM 2,000 Yards - Stress Value = 30

Workout #21971 - Friday, 20 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 2:30 Free L.25 6BK
 {1 x 100 on 2:30 Free L.25 2 breaths
 {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:25 Free L.25 6BK
 {2 x 100 on 2:25 Free L.25 2 breaths
 {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on 1:10 Free L.25 6bk
 {1 x 50 on 1:10 Free L.25 2 breaths
 {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
 250 1 x 250 on 5:00 Stroke Drills
 6:31 PM 1,850 Yards - Stress Value = 27

Workout #21972 - Friday, 20 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 400 1 on 40:00 DS/Dryland
 4 x 100 on 2:15 SwimUSS
 25swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 3:00 Free L.25 6BK
 {1 x 100 on 3:00 Free L.25 2 breaths
 {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:55 Free L.25 6BK
 {2 x 100 on 2:55 Free L.25 2 breaths
 {1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:29 PM 1,600 Yards - Stress Value = 22

{5 x 50 on :50 Free-500 Free Pace
 {1 x 250 on 3:05 Freestyle
 {5 x 50 on :50 500 Free Pace
 {1 x 250 on 3:00 Freestyle
 {5 x 50 on :50 500 Free Pace
 {1 x 250 on 2:55 Freestyle
 {5 x 50 on :50 500 Free Pace
 6 x 50 on 1:00 Stroke Drills
 9:15 AM 6,800 Yards - Stress Value = 139

Workout #21973 - Tuesday, 17 July 2018

Taper 1 - Fly

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY W
 =====
 400 1 on 15:00 DS/Showers REC
 1 x 400 on 10:00 Top Hat Drill REC
 150 10 x 15 on :45 Shooters SP3
 1,150 5x{1 x 200 on 2:55 Butterfly EN2
 {1 on :30 5 jumping jacks EN1
 {1 x 30 on :45 Undrwtr fly kick R.5 @15 EN2
 {1 on :30 5 jumping jacks EN1
 After every round drop 200 flys by 5 sec
 900 1x{1 x 150 on 2:05 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {1 x 125 on 1:45 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {1 x 100 on 1:30 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {1 x 75 on 1:10 Kick EN2
 {6 x 25 on :30 Alt 2nd and 3rd kicks EN2
 650 1x{1 x 200 on 2:40 Pulls BWFPF EN2
 {1 x 175 on 2:20 Pulls BWFPF EN2
 {1 x 150 on 2:00 Pulls BWFPF EN2
 {1 x 125 on 1:40 Pulls BWFPF EN2
 hold 1:05 base
 200 1 x 200 on 3:00 Stroke Drills REC
 8:30 AM 3,450 Yards - Stress Value = 60

Workout #21975 - Monday, 23 July 2018
Group 3 - USRPT
1 minute rest between sets
 6:30 AM Start
 Yards Set Description
 =====
 1,500 1 on 45:00 DS/Weights
 30 x 50 on :50 200 Free Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace
 1 on 10:00 Vid Evals/RS-6 sec from start
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 Social Kick Tag
 1,500 30 x 50 on :55 200 Breast Pace
 150 1 x 150 on 8:00 Scllng Drills w/PullBouy-video
 2 corrections
 9:15 AM 4,650 Yards - Stress Value = 450

Workout #21976 - Monday, 23 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EC
 =====
 600 1 on 15:00 DS/Showers RE
 1 x 600 on 9:00 Choice RE
 1x{1 on 10:00 Vrtcl Kck SF
 {1 on 10:00 OTB 15m sprints w/weight belts SF
 {1 on 10:00 StrthCrdz-SPR-Shal/Dep SF
 {1 on 10:00 12X25@45 parachutes-paddles SF
 {1 on 10:00 12X25@45 undwtr w/belts SF
 {1 on 10:00 Running Pit Sprints w/belts SF
 250 1 x 250 on 4:00 Stroke Drills RE
 6:30 PM 850 Yards

Workout #21974 - Monday, 23 July 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 2,050 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:00 Kick
 {6 x 25 on :30 Kick no board BSLR
 {2 x 175 on 2:40 Kick
 {8 x 25 on :30 Kick no board BSLR
 {3 x 150 on 2:20 Kick
 {6 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:40 Kick
 1,500 1 x 1500 on 20:00 Pull nobr L.12 yards of ea
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 250 on 3:10 Freestyle

Workout #21977 - Monday, 23 July 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 8:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:45 Breast Kick w/board
 {4 x 50 on :50 Breast Kick w/board
 {1 x 100 on 1:40 Breast Kick w/board
 {4 x 50 on :50 Breast Kick w/board
 {1 x 100 on 1:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 200 on 3:25 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {1 x 175 on 2:55 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {1 x 150 on 2:25 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {1 x 125 on 2:00 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 750 30 x 25 on :30 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 3,300 Yards - Stress Value = 105

Workout #21978 - Monday, 23 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 8:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:05 Breast Kick w/board
 {4 x 50 on 1:00 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 {2 x 50 on 1:00 Breast Kick w/board
 {1 x 100 on 1:55 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 200 on 3:45 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {1 x 175 on 3:15 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {1 x 150 on 2:45 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {1 x 125 on 2:15 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,975 Yards - Stress Value = 89

Workout #21979 - Monday, 23 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 8:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:10 Breast Kick w/board
 {1 x 100 on 2:15 Breast Kick w/board
 {2 x 50 on 1:10 Breast Kick w/board
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 800 1x{1 x 200 on 4:05 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 175 on 3:30 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 2:55 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 75 on 1:25 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,650 Yards - Stress Value = 79

Workout #21980 - Monday, 23 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 8:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:25 Breast Kick w/board
 {2 x 50 on 1:10 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {2 x 50 on 1:10 Breast Kick w/board
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 4:20 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 175 on 3:40 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {1 x 150 on 3:05 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {1 x 75 on 1:30 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,650 Yards - Stress Value = 79

Workout #21981 - Monday, 23 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 8:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 100 on 2:45 Breast Kick w/board
 {2 x 50 on 1:25 Breast Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {2 x 50 on 1:25 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 675 1x{1 x 200 on 5:00 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {1 x 175 on 4:20 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {1 x 150 on 3:40 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,325 Yards - Stress Value = 70

Workout #21982 - Monday, 23 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 8:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 3:15 Breast Kick w/board
 {1 x 50 on 1:45 Breast Kick w/board
 {1 x 100 on 3:10 Breast Kick w/board
 {2 x 50 on 1:45 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 1x{1 x 200 on 6:00 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {1 x 175 on 5:15 Breaststroke
 {2 x 25 on :45 Breast 2X pullouts
 {1 x 150 on 4:30 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:01 PM 2,225 Yards - Stress Value = 69

Workout #21984 - Tuesday, 24 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,500 30 x 50 on :50 200 Back Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Breast Pace
 300 1x{8 x 15 on :30 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 750 30 x 25 on :30 100 Free Pace*
 1 on 5:00 Video Evaluations
 1,500 30 x 50 on :50 200 Fly Pace
 2 positives
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-vic
 9:16 AM 5,175 Yards - Stress Value = 465

Workout #21983 - Tuesday, 24 July 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 400 4 x 100 on 1:45 Kick @fastest interval
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 undwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 1,600 1x{1 x 200 on 2:45 Pulls
 {2 x 100 on 1:15 Pulls BTB
 {1 x 200 on 2:40 Pulls
 {2 x 100 on 1:20 Pulls BTS
 {1 x 200 on 2:35 Pulls
 {2 x 100 on 1:25 Pulls BTB
 {1 x 200 on 2:30 Pulls
 {2 x 100 on 1:30 Pulls BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 200 on 3:30 Backstroke Drill
 {2 x 75 on 1:10 Backstroke
 {2 x 75 on 1:05 Backstroke
 {2 x 75 on 1:00 Backstroke
 {2 x 75 on :55 Backstroke
 {1 x 150 on 2:35 Backstroke Drill
 {3 x 50 on :45 Backstroke
 {3 x 50 on :40 Backstroke
 {3 x 50 on :35 Backstroke
 {1 x 100 on 1:45 Backstroke Drill
 {4 x 25 on :30 Backstroke-100%
 {4 x 25 on :25 Backstroke-100%
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 6,330 Yards - Stress Value = 95

Workout #21985 - Tuesday, 24 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 15:00 DS/Showers REC L DF
 600 1 x 600 on 10:00 Choice REC D CM
 1 on 14:00 Racing Skills-Starts REC D CF
 800 4x{3 x 50 on 1:10 Freestyle SP1 S F
 {1 x 50 on 1:30 Freestyle SP1 S F
 { #1 20yds sprint-30yds easy, #2 30yds sprint
 { #3 all easy, #4 sprint, #4 of 4th set OTB
 500 10 x 50 on :50 Kick-ALL OUT 100% EN2 K CF
 800 4x{3 x 50 on 1:10 Stroke SP1 S ST
 {1 x 50 on 1:30 Stroke SP1 S ST
 { Same as above --#3 can be free
 250 1 x 250 on 4:00 Freestyle REC S F
 6:30 PM 2,750 Yards - Stress Value = 122

Workout #21986 - Tuesday, 24 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 2,250 30 x 75 on 1:10 1000 Free Pace SP2
 160 8 x 20 on 3:00 50 Back Pace SP2
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy REC
 6:32 PM 2,785 Yards - Stress Value = 250

Workout #21987 - Tuesday, 24 July 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 400 1x{1 x 100 on 1:50 Fly Kick w/board
 {1 x 100 on 1:45 Fly Kick w/board
 {1 x 100 on 1:40 Fly Kick w/board
 {1 x 100 on 1:35 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {2 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {5 x 50 on :45 Butterfly
 {1 x 50 on :45 Freestyle
 {6 x 50 on :45 Butterfly
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 12:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 3,300 Yards - Stress Value = 112

Workout #21988 - Tuesday, 24 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 2:05 Fly Kick w/board
 {1 x 100 on 2:00 Fly Kick w/board
 {1 x 100 on 1:55 Fly Kick w/board
 {1 x 50 on :55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 12:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,925 Yards - Stress Value = 94

Workout #21989 - Tuesday, 24 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 250 1x{1 x 100 on 2:30 Fly Kick w/board

{1 x 100 on 2:25 Fly Kick w/board
 {1 x 50 on 1:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {5 x 50 on 1:05 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 12:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,550 Yards - Stress Value = 82

Workout #21990 - Tuesday, 24 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 250 1x{1 x 100 on 2:30 Fly Kick w/board
 {1 x 100 on 2:25 Fly Kick w/board
 {1 x 50 on 1:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {5 x 50 on 1:05 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 12:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,500 Yards - Stress Value = 82

Workout #21991 - Tuesday, 24 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 250 1 x 250 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 250 1x{1 x 100 on 2:50 Fly Kick w/board
 {1 x 100 on 2:45 Fly Kick w/board
 {1 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {4 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 475 19 x 25 on :45 USRPT-100 Fly Pace
 1 on 12:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,125 Yards - Stress Value = 70

Workout #21992 - Tuesday, 24 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
250	1 x 250 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
200	1x{1 x 100 on 3:30 Fly Kick w/board
	{1 x 100 on 3:15 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	1x{1 x 50 on 2:00 Butterfly
	{1 x 50 on 1:45 Freestyle
	{2 x 50 on 2:00 Butterfly
	{1 x 50 on 1:45 Freestyle
	{3 x 50 on 2:00 Butterfly
	{1 x 50 on 1:45 Freestyle
	{1 x 50 on 2:00 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 12:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,775 Yards - Stress Value = 56

1 on 8:00 Video Eval-2 corrections &	REC
1 positive-all written in notebook	
1 on 20:00 Racing Skills-Tivo Starts	REC
160 8 x 20 on 3:00 50 Free Pace	SP2
150 1 x 150 on 3:00 Sculling drills	REC
9:15 AM 2,035 Yards - Stress Value = 175	

Workout #21995 - Monday, 23 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Showers	RE
600	1 x 600 on 9:00 Choice	RE
1x{1 on 10:00 Vrtcl Kck		SF
	{1 on 10:00 OTB 15m sprints w/weight belts	SF
	{1 on 10:00 StrthCrdez-SPR-Shal/Dep	SF
	{1 on 10:00 12X25@45 parachutes-paddles	SF
	{1 on 10:00 12X25@45 undwtr w/belts	SF
	{1 on 10:00 Running Pit Sprints w/belts	SF
250	1 x 250 on 4:00 Stroke Drills	RE
	6:30 PM 850 Yards	

Workout #21993 - Wednesday, 25 July 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
	1 on 20:00 Meeting w/Ava
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,600	1x{8 x 25 on :30 Kick no board B 10+1
	{1 x 200 on 3:20 Kick
	{8 x 25 on :30 Kick no board S 10+1
	{2 x 175 on 2:50 Kick
	{8 x 25 on :30 Kick no board L 10+1
	{3 x 150 on 2:20 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{3 x 50 on :55 Breast hold under :37
	{1 x 150 on 2:30 Breaststroke
	{3 x 50 on :55 Breast hold 200 pace
	{2 x 125 on 2:05 Breaststroke
	{3 x 50 on :55 Breast hold 200 pace
	{3 x 100 on 1:40 Breaststroke
	{3 x 50 on :55 Breast hold 200 pace
	{1 x 150 on 2:30 Breaststroke
	{3 x 50 on :55 Breast hold 200 pace
	{2 x 125 on 1:55 Breaststroke
	{3 x 50 on :55 Breast hold 200 pace
	{3 x 100 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	9:15 AM 5,000 Yards - Stress Value = 122

Workout #21996 - Monday, 23 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	==	==
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
3,000	30 x 100 on 1:25 1650 Freestyle Pace	SP2	
160	8 x 20 on 3:00 50 Free Pace	SP2	
	6:36 PM 3,385 Yards - Stress Value = 325		

Workout #21994 - Tuesday, 24 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 45:00 DS/Weights	REC
	1 on 20:00 Meeting w/ Ava	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	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

Workout #21997 - Thursday, 26 July 2018

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 2:55 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:50 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:45 Butterfly
1,300	1x{4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:25 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:35 Kick 8 x 25 on :30 Kick no board BSLR 1 x 100 on 1:30 Kick 1 x 100 on 1:35 Kick 1 x 100 on 1:40 Kick 4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:35 Kick 1 x 100 on 1:40 Kick 1 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 2:50 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:45 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:40 Butterfly
1,500	1x{2 x 200 on 2:40 Pulls-no br L.12 yds 2 x 175 on 2:20 Pulls-no br L.12 yds 2 x 150 on 2:00 Pulls-no br L.12 yds 2 x 125 on 1:40 Pulls-no br L.12 yds 2 x 100 on 1:20 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 2:45 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:40 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:35 Butterfly
200	1 x 200 on 3:00 Stroke Drills
100	1 x 100 on 3:00 Fly for time OTB
250	1 x 250 on 4:00 Stroke Drills
9:15 AM	6,400 Yards - Stress Value = 105

Workout #21998 - Thursday, 26 July 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
225	15 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 100 Fly Pace 1 on 5:00 Video Evaluations
1,500	30 x 50 on :50 200 Free Pace 1 on 10:00 Vid Evals/RS-underwater racing
1,500	30 x 50 on :55 200 Breast Pace* 1 on 5:00 Video Evaluations
750	30 x 25 on :30 100 Back Pace*
150	1 x 150 on 8:00 Scllng Drills w/PullBouy-video 1 correction/1 positive
9:23 AM	4,875 Yards - Stress Value = 459

Workout #21999 - Thursday, 26 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
600	1 on 15:00 DS/Showers 1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
500	1x{1 x 400 on 8:00 Social Kick 1 x 100 on 2:00 Kick for Time
1,200	1x{1 x 100 on 1:25 Free L.25 6BK 1 x 100 on 1:25 Free L.25 2 breaths 1 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi 1 x 100 on 1:20 Free L.25 6BK 1 x 100 on 1:20 Free L.25 2 breaths 1 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi 1 x 100 on 1:15 Free L.25 6bk 1 x 100 on 1:15 Free L.25 2 breaths 1 x 100 on 1:15 Free L.25 5 KOW-Sprint to fi 1 x 100 on 1:10 Free L.25 6bk 1 x 100 on 1:10 Free L.25 2 breaths 1 x 100 on 1:10 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 3:00 Stroke Drills
100	1 x 100 on 2:00 100 Free for Time-from a pus
750	10 x 75 on 1:30 Free
250	1 x 250 on 4:00 Stroke Drills
6:30 PM	3,750 Yards - Stress Value = 83

Workout #22000 - Thursday, 26 July 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
225	15 x 15 on :45 Racing Skills-#3 Shooters	REC	
2,250	30 x 75 on 1:10 500 Free Pace	SP3	
160	8 x 20 on 3:00 50 Breast Pace	SP2	
120	1 x 120 on 3:00 Scllng Drills w/PullBouy	REC	
6:32 PM	2,755 Yards - Stress Value = 250		

Workout #22001 - Thursday, 26 July 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
400	1 on 30:00 DS/Dryland 1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 23:00 TEACH DAY-Freestyle 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
750	1x{1 x 100 on 1:45 Free Kick w/board 1 x 50 on 1:00 Free Kick-100% 1 x 100 on 1:45 Free Kick w/board 2 x 50 on 1:00 Free Kick-100% 1 x 100 on 1:45 Free Kick w/board 3 x 50 on 1:00 Free Kick-100% 1 x 100 on 1:45 Free Kick w/board 1 x 50 on 1:00 Free Kick w/board-100% 1 on 15:00 Racing Skills-TN Turn Drill
7:00 PM	2,150 Yards - Stress Value = 96

Workout #22002 - Thursday, 26 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
700	1x{1 x 100 on 2:00 Free Kick w/board { 2 x 50 on 1:10 Free Kick-100% { 1 x 100 on 2:00 Free Kick w/board { 2 x 50 on 1:10 Free Kick-100% { 1 x 100 on 2:00 Free Kick w/board { 4 x 50 on 1:05 Free Kick-100% 1 on 15:00 Racing Skills-TN Turn Drill
7:01	PM 2,100 Yards - Stress Value = 95

Workout #22003 - Thursday, 26 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Free Pace
600	1x{1 x 100 on 2:10 Free Kick w/board { 2 x 50 on 1:15 Free Kick-100% { 1 x 100 on 2:10 Free Kick w/board { 2 x 50 on 1:15 Free Kick-100% { 1 x 100 on 2:10 Free Kick w/board { 2 x 50 on 1:15 Free Kick-100% 1 on 15:00 Racing Skills-TN Turn Drills
7:01	PM 1,850 Yards - Stress Value = 83

Workout #22004 - Thursday, 26 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Free Pace
550	1x{1 x 100 on 2:15 Free Kick w/board { 2 x 50 on 1:20 Free Kick-100% { 1 x 100 on 2:15 Free Kick w/board { 2 x 50 on 1:20 Free Kick-100% { 1 x 100 on 2:15 Free Kick w/board { 1 x 50 on 1:15 Free Kick-100% 1 on 15:00 Racing Skills-TN Turn Drills
7:00	PM 1,800 Yards - Stress Value = 82

Workout #22005 - Thursday, 26 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
575	23 x 25 on :40 USRPT-100 Free Pace
500	1x{1 x 100 on 2:30 Free Kick w/board { 2 x 50 on 1:30 Free Kick-100% { 1 x 100 on 2:30 Free Kick w/board { 2 x 50 on 1:30 Free Kick-100% { 1 x 100 on 2:30 Free Kick w/board 1 on 15:00 Racing Skills-TN Turn Drills
7:00	PM 1,625 Yards - Stress Value = 74

Workout #22006 - Thursday, 26 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
450	1x{1 x 100 on 3:00 Free Kick w/board { 1 x 50 on 2:00 Free Kick-100% { 1 x 100 on 3:00 Free Kick w/board { 1 x 50 on 2:00 Free Kick-100% { 1 x 100 on 3:00 Free Kick w/board { 1 x 50 on 1:00 Free Kick-100% 1 on 15:00 Racing Skills-TN Turn Drills
7:00	PM 1,450 Yards - Stress Value = 65

Workout #22007 - Friday, 27 July 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 Yoga/showers
 150 1 x 600 on 10:00 Reverse IM drill
 1,600 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR-15m
 {2 x 150 on 2:30 Kick
 {4 x 25 on :35 Kick no board BSLR-15m
 {2 x 150 on 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR-15m
 {2 x 150 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-15m
 {2 x 150 on 2:15 Kick
 1,000 1x{4 x 50 on :40 Pulls-nbbf&w
 {4 x 50 on :40 Pulls-nbbf&w + 1 yd
 {4 x 50 on :40 Pulls-nbbf&w + 2 yds
 {4 x 50 on :40 Pulls-nbbf&w + 3 yds
 {4 x 50 on :40 Pulls-nbbf&w + 4 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,800 1x{1 x 100 on 1:30 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 100 on 1:20 Butterfly
 {1 x 100 on 1:15 Butterfly
 {1 x 300 on 4:00 IM w/out the fly
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 300 on 4:00 IM w/out the back
 {1 x 100 on 1:45 Breaststroke
 {1 x 100 on 1:40 Breaststroke
 {1 x 100 on 1:35 Breaststroke
 {1 x 100 on 1:30 Breaststroke
 {1 x 300 on 4:00 IM w/out the breast
 {1 x 100 on 1:20 Freestyle
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:05 Freestyle
 250 {1 x 300 on 4:00 IM w/out the free
 1 x 250 on 4:00 Stroke Drills
 9:10 AM 6,600 Yards - Stress Value = 110

Workout #22008 - Friday, 27 July 2018

Taper 1 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 45:00 Yoga/showers
 150 1 x 400 on 10:00 Reverse IM drill
 850 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR-15m
 {1 x 150 on 2:30 Kick
 {4 x 25 on :35 Kick no board BSLR-15m
 {1 x 150 on 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR-15m
 {1 x 150 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-15m
 500 1x{2 x 50 on :40 Pulls-nbbf&w
 {2 x 50 on :40 Pulls-nbbf&w + 1 yd
 {2 x 50 on :40 Pulls-nbbf&w + 2 yds
 {2 x 50 on :40 Pulls-nbbf&w + 3 yds
 {2 x 50 on :40 Pulls-nbbf&w + 4 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 100 on 1:20 Butterfly
 {1 x 100 on 1:15 Butterfly
 {1 x 150 on 2:00 IM w/out the fly
 {1 x 100 on 1:15 Backstroke

{1 x 100 on 1:10 Backstroke
 {1 x 150 on 2:00 IM w/out the back
 {1 x 100 on 1:40 Breaststroke
 {1 x 100 on 1:35 Breaststroke
 {1 x 150 on 2:00 IM w/out the breast
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:05 Freestyle
 {1 x 150 on 2:00 IM w/out the free
 250 1 x 250 on 4:00 Stroke Drills
 8:30 AM 3,650 Yards - Stress Value = 58

Workout #22009 - Friday, 27 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 Yoga
 225 15 x 15 on :45 Racing Skills-IM Shooters
 750 30 x 25 on :30 100 Breast Pace
 1 on 5:00 Video Evaluations
 900 30 x 30 on :50 200 Back Pace
 1 on 15:00 Vid Evals/Fly Kick Relay
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 150 1 x 150 on 3:00 Scllng Drills w/PullBouy-video
 1 correction 1 positive
 9:15 AM 3,775 Yards - Stress Value = 349

Workout #22010 - Friday, 27 July 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 40:00 DS/Dryland REC I
 500 4 x 125 on 2:15 SwimUSS REC S
 150 10 x 15 on :45 Shooters SP3 S
 1,750 1x{3 x 50 on :45 Back-descend EN2 S
 {5 x 125 on 1:50 Back alt 25's 10KOW EN2 S
 {3 x 50 on :45 Back-descend EN2 S
 {4 x 100 on 1:25 Back alt 25's 10KOW EN2 S
 {3 x 50 on :45 Back-descend EN2 S
 {3 x 75 on 1:00 Back alt 25's 10KOW EN2 S
 {1 x 50 on :45 Back-FAST EN2 S
 200 1 x 200 on 4:00 Stroke Drills REC I
 6:30 PM 2,600 Yards - Stress Value = 40

Workout #22011 - Friday, 27 July 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 40:00 DS/Dryland REC I
 500 4 x 125 on 2:15 SwimUSS REC S
 150 10 x 15 on :45 Shooters SP3 S
 1,550 1x{5 x 125 on 2:05 Back alt 25's 10KOW EN2 S
 {3 x 50 on :50 Back-descend EN2 S
 {4 x 100 on 1:40 Back alt 25's 10KOW EN2 S
 {3 x 50 on :50 Back-descend EN2 S
 {3 x 75 on 1:15 Back alt 25's 10KOW EN2 S
 200 1 x 200 on 4:00 Stroke Drills REC I
 6:30 PM 2,400 Yards - Stress Value = 36

Workout #22012 - Friday, 27 July 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
400	4 x 100 on 2:15 SwimUSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,375	1x{5 x 125 on 2:20 Back alt 25's 10KOW	EN2	£
	{3 x 50 on :55 Back-descend	EN2	£
	{4 x 100 on 1:55 Back alt 25's 10KOW	EN2	£
	{4 x 50 on :55 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:30 PM 2,125 Yards - Stress Value = 33		

Yards	Set Description	EGY	WORK
	1 on 15:00 DS/Showers	REC	I
600	1 x 600 on 10:00 Choice	REC	£
120	8 x 15 on :45 Spinners	SP3	£
100	4 x 25 on 1:00 1 on each stroke-under water until you reach 12.5 yards	EN2	£
100	2x{1 x 25 on :01 1/3 each of streamline kick { tarzan, no breath sprint rest/rest 5 seconds	EN2	£
	{1 x 25 on 1:29 Kick no board BS	EN2	£
50	2x{1 on 1:00 Vertical Kick	EN2	£
	{1 x 25 on :01 12.5yds undr/Body Driven Frees	EN2	£
	{1 on 1:59 Sculling Drill Feet First	EN2	£
250	1 x 250 on 4:00 Stroke Drills	REC	I
	1 on 10:00 Racing Skills-Starts	REC	I
	6:03 PM 1,220 Yards - Stress Value = 19		

Workout #22017 - Friday, 27 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
400	4 x 100 on 2:15 SwimUSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
1,175	1x{5 x 125 on 2:45 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:05 Back-descend	EN2	£
	{4 x 100 on 2:10 Back alt 25's 10KOW	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:30 PM 1,925 Yards - Stress Value = 29		

Yards	Set Description	EGY	WORK
	1 on 15:00 DS/Showers	REC	I
225	15 x 15 on :45 Racing Skills-Shooters	SP3	£
600	30 x 20 on :30 100 Fly Pace	SP2	£
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC	I
600	30 x 20 on :30 100 Back Pace	SP2	£
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC	I
600	30 x 20 on :30 100 Free Pace	SP2	£
150	1 x 150 on 4:00 Scllng Drills w/PullBouy	REC	I
	6:30 PM 2,175 Yards - Stress Value = 189		

Workout #22014 - Friday, 27 July 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
300	4 x 75 on 2:15 SwimSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
925	1x{4 x 100 on 2:40 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:20 Back-descend	EN2	£
	{3 x 75 on 2:00 Back at 25's 10KOW	EN2	£
	{3 x 50 on 1:20 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:29 PM 1,575 Yards - Stress Value = 24		

Workout #22018 - Monday, 30 July 2018

Group 3 - Distance

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 45:00 DS/Weights	REC	I
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	£
150	10 x 15 on :45 Shooters	SP3	£
2,000	1x{4 x 25 on :30 Kick no board BSLR	EN2	£
	{4 x 125 on 2:05 Kick	EN2	£
	{4 x 25 on :30 Kick no board BSLR	EN2	£
	{4 x 100 on 1:40 Kick	EN2	£
	{4 x 25 on :30 Kick no board BSLR	EN2	£
	{4 x 75 on 1:15 Kick	EN2	£
	{4 x 25 on :30 Kick no board BSLR	EN2	£
	{4 x 50 on :50 Kick	EN2	£
	{4 x 25 on :30 Kick no board BSLR	EN2	£
	{4 x 25 on :25 Kick	EN2	£
1,000	1 x 1000 on 13:00 Pulls BTS/BTB	REC	I
	Every 75 switch sides for breathing		
200	4x{1 x 25 on :50 Sculling drills	EN2	£
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN2	£
2,500	1x{ 1st 25 15m under/L.25 12.5 yds under	EN2	£
	{4 x 250 on 3:15 Freestyle	EN2	£
	{3 x 250 on 3:10 Freestyle	EN2	£
	{2 x 250 on 3:05 Freestyle	EN2	£
	{1 x 250 on 3:00 Freestyle	EN2	£
500	10 x 50 on 1:00 Stroke Drills	REC	I
	9:15 AM 6,950 Yards - Stress Value = 108		

Workout #22015 - Friday, 27 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	I
300	4 x 75 on 2:15 SwimSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
875	1x{4 x 100 on 3:00 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:30 Back-descend	EN2	£
	{3 x 75 on 2:15 Back alt 25's 10KOW	EN2	£
	{2 x 50 on 1:30 Back-Descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:31 PM 1,525 Yards - Stress Value = 23		

Workout #22016 - Friday, 27 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK

Workout #22019 - Monday, 30 July 2018

Taper 1 - Distance

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{2 x 25 on :30 Kick no board BS
	{2 x 125 on 2:05 Kick
	{2 x 25 on :30 Kick no board LR
	{2 x 100 on 1:40 Kick
	{2 x 25 on :30 Kick no board BS
	{2 x 75 on 1:15 Kick
	{2 x 25 on :30 Kick no board LR
	{2 x 50 on :50 Kick
	{2 x 25 on :30 Kick no board BS
	{2 x 25 on :25 Kick
500	1 x 500 on 6:30 Pulls BTS/BTB
	Every 75 switch sides for breathing
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{1st 25 15m under/L.25 12.5 yds under
	{2 x 250 on 3:15 Freestyle
	{2 x 250 on 3:10 Freestyle
	{1 x 250 on 3:05 Freestyle
	{1 x 250 on 3:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:29 AM 3,850 Yards - Stress Value = 61

Workout #22020 - Monday, 30 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
225	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 100 Fly Pace
	1 on 5:00 Video Evaluations
1,500	30 x 50 on :50 200 Back Pace
	1 on 10:00 Vid Eval/RS-Timed 15m from start
750	30 x 25 on :30 100 Breast Pace
	1 on 5:00 Vid Evals
1,500	30 x 50 on :50 200 Free Pace*
150	1 x 150 on 3:00 Scllng Drills w/PullBouy-video
	9:15 AM 4,875 Yards - Stress Value = 459

Workout #22021 - Monday, 30 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	I
400	1 x 400 on 6:00 Choice	REC	S
	1x{1 on 6:00 Vrtcl Kck w/fins	SP3	F
	{1 on 6:00 OTB 15m sprints	SP3	S
	{1 on 6:00 StrthCrdz-PA-Dep/Shl	SP3	S
	{1 on 6:00 8X25@45 fins/tennis balls	SP3	S
	{1 on 6:00 8X25@45 undwtr w/fn	SP3	F
	{1 on 6:00 Running Pit Sprints	SP3	S
200	1 x 200 on 3:00 Stroke Drills	REC	I
	6:02 PM 600 Yards		

Workout #22022 - Monday, 30 July 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
3,000	30 x 100 on 1:25 1650 Freestyle Pace	SP2	
160	8 x 20 on 3:00 Timed underwaters-B	SP2	
	6:36 PM 3,385 Yards - Stress Value = 325		

Workout #22023 - Monday, 30 July 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:30 Fly Kick w/board
	{6 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{Evens-underwaters, count kicks
1,450	1x{1 x 100 on 1:30 2 strokes fly off walls
	{1 x 75 on 1:05 3 strokes fly off walls
	{1 x 50 on :45 4 strokes fly off walls
	{1 x 25 on :30 5 strokes fly off walls
	{1 x 300 on 4:20 Butterfly
	{1 x 100 on 1:30 3 strokes fly off walls
	{1 x 75 on 1:05 4 strokes fly off walls
	{1 x 50 on :45 5 stokes fly off walls
	{1 x 25 on :30 6 strokes fly off walls
	{1 x 300 on 4:10 Butterfly
	{1 x 100 on 1:30 4 strokes fly off walls
	{1 x 75 on 1:05 5 strokes fly off walls
	{1 x 50 on :45 6 strokes fly off walls
	{1 x 25 on :30 7 strokes fly off walls
	{1 x 100 on 1:20 Butterfly
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 3,800 Yards - Stress Value = 125

Workout #22024 - Monday, 30 July 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:55 Fly Kick w/board
	{2 x 25 on :35 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:40 2 strokes fly off walls
	{1 x 75 on 1:15 3 strokes fly off walls
	{1 x 50 on :55 4 strokes fly off walls
	{1 x 25 on :35 5 strokes fly off walls
	{1 x 200 on 4:00 Butterfly
	{1 x 100 on 1:40 3 strokes fly off walls
	{1 x 75 on 1:15 4 strokes fly off walls
	{1 x 50 on :55 5 stokes fly off walls
	{1 x 25 on :35 6 strokes fly off walls
	{1 x 200 on 3:55 Butterfly
	{1 x 100 on 1:40 4 strokes fly off walls
	{1 x 75 on 1:15 5 strokes fly off walls
	{1 x 50 on :55 6 strokes fly off walls
	{1 x 25 on :35 7 strokes fly off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	3,225 Yards - Stress Value = 104

Workout #22025 - Monday, 30 July 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:40 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:25 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:55 2 strokes fly off walls
	{1 x 75 on 1:25 3 strokes fly off walls
	{1 x 50 on 1:00 4 strokes fly off walls
	{1 x 25 on :40 5 strokes fly off walls
	{1 x 150 on 3:30 Butterfly
	{1 x 100 on 1:55 3 strokes fly off walls
	{1 x 75 on 1:25 4 strokes fly off walls
	{1 x 50 on 1:00 5 stokes fly off walls
	{1 x 25 on :40 6 strokes fly off walls
	{1 x 150 on 3:25 Butterfly
	{1 x 100 on 1:55 4 strokes fly off walls
	{1 x 75 on 1:25 5 strokes fly off walls
	{1 x 50 on 1:00 6 strokes fly off walls
	{1 x 25 on :40 7 strokes fly off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,975 Yards - Stress Value = 100

Workout #22026 - Monday, 30 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:55 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:40 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 100 on 2:05 2 strokes fly off walls
	{1 x 75 on 1:35 3 strokes fly off walls
	{1 x 50 on 1:05 4 strokes fly off walls
	{1 x 25 on :45 5 strokes fly off walls
	{1 x 150 on 3:45 Butterfly
	{1 x 100 on 2:05 3 strokes fly off walls
	{1 x 75 on 1:35 4 strokes fly off walls
	{1 x 50 on 1:05 5 stokes fly off walls
	{1 x 25 on :45 6 strokes fly off walls
	{1 x 150 on 3:40 Butterfly
	{1 x 100 on 2:05 4 strokes fly off walls
	{1 x 50 on 1:05 6 strokes fly off walls
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,800 Yards - Stress Value = 91

Workout #22027 - Monday, 30 July 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:25 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{1 x 100 on 2:30 2 strokes fly off walls
	{1 x 75 on 1:50 3 strokes fly off walls
	{1 x 50 on 1:15 4 strokes fly off walls
	{1 x 25 on :50 5 strokes fly off walls
	{1 x 100 on 3:00 Butterfly
	{1 x 100 on 2:30 3 strokes fly off walls
	{1 x 75 on 1:50 4 strokes fly off walls
	{1 x 50 on 1:15 5 stokes fly off walls
	{1 x 25 on :50 6 strokes fly off walls
	{1 x 100 on 3:00 Butterfly
	{1 x 100 on 2:30 4 strokes fly off walls
475	19 x 25 on :45 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,475 Yards - Stress Value = 80

Workout #22028 - Monday, 30 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:30 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 1:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 100 on 3:30 2 strokes fly off walls {1 x 75 on 2:35 3 strokes fly off walls {1 x 50 on 1:45 4 strokes fly off walls {1 x 25 on 1:00 5 strokes fly off walls {1 x 50 on 2:00 Butterfly {1 x 100 on 3:30 3 strokes fly off walls {1 x 75 on 2:35 4 strokes fly off walls {1 x 50 on 1:45 5 strokes fly off walls {1 x 25 on 1:00 6 strokes fly off walls {1 x 50 on 2:00 Butterfly
375	15 x 25 on 1:00 USRPT 100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,025 Yards - Stress Value = 63

Workout #22029 - Tuesday, 31 July 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,200	2x{2 x 50 on :50 Kick {1 x 100 on 1:20 Kick {2 x 50 on :50 Kick {1 x 100 on 1:25 Freestyle {2 x 50 on :50 Kick {1 x 100 on 1:30 Kick
1,800	2x{1 x 150 on 1:50 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:55 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 2:00 Pulls {3 x 50 on :50 Pulls br every 9
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{2 x 125 on 1:40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:00 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water
500	10 x 50 on 1:00 Stroke Drills
	9:16 AM 6,650 Yards - Stress Value = 74

Workout #22030 - Tuesday, 31 July 2018

Taper 1 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 10:00 Top Hat Drill

150	10 x 15 on :45 Shooters
600	1x{2 x 50 on :50 Kick {1 x 100 on 1:20 Kick {2 x 50 on :50 Kick {1 x 100 on 1:25 Freestyle {2 x 50 on :50 Kick {1 x 100 on 1:30 Kick
900	1x{1 x 150 on 1:50 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 1:55 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 2:00 Pulls {3 x 50 on :50 Pulls br every 9
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{2 x 125 on 1:40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:00 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water
250	1 x 250 on 4:00 Stroke Drills
	8:28 AM 3,500 Yards - Stress Value = 41

Workout #22031 - Tuesday, 31 July 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 100 Back Pace 1 on 5:00 Video Evaluations
1,500	30 x 50 on :50 200 Fly Pace
300	1x{8 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck
750	30 x 25 on :30 100 Free Pace* 1 on 5:00 Video Evaluations
1,500	30 x 50 on :55 200 Breast Pace*
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-vic
	9:21 AM 5,175 Yards - Stress Value = 465

Workout #22032 - Tuesday, 31 July 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	REC
600	1 x 600 on 10:00 Choice	REC
120	8 x 15 on :45 Spinners	SP3
400	4x{1 x 50 on :01 Freestyle w/fins { #1-4 breaths, #2-10 KOW on turn, { #3 L.25 body driven stroke, #4 perfect swin {1 x 50 on 2:59 Freestyle	REC
300	2x{1 x 50 on :40 Free-90% effort {1 x 25 on :01 Free kick w/snorkel	SP2
	{1 x 25 on 1:19 Fr-6bk-body driven finish	SP1
	{1 x 50 on 2:00 Freestyle	REC
250	1 x 250 on 4:00 Stroke Drill	REC
	5:59 PM 1,670 Yards - Stress Value = 41	

Workout #22033 - Tuesday, 31 July 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
1	on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2	
150	1 x 150 on 3:00 Scllng Drills w/PullBouy	REC	
6:32 PM	2,785 Yards - Stress Value = 250		

Workout #22034 - Tuesday, 31 July 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
1	on 30:00 DS/Dryland
450	1 x 450 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:40 Free Kick w/board {2 x 100 on 1:45 Free Kick w/board {3 x 100 on 1:50 Free Kick w/board {1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	15 x 100 on 1:30 Free descend in sets of 3 Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	3,850 Yards - Stress Value = 125

Workout #22035 - Tuesday, 31 July 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
1	on 30:00 DS/Dryland
400	1 x 400 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 1:55 Free Kick w/board {2 x 100 on 2:00 Free Kick w/board {3 x 100 on 2:05 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	13 x 100 on 1:40 Free descend in sets of 3 Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	3,550 Yards - Stress Value = 120

Workout #22036 - Tuesday, 31 July 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
1	on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:05 Free Kick w/board {2 x 100 on 2:10 Free Kick w/board {3 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills

1,200	{ Evens-underwaters, count kicks 12 x 100 on 1:50 Free descend in sets of 3 Each set of three descends
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	3,225 Yards - Stress Value = 104

Workout #22037 - Tuesday, 31 July 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
1	on 30:00 DS/Dryland
300	1 x 300 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:20 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {2 x 100 on 2:30 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	11 x 100 on 2:00 Free descend in sets of 3 Each set of three descends
550	22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,950 Yards - Stress Value = 94

Workout #22038 - Tuesday, 31 July 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
1	on 30:00 DS/Dryland
250	1 x 250 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:40 Free Kick w/board {2 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	9 x 100 on 2:30 Free descend in sets of 3 Each set of three descends
500	20 x 25 on :45 USRPT-100 Free Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:01 PM	2,600 Yards - Stress Value = 84

Workout #22039 - Tuesday, 31 July 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 3:00 Free Kick w/board
 {2 x 100 on 3:05 Free Kick w/board
 {1 x 50 on 1:40 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 8 x 100 on 3:00 Free descend in sets of 3
 Each set of three descends
 375 15 x 25 on 1:00 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 2,225 Yards - Stress Value = 67

{1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 800 8 x 100 on 1:20 Lungbuster pulls
 Odds breathe 3-5-7-9, evens 2-4-6-8 by the
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 125 on 1:45 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lupdown
 {1 x 125 on 1:45 Fly 75 2-3, 50 whole stroke
 {2 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup2down
 {1 x 125 on 1:50 Fly 50 2-4, 75 whole stroke
 {1 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup3down
 {1 x 125 on 1:50 Fly 25 2-5, 100 whole stroke
 {1 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup4down
 250 1 x 250 on 4:00 Stroke Drills
 8:27 AM 3,650 Yards - Stress Value = 61

Workout #22040 - Wednesday, 01 August 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:25 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:25 Kick
 1,800 18 x 100 on 1:20 Lungbuster pulls
 Odds breathe 3-5-7-9, evens 2-4-6-8 by the
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{2 x 125 on 1:45 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lupdown
 {2 x 125 on 1:45 Fly 75 2-3, 50 whole stroke
 {2 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup2down
 {2 x 125 on 1:50 Fly 50 2-4, 75 whole stroke
 {3 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup3down
 {2 x 125 on 1:50 Fly 25 2-5, 100 whole stroke
 {4 x 100 on 1:15 Freestyle
 {4 x 25 on :30 Fly lup4down
 500 10 x 50 on 1:00 Stroke Drills
 9:16 AM 6,850 Yards - Stress Value = 115

Workout #22042 - Wednesday, 01 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 8:00 Video Eval-2 corrections &
 1 positive-all written in notebook
 160 8 x 20 on 3:00 Timed underwaters-C
 1 on 15:00 Racing Skills-Tivo Starts
 200 8 x 25 on 3:00 50 Free Pace-all from the blc
 150 1 x 150 on 3:00 Sculling drills
 9:15 AM 2,235 Yards - Stress Value = 195

Workout #22041 - Wednesday, 01 August 2018

Taper 1 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 250 10 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:25 Kick

Workout #22043 - Thursday, 02 August 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Underwater trn drill
1,700	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:00 Kick #3
	{1 x 150 on 3:00 Kick #2
	{4 x 25 on :30 Sprint Kick #1
	{2 x 125 on 2:25 Kick #3
	{2 x 125 on 2:25 Kick #2
	{4 x 25 on :30 Sprint Kick #1
	{3 x 100 on 1:50 Kick #3
	{3 x 100 on 1:50 Kick #2
1,200	1x{4 x 75 on 1:30 Breast Pull
	{4 x 75 on 1:25 Breast Pull
	{4 x 75 on 1:20 Breast Pull
	{4 x 75 on 1:15 Breast Pull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	9:15 AM 6,100 Yards - Stress Value = 106

Workout #22044 - Thursday, 02 August 2018

Taper 1 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 on 45:00 DS/Weights
150	1 x 400 on 10:00 Underwater trn drill
900	10 x 15 on :45 Shooters
	1x{2 x 25 on :30 Sprint Kick #1
	{1 x 150 on 3:00 Kick #3
	{1 x 150 on 3:00 Kick #2
	{2 x 25 on :30 Sprint Kick #1
	{1 x 125 on 2:25 Kick #3
	{1 x 125 on 2:25 Kick #2
	{2 x 25 on :30 Sprint Kick #1
	{1 x 100 on 1:50 Kick #3
	{1 x 100 on 1:50 Kick #2
600	1x{2 x 75 on 1:30 Breast Pull
	{2 x 75 on 1:25 Breast Pull
	{2 x 75 on 1:20 Breast Pull
	{2 x 75 on 1:15 Breast Pull
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:20 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	8:30 AM 3,350 Yards - Stress Value = 55

Workout #22045 - Thursday, 02 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1,500	1 on 45:00 DS/Weights
	225 15 x 15 on :45 Racing Skills-Breast Shooters
	30 x 50 on :50 200 Back Pace
750	1 on 5:00 Video Evaluations
	30 x 25 on :30 100 Fly Pace
1,500	1 on 10:00 Vid Evals/RS-underwater racing
	30 x 50 on :50 200 Free Pace
	1 on 5:00 Video Evaluations
750	30 x 25 on :30 100 Breast Pace
250	1 x 250 on 3:00 Scllng Drills w/PullBouy-video
	9:15 AM 4,975 Yards - Stress Value = 459

Workout #22046 - Thursday, 02 August 2018

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
750	1 on 15:00 DS/Showers
500	3x{1 x 150 on 3:00 Alt 25 Breast Drill 25 Back
	{4 x 25 on :30 Your #1-100%
150	1 x 500 on 10:00 Social Kick w/all out 10s s
	on every :40
600	10 x 15 on :45 Shooters
200	6 x 100 on 6:00 IM Off the Block for Time
	1 x 200 on 3:00 Stroke Drills
	6:31 PM 2,200 Yards - Stress Value = 94

Workout #22047 - Thursday, 02 August 2018

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
1	1 on 15:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#3 Shooters		SP3
2,250	30 x 75 on 1:10 500 Free Pace		SP2
160	8 x 20 on 3:00 Timed Underwaters-L		SP2
120	1 x 120 on 3:00 Scllng Drills w/PullBouy		REC
	6:32 PM 2,755 Yards - Stress Value = 250		

Workout #22048 - Thursday, 02 August 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
100	1 on 23:00 TEACH DAY-Back
750	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
750	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{1 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
	1 on 15:00 Racing Skills-Back Starts
	7:00 PM 2,150 Yards - Stress Value = 96

Workout #22049 - Thursday, 02 August 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 650 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {1 x 100 on 2:05 Streamline Kick on back
 {1 x 50 on 1:00 Alt 25 kick on each side
 1 on 15:00 Racing Skills-Back Starts
 7:00 PM 2,000 Yards - Stress Value = 94

Workout #22050 - Thursday, 02 August 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 600 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:15 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:15 Alt 25 kick on each side
 {1 x 100 on 2:15 Streamline Kick on back
 1 on 15:00 Racing Skills-Back Starts
 7:00 PM 1,775 Yards - Stress Value = 80

Workout #22051 - Thursday, 02 August 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 600 1x{1 x 100 on 2:20 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:20 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {1 x 100 on 2:20 Streamline Kick on back
 1 on 15:00 Racing Skills-Back Starts
 7:00 PM 1,775 Yards - Stress Value = 80

Workout #22052 - Thursday, 02 August 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====

1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 500 1x{1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 1 on 15:00 Racing Skills-Back Starts
 7:00 PM 1,550 Yards - Stress Value = 71

Workout #22053 - Thursday, 02 August 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 475 19 x 25 on :45 USRPT-100 Back Pace
 450 1x{1 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:45 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:45 Alt 25 kick on each side
 1 on 15:00 Racing Skills-Back Starts
 7:00 PM 1,425 Yards - Stress Value = 63

Workout #22054 - Friday, 03 August 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,300 1x{4 x 25 on :30 Kick no board BSLR 15m
 {2 x 75 on 1:30 Kick-2 different kicks
 {4 x 25 on :35 Kick no board BSLR 15m
 {4 x 75 on 1:25 Kick-2 different kicks
 {4 x 25 on :40 Kick no board BSLR 15m
 {6 x 75 on 1:20 Kick-2 different kicks
 {4 x 25 on :45 Kick no board BSLR 15m
 1,400 1x{4 x 50 on :40 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {4 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {4 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 200 on 2:50 Individual Medley
 {5 x 50 on :37 Freestyle
 {2 x 175 on 2:25 Individual Medley-25#4
 {5 x 50 on :36 Freestyle
 {3 x 150 on 2:00 Individual Medley-50#3
 {5 x 50 on :35 Freestyle
 {4 x 125 on 1:35 Individual Medley+25#1
 {5 x 50 on :34 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 9:13 AM 6,650 Yards - Stress Value = 98

Workout #22055 - Friday, 03 August 2018

1 minute rest between sets

Taper 1 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :30 Kick no board BSLR 15m
 {2 x 75 on 1:30 Kick-2 different kicks
 {4 x 25 on :35 Kick no board BSLR 15m
 {4 x 75 on 1:25 Kick-2 different kicks
 700 1x{2 x 50 on :40 Pulls-nbbf&w + 2 yds
 {2 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {2 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,450 1x{1 x 200 on 2:50 Individual Medley
 {4 x 50 on :37 Freestyle
 {1 x 175 on 2:25 Individual Medley-25#4
 {4 x 50 on :36 Freestyle
 {1 x 150 on 2:00 Individual Medley-50#3
 {4 x 50 on :35 Freestyle
 {1 x 125 on 1:35 Individual Medley+25#1
 {4 x 50 on :34 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 8:27 AM 3,650 Yards - Stress Value = 55

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Shooters SP3
 600 30 x 20 on :30 100 Fly Pace SP2
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 600 30 x 20 on :30 100 Back Pace SP2
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 600 30 x 20 on :30 100 Free Pace SP2
 150 1 x 150 on 4:00 Scllng Drills w/PullBouy REC
 6:30 PM 2,175 Yards - Stress Value = 189

Workout #22059 - Friday, 03 August 2018

Group 2 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 1,000 40 x 25 on :30 200 Fly Pace
 750 1 on 5:00 Video Evaluations
 30 x 25 on :30 100 Back Pace
 1 on 10:00 Vid Eval/RS-Fly Kick Relay
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 9:15 AM 4,375 Yards - Stress Value = 409

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS/Dryland REC L DF
 500 4 x 125 on 2:15 SwimUSS REC D CM
 150 10 x 15 on :45 Shooters SP3 S E
 1,150 1x{1 x 50 on :55 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:20 Breast L.25 2k1p EN2 S E
 {3 x 100 on 1:40 Breast L.25 2k1p EN2 S E
 {1 x 150 on 2:25 Breast L.25 2k1p EN2 S E
 {3 x 100 on 1:35 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:10 Breast L.25 2k1p EN2 S E
 {1 x 50 on :45 Breast L.25 2k1p EN2 S E
 100 1 x 100 on 4:00 100 Breast OTB SP2 S E
 200 1 x 200 on 4:00 Stroke Drills REC D C
 6:28 PM 2,100 Yards - Stress Value = 39

Workout #22056 - Friday, 03 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 1,000 40 x 25 on :30 200 Fly Pace
 750 1 on 5:00 Video Evaluations
 30 x 25 on :30 100 Back Pace
 1 on 10:00 Vid Eval/RS-Fly Kick Relay
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 9:15 AM 4,375 Yards - Stress Value = 409

Workout #22060 - Friday, 03 August 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Choice
 150 10 x 15 on :45 Shooters
 1,100 11 x 100 on 2:00 Odds fast-hold 12-11-10-9-8
 seconds off best time
 1,800 3x{1 x 25 on :30 Freestyle
 {1 x 25 on :40 Freestyle
 {1 x 25 on :50 Freestyle
 {1 x 25 on 1:00 Freestyle
 {1 x 150 on 1:45 Freestyle
 {1 x 100 on 1:10 Freestyle
 {1 x 50 on :35 Freestyle
 {1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,650 Yards - Stress Value = 78

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS/Dryland REC L DF
 500 4 x 125 on 2:15 SwimUSS REC D CM
 150 10 x 15 on :45 Shooters SP3 S E
 950 1x{1 x 50 on 1:05 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:35 Breast L.25 2k1p EN2 S E
 {3 x 100 on 2:05 Breast L.25 2k1p EN2 S E
 {1 x 100 on 2:00 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:25 Breast L.25 2k1p EN2 S E
 {4 x 50 on :55 Breast L.25 2k1p EN2 S E
 100 1 x 100 on 4:00 100 Breast OTB SP2 S E
 200 1 x 200 on 4:00 Stroke Drills REC D C
 6:28 PM 1,900 Yards - Stress Value = 35

Workout #22058 - Friday, 03 August 2018

Group 3 - USRPT

Workout #22061 - Friday, 03 August 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L	DF
150	4 x 100 on 2:15 SwimUSS	REC	D	CM
850	1x{10 x 15 on :45 Shooters	SP3	S	F
	{2 x 75 on 1:15 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 2:15 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:10 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:35 Breast L.25 2k1p	EN2	S	F
	{2 x 50 on 1:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28 PM	1,700 Yards - Stress Value = 33			

Workout #22065 - Friday, 03 August 2018

Group 3 - Race day warmup

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
7:00 AM	Start			
400	1 on 15:00 DS/Showers		L	I
150	1 x 400 on 7:00 Freestyle Drill	REC	D	C
300	10 x 15 on :45 Shooters	SP3	S	C
400	3 x 100 on 2:15 Kick	EN1	K	C
400	8 x 50 on 1:15 Down drill back build	EN1	S	C
	Odds free evens non free			
300	12 x 25 on :40 Variable Speed	SP3	S	C
50	2 x 25 on 2:00 OTB	EN2	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
8:09 AM	1,850 Yards - Stress Value = 26			

Workout #22062 - Friday, 03 August 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L	DF
150	4 x 100 on 2:15 SwimUSS	REC	D	CM
800	10 x 15 on :45 Shooters	SP3	S	F
	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:50 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 2:30 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:25 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{1 x 50 on 1:10 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29 PM	1,650 Yards - Stress Value = 32			

Workout #22066 - Monday, 06 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
6:30 AM	Start			
180	1 on 35:00 DS/Weights		L	DF
750	12 x 15 on :45 Racing Skills-Free Shooters		D	CM
375	15 x 50 on :55 200 Breast Pace		S	F
	1 on 8:00 Video Evaluations			
750	15 x 25 on :30 100 Free Pace		S	F
	1 on 8:00 Video Evaluations			
375	15 x 50 on :50 200 Fly Pace		S	F
150	1 on 8:00 Video Evaluations		S	F
	15 x 25 on :30 100 Back Pace		S	F
8:30 AM	2,580 Yards - Stress Value = 233			

Workout #22063 - Friday, 03 August 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L	DF
150	4 x 75 on 2:15 SwimUSS	REC	D	CM
650	10 x 15 on :45 Shooters	SP3	S	F
	1x{1 x 50 on 1:30 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 2:15 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 3:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 2:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28 PM	1,400 Yards - Stress Value = 29			

Workout #22067 - Monday, 06 August 2018

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
6:30 AM	Start			
400	1 on 35:00 DS/Weights		L	DF
150	1 x 400 on 8:00 Swim-kick-pull-swim		D	CM
700	10 x 15 on :45 Shooters		S	F
	1x{4 x 25 on :30 Kick no board BSLR-10		S	F
	{2 x 100 on 1:40 Kick		S	F
	{4 x 25 on :30 Kick no board BSLR-11		S	F
	{2 x 100 on 1:35 Kick		S	F
	{4 x 25 on :30 Kick no board BSLR-12		S	F
600	1x{ No breath last 12 yards of each 100		S	F
	{1 x 300 on 4:00 Pulls		S	F
	{1 x 200 on 2:40 Pulls		S	F
	{1 x 100 on 1:20 Pulls		S	F
100	2x{1 x 25 on :50 Sculling drills		S	F
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		S	F
2,800	1x{1 x 500 on 5:50 Freestyle		S	F
	{5 x 100 on 1:30 Free-hold 1:06		S	F
	{1 x 400 on 4:40 Freestyle		S	F
	{4 x 100 on 1:25 Free-hold 1:05		S	F
	{1 x 300 on 3:30 Freestyle		S	F
	{3 x 100 on 1:20 Free-hold 1:04		S	F
	{1 x 200 on 2:20 Freestyle		S	F
200	{2 x 100 on 1:15 Free-hold 1:03		S	F
	1 x 200 on 3:00 Stroke Drills		D	C
8:30 AM	4,950 Yards - Stress Value = 83			

Workout #22064 - Friday, 03 August 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L	DF
150	4 x 75 on 2:15 SwimUSS	REC	D	CM
500	10 x 15 on :45 Shooters	SP3	S	F
	1x{1 x 50 on 2:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 3:00 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 4:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29 PM	1,250 Yards - Stress Value = 26			

Workout #22068 - Tuesday, 07 August 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 8:00 Choice
 150 10 x 15 on :45 Shooters
 1,200 2x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {2 x 100 on 2:00 Kick-all under 1:40/1:35
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {2 x 100 on 2:00 Kick-all under 1:35/1:30
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast drill-fly kick
 {2 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast drill 2k1p
 {3 x 125 on 2:05 Breaststroke
 {3 x 50 on 1:00 Breast drill-2/3/4/5 sec glic
 {4 x 125 on 2:05 Breaststroke-descend
 200 1 x 200 on 3:00 Stroke Drills
 8:30 AM 3,750 Yards - Stress Value = 39

Workout #22069 - Tuesday, 07 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 300 12 x 25 on :45 Racing Skills-Back Shooters
 225 15 x 15 on :50 200 Free Pace
 1 on 8:00 Video Evaluations
 375 15 x 25 on :30 100 Breast Pace
 1 on 8:00 Video Evaluations
 750 15 x 50 on :50 200 Back Pace
 1 on 8:00 Video Evaluations
 375 15 x 25 on :30 100 Fly Pace
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 8:30 AM 2,175 Yards - Stress Value = 185

Workout #22070 - Wednesday, 08 August 2018

Group 3 - Back

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 100 on 2:00 Kick L.25 Tombstone
 {3 x 100 on 2:05 Kick L.50 Tombstone
 {2 x 100 on 2:10 Kick L.75 Tombstone
 {1 x 100 on 2:15 Kick-all Tombstone
 Breath 3-5-7-9 continuous-throughout the se
 600 1x{4 x 50 on :50 Lungbuster pulls
 {4 x 50 on :45 Lungbuster pulls
 {4 x 50 on :40 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{3 x 50 on :45 Backstroke 6/7/8 KOW
 {1 x 200 on 2:50 Backstroke
 {3 x 50 on :45 Backstroke 7/8/9 KOW
 {1 x 200 on 2:45 Backstroke

{3 x 50 on :45 Backstroke 8/9/10 KOW
 {1 x 200 on 2:40 Backstroke
 {3 x 50 on :45 Backstroke 9/10/11 KOW
 {1 x 200 on 2:35 Backstroke
 {3 x 50 on :45 Backstroke 10/11/12 KOW
 {1 x 200 on 2:30 Backstroke
 1 x 200 on 3:00 Stroke Drills
 8:30 AM 4,300 Yards - Stress Value = 64

Workout #22071 - Wednesday, 08 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 180 12 x 15 on :45 Racing Skills-Breast Shooters
 375 15 x 25 on :30 100 Free Pace
 1 on 8:00 Video Evaluations
 750 15 x 50 on :55 200 Breast Pace
 1 on 8:00 Video Evaluations
 375 15 x 25 on :30 100 Back Pace
 1 on 8:00 Video Evaluations
 500 20 x 25 on :30 200 Fly Pace
 150 1 x 150 on 7:00 Scllng Drills w/PullBouy-video
 8:30 AM 2,330 Yards - Stress Value = 208

Workout #22072 - Thursday, 09 August 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 8:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick-#4
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick #4
 {3 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick #4
 450 9 x 50 on :40 Pulls break when alt
 feet, knees, hips
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{1 x 200 on 2:40 Fly w/fins
 {1 x 200 on 2:35 Fly w/fins
 {1 x 200 on 2:30 Fly w/fins
 {1 on :30 Take off fins
 {3 x 100 on 1:15 Freestyle
 {1 on :45 Put on Fins
 {1 x 200 on 2:35 Fly w/fins
 {1 x 200 on 2:30 Fly w/fins
 {1 x 200 on 2:25 Fly w/fins
 {1 on :30 Take off fins
 {2 x 100 on 1:10 Freestyle
 {1 on :45 Put fins on
 {1 x 200 on 2:30 Fly w/fins
 {1 x 200 on 2:25 Fly w/fins
 {1 x 200 on 2:20 Fly w/fins
 {1 on :30 Take off fins
 {1 x 100 on 1:05 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 8:31 AM 4,750 Yards - Stress Value = 75

Workout #22073 - Thursday, 09 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 180 12 x 15 on :45 Racing Skills-Fly Shooters
 375 15 x 25 on :30 100 Breast Pace
 1 on 8:00 Video Evaluations
 750 15 x 50 on :50 200 Free Pace
 1 on 8:00 Video Evaluations
 375 15 x 25 on :30 100 Fly Pace
 1 on 8:00 Video Evaluations
 750 15 x 50 on :50 200 Back Pace
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy-video
 8:30 AM 2,580 Yards - Stress Value = 233

Workout #22074 - Friday, 10 August 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 Yoga/Showers
 400 1 x 400 on 8:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,200 1x{3 x 50 on 1:00 Kick-descend
 {1 x 200 on 3:00 Kick
 {3 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:55 Kick
 {3 x 50 on 1:00 Kick-descend
 {1 x 200 on 2:50 Kick
 {3 x 50 on 1:00 Kick-descend
 800 2x{1 x 100 on 1:15 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:30 Pulls-nbbf&w + 2 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:05 Freestyle
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:20 Freestyle
 {1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:05 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:15 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 8:30 AM 4,700 Yards - Stress Value = 82

Workout #22075 - Friday, 10 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 35:00 Yoga/Showers REC
 180 12 x 15 on :45 Racing Skills-IM Shooters SP3
 200 8 x 25 on 3:00 50 Free Pace-OTB SP2
 400 20 x 20 on :30 100 Fly Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Back Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC

400 20 x 20 on :30 100 Free Pace SP2
 150 1 x 150 on 5:00 Scllng Drills w/PullBouy REC
 8:30 AM 1,730 Yards - Stress Value = 147

Workout #22076 - Monday, 13 August 2018

Group 3 - Distance

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 400 1 x 400 on 6:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 900 6 x 150 on 2:00 Freestyle-descend in 3's
 600 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 75 on 1:10 Kick
 {4 x 25 on :40 Kick no board BSLR
 50 1x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:00 Freestyle-descend in 3's
 450 1x{2 x 75 on 1:10 Pull no br L.12 yds
 {2 x 75 on 1:05 Pull no br L.12 yds
 {2 x 75 on 1:00 Pull no br L.12 yds
 50 1x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 6 x 150 on 2:00 Freestyle descend in 3's
 200 1 x 200 on 3:00 Stroke Drills
 8:30 AM 4,600 Yards - Stress Value = 187

Workout #22077 - Monday, 13 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Weights
 180 12 x 15 on :45 Racing Skills-Free Shooters
 375 15 x 25 on :30 100 Back Pace
 1 on 8:00 Video Evaluations
 750 15 x 50 on :55 200 Breast Pace
 1 on 8:00 Video Evaluations
 375 15 x 25 on :30 100 Free Pace
 1 on 8:00 Video Evaluations
 750 15 x 50 on :50 200 Fly Pace
 150 1 x 150 on 4:00 Scllng Drills w/PullBouy-video
 8:30 AM 2,580 Yards - Stress Value = 233

Workout #22078 - Tuesday, 14 August 2018

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 on 35:00 DS/Weights
150	1 x 400 on 7:00 Top Hat Drill
1,250	10 x 15 on :45 Shooters
1,250	1x{2 x 175 on 3:05 Kick
	{2 x 150 on 2:35 Kick
	{2 x 125 on 2:05 Kick
	{2 x 100 on 1:35 Kick
	{2 x 75 on 1:10 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{2 x 25 on :25 Butterfly
	{1 x 50 on :45 Free-12.5 yds under off turn
	{1 x 50 on :50 Butterfly-lup 1down
	{1 x 50 on 1:00 Free-clsd fst-focus on EVF
	{4 x 25 on :25 Butterfly
	{1 x 50 on :45 Free-12.5 yds under off turn
	{1 x 50 on :50 Butterfly lup 2down
	{1 x 50 on 1:00 Free-clsd fst-focus on EVF
	{6 x 25 on :25 Butterfly
	{1 x 50 on :45 Free-12.5 yds under off turn
	{1 x 50 on :50 Butterfly lup 3 down
	{1 x 50 on 1:00 Free-clsd fst-focus on EVF
	{8 x 25 on :25 Butterfly
	{1 x 50 on :45 Free-12.5 yds under off turn
	{1 x 50 on :50 Butterfly-lup 4down
	{1 x 50 on 1:00 Free-clsd fst-focus on EVF
200	1 x 200 on 3:00 Stroke Drill
	8:30 AM 4,300 Yards - Stress Value = 53

Workout #22079 - Tuesday, 14 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 35:00 DS/Weights
180	12 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 100 Breast Pace
	1 on 8:00 Video Evaluations
750	15 x 50 on :50 200 Back Pace
	1 on 8:00 Video Evaluations
375	15 x 25 on :30 100 Fly Pace
	1 on 8:00 Video Evaluations
750	15 x 50 on :50 200 Free Pace
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video
	8:30 AM 2,580 Yards - Stress Value = 233

Workout #22080 - Wednesday, 15 August 2018

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 35:00 DS/Weights
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,250	5x{1 x 100 on 1:45 Kick no board BSLR
	{3 x 50 on :50 Kick
800	4 x 200 on 2:30 Lungbuster pulls-odd breathe
	3-5-5-7 by the 50, evens breathe 2-4-4-6 by
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,550	1x{3 x 50 on 1:00 Breaststroke-2X Pullouts
	{1 x 125 on 1:50 Individual Medley w/100 brea
	{3 x 50 on :55 Breaststroke-2X pullouts
	{1 x 250 on 3:40 Individual Medley-w/100 brea

	{3 x 50 on :50 Breaststroke-2X pullouts
	{1 x 375 on 5:30 Individual Medley w/150 brea
	{3 x 50 on :45 Breaststroke 2X pullouts
	{1 x 200 on 4:00 Stroke Drills
	8:29 AM 4,350 Yards - Stress Value = 65

Workout #22081 - Wednesday, 15 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 35:00 DS/Weights
180	12 x 15 on :45 Racing Skills-Breast Shooters
750	15 x 50 on :55 200 Breast Pace
	1 on 8:00 Video Evaluations
375	15 x 25 on :30 100 Back Pace
	1 on 8:00 Video Evaluations
500	20 x 25 on :30 200 Fly Pace
	1 on 8:00 Video Evaluations
375	15 x 25 on :30 100 Free Pace
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video
	8:28 AM 2,330 Yards - Stress Value = 208

Workout #22082 - Thursday, 16 August 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 35:00 DS/Weights
400	1 x 400 on 6:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:45 Kick
	{1 x 100 on 1:40 Kick
	{1 x 100 on 1:35 Kick
	{1 x 100 on 1:30 Kick
	{1 x 100 on 1:25 Kick
	{1 x 100 on 1:20 Kick
	{1 x 100 on 1:15 Kick
750	5 x 150 on 2:05 Lungbuster pulls
	Odds breathe 3-5-7, evens breathe 2-4-6 by
300	12 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,100	1x{6 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:15 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:15 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:30 AM 4,600 Yards - Stress Value = 72

Workout #22083 - Thursday, 16 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 DS/Weights	REC	L	WTS
300	12 x 25 on :45 Racing Skills-Fly Shooters	SP3	S	FR
750	15 x 50 on :50 200 Back Pace	SP2	S	FLY
1	on 8:00 Video Evaluations	REC	M	
375	15 x 25 on :30 100 Breast Pace	SP2	S	BK
1	on 8:00 Video Evaluations	REC	M	
750	15 x 50 on :50 200 Free Pace	SP2	S	BR
1	on 8:00 Video Evaluations	REC	M	
375	15 x 25 on :30 100 Fly Pace	SP2	S	FLY
150	1 x 150 on 5:00 Scllng Drills w/PullBouy-video			
	8:30 AM 2,700 Yards - Stress Value = 238			

Workout #22084 - Friday, 17 August 2018

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 Yoga>Showers	REC	L	WTS
400	1 x 400 on 7:00 Reverse IM drill	SP3	S	FR
150	10 x 15 on :45 Shooters	EN2	F	
1,050	1x{4 x 25 on :30 Kick no board BSLR	REC	M	
	{3 x 125 on 2:00 Kick	EN2	F	
	{4 x 25 on :30 Kick no board BSLR	REC	M	
	{2 x 125 on 2:00 Kick	EN2	F	
	{4 x 25 on :30 Kick no board BSLR	REC	M	
	{1 x 125 on 2:00 Kick	EN2	F	
100	2x{1 x 25 on :50 Sculling drills	EN2	F	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	EN3	S	
2,000	1x{1 x 200 on 2:50 Individual Medley	EN1	S	
	{4 x 75 on 1:05 IM w/out fly	EN1	S	
	{1 x 200 on 2:45 Individual Medley	EN2	S	
	{4 x 75 on 1:05 IM w/out back	EN3	S	
	{1 x 200 on 2:40 Individual Medley	EN2	S	
	{4 x 75 on 1:05 IM w/out breast	EN2	S	
	{1 x 200 on 2:35 Individual Medley	EN3	S	
	{4 x 75 on 1:10 IM w/out free	EN3	S	
100	1 x 100 on 2:00 Stroke Drills	REC	L	
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed!!!!!!			
250	1 x 250 on 4:00 Stroke Drills			
	8:29 AM 4,450 Yards - Stress Value = 70			

Workout #22085 - Friday, 17 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 Yoga>Showers	REC	L	WTS
180	12 x 15 on :45 Racing Skills-IM Shooters	SP3	S	FR
150	6 x 25 on 3:00 50 Free Pace-OTB	SP2	S	FLY
300	15 x 20 on :30 100 Fly Pace	SP2	S	BK
1	on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC	M	
300	15 x 20 on :30 100 Back Pace	SP2	S	BR
1	on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC	M	
300	15 x 20 on :30 100 Free Pace	SP2	S	FLY
150	1 x 150 on 4:00 Scllng Drills w/PullBouy	REC		
	8:15 AM 1,380 Yards - Stress Value = 112			

Workout #22086 - Monday, 20 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 DS/Weights	REC	L	WTS
180	12 x 15 on :45 Shooters	SP3	S	FR
750	15 x 50 on :50 200 Fly Pace	SP2	S	FLY
1	on 5:00 Video Evaluations	REC	M	
375	15 x 25 on :30 100 Back Pace	SP2	S	BK
1	on 5:00 Video Evaluations	REC	M	
750	15 x 50 on :55 200 Breast Pace	SP2	S	BR
100	5 x 20 on 3:00 Timed Underwater B	SP2	K	FLY
	8:18 AM 2,155 Yards - Stress Value = 205			

Workout #22087 - Monday, 20 August 2018

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 DS/Weights	REC	L	WTS
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	L	WTS
150	10 x 15 on :45 Shooters	SP3	S	FR
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	EN2	F	
	{1 on :30 Rest	REC	M	
	{6 x 15 on :25 Undr Wtr Fly Kck	EN2	F	
	{1 on :30 Rest	REC	M	
	{4 x 15 on :20 Undr Wtr Fly Kck	EN2	F	
	{1 on :30 Rest	REC	M	
	{2 x 15 on :15 Undr Wtr Fly Kck	EN2	F	
2,800	1x{1 x 500 on 6:40 Freestyle	EN1	S	
	{2 x 100 on 1:20 Freestyle	EN1	S	
	{2 x 100 on 1:20 Freestyle	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN3	S	
	{1 x 400 on 5:20 Freestyle	EN1	S	
	{2 x 100 on 1:20 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN3	S	
	{1 x 300 on 4:00 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN1	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN3	S	
	{1 x 200 on 2:40 Freestyle	EN2	S	
	{1 x 100 on 1:20 Freestyle	EN2	S	
	{1 x 100 on 1:30 Freestyle	EN3	S	
200	1 x 200 on 3:00 Stroke Drills	REC	L	
	8:15 AM 3,850 Yards - Stress Value = 67			

Workout #22088 - Tuesday, 21 August 2018

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
1	on 35:00 DS/Weights	REC	L	WTS
180	12 x 15 on :45 Racing Skills-Back Shooters	SP3	S	FR
375	15 x 25 on :30 100 Free Pace	SP2	S	FLY
1	on 5:00 Video Evaluations	REC	M	
375	15 x 25 on :30 100 Breast Pace	SP2	S	BK
1	on 5:00 Video Evaluations	REC	M	
750	15 x 50 on :50 200 Back Pace	SP2	S	BR
120	6 x 20 on 3:00 Timed Underwaters-S	SP2	S	FLY
	8:15 AM 1,800 Yards - Stress Value = 170			

Workout #22089 - Wednesday, 22 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-Breast Shooters	SI
375	15 x 25 on :30 100 Fly Pace	SI
	1 on 5:00 Video Evaluations	RE
750	15 x 50 on :50 200 Free Pace	SI
	1 on 5:00 Video Evaluations	RE
750	15 x 50 on :55 200 Breast Pace	SI
80	4 x 20 on 3:00 Timed Underwaters-L	SI
8:15 AM 2,135 Yards - Stress Value = 203		

Workout #22090 - Thursday, 23 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Video Evaluations	REC
500	20 x 25 on :30 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations	REC
375	15 x 25 on :30 100 Breast Pace	SP2
120	6 x 20 on 3:00 Timed Underwaters-R	SP2
8:17 AM 1,925 Yards - Stress Value = 182		

Workout #22091 - Friday, 24 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-IM Shooters	SP3
150	6 x 25 on 3:00 50 Free Pace-OTB	SP2
300	15 x 20 on :30 100 Fly Pace	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
300	15 x 20 on :30 100 Back Pace	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
300	15 x 20 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Scllng Drills w/PullBouy	REC
8:15 AM 1,380 Yards - Stress Value = 112		

Workout #22092 - Monday, 27 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	15 x 50 on :50 200 Back Pace	SP2
100	5 x 20 on 3:00 Timed underwarters-Back	SP2
8:17 AM 2,155 Yards - Stress Value = 205		

Workout #22093 - Tuesday, 28 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluations	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	15 x 50 on :55 200 Breast Pace	SP2
120	6 x 20 on 3:00 Timed Underwaters-S	SP2
8:16 AM 1,800 Yards - Stress Value = 170		

Workout #22094 - Wednesday, 29 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-Breast Shooters	SI
375	15 x 25 on :30 100 Free Pace	SI
	1 on 5:00 Video Evaluations	RE
500	20 x 25 on :30 200 Fly Pace	SI
	1 on 5:00 Video Evaluations	RE
750	15 x 50 on :50 200 Back Pace	SI
120	6 x 20 on 3:00 Timed Underwaters-L	SI
8:17 AM 1,925 Yards - Stress Value = 182		

Workout #22095 - Thursday, 30 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-Fly Shooters	SP3
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations	REC
375	15 x 25 on :30 100 Fly Pace	SP2
120	6 x 20 on 3:00 Timed Underwaters-R	SP2
8:15 AM 1,800 Yards - Stress Value = 170		

Workout #22096 - Friday, 31 August 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
180	12 x 15 on :45 Racing Skills-IM Shooters	SP3
200	8 x 25 on 3:00 50 Free Pace-OTB	SP2
300	15 x 20 on :30 100 Back Pace	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
300	15 x 20 on :30 100 Fly Pace	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
300	15 x 20 on :30 100 Free Pace	SP2
8:16 AM 1,280 Yards - Stress Value = 117		

Workout #22097 - Tuesday, 04 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 12:00 DS/Showers	REC	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,200	1x{4 x 150 on 2:00 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{3 x 175 on 2:20 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 2:40 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{1 x 225 on 3:00 Freestyle	EN2	
140	7 x 20 on 3:00 Timed underwaters-B	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:01 AM	3,290 Yards - Stress Value = 28		

Workout #22098 - Tuesday, 04 September 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 12:00 DS/Showers	REC	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,150	1x{4 x 150 on 2:10 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{3 x 175 on 2:30 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 2:50 Freestyle	EN1	
	{2 x 50 on 1:00 Stroke Drills	REC	
	{1 x 225 on 3:10 Freestyle	EN2	
140	7 x 20 on 3:00 Timed underwaters-B	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:01 AM	3,240 Yards - Stress Value = 28		

Workout #22099 - Tuesday, 04 September 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 12:00 DS/Showers	REC	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,925	1x{4 x 150 on 2:25 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{3 x 175 on 2:50 Freestyle	EN1	
	{3 x 50 on 1:00 Stroke Drills	REC	
	{2 x 200 on 3:15 Freestyle	EN1	
	{2 x 50 on 1:00 Stroke Drills	REC	
140	7 x 20 on 3:00 Timed underwaters-B	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:01 AM	3,015 Yards - Stress Value = 24		

Workout #22100 - Tuesday, 04 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 12:00 DS/Showers	REC	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,775	1x{4 x 150 on 2:40 Freestyle	EN1	
	{2 x 50 on 1:10 Stroke Drills	REC	

{3 x 175 on 3:05 Freestyle	EN1
{2 x 50 on 1:10 Stroke Drills	REC
{2 x 200 on 3:30 Freestyle	EN1
{1 x 50 on 1:10 Stroke Drills	REC
7 x 20 on 3:00 Timed underwaters-B	EN2
1 x 200 on 3:00 Stroke Drills	REC
7:01 AM 2,865 Yards - Stress Value = 24	

Workout #22101 - Tuesday, 04 September 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:30 AM	Start		
600	1 on 12:00 DS/Showers	REC	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
1,525	1x{4 x 150 on 3:00 Freestyle	EN1	
	{2 x 50 on 1:30 Stroke Drills	REC	
	{3 x 175 on 3:30 Freestyle	EN1	
	{2 x 50 on 1:30 Stroke Drills	REC	
	{1 x 200 on 4:00 Freestyle	EN1	
140	7 x 20 on 3:00 Timed underwaters-B	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
7:01 AM	2,615 Yards - Stress Value = 22		

Workout #22102 - Tuesday, 04 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
600	1 on 12:00 DS/Showers	REC
180	12 x 15 on :45 Racing Skills-Free Shooters	SP3
1,000	20 x 50 on :50 200 Fly Pace	SP2
1,000	1 on 8:00 Video Evaluations	REC
1,000	20 x 50 on :50 200 Back Pace	SP2
1,000	1 on 8:00 RS-Starts timed to 15m underwatr	SP3
500	20 x 25 on :30 100 Breast Pace	SP2
500	1 on 5:00 Video Evaluations	REC
5:44 PM	2,680 Yards - Stress Value = 257	

Workout #22103 - Tuesday, 04 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
500	1 on 12:00 DS/Showers
500	1 x 500 on 8:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:00 Kick-Free
	{2 x 100 on 1:55 Kick-Free
	{3 x 100 on 1:50 Kick-Free
	{4 x 100 on 1:45 Kick-Free
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2x{1 x 400 on 6:00 Free L.25 of each 100 6bk
	{1 x 300 on 4:30 Free L.25 of each 100 br on
	{1 x 200 on 3:00 Free L.25 of each 100 hb 12.
	{1 x 100 on 1:30 Free L.25 no breath L12.5 yc
250	5 x 50 on 1:00 Stroke Drills
5:45 PM	4,000 Yards - Stress Value = 66

Workout #22104 - Tuesday, 04 September 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Sun Yang Free w/snorkel
450	6 x 15 on :45 Shooters
100	9 x 50 on 1:00 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
900	1x{3 x 100 on 1:20 Freestyle
	{3 x 100 on 1:25 Freestyle
	{3 x 100 on 1:30 Freestyle
375	15 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	6:59 PM 2,465 Yards - Stress Value = 69

Workout #22105 - Tuesday, 04 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Sun Yang Free w/snorkel
400	6 x 15 on :45 Shooters
100	8 x 50 on 1:05 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
900	1x{3 x 100 on 1:25 Freestyle
	{3 x 100 on 1:30 Freestyle
	{3 x 100 on 1:35 Freestyle
375	15 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,415 Yards - Stress Value = 68

Workout #22106 - Tuesday, 04 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
90	1 x 250 on 5:00 Sun Yang Free w/snorkel
350	6 x 15 on :45 Shooters
100	7 x 50 on 1:10 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
800	1x{3 x 100 on 1:35 Freestyle
	{3 x 100 on 1:40 Freestyle
	{2 x 100 on 1:45 Freestyle
325	13 x 25 on :35 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,165 Yards - Stress Value = 59

Workout #22107 - Tuesday, 04 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland

200	1 x 200 on 5:00 Sun Yang Free w/snorkel
90	6 x 15 on :45 Shooters
300	6 x 50 on 1:20 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
800	1x{3 x 100 on 1:45 Freestyle
	{3 x 100 on 1:50 Freestyle
	{2 x 100 on 1:55 Freestyle
300	12 x 25 on :40 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	7:00 PM 1,990 Yards - Stress Value = 56

Workout #22108 - Tuesday, 04 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 Sun Yang Free w/snorkel
300	6 x 15 on :45 Shooters
100	6 x 50 on 1:30 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
600	1x{2 x 100 on 2:00 Freestyle
	{2 x 100 on 2:05 Freestyle
	{2 x 100 on 2:10 Freestyle
200	8 x 25 on 1:00 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	6:59 PM 1,690 Yards - Stress Value = 42

Workout #22109 - Tuesday, 04 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 Sun Yang Free w/snorkel
250	6 x 15 on :45 Shooters
100	5 x 50 on 1:45 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
450	1x{2 x 75 on 2:00 Freestyle
	{2 x 75 on 2:05 Freestyle
	{2 x 75 on 2:10 Freestyle
200	8 x 25 on 1:00 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	6:59 PM 1,490 Yards - Stress Value = 38

Workout #22110 - Wednesday, 05 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,400	6 x 400 on 5:30 Freestyle	EN2
	#1 Sun Yang Free, #2 5 KOW, #3 HB 2SOW	
	#4 L 12.5 of each 100 straight arm, #5-all ski	
	#6-100%	
160	8 x 20 on 3:00 #2 stroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 AM	3,310 Yards - Stress Value = 57	

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,800	6 x 300 on 5:30 Freestyle	EN2
	#1 Sun Yang Free, #2 5 KOW, #3 HB 2SOW	
	#4 L 12.5 of each 100 straight arm, #5-all ski	
	#6-100%	
160	8 x 20 on 3:00 #2 stroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 AM	2,710 Yards - Stress Value = 45	

Workout #22111 - Wednesday, 05 September 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,250	6 x 375 on 5:30 Freestyle	EN2
	#1 Sun Yang Free, #2 5 KOW, #3 HB 2SOW	
	#4 L 12.5 of each 100 straight arm, #5-all ski	
	#6-100%	
160	8 x 20 on 3:00 #2 stroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 AM	3,160 Yards - Stress Value = 54	

Workout #22115 - Wednesday, 05 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 12:00 DS/Showers	REC
180	12 x 15 on :45 Racing Skills-Back Shooters	SP3
625	25 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations	REC
1,000	20 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Racing Skills-Underwater Racing	EN2
625	25 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Video Evaluations	REC
5:44 PM	2,430 Yards - Stress Value = 231	

Workout #22112 - Wednesday, 05 September 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,100	6 x 350 on 5:30 Freestyle	EN2
	#1 Sun Yang Free, #2 5 KOW, #3 HB 2SOW	
	#4 L 12.5 of each 100 straight arm, #5-all ski	
	#6-100%	
160	8 x 20 on 3:00 #2 stroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 AM	3,010 Yards - Stress Value = 51	

Workout #22116 - Wednesday, 05 September 2018

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 12:00 DS/Showers	REC
300	12 x 25 on :30 Wednesday Warm-up	
	1-12, 2-13, 3-14, 4-15, 2-16	
150	10 x 15 on :45 Shooters	
550	1x{2 x 25 on :30 Kick no board BS	
	{1 x 100 on 2:00 Kick L/R alt 25's	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 150 on 3:00 Kick L/R by 25's L.50 Stream	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,700	2x{1 x 200 on 3:00 Back 3 KOW+1	
	{2 x 175 on 2:40 Back 10 KOW-1	
	{3 x 150 on 2:20 Back 4 KOW+1	
	{2 x 125 on 1:55 Back 9 KOW-1	
	{1 x 100 on 1:30 Back-5 KOW+1	
200	1 x 200 on 3:00 Stroke Drills	
5:45 PM	4,000 Yards - Stress Value = 71	

Workout #22113 - Wednesday, 05 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,950	6 x 325 on 5:30 Freestyle	EN2
	#1 Sun Yang Free, #2 5 KOW, #3 HB 2SOW	
	#4 L 12.5 of each 100 straight arm, #5-all ski	
	#6-100%	
160	8 x 20 on 3:00 #2 stroke	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
7:01 AM	2,860 Yards - Stress Value = 48	

Workout #22114 - Wednesday, 05 September 2018

Workout #22117 - Wednesday, 05 September 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 10 x 25 on :30 Wednesday Warm-up
 1-12, 2-13, 3-14, 4-15
 75 5 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 350 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:00 Kick no board L/R/S
 {4 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 800 1x{1 x 200 on 3:10 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 150 on 2:25 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:40 Backstroke
 375 15 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,200 Yards - Stress Value = 64

Workout #22118 - Wednesday, 05 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 8 x 25 on :35 Wednesday Warm-up
 1-13, 2-14, 3-15, 2-16
 75 5 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:05 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 750 1x{1 x 200 on 3:20 Backstroke
 {3 x 50 on 1:00 Back-descend
 {1 x 150 on 2:35 Backstroke
 {3 x 50 on 1:00 Back-descend
 {1 x 100 on 1:45 Backstroke
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,025 Yards - Stress Value = 57

Workout #22119 - Wednesday, 05 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 175 7 x 25 on :40 Wednesday Warm-up
 1-14, 2-15, 3-16, 1-17
 75 5 x 15 on :45 Shooters
 All BLSR's 10 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks

Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 600 1x{1 x 200 on 4:10 Backstroke
 {3 x 50 on 1:10 Back-descend
 {1 x 150 on 3:15 Backstroke
 {2 x 50 on 1:10 Back-descend
 300 12 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,825 Yards - Stress Value = 52

Workout #22120 - Wednesday, 05 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 150 6 x 25 on :45 Wednesday Warm-up
 1-16, 2-17, 3-18
 75 5 x 15 on :45 Shooters
 All BLSR's 8 yds minimum
 250 1x{2 x 25 on 1:00 Kick no board B
 {3 x 50 on 1:30 Kick no board L/R/S
 {2 x 25 on 1:00 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 500 1x{1 x 150 on 3:45 Backstroke
 {3 x 50 on 1:30 Back-descend
 {1 x 100 on 2:45 Backstroke
 {2 x 50 on 1:30 Back-descend
 250 10 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,575 Yards - Stress Value = 43

Workout #22121 - Wednesday, 05 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 125 5 x 25 on 1:00 Wednesday Warm-up
 1-20, 2-21, 3-22
 75 5 x 15 on :45 Shooters
 All BLSR's 5 yds minimum
 200 1x{2 x 25 on 1:15 Kick no board B
 {2 x 50 on 2:00 Kick no board L/R
 {2 x 25 on 1:15 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 400 1x{1 x 150 on 4:30 Backstroke
 {2 x 50 on 1:45 Back-descend
 {1 x 100 on 3:15 Backstroke
 {1 x 50 on 1:45 Back-descend
 200 8 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 6:59 PM 1,350 Yards - Stress Value = 35

Workout #22122 - Wednesday, 05 September 2018

Group 2 - Copper
1 minute rest between sets

Yards	Set Description
125	1 on 25:00 DS/Dryland
	5 x 25 on 1:00 Wednesday Warm-up
75	1-20, 2-21, 3-22
	5 x 15 on :45 Shooters
	All BLSR's 5 yds minimum
150	1x{2 x 25 on 1:30 Kick no board B
	{2 x 50 on 3:00 Kick no board L/R
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	Longer swims focus on PERFECT STREAMLINE-3F
	50'S=Start with 4 KOW +1 each wall
400	1x{1 x 150 on 5:00 Backstroke
	{2 x 50 on 1:45 Back-descend
	{1 x 100 on 3:30 Backstroke
	{1 x 50 on 1:45 Back-descend
200	8 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,300 Yards - Stress Value = 34

Workout #22123 - Thursday, 06 September 2018

Group 3 - IM'ers
1 minute rest between sets

Yards	Set Description
600	1 on 12:00 DS>Showers
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly/Breast Shoc
	This set can be done freestyle
1,500	1x{5 x 100 on 1:20 Individual Medley
	{1 on 1:00 Rest
	{4 x 100 on 1:20 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 1:20 Individual Medley
	{1 on 1:00 Rest
	{1 x 100 on 1:20 Individual Medley
100	1 x 100 on 4:00 Free OTB
160	8 x 20 on 3:00 Time Uderwaters R or L
200	1 x 200 on 3:00 Stroke Drills
	7:00 AM 2,710 Yards - Stress Value = 49

Workout #22124 - Thursday, 06 September 2018

Group 3 - Gold
1 minute rest between sets

Yards	Set Description
600	1 on 12:00 DS>Showers
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly/Breast Shoc
	This set can be done freestyle
1,450	1x{5 x 100 on 1:25 Individual Medley
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Individual Medley
	{1 on :30 Rest
	{1 x 50 on :40 Freestyle
100	1 x 100 on 4:00 Free OTB

160 8 x 20 on 3:00 Time Uderwaters R or L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,660 Yards - Stress Value = 48

Workout #22125 - Thursday, 06 September 2018

Group 3 - Silver
1 minute rest between sets

Yards	Set Description
600	1 on 12:00 DS>Showers
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly/Breast Shoc
	This set can be done freestyle
1,300	1x{5 x 100 on 1:35 Individual Medley
	{1 on 1:00 Rest
	{4 x 100 on 1:35 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:35 Individual Medley
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Individual Medley
100	1 x 100 on 4:00 Free OTB
160	8 x 20 on 3:00 Time Uderwaters R or L
200	1 x 200 on 3:00 Stroke Drills
	7:00 AM 2,510 Yards - Stress Value = 45

Workout #22126 - Thursday, 06 September 2018

Group 3 - Bronze
1 minute rest between sets

Yards	Set Description
500	1 on 12:00 DS>Showers
	1 x 500 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly/Breast Shoc
	This set can be done freestyle
1,000	1x{4 x 100 on 1:50 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:50 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Individual Medley
	{1 on 1:00 Rest
	{1 x 100 on 1:50 Individual Medley
100	1 x 100 on 4:00 Free OTB
160	8 x 20 on 3:00 Time Uderwaters R or L
200	1 x 200 on 3:00 Stroke Drills
	6:58 AM 2,110 Yards - Stress Value = 39

Workout #22127 - Thursday, 06 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	1 on 12:00 DS>Showers
500	1 x 500 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly/Breast Shoc This set can be done freestyle
1,000	1x{4 x 100 on 2:05 Individual Medley {1 on 1:00 Rest {3 x 100 on 2:05 Individual Medley {1 on 1:00 Rest {2 x 100 on 2:05 Individual Medley {1 on 1:00 Rest {1 x 100 on 2:05 Individual Medley
100	1 x 100 on 4:00 Free OTB
160	8 x 20 on 3:00 Time Uderwaters R or L
200	1 x 200 on 3:00 Stroke Drills
7:00 AM 2,110 Yards - Stress Value = 39	

Workout #22128 - Thursday, 06 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
625	1 on 12:00 DS>Showers
625	25 x 25 on :30 100 Fly Pace
1,000	1 on 8:00 Video Evaluations
1,000	20 x 50 on :50 200 Free Pace
300	1x{8 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck
625	25 x 25 on :30 100 Breast Pace
625	1 on 15:00 5m vid eval/10m timed open turns
5:45 PM 2,550 Yards - Stress Value = 230	

Workout #22129 - Thursday, 06 September 2018

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
500	1 on 12:00 DS>Showers
500	1 x 500 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :30 Kick no board S {1 x 150 on 2:45 Fly Kick w/board {4 x 25 on :30 Fly Kick w/board {1 x 150 on 2:40 Fly Kick w/board
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 25 on :30 Fly {1 x 25 on :30 Breaststroke {2 x 25 on :30 Fly {2 x 25 on :30 Breaststroke {3 x 25 on :30 Fly {3 x 25 on :30 Breaststroke {4 x 25 on :30 Fly {4 x 25 on :30 Breaststroke {5 x 25 on :30 Fly {5 x 25 on :30 Breaststroke {6 x 25 on :30 Fly {6 x 25 on :30 Breaststroke {7 x 25 on :30 Fly

400	{7 x 25 on :30 Breaststroke
400	{8 x 25 on :30 Fly
400	{8 x 25 on :30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
5:45 PM 3,450 Yards - Stress Value = 52	

Workout #22130 - Thursday, 06 September 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
400	1x{1 x 200 on 4:30 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
350	1 on 15:00 Teach Day-Breast
350	14 x 25 on :35 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:00 PM 1,475 Yards - Stress Value = 46	

Workout #22131 - Thursday, 06 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
350	1x{1 x 200 on 4:45 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
350	1 on 15:00 Teach Day-Breast
350	14 x 25 on :35 USRPT-100 Breast Pace
250	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:00 PM 1,425 Yards - Stress Value = 45	

Workout #22132 - Thursday, 06 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 150 on 4:00 Kick {1 x 100 on 2:35 Kick {1 x 50 on 1:15 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
325	1 on 15:00 Teach Day-Breast
325	13 x 25 on :40 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
6:59 PM 1,250 Yards - Stress Value = 41	

Workout #22133 - Thursday, 06 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 100 on 3:00 Kick
	{1 x 100 on 2:55 Kick
	{1 x 100 on 2:50 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
300	12 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 39

Workout #22134 - Thursday, 06 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
250	1x{1 x 100 on 3:30 Kick
	{1 x 100 on 3:20 Kick
	{1 x 50 on 1:45 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
225	9 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,050 Yards - Stress Value = 30

Workout #22135 - Monday, 10 September 2018

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	1 on 12:00 DS>Showers
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	#1 1st 15m under
	#2 HB 2 SOW
	#3 12.5 yds of last wall
2,400	1x{3 x 200 on 2:35 Freestyle
	{3 x 200 on 2:30 Freestyle
	{3 x 200 on 2:25 Freestyle
	{3 x 200 on 2:20 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-B
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 3,460 Yards - Stress Value = 57

Workout #22136 - Monday, 10 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	1 on 12:00 DS>Showers
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	#1 1st 15m under

Yards	Set Description
2,200	#2 HB 2 SOW
	#3 12.5 yds of last wall
	1x{3 x 200 on 2:45 Freestyle
	{3 x 200 on 2:40 Freestyle
	{3 x 200 on 2:35 Freestyle
	{2 x 200 on 2:30 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-B
250	1 x 250 on 4:00 Stroke Drills
	6:59 AM 3,260 Yards - Stress Value = 53

Workout #22137 - Monday, 10 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	1 on 12:00 DS>Showers
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	#1 1st 15m under
	#2 HB 2 SOW
	#3 12.5 yds of last wall
2,100	1x{3 x 200 on 2:55 Freestyle
	{3 x 200 on 2:50 Freestyle
	{3 x 200 on 2:45 Freestyle
	{2 x 150 on 2:00 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-B
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 3,160 Yards - Stress Value = 51

Workout #22138 - Monday, 10 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	1 on 12:00 DS>Showers
500	1 x 500 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	#1 1st 15m under
	#2 HB 2 SOW
	#3 12.5 yds of last wall
1,950	1x{3 x 200 on 3:10 Freestyle
	{3 x 200 on 3:05 Freestyle
	{3 x 200 on 3:00 Freestyle
	{1 x 150 on 2:10 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-B
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 3,010 Yards - Stress Value = 48

Workout #22139 - Monday, 10 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 12:00 DS>Showers
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	#1 1st 15m under
	#2 HB 2 SOW
	#3 12.5 yds of last wall
1,650	1x{3 x 200 on 3:30 Freestyle
	{3 x 200 on 3:25 Freestyle
	{3 x 150 on 2:35 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-B
250	1 x 250 on 4:00 Stroke Drills
	6:59 AM 2,610 Yards - Stress Value = 42

Workout #22140 - Monday, 10 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM Start		
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
1,000	20 x 50 on :50 200 Fly Pace	SP2
	1 on 7:00 Video Evaluations	REC
625	25 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-Tivo Starts	REC
1,000	20 x 50 on :55 200 Breast Pace	SP2
	1 on 4:00 Video Evaluations-2 corrections	REC
6:00 PM 2,775 Yards - Stress Value = 268		

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
375	10 x 15 on :45 Shooters
100	1x{5 x 75 on 1:45 Breast Kick w/board
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
850	1x{2 x 200 on 4:20 Breast w/2X pullots bhw
	{2 x 150 on 3:15 Breast w/2X pullots bhw
	{1 x 100 on 2:10 Breast w/2X pullots bhw
	{1 x 50 on 1:00 Breast w/2X pullots bhw
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 9:00 Breast Relay
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,575 Yards - Stress Value = 86	

Workout #22141 - Monday, 10 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
4:15 PM Start	
500	1 on 25:00 Spotlight/DS/Showers
150	1 x 500 on 8:00 Swim-kick-pull-swim
950	10 x 15 on :45 Racing Skills-Free Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{2 x 100 on 1:40 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,275	1x{5 x 125 on 1:40 Freestyle
	{1 x 100 on 2:00 Stroke Drills
	{4 x 125 on 1:40 Freestyle
	{1 x 100 on 2:00 Stroke Drills
	{3 x 125 on 1:40 Freestyle
	{1 x 100 on 2:00 Stroke Drills
	{2 x 125 on 1:40 Freestyle
	{1 x 100 on 2:00 Stroke Drills
	{1 x 125 on 1:40 Freestyle
225	1 x 225 on 3:00 Stroke Drills
6:00 PM 4,300 Yards - Stress Value = 64	

Workout #22144 - Monday, 10 September 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 75 on 1:55 Breast Kick w/board
	{1 x 50 on 1:15 Breast-100%
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
800	1x{2 x 200 on 4:40 Breast w/2X pullots bhw
	{2 x 150 on 3:30 Breast w/2X pullots bhw
	{1 x 100 on 2:20 Breast w/2X pullots bhw
500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 9:00 Breast Relay
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,400 Yards - Stress Value = 79	

Workout #22145 - Monday, 10 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
300	10 x 15 on :45 Shooters
100	1x{4 x 75 on 2:05 Breast Kick w/board
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
750	1x{2 x 200 on 5:00 Breast w/2X pullots bhw
	{1 x 150 on 3:45 Breast w/2X pullots bhw
	{2 x 100 on 2:30 Breast w/2X pullots bhw
450	18 x 25 on :50 USRPT-100 Breast Pace
	1 on 9:00 Breast Relay
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,250 Yards - Stress Value = 72	

Workout #22142 - Monday, 10 September 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
425	10 x 15 on :45 Shooters
	1x{5 x 75 on 1:35 Breast Kick w/board
	{1 x 50 on 1:05 Breast Kick-100%
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
950	1x{2 x 200 on 4:00 Breast w/2X pullots bhw
	{2 x 150 on 3:00 Breast w/2X pullots bhw
	{2 x 100 on 2:00 Breast w/2X pullots bhw
	{1 x 50 on 1:00 Breast w/2X pullouts bhw
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 9:00 Breast Relay
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,800 Yards - Stress Value = 96	

Workout #22143 - Monday, 10 September 2018

Group 2 - Gold

1 minute rest between sets

Workout #22146 - Monday, 10 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 300 1x{4 x 75 on 2:15 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 700 1x{1 x 200 on 5:20 Breast w/2X pullots bhw
 {2 x 150 on 4:00 Breast w/2X pullots bhw
 {1 x 100 on 2:40 Breast w/2X pullots bhw
 {2 x 50 on 1:20 Breast w/2X pullots bhw
 400 16 x 25 on :55 USRPT-100 Breast Pace
 1 on 9:00 Breast Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 2,100 Yards - Stress Value = 66

{2 x 125 on 2:00 Kick
 {2 x 125 on 1:55 Kick
 {2 x 125 on 1:50 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 100 on 1:25 Backstroke
 {3 x 75 on 1:10 Back alt 15m under
 {2 x 100 on 1:25 Backstroke
 {3 x 75 on 1:10 Back alt 15m under
 {3 x 100 on 1:25 Backstroke
 {3 x 75 on 1:10 Back alt 15m under
 {4 x 100 on 1:25 Backstroke
 {3 x 75 on 1:10 Back alt 15m under
 {1 on 1:00 Rest
 {1 x 100 on 2:00 Back-100% Effort
 250 5 x 50 on 1:00 Stroke Drills
 6:00 PM 4,100 Yards - Stress Value = 74

Workout #22150 - Tuesday, 11 September 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-CountStrokes
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 600 1x{4 x 25 on :45 Kick no board B
 {4 x 50 on 1:00 Kick no board L/R/S/C
 {4 x 25 on :45 Kick no board B
 {4 x 50 on 1:00 Kick no board L/R/S/C
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 800 1x{1 x 200 on 3:10 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 150 on 2:25 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 100 on 1:40 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,900 Yards - Stress Value = 109

Workout #22147 - Monday, 10 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 150 1 x 150 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 200 1x{4 x 50 on 2:15 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 475 1x{1 x 150 on 5:20 Breast w/2X pullots bhw
 {2 x 100 on 4:00 Breast w/2X pullots bhw
 {1 x 75 on 2:40 Breast w/2X pullots bhw
 {2 x 25 on 1:20 Breast w/2X pullots bhw
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 9:00 Breast Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 1,700 Yards - Stress Value = 58

Workout #22148 - Tuesday, 11 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 Spotlight/DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 625 25 x 25 on :30 100 Free Pace SP2
 1 on 8:00 Video Evaluations REC
 625 25 x 25 on :30 100 Fly Pace SP2
 1 on 10:00 Racing Skills-Timed starts under SP3
 water to 15m
 1,250 25 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Video Evaluations-2 corrections REC
 6:00 PM 2,650 Yards - Stress Value = 255

Workout #22149 - Tuesday, 11 September 2018

Group 3 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 500 1 x 500 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 L.25 of each change kick
 1,000 1x{2 x 125 on 2:05 Kick

Workout #22151 - Tuesday, 11 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 525 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 {4 x 50 on 1:10 Kick no board L/R/S/C
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 700 1x{1 x 200 on 3:20 Backstroke
 {3 x 50 on 1:05 Back-descend
 {1 x 150 on 2:35 Backstroke
 {2 x 50 on 1:05 Back-descend
 {1 x 100 on 1:45 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,600 Yards - Stress Value = 93

Workout #22152 - Tuesday, 11 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 All BLSR's 10 yds minimum
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick no board L/R/S
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick no board L/R/S
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 600 1x{1 x 200 on 4:30 Backstroke
 {3 x 50 on 1:15 Back-descend
 {1 x 150 on 3:30 Backstroke
 {2 x 50 on 1:15 Back-descend
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 2,350 Yards - Stress Value = 83

Workout #22153 - Tuesday, 11 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 All BLSR's 8 yds minimum
 400 1x{4 x 25 on 1:00 Kick no board B
 {4 x 50 on 1:30 Kick no board L/R/S/C
 {4 x 25 on 1:00 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall

500 1x{1 x 150 on 3:45 Backstroke
 {3 x 50 on 1:30 Back-descend
 {1 x 100 on 2:45 Backstroke
 {2 x 50 on 1:30 Back-descend
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,100 Yards - Stress Value = 74

Workout #22154 - Tuesday, 11 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 All BLSR's 5 yds minimum
 300 1x{4 x 25 on 1:15 Kick no board B
 {2 x 50 on 2:00 Kick no board L/R
 {4 x 25 on 1:15 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 400 1x{1 x 150 on 4:10 Backstroke
 {2 x 50 on 1:45 Back-descend
 {1 x 100 on 2:55 Backstroke
 {1 x 50 on 1:45 Back-fast
 450 18 x 25 on :50 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 1,800 Yards - Stress Value = 65

Workout #22155 - Tuesday, 11 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 150 1 x 150 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 All BLSR's 5 yds minimum
 300 1x{4 x 25 on 1:15 Kick no board B
 {2 x 50 on 2:00 Kick no board L/R
 {4 x 25 on 1:15 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 350 1x{1 x 100 on 3:30 Backstroke
 {2 x 50 on 2:00 Back-descend
 {1 x 100 on 4:00 Backstroke
 {1 x 50 on 2:00 Back-fast
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 1,625 Yards - Stress Value = 57

Workout #22156 - Tuesday, 11 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
400	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
2,200	1x{1 x 250 on 3:15 Freestyle	F
	{5 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:10 Freestyle	F
	{5 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:05 Freestyle	F
	{5 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:00 Freestyle	F
	{4 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 2:55 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-B	F
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM 3,110 Yards - Stress Value = 129		

Workout #22159 - Tuesday, 11 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
400	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
1,900	1x{1 x 250 on 3:55 Freestyle	F
	{5 x 50 on :55 Hold 200 Pace	£
	{1 x 250 on 3:50 Freestyle	F
	{5 x 50 on :55 Hold 200 Pace	£
	{1 x 250 on 3:45 Freestyle	F
	{5 x 50 on :55 Hold 200 Pace	£
	{1 x 250 on 3:35 Freestyle	F
	{3 x 50 on :55 Hold 200 Pace	£
160	8 x 20 on 3:00 Timed Underwaters-B	F
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM 2,810 Yards - Stress Value = 119		

Workout #22157 - Tuesday, 11 September 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
400	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
2,150	1x{1 x 250 on 3:30 Freestyle	F
	{5 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:25 Freestyle	F
	{5 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:20 Freestyle	F
	{5 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:15 Freestyle	F
	{3 x 50 on :50 Hold 200 Pace	£
	{1 x 250 on 3:10 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-B	F
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM 3,060 Yards - Stress Value = 124		

Workout #22160 - Tuesday, 11 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
400	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
1,700	1x{1 x 250 on 4:30 Freestyle	F
	{5 x 50 on 1:00 Hold 200 Pace	£
	{1 x 250 on 4:25 Freestyle	F
	{5 x 50 on 1:00 Hold 200 Pace	£
	{1 x 250 on 4:20 Freestyle	F
	{4 x 50 on 1:00 Hold 200 Pace	£
	{1 x 250 on 4:15 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-B	F
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM 2,610 Yards - Stress Value = 99		

Workout #22161 - Tuesday, 11 September 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
400	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
1,600	1x{1 x 250 on 5:00 Freestyle	F
	{5 x 50 on 1:00 Hold 200 Pace	£
	{1 x 250 on 4:55 Freestyle	F
	{5 x 50 on 1:00 Hold 200 Pace	£
	{1 x 250 on 4:50 Freestyle	F
	{5 x 50 on 1:00 Hold 200 Pace	£
	{1 x 100 on 1:55 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-B	F
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM 2,510 Yards - Stress Value = 101		

Workout #22158 - Tuesday, 11 September 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
400	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
1,950	1x{1 x 250 on 3:45 Freestyle	F
	{5 x 50 on :55 Hold 200 Pace	£
	{1 x 250 on 3:40 Freestyle	F
	{5 x 50 on :55 Hold 200 Pace	£
	{1 x 250 on 3:35 Freestyle	F
	{5 x 50 on :55 Hold 200 Pace	£
	{1 x 250 on 3:30 Freestyle	F
	{4 x 50 on :55 Hold 200 Pace	£
160	8 x 20 on 3:00 Timed Underwaters-B	F
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM 2,860 Yards - Stress Value = 124		

Workout #22162 - Wednesday, 12 September 2018

Group 3 - Kick set day

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,400	1x{4 x 25 on :30 Kick no board BSLR 4 x 100 on 2:00 Kick w/ snorkel 4 x 25 on :30 Kick no board BSLR 3 x 100 on 1:55 Kick w/ snorkel 4 x 25 on :30 Kick no board BSLR 2 x 100 on 1:50 Kick w/ snorkel 4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:45 Kick w/ snorkel
200	8 x 25 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,500 Yards - Stress Value = 38

Workout #22163 - Wednesday, 12 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,350	1x{4 x 25 on :30 Kick no board BSLR 4 x 100 on 2:10 Kick w/ snorkel 4 x 25 on :30 Kick no board BSLR 3 x 100 on 2:05 Kick w/ snorkel 4 x 25 on :30 Kick no board BSLR 2 x 100 on 2:00 Kick w/ snorkel 4 x 25 on :30 Kick no board BSLR 1 x 50 on :55 Kick w/ snorkel
200	8 x 25 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,450 Yards - Stress Value = 37

Workout #22164 - Wednesday, 12 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,200	1x{4 x 25 on :35 Kick no board BSLR 4 x 100 on 2:20 Kick w/ snorkel 4 x 25 on :35 Kick no board BSLR 3 x 100 on 2:15 Kick w/ snorkel 4 x 25 on :35 Kick no board BSLR 2 x 100 on 2:10 Kick w/ snorkel
200	8 x 25 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,300 Yards - Stress Value = 34

Workout #22165 - Wednesday, 12 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters

1,150	1x{4 x 25 on :35 Kick no board BSLR 4 x 100 on 2:30 Kick w/ snorkel 4 x 25 on :35 Kick no board BSLR 3 x 100 on 2:25 Kick w/ snorkel 4 x 25 on :35 Kick no board BSLR 1 x 100 on 2:20 Kick w/ snorkel 1 x 50 on 1:10 Kick w/ snorkel
200	8 x 25 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,250 Yards - Stress Value = 33

Workout #22166 - Wednesday, 12 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,000	1x{4 x 25 on :45 Kick no board BSLR 3 x 100 on 2:45 Kick w/ snorkel 4 x 25 on :45 Kick no board BSLR 2 x 100 on 2:45 Kick w/ snorkel 4 x 25 on :45 Kick no board BSLR 1 x 100 on 2:45 Kick w/ snorkel 4 x 25 on :45 Kick no board BSLR
200	8 x 25 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:01 AM 2,100 Yards - Stress Value = 30

Workout #22167 - Wednesday, 12 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	1x{4 x 25 on :45 Kick no board BSLR 3 x 100 on 3:15 Kick w/ snorkel 4 x 25 on :45 Kick no board BSLR 2 x 100 on 3:10 Kick w/ snorkel 4 x 25 on :45 Kick no board BSLR 1 x 100 on 3:05 Kick w/ snorkel
200	8 x 25 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:01 AM 2,000 Yards - Stress Value = 28

Workout #22168 - Wednesday, 12 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS>Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SE
625	25 x 25 on :30 100 Breast Pace	SE
	1 on 8:00 Video Evaluations	RE
1,000	20 x 50 on :50 200 Free Pace	SE
	1 on 10:00 Racing Skills-Underwater Racing	EM
750	30 x 25 on :30 200 Fly Pace	SE
	1 on 6:00 Video Evaluations-2 corrections	RE
	6:00 PM 2,525 Yards - Stress Value = 243	

Workout #22169 - Wednesday, 12 September 2018

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
500	1 on 25:00 Spotlight/DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board B
	{4 x 50 on 1:00 Kick-fast
	{4 x 25 on :30 Kick no board S
	{4 x 50 on :55 KICK-fast
	{4 x 25 on :30 Kick no board L
	{4 x 50 on :50 Kick-fast
	{4 x 25 on :30 Kick no board R
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,475	1x{1 x 200 on 3:20 Breast 1st 25 free Kick
	{4 x 25 on :30 Breast +1 pullouts
	{1 x 175 on 2:55 Breast 1st 25 free Kick
	{4 x 25 on :30 Breast +1 pullouts
	{1 x 150 on 2:30 Breast 1st 25 free Kick
	{4 x 25 on :30 Breast +1 pullouts
	{1 x 125 on 2:05 Breast 1st 25 free Kick
	{4 x 25 on :30 Breast +1 pullouts
	{1 x 100 on 1:40 Breast 1st 25 free Kick
	{4 x 25 on :30 Breast +1 pullouts
	{1 x 75 on 1:15 Breast 1st 25 free Kick
	{4 x 25 on :30 Breast +1 pullouts
	{1 x 50 on :50 Breast 1st 25 free Kick
250	1 x 250 on 4:00 Stroke Drills
5:59 PM	3,575 Yards - Stress Value = 58

	{3 x 125 on 1:55 Freestyle
	{3 x 125 on 2:00 Freestyle
	{1 x 100 on 1:40 Freestyle
750	30 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
7:15 PM	3,075 Yards - Stress Value = 115

Workout #22172 - Wednesday, 12 September 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
	1 on 25:00 DS/Dryland
175	7 x 25 on :40 1-14, 2-15, 3-16, 1-17
150	10 x 15 on :45 Shooters
350	7 x 50 on 1:10 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,050	1x{3 x 125 on 2:05 Freestyle
	{3 x 125 on 2:10 Freestyle
	{2 x 125 on 2:15 Freestyle
	{1 x 50 on :50 Freestyle
625	25 x 25 on :35 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
7:15 PM	2,700 Yards - Stress Value = 97

Workout #22173 - Wednesday, 12 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
	1-16, 2-17, 3-18
150	10 x 15 on :45 Shooters
300	6 x 50 on 1:20 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,000	1x{3 x 125 on 2:25 Freestyle
	{3 x 125 on 2:30 Freestyle
	{2 x 125 on 2:35 Freestyle
550	22 x 25 on :40 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
7:15 PM	2,450 Yards - Stress Value = 88

Workout #22171 - Wednesday, 12 September 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
	1-13, 2-14, 3-15, 2-16
150	10 x 15 on :45 Shooters
400	8 x 50 on 1:05 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,225	1x{3 x 125 on 1:50 Freestyle

Workout #22174 - Wednesday, 12 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM	Start	
Yards	Set Description	
=====	=====	
	1 on 25:00 DS/Dryland	
125	5 x 25 on 1:00 Wednesday Warm-up	
	1-20, 2-21, 3-22	
150	10 x 15 on :45 Shooters	
300	6 x 50 on 1:30 Kick	
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
750	1x{3 x 100 on 2:25 Freestyle	
	{3 x 100 on 2:30 Freestyle	
	{2 x 75 on 1:55 Freestyle	
500	20 x 25 on :45 USRPT-Free	
	1 on 9:00 Racing Skills-Starts	
200	1 x 200 on 5:00 Stroke Drills	
7:15 PM	2,125 Yards - Stress Value = 77	

Workout #22175 - Wednesday, 12 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM	Start	
Yards	Set Description	
=====	=====	
	1 on 25:00 DS/Dryland	
125	5 x 25 on 1:00 Wednesday Warm-up	
	1-20, 2-21, 3-22	
150	10 x 15 on :45 Shooters	
250	5 x 50 on 1:45 Kick	
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
600	1x{3 x 75 on 2:25 Freestyle	
	{3 x 75 on 2:30 Freestyle	
	{3 x 50 on 1:20 Freestyle	
375	15 x 25 on 1:00 USRPT-Free	
	1 on 9:00 Racing Skills-Starts	
200	1 x 200 on 5:00 Stroke Drills	
7:15 PM	1,800 Yards - Stress Value = 60	

Workout #22176 - Thursday, 13 September 2018

Group 3 - IM's

1 minute rest between sets

5:30 AM	Start	
Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS/Showers	RE
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
2,300	1x{1 x 400 on 5:35 Individual Medley	EM
	{1 x 100 on 1:10 Freestyle	EM
	{2 x 300 on 4:05 Individual Medley	EM
	{1 x 100 on 1:10 Freestyle	EM
	{3 x 200 on 2:40 Individual Medley	EM
	{1 x 100 on 1:10 Freestyle	EM
	{4 x 100 on 1:15 Individual Medley	EM
160	8 x 20 on 3:00 Timed underwaters-R	SF
250	1 x 250 on 4:00 Stroke Drills	RE
7:00 AM	3,260 Yards - Stress Value = 68	

Workout #22177 - Thursday, 13 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM	Start	
Yards	Set Description	EC

=====	=====	=====	==
	1 on 12:00 DS/Showers		RE
400	1 x 400 on 7:00 Underwater trn drill		RE
	Odd 100's free evens back		
150	10 x 15 on :45 Racing Skills-Fly Shooters		SF
2,200	1x{1 x 400 on 6:00 Individual Medley		EM
	{1 x 100 on 1:20 Freestyle		EM
	{2 x 300 on 4:25 Individual Medley		EM
	{1 x 100 on 1:20 Freestyle		EM
	{3 x 200 on 2:50 Individual Medley		EM
	{1 x 100 on 1:20 Freestyle		EM
	{3 x 100 on 1:20 Individual Medley		EM
160	8 x 20 on 3:00 Timed underwaters-R		SF
250	1 x 250 on 4:00 Stroke Drills		RE
7:01 AM	3,160 Yards - Stress Value = 66		

Workout #22178 - Thursday, 13 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM	Start		
Yards	Set Description	EC	
=====	=====	=====	
	1 on 12:00 DS/Showers		RE
400	1 x 400 on 7:00 Underwater trn drill		RE
	Odd 100's free evens back		
150	10 x 15 on :45 Racing Skills-Fly Shooters		SF
2,000	1x{1 x 400 on 6:30 Individual Medley		EM
	{1 x 100 on 1:25 Freestyle		EM
	{2 x 300 on 4:50 Individual Medley		EM
	{1 x 100 on 1:25 Freestyle		EM
	{3 x 200 on 3:10 Individual Medley		EM
	{1 x 100 on 1:25 Freestyle		EM
	{1 x 100 on 1:20 Individual Medley		EM
160	8 x 20 on 3:00 Timed underwaters-R		SF
250	1 x 250 on 4:00 Stroke Drills		RE
7:01 AM	2,960 Yards - Stress Value = 62		

Workout #22179 - Thursday, 13 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM	Start		
Yards	Set Description	EC	
=====	=====	=====	
	1 on 12:00 DS/Showers		RE
350	1 x 350 on 7:00 Underwater trn drill		RE
	Odd 100's free evens back		
150	10 x 15 on :45 Racing Skills-Fly Shooters		SF
1,800	1x{1 x 400 on 7:00 Individual Medley		EM
	{1 x 100 on 1:35 Freestyle		EM
	{2 x 300 on 5:10 Individual Medley		EM
	{1 x 100 on 1:35 Freestyle		EM
	{3 x 200 on 3:25 Individual Medley		EM
160	8 x 20 on 3:00 Timed underwaters-R		SF
250	1 x 250 on 4:00 Stroke Drills		RE
7:00 AM	2,710 Yards - Stress Value = 58		

Workout #22180 - Thursday, 13 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
300	1 on 12:00 DS/Showers	RE
300	1 x 300 on 7:00 Underwater trn drill	RE
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,600	1x{1 x 400 on 8:00 Individual Medley	EN
	{1 x 100 on 1:45 Freestyle	EN
	{2 x 300 on 5:45 Individual Medley	EN
	{1 x 100 on 1:45 Freestyle	EN
	{2 x 200 on 3:40 Individual Medley	EN
160	8 x 20 on 3:00 Timed underwaters-R	SE
250	1 x 250 on 4:00 Stroke Drills	RE
	7:00 AM 2,460 Yards - Stress Value = 54	

	{3 x 100 on 1:35 Kick #1	
	{4 x 50 on 1:00 Kick-weakest	
	{1 x 100 on 1:30 Kick #1	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,750	1x{2 x 25 on :30 Fly w/free kick	
	{1 x 50 on :40 Freestyle	
	{4 x 25 on :30 Fly w/free kick	
	{2 x 50 on :40 Freestyle	
	{6 x 50 on :30 Fly w/free kick	
	{3 x 50 on :40 Freestyle	
	{8 x 25 on :30 Fly w/free kick	
	{4 x 50 on :40 Freestyle	
	{6 x 25 on :30 Fly w/free kick	
	{3 x 50 on :40 Freestyle	
	{4 x 25 on :30 Fly w/free kick	
	{2 x 50 on :40 Freestyle	
	{2 x 25 on :30 Fly w/free kick	
	{1 x 50 on :40 Freestyle	
250	1 x 250 on 4:00 Stroke Drills	
	6:00 PM 4,050 Yards - Stress Value = 67	

Workout #22181 - Thursday, 13 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
300	1 on 12:00 DS/Showers	RE
300	1 x 300 on 7:00 Underwater trn drill	RE
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,300	1x{1 x 400 on 10:00 Individual Medley	EN
	{1 x 100 on 2:00 Freestyle	EN
	{1 x 300 on 7:30 Individual Medley	EN
	{1 x 100 on 2:00 Freestyle	EN
	{1 x 200 on 5:00 Individual Medley	EN
	{2 x 100 on 2:00 Freestyle	EN
160	8 x 20 on 3:00 Timed underwaters-R	SE
250	1 x 250 on 4:00 Stroke Drills	RE
	7:00 AM 2,160 Yards - Stress Value = 48	

Workout #22184 - Thursday, 13 September 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 20:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:15 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,800 Yards - Stress Value = 87

Workout #22182 - Thursday, 13 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
150	1 on 25:00 Spotlight/DS/Showes	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
200	8 x 25 on 3:00 50 Free Pace	SP2
400	20 x 20 on :30 100 Back Pace	SP2
400	1 on 7:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Fly Pace	SP2
400	1 on 7:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Free Pace	SP2
	6:00 PM 1,550 Yards - Stress Value = 146	

Workout #22185 - Thursday, 13 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 20:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:25 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,675 Yards - Stress Value = 74

Workout #22183 - Thursday, 13 September 2018

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
500	1 on 25:00 Spotlight/DS/Showers
500	1 x 500 on 8:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 50 on 1:00 Kick-weakest
	{1 x 100 on 1:45 Kick #1
	{2 x 50 on 1:00 Kick-weakest
	{2 x 100 on 1:40 Kick #1
	{3 x 50 on 1:00 Kick-weakest

Workout #22186 - Thursday, 13 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
550	1 on 20:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
300	22 x 25 on :40 USRPT-100 Fly Pace Evens-underwaters, count kicks
150	1x{4 x 25 on :45 Kick no board S
100	{1 x 100 on 2:35 Fly Kick w/board
100	{4 x 25 on :45 Kick no board S
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,600 Yards - Stress Value = 67

Workout #22187 - Thursday, 13 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 TEACH DAY-Fly
500	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
300	20 x 25 on :45 USRPT-100 Fly Pace
150	1x{4 x 25 on :45 Kick no board S
100	{1 x 100 on 2:45 Fly Kick w/board
100	{4 x 25 on :45 Kick no board S
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,550 Yards - Stress Value = 62

Workout #22188 - Thursday, 13 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 TEACH DAY-Fly
400	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
250	16 x 25 on :55 USRPT-100 Fly Pace
150	1x{4 x 25 on 1:00 Kick no board S
100	{1 x 100 on 2:55 Fly Kick w/board
100	{2 x 25 on 1:00 Kick no board S
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,400 Yards - Stress Value = 51

Workout #22189 - Thursday, 13 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
	1 on 20:00 TEACH DAY-Fly

100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1x{4 x 25 on 1:00 Kick no board S
	{1 x 50 on 2:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,325 Yards - Stress Value = 48

Workout #22190 - Monday, 17 September 2018

Group 3 - USRPT-Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	40 x 25 on 1:25 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,750 Yards - Stress Value = 106			

Workout #22191 - Monday, 17 September 2018

Group 3 - Platinum-Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
950	38 x 25 on 1:30 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,700 Yards - Stress Value = 101			

Workout #22192 - Monday, 17 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	SI
	1 on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
900	36 x 25 on 1:35 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,650 Yards - Stress Value = 96			

Workout #22193 - Monday, 17 September 2018

Group 3 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
850	34 x 25 on 1:40 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,600 Yards - Stress Value = 91			

Workout #22194 - Monday, 17 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
800	32 x 25 on 1:45 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,550 Yards - Stress Value = 86			

Workout #22195 - Monday, 17 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
775	31 x 25 on 1:50 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,525 Yards - Stress Value = 84			

Workout #22196 - Monday, 17 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
725	29 x 25 on 1:55 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,475 Yards - Stress Value = 78			

Workout #22197 - Monday, 17 September 2018

Group 3 - Bronze/Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
725	29 x 25 on 1:55 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,475 Yards - Stress Value = 78			

Workout #22198 - Monday, 17 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
700	28 x 25 on 2:00 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,450 Yards - Stress Value = 76			

Workout #22199 - Monday, 17 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	ST
1	on 25:00 Spotlight/DS/Showers			F
150	10 x 15 on :45 Racing Skills-Free Shooters			F
600	20 x 30 on :50 200 Free Pace			F
625	1 on 5:00 Video Evaluations			F
	25 x 25 on :30 100 Fly Pace*			F
	1 on 8:00 RS-Tivo Starts			F
1,000	20 x 50 on :50 200 Back Pace			F
300	1x{8 x 15 on :30 Undr Wtr Fly Kck			F
	{1 on :30 Rest			F
	{6 x 15 on :25 Undr Wtr Fly Kck			F
	{1 on :30 Rest			F
	{4 x 15 on :20 Undr Wtr Fly Kck			F
	{1 on :30 Rest			F
	{2 x 15 on :15 Undr Wtr Fly Kck			F
625	25 x 25 on :30 100 Breast Pace*			F
	6:16 PM 3,300 Yards - Stress Value = 296			

Workout #22200 - Monday, 17 September 2018

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 Spotlight/DS/Showers
150	1 x 600 on 9:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:40 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{3 x 100 on 1:35 Kick
	{8 x 25 on :30 Kick no board BSLR X2
	{3 x 100 on 1:30 Kick
750	1x{2 x 125 on 1:50 Pulls-no br L.12 yds
	{2 x 100 on 1:25 Pulls-no br L.12 yds
	{2 x 75 on 1:05 Pulls-no br L.12 yds
	{2 x 50 on :40 Pulls-no br L.12 yds
	{2 x 25 on :20 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	All walls 3 strokes before 1st breath
	#1-4 corresponding 100 br on 5
	#5 FAST
2,000	1x{1 x 400 on 5:20 Freestyle
	{1 x 400 on 5:15 Freestyle
	{1 x 400 on 5:10 Freestyle
	{1 x 400 on 5:05 Freestyle
	{1 x 400 on 5:00 Freestyle
250	5 x 50 on 1:00 Stroke Drills
	6:15 PM 5,300 Yards - Stress Value = 85

Workout #22201 - Monday, 17 September 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
400	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board S
	{1 x 200 on 4:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,050	1x{2 x 75 on 1:30 Fly 25R, 25L, 25B
	{2 x 50 on :45 Fly lupldown+1 to 3 down
	{2 x 75 on 1:25 Fly 25R, 25L, 25B
	{2 x 50 on :50 Fly lupldown+1 to 3 down
	{2 x 75 on 1:20 Fly 25R, 25L, 25B
	{2 x 50 on :55 Fly lupldown+1 to 3 down
	{2 x 75 on 1:15 Fly 25R, 25L, 25B
	{3 x 50 on 1:00 Fly lupldown+1 to 3 down
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 3,000 Yards - Stress Value = 110

Workout #22202 - Monday, 17 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
350	1x{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :35 Kick no board S

100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
950	1x{2 x 75 on 1:40 Fly 25R, 25L, 25B
	{2 x 50 on :50 Fly lupldown+1 to 3 down
	{2 x 75 on 1:35 Fly 25R, 25L, 25B
	{2 x 50 on :55 Fly lupldown+1 to 3 down
	{2 x 75 on 1:30 Fly 25R, 25L, 25B
	{2 x 50 on 1:00 Fly lupldown+1 to 3 down
	{2 x 75 on 1:25 Fly 25R, 25L, 25B
	{1 x 50 on 1:05 Fly lupldown+1 to 3 down
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,725 Yards - Stress Value = 94

Workout #22203 - Monday, 17 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
300	1x{4 x 25 on :40 Kick no board S
	{1 x 100 on 2:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
825	1x{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:00 Fly lupldown+1 to 3 down
	{2 x 75 on 1:45 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:40 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{1 x 75 on 1:35 Fly 25R, 25L, 25B
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,425 Yards - Stress Value = 84

Workout #22204 - Monday, 17 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:45 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
750	1x{2 x 75 on 2:00 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:55 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:15 Fly lupldown+1 to 3 down
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,300 Yards - Stress Value = 77

Workout #22205 - Monday, 17 September 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
250	1x{2 x 25 on 1:00 Kick no board S
	{1 x 150 on 4:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
600	1x{2 x 75 on 2:20 Fly 25R, 25L, 25B
	{2 x 50 on 1:30 Fly lupldown+1 to 3 down
	{2 x 75 on 2:15 Fly 25R, 25L, 25B
	{1 x 50 on 1:35 Fly lupldown+1 to 3 down
	{2 x 75 on 2:10 Fly 25R, 25L, 25B
450	18 x 25 on :50 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
7:16 PM	2,000 Yards - Stress Value = 68

Workout #22206 - Monday, 17 September 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
200	1x{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
475	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B
	{1 x 50 on 2:00 Fly lupldown+1 to 3 down
	{2 x 75 on 2:35 Fly 25R, 25L, 25B
	{1 x 50 on 2:00 Fly lupldown+1 to 3 down
	{1 x 75 on 2:30 Fly 25R, 25L, 25B
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
7:14 PM	1,750 Yards - Stress Value = 58

Workout #22207 - Tuesday, 18 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,625	1x{5 x 125 on 1:31 Freestyle
	{1 x 50 on 1:00 Free-100%
	{4 x 125 on 1:30 Freestyle
	{2 x 50 on 1:00 Free-100%
	{3 x 125 on 1:29 Freestyle
	{3 x 50 on 1:00 Free-100%
	{2 x 125 on 1:28 Freestyle
	{4 x 50 on 1:00 Free-100%
	{1 x 125 on 1:27 Freestyle
	{5 x 50 on 1:00 Free-100%
120	6 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	3,495 Yards - Stress Value = 100

Workout #22208 - Tuesday, 18 September 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,475	1x{5 x 125 on 1:43 Freestyle
	{1 x 50 on 1:00 Free-100%
	{4 x 125 on 1:42 Freestyle
	{2 x 50 on 1:00 Free-100%
	{3 x 125 on 1:41 Freestyle
	{3 x 50 on 1:00 Free-100%
	{2 x 125 on 1:40 Freestyle
	{4 x 50 on 1:00 Free-100%
	{1 x 125 on 1:39 Freestyle
	{2 x 50 on 1:00 Free-100%
120	6 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	3,345 Yards - Stress Value = 91

Workout #22209 - Tuesday, 18 September 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,425	1x{5 x 125 on 1:48 Freestyle
	{1 x 50 on 1:00 Free-100%
	{4 x 125 on 1:47 Freestyle
	{2 x 50 on 1:00 Free-100%
	{3 x 125 on 1:46 Freestyle
	{3 x 50 on 1:00 Free-100%
	{2 x 125 on 1:45 Freestyle
	{4 x 50 on 1:00 Free-100%
	{1 x 125 on 1:44 Freestyle
	{1 x 50 on 1:00 Free-100%
120	6 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	3,295 Yards - Stress Value = 88

Workout #22210 - Tuesday, 18 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,200	1x{5 x 125 on 2:03 Freestyle
	{1 x 50 on 1:00 Free-100%
	{4 x 125 on 2:02 Freestyle
	{2 x 50 on 1:00 Free-100%
	{3 x 125 on 2:01 Freestyle
	{3 x 50 on 1:00 Free-100%
	{2 x 125 on 2:00 Freestyle
	{3 x 50 on 1:00 Free-100%
120	6 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	3,070 Yards - Stress Value = 80

Workout #22211 - Tuesday, 18 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	
=====	=====	=====
	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
2,000	1x{5 x 125 on 2:19 Freestyle	F
	{1 x 50 on 1:00 Free-100%	E
	{4 x 125 on 2:18 Freestyle	E
	{2 x 50 on 1:00 Free-100%	E
	{3 x 125 on 2:17 Freestyle	E
	{2 x 50 on 1:00 Free-100%	E
	{2 x 125 on 2:16 Freestyle	E
120	6 x 20 on 3:00 Timed Underwaters-S	S
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM	2,870 Yards - Stress Value = 68	

Workout #22212 - Tuesday, 18 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	
=====	=====	=====
	1 on 12:00 DS/Showers	F
400	1 x 400 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
1,825	1x{5 x 75 on 1:35 Freestyle	F
	{1 x 50 on 1:15 Free-100%	E
	{4 x 75 on 1:34 Freestyle	E
	{2 x 50 on 1:15 Free-100%	E
	{3 x 75 on 1:33 Freestyle	E
	{3 x 50 on 1:15 Free-100%	E
	{2 x 125 on 1:32 Freestyle	E
	{4 x 50 on 1:15 Free-100%	E
	{1 x 125 on 1:31 Freestyle	E
	{1 x 50 on 1:15 Free-100%	E
120	6 x 20 on 3:00 Timed Underwaters-S	S
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM	2,695 Yards - Stress Value = 76	

Workout #22213 - Tuesday, 18 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	EGY
150	10 x 15 on :45 Racing Skills-Back Shooters	REC
1,000	20 x 50 on :55 200 Breast Pace	SP3
	1 on 5:00 Video Evaluations	REC
625	25 x 25 on :30 100 Free Pace*	SP2
	1 on 10:00 RS-Timed Fly/Free/Back Turns	EN2
	shoulder to shoulder and 15M	
1,000	20 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Video Evaluations	REC
625	25 x 25 on :30 100 Back Pace*	SP2
6:15 PM	3,400 Yards - Stress Value = 330	

Workout #22214 - Tuesday, 18 September 2018

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 9:00 Top Hat Drill	
150	10 x 15 on :45 Shooters	

1,200	1x{1 x 150 on 2:30 Kick	
	{3 x 50 on :50 Kick-descend	
	{1 x 150 on 2:25 Kick	
	{3 x 50 on :50 Kick-descend	
	{1 x 150 on 2:20 Kick	
	{3 x 50 on :50 Kick-descend	
	{1 x 150 on 2:15 Kick	
	{3 x 50 on :50 Kick-descend	
800	1 x 800 on 11:00 Pulls-odds 100's BTB	
	Even 100's BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	1x{1 x 100 on 1:30 Back 3/5/7/9 KOW	
	{2 x 50 on :40 Backstroke	
	{2 x 100 on 1:30 Back 3/5/7/9 KOW	
	{2 x 75 on 1:00 Backstroke	
	{3 x 100 on 1:30 Back 3/5/7/9 KOW	
	{2 x 100 on 1:20 Backstroke	
	{4 x 100 on 1:30 Back 3/5/7/9 KOW	
	{2 x 125 on 1:40 Backstroke	
	{5 x 100 on 1:30 Back 3/5/7/9 KOW	
200	1 x 200 on 3:00 Stroke Drills	
6:15 PM	5,350 Yards - Stress Value = 84	

Workout #22215 - Tuesday, 18 September 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Shooters	
400	1x{2 x 75 on 1:35 Breast Kick w/board	
	{2 x 100 on 2:05 Breast Kick w/board	
	{1 x 50 on 1:05 Breast Kick w/board	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
950	1x{1 x 250 on 5:00 Breast 2X pullouts start wal	
	{2 x 200 on 4:00 Breast 2X pullouts start wal	
	{3 x 100 on 2:00 Breast 2X pullouts start wal	
625	25 x 25 on :35 USRPT-100 Breast Pace	
	1 on 10:00 Racing Skills-Breast Finishes	
250	1 x 250 on 4:00 Stroke Drills	
7:15 PM	2,775 Yards - Stress Value = 95	

Workout #22216 - Tuesday, 18 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Shooters	
375	1x{2 x 75 on 1:45 Breast Kick w/board	
	{2 x 100 on 2:15 Breast Kick w/board	
	{1 x 25 on :40 Breast Kick NO board	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
850	1x{1 x 250 on 5:30 Breast 2X pullouts start wal	
	{2 x 200 on 4:20 Breast 2X pullouts start wal	
	{2 x 100 on 2:10 Breast 2X pullouts start wal	
550	22 x 25 on :40 USRPT-100 Breast Pace	
	1 on 10:00 Racing Skills-Breast Finishes	
250	1 x 250 on 4:00 Stroke Drills	
7:15 PM	2,575 Yards - Stress Value = 85	

Workout #22217 - Tuesday, 18 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	1x{2 x 75 on 1:55 Breast Kick w/board {2 x 100 on 2:30 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
800	1x{1 x 250 on 5:50 Breast 2X pullouts start wal {2 x 200 on 4:40 Breast 2X pullouts start wal {1 x 150 on 3:30 Breast 2X pullouts start wal
500	20 x 25 on :45 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,400 Yards - Stress Value = 79

Workout #22218 - Tuesday, 18 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{2 x 75 on 2:05 Breast Kick w/board {3 x 50 on 1:20 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
750	1x{1 x 250 on 6:15 Breast 2X pullouts start wal {2 x 200 on 5:00 Breast 2X pullouts start wal {1 x 100 on 2:30 Breast 2X pullouts start wal
500	20 x 25 on :45 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,300 Yards - Stress Value = 77

Workout #22219 - Tuesday, 18 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
250	1x{2 x 75 on 2:15 Breast Kick w/board {2 x 50 on 1:30 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
650	1x{1 x 200 on 6:00 Breast 2X pullouts start wal {2 x 150 on 4:30 Breast 2X pullouts start wal {1 x 100 on 3:00 Breast 2X pullouts start wal {1 x 50 on 1:00 Breast 2X pullouts start wall
450	18 x 25 on :50 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 2,050 Yards - Stress Value = 69

Workout #22220 - Tuesday, 18 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====

	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
200	1x{2 x 75 on 3:00 Breast Kick w/board {1 x 50 on 2:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	1x{1 x 200 on 7:00 Breast 2X pullouts start wal {1 x 150 on 5:15 Breast 2X pullouts start wal {1 x 100 on 3:30 Breast 2X pullouts start wal {1 x 50 on 1:45 Breast 2X pullouts start wall
375	15 x 25 on 1:00 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:13 PM 1,775 Yards - Stress Value = 58

Workout #22221 - Wednesday, 19 September 2018

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,800	1x{4 x 100 on 1:30 Butterfly {1 x 200 on 3:00 Individual Medley {4 x 75 on 1:05 Butterfly {1 x 200 on 2:50 Individual Medley {4 x 50 on :40 Butterfly {1 x 200 on 2:40 Individual Medley {4 x 25 on :20 Butterfly {1 on 1:00 RESt {1 x 200 on 4:00 IM for time OTB
160	8 x 20 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,860 Yards - Stress Value = 74

Workout #22222 - Wednesday, 19 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,600	1x{4 x 100 on 1:40 Butterfly {1 x 200 on 3:15 Individual Medley {4 x 75 on 1:15 Butterfly {1 x 200 on 3:05 Individual Medley {2 x 50 on :50 Butterfly {1 x 200 on 2:55 Individual Medley {1 on 1:00 RESt {1 x 200 on 4:00 IM for time OTB
160	8 x 20 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,660 Yards - Stress Value = 70

Workout #22223 - Wednesday, 19 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,500	1x{3 x 100 on 1:50 Butterfly
	{1 x 200 on 3:30 Individual Medley
	{4 x 75 on 1:25 Butterfly
	{1 x 200 on 3:20 Individual Medley
	{2 x 50 on :55 Butterfly
	{1 x 200 on 3:10 Individual Medley
	{1 on 1:00 REst
	{1 x 200 on 4:00 IM for time OTB
160	8 x 20 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,560 Yards - Stress Value = 68

Workout #22224 - Wednesday, 19 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,400	1x{3 x 100 on 2:00 Butterfly
	{1 x 200 on 3:45 Individual Medley
	{2 x 75 on 1:30 Butterfly
	{1 x 200 on 3:35 Individual Medley
	{3 x 50 on 1:00 Butterfly
	{1 x 200 on 3:25 Individual Medley
	{1 on 1:00 REst
	{1 x 200 on 4:00 IM for time OTB
160	8 x 20 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,460 Yards - Stress Value = 66

Workout #22225 - Wednesday, 19 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,300	1x{3 x 100 on 2:10 Butterfly
	{1 x 200 on 4:05 Individual Medley
	{2 x 75 on 1:35 Butterfly
	{1 x 200 on 4:00 Individual Medley
	{1 x 50 on 1:10 Butterfly
	{1 x 200 on 3:55 Individual Medley
	{1 on 1:00 REst
	{1 x 200 on 4:00 IM for time OTB
160	8 x 20 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,360 Yards - Stress Value = 64

Workout #22226 - Wednesday, 19 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 12:00 DS/Showers

500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,050	1x{1 x 100 on 3:00 Butterfly
	{1 x 200 on 5:00 Individual Medley
	{2 x 75 on 2:15 Butterfly
	{1 x 200 on 5:00 Individual Medley
	{1 x 50 on 1:30 Butterfly
	{1 x 150 on 4:00 Individual Medley-no free
	{1 on 1:00 REst
	{1 x 200 on 4:00 IM for time OTB
160	8 x 20 on 3:00 Timed Underwaters-L
250	1 x 250 on 4:00 Stroke Drills
	7:00 AM 2,110 Yards - Stress Value = 59

Workout #22227 - Wednesday, 19 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
	1 on 25:00 Spotlight/DS/Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SF
1,000	20 x 50 on :50 200 Back Pace	SF
	1 on 8:00 Video Evaluations	RE
625	25 x 25 on :30 100 Breast Pace*	SF
	1 on 10:00 RS-Fly Kick Relay	EM
1,000	20 x 50 on :50 200 Free Pace	SF
	1 on 5:00 Video Evaluations	RE
625	25 x 25 on :30 100 Fly Pace	SF
	6:15 PM 3,400 Yards - Stress Value = 330	

Workout #22228 - Wednesday, 19 September 2018

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
	1 on 25:00 Spotlight/DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
	2-12, 4-13, 6-14, 8-15
150	10 x 15 on :45 Shooters
1,600	1x{1 x 200 on 4:00 Breast Kick w/board
	{8 x 25 on :30 Kick no board BSLR
	{2 x 175 on 3:30 Breast Kick w/board
	{8 x 25 on :30 Kick no board BSLR
	{3 x 150 on 3:00 Breast Kick w/board
	{8 x 25 on :30 Kick no board BSLR
800	1x{1 x 100 on 1:30 Lungbuster pulls
	{2 x 125 on 1:45 Lungbuster pulls
	{3 x 150 on 2:05 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 100 on 1:45 Breast L.25 2K1P+1K
	{2 x 100 on 1:40 Breast L.25 2K1P+1K
	{3 x 100 on 1:35 Breast L.25 2K1P+1K
	{4 x 100 on 1:30 Breast L.25 2K1P+1K
250	1 x 250 on 4:00 Stroke Drills
	6:14 PM 4,500 Yards - Stress Value = 76

Workout #22229 - Wednesday, 19 September 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland 12 x 25 on :30 Wednesday Warm-up 2-13, 4-14, 6-15
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 100 on 2:00 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,400	7x{1 x 100 on 1:30 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Freestyle
750	30 x 25 on :30 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 3,500 Yards - Stress Value = 113

Workout #22230 - Wednesday, 19 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland 10 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 4-16
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:05 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	. On the last round do 2X50's@:50
1,200	6x{1 x 100 on 1:40 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle
625	25 x 25 on :35 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 3,075 Yards - Stress Value = 96

Workout #22231 - Wednesday, 19 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 25:00 DS/Dryland 9 x 25 on :40 Wednesday Warm-up 2-15, 3-16, 4-17
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	. On the last round don't do the easy 50

1,200	6x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle
625	25 x 25 on :35 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:16 PM 3,050 Yards - Stress Value = 96

Workout #22232 - Wednesday, 19 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland 8 x 25 on :45 Wednesday Warm-up 2-16, 3-17, 2-18
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	. On the last round do 2X50's@1:00
1,000	5x{1 x 100 on 2:00 Individual Medley {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Freestyle
550	22 x 25 on :40 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 2,750 Yards - Stress Value = 86

Workout #22233 - Wednesday, 19 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland 8 x 25 on :45 Wednesday Warm-up 2-20, 3-21, 2-22
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	. On the last round do 2X50's@1:15
800	4x{1 x 100 on 2:30 Individual Medley {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Freestyle
500	20 x 25 on :45 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:13 PM 2,400 Yards - Stress Value = 76

Workout #22234 - Wednesday, 19 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
150	6 x 25 on 1:00 Wednesday Warm-up 2-20, 2-21, 2-22
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:30 Fly Kick w/board {2 x 25 on 1:00 Kick no board BS
100	{1 x 100 on 4:00 Breast Kick w/board 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks .
	On the last round only do the IM
800	4x{1 x 100 on 3:00 Individual Medley {1 x 50 on 1:30 Freestyle {1 x 50 on 2:00 Freestyle
500	20 x 25 on :45 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:18 PM 2,300 Yards - Stress Value = 75

250

1 x 250 on 5:00 Stroke Drills
7:00 AM 3,110 Yards - Stress Value = 46

RE

Workout #22237 - Thursday, 20 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Racing Skills-Fly Shooters
2,050	1x{1 x 500 on 7:00 Freestyle {2 x 100 on 1:25 Freestyle-JMI {2 x 100 on 1:25 Freestyle-85% {1 x 100 on 1:40 Freestyle-100% {1 x 400 on 5:40 Freestyle {2 x 100 on 1:25 Freestyle-JMI {1 x 100 on 1:25 Freestyle-85% {1 x 100 on 1:40 Freestyle-100% {1 x 200 on 2:45 Freestyle {1 x 50 on :50 Freestyle-100%
160	8 x 20 on 3:00 Timed Underwaters-R
250	1 x 250 on 5:00 Stroke Drills
	7:00 AM 3,010 Yards - Stress Value = 45

Workout #22235 - Thursday, 20 September 2018

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Racing Skills-Fly Shooters
2,400	1x{1 x 500 on 6:00 Freestyle {2 x 100 on 1:15 Freestyle-JMI {2 x 100 on 1:15 Freestyle-85% {1 x 100 on 1:30 Freestyle-100% {1 x 400 on 4:50 Freestyle {2 x 100 on 1:15 Freestyle-JMI {1 x 100 on 1:15 Freestyle-85% {1 x 100 on 1:30 Freestyle-100% {1 x 300 on 3:25 Freestyle {1 x 100 on 1:15 Freestyle-JMI {1 x 100 on 1:15 Freestyle-85% {1 x 100 on 1:30 Freestyle-100%
160	8 x 20 on 3:00 Timed Underwaters-R
250	1 x 250 on 5:00 Stroke Drills
	7:00 AM 3,360 Yards - Stress Value = 52

EC

RE

RE

SE

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

RE

Workout #22238 - Thursday, 20 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,950	1x{1 x 500 on 7:30 Freestyle {2 x 100 on 1:35 Freestyle-JMI {2 x 100 on 1:35 Freestyle-85% {1 x 100 on 1:50 Freestyle-100% {1 x 400 on 6:00 Freestyle {2 x 100 on 1:35 Freestyle-JMI {1 x 100 on 1:35 Freestyle-85% {1 x 100 on 1:50 Freestyle-100% {1 x 150 on 2:15 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-R
250	1 x 250 on 5:00 Stroke Drills
	7:01 AM 2,910 Yards - Stress Value = 42

EC

RE

RE

SE

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

RE

Workout #22236 - Thursday, 20 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Underwater trn drill Odd 100's free evens back
150	10 x 15 on :45 Racing Skills-Fly Shooters
2,150	1x{1 x 500 on 6:40 Freestyle {2 x 100 on 1:20 Freestyle-JMI {2 x 100 on 1:20 Freestyle-85% {1 x 100 on 1:35 Freestyle-100% {1 x 400 on 5:20 Freestyle {2 x 100 on 1:20 Freestyle-JMI {1 x 100 on 1:20 Freestyle-85% {1 x 100 on 1:35 Freestyle-100% {1 x 300 on 4:00 Freestyle {1 x 50 on :45 Freestyle-100%
160	8 x 20 on 3:00 Timed Underwaters-R

EC

RE

RE

SE

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

EN

Workout #22239 - Thursday, 20 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
400	1 on 12:00 DS/Showers	RE
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,600	1x{1 x 500 on 9:00 Freestyle	EN
	{2 x 100 on 1:50 Freestyle-JMI	EN
	{2 x 100 on 1:50 Freestyle-85%	EN
	{1 x 100 on 2:05 Freestyle-100%	EN
	{1 x 300 on 5:20 Freestyle	EN
	{1 x 100 on 1:50 Freestyle-JMI	EN
	{1 x 100 on 1:50 Freestyle-85%	EN
	{1 x 100 on 2:05 Freestyle-100%	EN
160	8 x 20 on 3:00 Timed Underwaters-R	EN
250	1 x 250 on 5:00 Stroke Drills	RE
7:00 AM	2,560 Yards - Stress Value = 38	

1,200	1x{2 x 100 on 2:00 Your #2 Kick	
	{1 x 100 on 1:30 Your #1 Kick	
	{2 x 100 on 1:55 Your #2 Kick	
	{2 x 100 on 1:35 Your #1 Kick	
	{2 x 100 on 1:50 Your #2 Kick	
	{3 x 100 on 1:40 Your #1 Kick	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,800	1x{1 x 200 on 3:00 Fly	
	{4 x 50 on :45 Fly 2-2+1	
	{2 x 175 on 2:35 Fly	
	{4 x 50 on :45 Fly 2-2+1	
	{3 x 150 on 2:10 Fly	
	{4 x 50 on :45 Fly 2-2+1	
	{4 x 125 on 1:24 Fly	
	{4 x 50 on :45 Fly 2-2+1	
	{5 x 100 on 1:25 Fly	
250	1 x 250 on 4:00 Stroke Drills	
6:14 PM	5,200 Yards - Stress Value = 88	

Workout #22243 - Thursday, 20 September 2018

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
400	1 on 12:00 DS/Showers	RE
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,400	1x{1 x 500 on 10:00 Freestyle	EN
	{2 x 100 on 2:15 Freestyle-JMI	EN
	{2 x 100 on 2:15 Freestyle-85%	EN
	{1 x 100 on 2:30 Freestyle-100%	EN
	{1 x 200 on 4:00 Freestyle	EN
	{1 x 100 on 2:15 Freestyle-JMI	EN
	{1 x 100 on 2:30 Freestyle-100%	EN
160	8 x 20 on 3:00 Timed Underwaters-R	EN
250	1 x 250 on 5:00 Stroke Drills	RE
7:01 AM	2,360 Yards - Stress Value = 35	

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
450	9 x 50 on 1:00 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
	1 on 20:00 Teach Day Freestyle	REC
750	30 x 25 on :30 USRPT 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
7:15 PM	2,000 Yards - Stress Value = 90	

Workout #22244 - Thursday, 20 September 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
	1 on 25:00 Spotlight/DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 6:00 Video Evaluations	REC
625	25 x 25 on :30 100 Back Pace*	SP2
	1 on 10:00 Underwater Racing	EN2
1,000	20 x 50 on :55 200 Breast Pace	SP2
	1 on 6:00 Video Evaluations	REC
625	25 x 25 on :30 100 Free Pace*	SP2
6:14 PM	3,150 Yards - Stress Value = 305	

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
400	8 x 50 on 1:05 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
	1 on 20:00 Teach Day Freestyle	REC
625	25 x 25 on :35 USRPT 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
7:15 PM	1,825 Yards - Stress Value = 76	

Workout #22242 - Thursday, 20 September 2018

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 9:00 Underwater trn drill	
	Odd 100's free evens back	
150	10 x 15 on :45 Shooters	

Workout #22245 - Thursday, 20 September 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
1	on 25:00 DS/Dryland	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
350	7 x 50 on 1:10 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
1	on 20:00 Teach Day Freestyle	REC
625	25 x 25 on :35 USRPT 100 Free Pace	SP2
1	on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
	7:15 PM 1,725 Yards - Stress Value = 75	

Workout #22246 - Thursday, 20 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
1	on 25:00 DS/Dryland	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
300	6 x 50 on 1:20 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
1	on 20:00 Teach Day Freestyle	REC
550	22 x 25 on :40 USRPT 100 Free Pace	SP2
1	on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
	7:14 PM 1,600 Yards - Stress Value = 67	

Workout #22247 - Thursday, 20 September 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
1	on 25:00 DS/Dryland	
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
300	6 x 50 on 1:30 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
1	on 20:00 Teach Day Freestyle	REC
550	22 x 25 on :40 USRPT 100 Free Pace	SP2
1	on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
	7:15 PM 1,550 Yards - Stress Value = 67	

Workout #22248 - Thursday, 20 September 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
1	on 25:00 DS/Dryland	
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
250	5 x 50 on 1:45 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	

1	on 20:00 Teach Day Freestyle	REC
500	20 x 25 on :45 USRPT 100 Free Pace	SP2
1	on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
	7:15 PM 1,450 Yards - Stress Value = 61	

Workout #22249 - Friday, 21 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 12:00 DS/Shows	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
150	6 x 25 on 3:00 50 Free Pace	SP2
1	on 6:00 Foam Roll/Rllr.Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Back Pace	SP2
1	on 6:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Fly Pace	SP2
1	on 6:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Free Pace	SP2
	5:45 PM 1,500 Yards - Stress Value = 141	

Workout #22250 - Friday, 21 September 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1	on 40:00 DS/Dryland	REC
500	4 x 125 on 2:30 Swim USS	REC
	50 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SP3
1,475	1x{1 x 200 on 3:00 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 2:50 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 2:45 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 2,375 Yards - Stress Value = 34	

Workout #22251 - Friday, 21 September 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1	on 40:00 DS/Dryland	REC
500	4 x 125 on 2:30 Swim USS	REC
	50 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SP3
1,425	1x{1 x 200 on 3:15 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 150 on 2:15 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 2,325 Yards - Stress Value = 33	

Workout #22252 - Friday, 21 September 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
400	1 on 40:00 DS/Dryland	RE
400	4 x 100 on 2:30 Swim USS	RE
150	25 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SE
1,275	1x{1 x 150 on 2:45 Backstroke	EN
	{3 x 75 on 1:30 Back alt 25's 10 yds under	EN
	{1 x 150 on 2:40 Backstroke	EN
	{3 x 75 on 1:30 Back alt 25's 10yds under	EN
	{1 x 150 on 2:35 Backstroke	EN
	{3 x 75 on 1:30 Back alt 25's 10yds under	EN
	{1 x 150 on 2:30 Backstroke	EN
250	1 x 250 on 5:00 Stroke Drills	RE
6:30 PM	2,075 Yards - Stress Value = 30	

Workout #22253 - Friday, 21 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
400	1 on 40:00 DS/Dryland	RE
400	4 x 100 on 2:30 Swim USS	RE
150	25 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SE
1,125	1x{1 x 150 on 3:00 Backstroke	EN
	{3 x 75 on 1:45 Back alt 25's 10 yds under	EN
	{1 x 150 on 2:55 Backstroke	EN
	{3 x 75 on 1:45 Back alt 25's 10yds under	EN
	{1 x 150 on 2:50 Backstroke	EN
	{3 x 75 on 1:45 Back alt 25's 10yds under	EN
250	1 x 250 on 5:00 Stroke Drills	RE
6:31 PM	1,925 Yards - Stress Value = 27	

Workout #22254 - Friday, 21 September 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
300	1 on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:30 Swim USS	REC	D
150	25 swim, 25 scull, 25 back		
150	10 x 15 on :45 Shooters	SP3	S
850	1x{1 x 100 on 2:45 Backstroke	EN2	S
	{3 x 50 on 1:30 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:40 Backstroke	EN2	S
	{3 x 50 on 1:30 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:35 Backstroke	EN2	S
	{3 x 50 on 1:30 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:30 Backstroke	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
6:30 PM	1,550 Yards - Stress Value = 23		

Workout #22255 - Friday, 21 September 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
300	1 on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:30 Swim USS	REC	D
150	25 swim, 25 scull, 25 back		
150	10 x 15 on :45 Shooters	SP3	S
750	1x{1 x 100 on 3:00 Backstroke	EN2	S

{3 x 50 on 1:45 Back alt 25's 7 KOW	EN2	S
{1 x 100 on 2:55 Backstroke	EN2	S
{3 x 50 on 1:45 Back alt 25's 7 KOW	EN2	S
{1 x 100 on 2:50 Backstroke	EN2	S
{3 x 50 on 1:45 Back alt 25's 7 KOW	EN2	S
1 x 250 on 5:00 Stroke Drills	REC	D
6:31 PM	1,450 Yards - Stress Value = 21	

Workout #22256 - Friday, 21 September 2018

Group 3 - IM's

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
400	1 on 12:00 DS/Showers
150	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Shooters
3,250	1x{1 x 200 on 3:00 Individual Medley
	{8 x 25 on :30 100 Fly Pace
	{2 x 250 on 3:35 Individual Medley w/100 Fly
	{8 x 25 on :30 100 Back Pace
	{3 x 250 on 3:30 Individual Medley w/100 Back
	{8 x 25 on :30 100 Breast Pace
	{4 x 250 on 3:40 Individual Medley w/100 Brea
	{8 x 25 on :30 100 Free Pace
200	1 x 200 on 4:00 IM for time
250	1 x 250 on 4:00 Stroke Drills
5:45 PM	4,250 Yards - Stress Value = 139

Workout #22257 - Monday, 24 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
600	1 on 12:00 DS/Showers
150	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,250	1x{1 x 225 on 3:00 Free 12.5yds under off last
	{2 x 225 on 2:55 Free 12.5yds under off last
	{3 x 225 on 2:50 Free 12.5yds under off last
	{4 x 225 on 2:45 Free 12.5yds under off last
160	8 x 20 on 3:00 Timed Underwaters-B
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	3,360 Yards - Stress Value = 67

Workout #22258 - Monday, 24 September 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
600	1 on 12:00 DS/Showers
150	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,150	1x{1 x 225 on 3:10 Free 12.5yds under off last
	{2 x 225 on 3:05 Free 12.5yds under off last
	{3 x 225 on 3:00 Free 12.5yds under off last
	{4 x 200 on 2:35 Free 12.5yds under off last
160	8 x 20 on 3:00 Timed Underwaters-B
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	3,260 Yards - Stress Value = 65

Workout #22259 - Monday, 24 September 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,050	1x{1 x 225 on 3:25 Free 12.5yds under off last
	{2 x 225 on 3:20 Free 12.5yds under off last
	{3 x 225 on 3:15 Free 12.5yds under off last
	{4 x 175 on 2:30 Free 12.5yds under off last
160	8 x 20 on 3:00 Timed Underwaters-B
200	1 x 200 on 3:00 Stroke Drills
7:01 AM	3,110 Yards - Stress Value = 63

Workout #22260 - Monday, 24 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,900	1x{1 x 200 on 3:15 Free 12.5yds under off last
	{2 x 200 on 3:10 Free 12.5yds under off last
	{3 x 200 on 3:05 Free 12.5yds under off last
	{4 x 175 on 2:40 Free 12.5yds under off last
160	8 x 20 on 3:00 Timed Underwaters-B
200	1 x 200 on 3:00 Stroke Drills
7:01 AM	2,960 Yards - Stress Value = 60

Workout #22261 - Monday, 24 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,700	1x{1 x 200 on 3:40 Free 12.5yds under off last
	{2 x 200 on 3:35 Free 12.5yds under off last
	{3 x 200 on 3:30 Free 12.5yds under off last
	{4 x 125 on 2:05 Free 12.5yds under off last
160	8 x 20 on 3:00 Timed Underwaters-B
200	1 x 200 on 3:00 Stroke Drills
7:01 AM	2,710 Yards - Stress Value = 56

Workout #22262 - Monday, 24 September 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
=====	=====
	1 on 12:00 DS/Showers
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,500	1x{1 x 200 on 4:00 Free 12.5yds under off last
	{2 x 200 on 3:55 Free 12.5yds under off last
	{3 x 200 on 3:50 Free 12.5yds under off last
	{4 x 75 on 1:25 Free 12.5yds under off last
160	8 x 20 on 3:00 Timed Underwaters-B
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	2,510 Yards - Stress Value = 52

Workout #22263 - Monday, 24 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
=====	=====
	1 on 25:00 Spotlight/DS/Showers
	1 on 10:00 Racing Skills-TN Turn Drills
750	30 x 25 on :30 100 Fly Pace*
	1 on 4:00 Video Evaluations
1,250	25 x 50 on :50 200 Back Pace
	1 on 8:00 Racing Skills-TiVo Starts
1,250	25 x 50 on :55 200 Breast Pace
	1 on 4:00 Video Evaluations-2 corrections
300	1x{8 x 15 on :30 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :15 Undr Wtr Fly Kck
750	30 x 25 on :30 100 Free Pace*
6:34 PM	4,300 Yards - Stress Value = 406

Workout #22264 - Monday, 24 September 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
=====	=====
	1 on 25:00 Spotlight/DS/Showers
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,850	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 300 on 5:15 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 250 on 4:15 Kick
	{8 x 25 on :30 Kick no board BSLRX2
	{3 x 200 on 3:20 Kick
750	1x{2 x 100 on 1:20 Pulls-no br L.12 yds
	{2 x 125 on 1:40 Pulls-no br L.12 yds
	{2 x 150 on 2:00 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,475	1x{3 x 200 on 2:30 Freestyle
	{3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez
	{3 x 200 on 2:25 Freestyle
	{3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez
	{3 x 200 on 2:20 Freestyle
	{3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez
250	5 x 50 on 1:00 Stroke Drills
6:30 PM	6,275 Yards - Stress Value = 108

Workout #22265 - Monday, 24 September 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{ #1 Fast Turn, #2 no board ,-Repeat
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{2 x 100 on 1:50 Kick
	{2 x 50 on 1:00 100% Effort!
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,500	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 125 on 1:40 Freestyle
	{3 x 125 on 1:45 Freestyle
	{3 x 125 on 1:50 Freestyle
	{3 x 125 on 1:55 Freestyle
750	30 x 25 on :30 USRPT-Free
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 127

Workout #22266 - Monday, 24 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{ #1 Fast Turn, #2 no board Repeat
	{2 x 100 on 2:10 Kick
	{2 x 100 on 2:05 Kick
	{2 x 100 on 2:00 Kick
	{1 x 50 on 1:00 Kick-100% Effort
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,350	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 125 on 1:50 Freestyle
	{3 x 125 on 1:55 Freestyle
	{3 x 125 on 2:00 Freestyle
	{3 x 75 on 1:15 Freestyle
750	30 x 25 on :30 USRPT-Free
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,600 Yards - Stress Value = 122

Workout #22267 - Monday, 24 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{ #1 Fast Turn, #2 no board
	{2 x 100 on 2:20 Kick
	{2 x 100 on 2:15 Kick
	{2 x 100 on 2:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,225	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 125 on 2:05 Freestyle
	{3 x 125 on 2:10 Freestyle
	{3 x 125 on 2:15 Freestyle
	{1 x 100 on 1:50 Freestyle

625	25 x 25 on :35 USRPT-Free
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,250 Yards - Stress Value = 106

Workout #22268 - Monday, 24 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{2 x 100 on 2:40 Kick
	{2 x 100 on 2:35 Kick
	{1 x 100 on 2:30 Kick
	{1 x 50 on 1:00 Kick-100%
	{ #1 Fast Turn, #2 no board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,050	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 125 on 2:25 Freestyle
	{3 x 125 on 2:30 Freestyle
	{3 x 100 on 2:05 Freestyle
625	25 x 25 on :35 USRPT-Free
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,025 Yards - Stress Value = 101

Workout #22269 - Monday, 24 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{ #1 Fast Turn, #2 no board
	{2 x 100 on 3:00 Kick
	{2 x 100 on 2:55 Kick
	{1 x 50 on 1:20 Kick-100%
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
850	1x{3 x 100 on 2:25 Freestyle
	{ HB 2 SOW-L.25 of each 7KOW
	{3 x 100 on 2:30 Freestyle
	{2 x 100 on 2:35 Freestyle
	{1 x 50 on 1:20 Freestyle
550	22 x 25 on :40 USRPT-Free
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 87

Workout #22270 - Monday, 24 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	
250	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP	
150	10 x 15 on :45 Shooters	
450	1x{ #1 Fast Turn, #2 no board	
	{ 2 x 100 on 3:15 Kick	
	{ 2 x 100 on 3:10 Kick	
	{ 1 x 50 on 1:10 Kick	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evns-underwaters, count kicks	
600	1x{ 3 x 75 on 2:25 Freestyle	
	{ HB 2 SOW-L.25 of each 7KOW	
	{ 3 x 75 on 2:30 Freestyle	
	{ 3 x 50 on 1:50 Freestyle	
500	20 x 25 on :45 USRPT-Free	
	1 on 10:00 Killer Relays	
200	1 x 200 on 4:00 Stroke Drills	
	7:29 PM 2,250 Yards - Stress Value = 76	

Workout #22271 - Tuesday, 25 September 2018

Group 3 - USRPT-Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
3,000	40 x 75 on 1:05 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 4,110 Yards - Stress Value = 322	

Workout #22272 - Tuesday, 25 September 2018

Group 3 - Platinum-Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,850	38 x 75 on 1:10 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:15 AM 3,960 Yards - Stress Value = 307	

Workout #22273 - Tuesday, 25 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,700	36 x 75 on 1:15 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2

If time permits

200	1 x 200 on 3:00 Stroke Drills	REC
	7:15 AM 3,810 Yards - Stress Value = 292	

Workout #22274 - Tuesday, 25 September 2018

Group 3 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,475	33 x 75 on 1:20 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 3,535 Yards - Stress Value = 270	

Workout #22275 - Tuesday, 25 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,325	31 x 75 on 1:25 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 18	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 3,385 Yards - Stress Value = 254	

Workout #22276 - Tuesday, 25 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,175	29 x 75 on 1:30 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 18	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 3,235 Yards - Stress Value = 240	

Workout #22277 - Tuesday, 25 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
500	1 x 500 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,100	28 x 75 on 1:35 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 16	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:15 AM	3,110 Yards - Stress Value = 232	

Workout #22278 - Tuesday, 25 September 2018

Group 3 - Bronze/Copper

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
500	1 x 500 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,950	26 x 75 on 1:40 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 14	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	2,960 Yards - Stress Value = 217	

Workout #22279 - Tuesday, 25 September 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
500	1 x 500 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,875	25 x 75 on 1:45 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 14	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	2,885 Yards - Stress Value = 210	

Workout #22280 - Tuesday, 25 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 25:00 Spotlight/DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace*	SP2
1,250	1 on 5:00 Video Evaluations	REC
	25 x 50 on :50 200 Fly Pace	SP2
1,250	1 on 8:00 Racing Skills-Timed starts 15m	EN2
	25 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Video Evaluations 2 corrections	REC
600	30 x 20 on :30 100 Breast Pace*	SP2
6:23 PM	4,000 Yards - Stress Value = 391	

Workout #22281 - Tuesday, 25 September 2018

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 25:00 Spotlight/DS/Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Shooters	SP3
1,140	1x{1 x 50 on 1:00 Vertical Kick-30/30	SP2
	{4 x 40 on 1:00 20 underwater 20 sprint free	
	{2 x 50 on 1:00 Vertical Kick 35/25	
	{4 x 40 on :55 20 undwater 20 sprint free	
	{3 x 50 on 1:00 Vertical Kick 40/20	
	{4 x 40 on :50 20 underwater 20 sprint free	
	{4 x 50 on 1:00 Vertical Kick 45/15	
	{4 x 40 on :45 20 underwater 20 sprint free	
1,800	1x{1 x 300 on 4:00 Pulls	SP2
	{3 x 100 on 1:25 BTB	
	{1 x 300 on 3:50 Pulls	
	{3 x 100 on 1:25 Pulls BTS	
	{1 x 300 on 3:40 Pulls	
	{3 x 100 on 1:25 Pulls BTWS	
200	4x{1 x 25 on :50 Sculling drills	SP2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,350	18 x 75 on 1:30 Backstroke	SP2
	3/5/7 KOW	
250	1 x 250 on 5:00 Stroke Drills	REC
6:30 PM	5,490 Yards - Stress Value = 81	

Workout #22282 - Tuesday, 25 September 2018

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
1	on 30:00 DS/Dryland	REC
400	1 x 400 on 7:00 SunYangFree-Count strokes	REC
150	10 x 15 on :45 Shooters	SP3
650	1x{4 x 25 on :30 Kick no board S	SP2
	{1 x 200 on 4:30 Fly Kick w/board	
	{6 x 25 on :30 Kick no board S	
	{1 x 200 on 4:30 Fly Kick w/board	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	SP2
	{ Evens-underwaters, count kicks	
1,200	1x{2 x 75 on 1:30 Fly 25R, 25L, 25B	SP2
	{2 x 50 on :45 Fly lupdown+1 to 3 down	
	{2 x 75 on 1:25 Fly 25R, 25L, 25B	
	{2 x 50 on :50 Fly lupdown+1 to 3 down	
	{2 x 75 on 1:20 Fly 25R, 25L, 25B	
	{2 x 50 on :55 Fly lupdown+1 to 3 down	
	{2 x 75 on 1:15 Fly 25R, 25L, 25B	
	{2 x 50 on 1:00 Fly lupdown+1 to 3 down	
	{2 x 75 on 1:10 Fly 25R, 25L, 25B	
	{1 x 50 on 1:05 Fly lupdown+1 to 3 down	
750	30 x 25 on :30 USRPT-100 Fly Pace	SP2
	1 on 10:00 Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	REC
7:30 PM	3,450 Yards - Stress Value = 118	

Workout #22283 - Tuesday, 25 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:25 Fly Kick w/board
	{4 x 25 on :35 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,100	1x{2 x 75 on 1:40 Fly 25R, 25L, 25B
	{2 x 50 on :50 Fly lupldown+1 to 3 down
	{2 x 75 on 1:35 Fly 25R, 25L, 25B
	{2 x 50 on :55 Fly lupldown+1 to 3 down
	{2 x 75 on 1:30 Fly 25R, 25L, 25B
	{2 x 50 on 1:00 Fly lupldown+1 to 3 down
	{2 x 75 on 1:25 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{1 x 75 on 1:20 Fly 25R, 25L, 25B
	{1 x 25 on :35 Fly lupldown+1 to 3 down
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 102

Workout #22284 - Tuesday, 25 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board S
	{1 x 150 on 3:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
	{1 x 100 on 2:25 Fly Kick w/board
	{2 x 25 on :40 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
950	1x{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:00 Fly lupldown+1 to 3 down
	{2 x 75 on 1:45 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:40 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{2 x 75 on 1:35 Fly 25R, 25L, 25B
	{1 x 50 on 1:15 Fly lupldown+1 to 3 down
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,800 Yards - Stress Value = 90

Workout #22285 - Tuesday, 25 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board S
	{1 x 150 on 4:05 Fly Kick w/board
	{4 x 25 on :40 Kick no board S

	{1 x 150 on 4:00 Fly Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
900	1x{2 x 75 on 2:00 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:55 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:15 Fly lupldown+1 to 3 down
	{2 x 75 on 1:45 Fly 25R, 25L, 25B
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 89

Workout #22286 - Tuesday, 25 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{2 x 25 on 1:00 Kick no board S
	{1 x 150 on 4:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
	{1 x 150 on 4:50 Fly Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
700	1x{2 x 75 on 2:20 Fly 25R, 25L, 25B
	{2 x 50 on 1:30 Fly lupldown+1 to 3 down
	{2 x 75 on 2:15 Fly 25R, 25L, 25B
	{2 x 50 on 1:35 Fly lupldown+1 to 3 down
	{2 x 75 on 2:10 Fly 25R, 25L, 25B
	{1 x 50 on 1:40 Fly lupldown+1to3down
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 78

Workout #22287 - Tuesday, 25 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:50 Fly Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
575	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B
	{2 x 50 on 2:00 Fly lupldown+1 to 3 down
	{2 x 75 on 2:35 Fly 25R, 25L, 25B
	{2 x 50 on 2:00 Fly lupldown+1 to 3 down
	{1 x 75 on 2:30 Fly 25R, 25L, 25B
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Relay Starts
200	1 x 200 on 5:00 Stroke Drills
	7:30 PM 2,000 Yards - Stress Value = 62

Workout #22288 - Wednesday, 26 September 2018

Group 3 - Kick set day

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,400 1x{1 x 200 on 4:00 Kick w/ snorkel
 {8 x 25 on :30 Kick no board B
 {1 x 200 on 3:50 Kick w/ snorkel
 {8 x 25 on :30 Kick no board S
 {1 x 200 on 3:40 Kick w/ snorkel
 {8 x 25 on :30 Kick no board LR
 {1 x 200 on 3:30 Kick w/ snorkel
 200 8 x 25 on 3:00 Timed Underwaters-L
 250 1 x 250 on 4:00 Stroke Drills
 6:59 AM 2,500 Yards - Stress Value = 38

Workout #22289 - Wednesday, 26 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,350 1x{1 x 200 on 4:20 Kick w/ snorkel
 {8 x 25 on :30 Kick no board B
 {1 x 200 on 4:10 Kick w/ snorkel
 {8 x 25 on :30 Kick no board S
 {1 x 200 on 4:00 Kick w/ snorkel
 {8 x 25 on :30 Kick no board LR
 {1 x 150 on 2:50 Kick w/ snorkel
 200 8 x 25 on 3:00 Timed Underwaters-L
 250 1 x 250 on 4:00 Stroke Drills
 7:00 AM 2,450 Yards - Stress Value = 37

Workout #22290 - Wednesday, 26 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,200 1x{1 x 200 on 4:40 Kick w/ snorkel
 {8 x 25 on :35 Kick no board B
 {1 x 200 on 4:30 Kick w/ snorkel
 {8 x 25 on :35 Kick no board S
 {1 x 200 on 4:20 Kick w/ snorkel
 {8 x 25 on :35 Kick no board LR
 200 8 x 25 on 3:00 Timed Underwaters-L
 250 1 x 250 on 4:00 Stroke Drills
 7:00 AM 2,300 Yards - Stress Value = 34

Workout #22291 - Wednesday, 26 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,150 1x{1 x 200 on 5:00 Kick w/ snorkel
 {8 x 25 on :35 Kick no board B

{1 x 200 on 4:50 Kick w/ snorkel
 {8 x 25 on :35 Kick no board S
 {1 x 200 on 4:40 Kick w/ snorkel
 {6 x 25 on :35 Kick no board LR
 8 x 25 on 3:00 Timed Underwaters-L
 1 x 250 on 4:00 Stroke Drills
 7:00 AM 2,250 Yards - Stress Value = 33

Workout #22292 - Wednesday, 26 September 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 950 1x{1 x 200 on 5:30 Kick w/ snorkel
 {6 x 25 on :45 Kick no board B
 {1 x 150 on 4:00 Kick w/ snorkel
 {6 x 25 on :45 Kick no board S
 {1 x 150 on 3:50 Kick w/ snorkel
 {6 x 25 on :45 Kick no board LR
 200 8 x 25 on 3:00 Timed Underwaters-L
 250 1 x 250 on 4:00 Stroke Drills
 6:59 AM 2,050 Yards - Stress Value = 29

Workout #22293 - Wednesday, 26 September 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 850 1x{1 x 200 on 6:30 Kick w/ snorkel
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 4:40 Kick w/ snorkel
 {4 x 25 on :45 Kick no board S
 {1 x 150 on 4:30 Kick w/ snorkel
 {6 x 25 on :45 Kick no board LR
 200 8 x 25 on 3:00 Timed Underwaters-L
 250 1 x 250 on 4:00 Stroke Drills
 6:59 AM 1,950 Yards - Stress Value = 27

Workout #22294 - Wednesday, 26 September 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS>Showers RE
 150 10 x 15 on :45 Racing Skills-Breast Shooters SF
 1,250 25 x 50 on :50 200 Back Pace SF
 1 on 7:00 Video Evaluations RE
 750 30 x 25 on :30 100 Fly Pace* SF
 1 on 12:00 Racing Skills-Undr Wtr Racing SF
 750 30 x 25 on :30 100 Free Pace* SF
 1 on 6:00 Video Evaluations-2 corrections RE
 1,250 25 x 50 on :55 200 Breast Pace SF
 6:31 PM 4,150 Yards - Stress Value = 406

Workout #22295 - Wednesday, 26 September 2018

Group 3 - Breast

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 Spotlight/DS/Showers
 20 x 25 on :30 Wednesday Warm-up
 2-12,4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 1,250 1x{4 x 125 on 1:40 Kick with flippers
 {3 x 125 on 1:35 Kick with flippers
 {2 x 125 on 1:30 Kick with flippers
 {1 x 125 on 1:25 Kick with flippers
 1,650 1x{1 x 200 on 2:40 Lungbuster pulls
 {3 x 50 on 1:00 Breast Pull
 {2 x 200 on 2:35 Lungbuster pulls
 {3 x 50 on 1:00 Breast Pull
 {3 x 200 on 2:30 Lungbuster pulls
 {3 x 50 on 1:00 Breast Pull
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,750 1x{1 x 200 on 3:30 Breaststroke
 {3 x 50 on 1:00 Breaststroke-desend
 {1 x 200 on 3:25 Breaststroke
 {3 x 50 on 1:00 Breaststroke-desend
 {1 x 200 on 3:25 Breaststroke
 {3 x 50 on 1:00 Breaststroke-desend
 {1 x 200 on 3:20 Breaststroke
 {3 x 50 on 1:00 Breaststroke-descend
 {1 x 200 on 3:15 Breaststroke
 {3 x 50 on 1:00 Breaststroke-descend
 350 7 x 50 on 1:00 Stroke Drills
 6:30 PM 5,850 Yards - Stress Value = 101

1,150 1x{1 x 250 on 5:30 Breast 2X pullouts start wal
 {2 x 200 on 4:20 Breast 2X pullouts start wal
 {3 x 100 on 2:10 Breast 2X pullouts start wal
 {4 x 50 on 1:05 Breast 2X pullouts start wall
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,360 Yards - Stress Value = 100

Workout #22298 - Wednesday, 26 September 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 15 x 20 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{2 x 125 on 3:10 Breast Kick w/board
 {3 x 100 on 2:30 Breast Kick w/board
 {4 x 50 on 1:15 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{1 x 250 on 5:50 Breast 2X pullouts start wal
 {2 x 200 on 4:40 Breast 2X pullouts start wal
 {3 x 100 on 2:20 Breast 2X pullouts start wal
 {2 x 50 on 1:10 Breast 2X pullouts start wall
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 97

Workout #22299 - Wednesday, 26 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 675 1x{2 x 125 on 3:30 Breast Kick w/board
 {3 x 100 on 2:45 Breast Ki k w/board
 {2 x 50 on 1:20 Breast Kick w/board
 {1 x 25 on :40 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 1x{1 x 250 on 6:15 Breast 2X pullouts start wal
 {2 x 200 on 5:00 Breast 2X pullouts start wal
 {3 x 100 on 2:30 Breast 2X pullouts start wal
 {1 x 50 on 1:15 Breast 2X pullouts start wall
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 94

Workout #22296 - Wednesday, 26 September 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 360 18 x 20 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{2 x 125 on 2:40 Breast Kick w/board
 {4 x 100 on 2:05 Breast Kick w/board
 {5 x 50 on 1:00 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,250 1x{1 x 250 on 5:00 Breast 2X pullouts start wal
 {2 x 200 on 4:00 Breast 2X pullouts start wal
 {3 x 100 on 2:00 Breast 2X pullouts start wal
 {4 x 50 on 1:00 Breast 2 pullouts start wall
 {4 x 25 on :30 Breast 2X Pullouts start wall
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,635 Yards - Stress Value = 111

Workout #22297 - Wednesday, 26 September 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 360 18 x 20 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 800 1x{2 x 125 on 2:55 Breast Kick w/board
 {3 x 100 on 2:15 Breast Kick w/board
 {5 x 50 on 1:15 Breast Kick NO board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks

Workout #22300 - Wednesday, 26 September 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
625	1x{2 x 125 on 3:45 Breast Kick w/board
	{2 x 100 on 3:00 Breast Ki k w/board
	{3 x 50 on 1:30 Breast Kick w/board
	{1 x 25 on :45 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
850	1x{1 x 200 on 6:00 Breast 2X pullouts start wal
	{2 x 150 on 4:30 Breast 2X pullouts start wal
	{3 x 100 on 3:00 Breast 2X pullouts start wal
	{1 x 50 on 1:00 Breast 2X pullouts start wall
500	20 x 25 on :45 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,775 Yards - Stress Value = 85

Workout #22301 - Wednesday, 26 September 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
500	1x{2 x 125 on 4:40 Breast Kick w/board
	{2 x 100 on 3:35 Breast Kick w/board
	{1 x 50 on 1:45 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
700	1x{1 x 200 on 7:00 Breast 2X pullouts start wal
	{2 x 150 on 5:15 Breast 2X pullouts start wal
	{2 x 100 on 3:30 Breast 2X pullouts start wal
375	15 x 25 on 1:00 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 68

Workout #22302 - Thursday, 27 September 2018

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
400	1 on 12:00 DS/Showers
	1 x 400 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly Shooters
2,400	1x{1 x 500 on 6:55 Individual Medley
	{5 x 100 on 1:25 Individual Medley
	{1 x 400 on 5:30 Individual Medley
	{4 x 100 on 1:20 Individual Medley
	{1 x 300 on 4:00 Individual Medley
	{3 x 100 on 1:15 Individual Medley
160	8 x 20 on 3:00 Timed Underwaters-R
200	1 x 200 on 3:00 Stroke Drills
	7:01 AM 3,310 Yards - Stress Value = 70

Workout #22303 - Thursday, 27 September 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description

	1 on 12:00 DS/Showers	RE
400	1 x 400 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
2,200	1x{1 x 500 on 7:30 Individual Medley	EN
	{5 x 100 on 1:30 Individual Medley	EN
	{1 x 400 on 5:45 Individual Medley	EN
	{4 x 100 on 1:25 Individual Medley	EN
	{1 x 300 on 4:10 Individual Medley	EN
	{1 x 100 on 1:20 Individual Medley	EN
160	8 x 20 on 3:00 Timed Underwaters-R	SF
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 3,110 Yards - Stress Value = 66	

Workout #22304 - Thursday, 27 September 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 12:00 DS/Showers
350	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly Shooters
2,000	1x{1 x 400 on 6:40 Individual Medley
	{4 x 100 on 1:40 Individual Medley
	{1 x 300 on 4:50 Individual Medley
	{3 x 100 on 1:35 Individual Medley
	{1 x 300 on 4:45 Individual Medley
	{3 x 100 on 1:30 Individual Medley
160	8 x 20 on 3:00 Timed Underwaters-R
200	1 x 200 on 3:00 Stroke Drills
	7:01 AM 2,860 Yards - Stress Value = 62

Workout #22305 - Thursday, 27 September 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 12:00 DS/Showers
350	1 x 350 on 7:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,800	1x{1 x 400 on 7:20 Individual Medley
	{4 x 100 on 1:50 Individual Medley
	{1 x 300 on 5:20 Individual Medley
	{3 x 100 on 1:45 Individual Medley
	{1 x 200 on 3:30 Individual Medley
	{2 x 100 on 1:40 Individual Medley
160	8 x 20 on 3:00 Timed Underwaters-R
200	1 x 200 on 3:00 Stroke Drills
	7:01 AM 2,660 Yards - Stress Value = 58

Workout #22306 - Thursday, 27 September 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	RE
300	1 x 300 on 7:00 Underwater trn drill Odd 100's free even 100's back	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
1,600	1x{1 x 400 on 8:00 Individual Medley {4 x 100 on 2:00 Individual Medley {1 x 300 on 5:45 Individual Medley {3 x 100 on 1:55 Individual Medley {1 x 200 on 3:45 Individual Medley	EN EN EN EN EN
160	8 x 20 on 3:00 Timed Underwaters-R	SF
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,410 Yards - Stress Value = 54	

Workout #22307 - Thursday, 27 September 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	RE
300	1 x 300 on 7:00 Underwater trn drill Odd 100's free even 100's back	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
1,300	1x{1 x 400 on 10:00 Individual Medley {4 x 100 on 2:30 Individual Medley {1 x 200 on 5:00 Individual Medley {3 x 100 on 2:30 Individual Medley	EN EN EN EN
160	8 x 20 on 3:00 Timed Underwaters-R	SF
200	1 x 200 on 3:00 Stroke Drills	RE
	7:01 AM 2,110 Yards - Stress Value = 48	

Workout #22308 - Thursday, 27 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SF
1,000	40 x 25 on :30 200 Fly Pace	SF
	1 on 5:00 Video Evaluations	RE
750	30 x 25 on :30 100 Back Pace*	SF
	1 on 10:00 Fly Kick Relay	SF
750	30 x 25 on :30 100 Breast Pace*	SF
	1 on 5:00 Video Evaluations-2 corrections	RE
1,500	25 x 60 on :55 200 Free Pace*	SF
	6:25 PM 4,150 Yards - Stress Value = 406	

Workout #22309 - Thursday, 27 September 2018

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	
1,200	1x{4 x 100 on 1:40 KICK {3 x 100 on 1:35 Kick {2 x 100 on 1:30 Kick {1 x 100 on 1:25 Kick {1 x 50 on 2:00 Kick {3 x 50 on 1:00 Kick-100% Effort	

1,300	1x{1 x 250 on 3:05 Pulls {5 x 50 on 1:00 Pulls 4 breaths {1 x 200 on 2:30 Pulls {4 x 50 on 1:00 Pulls-4 breaths {1 x 150 on 1:50 Pulls {3 x 50 on 1:00 Pulls 4 breaths {1 x 100 on 1:15 Pulls	
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	8x{8 x 25 on :25 Butterfly {1 on 1:00 Rest	
200	1 x 200 on 3:00 Stroke Drills	
	6:30 PM 5,250 Yards - Stress Value = 95	

Workout #22310 - Thursday, 27 September 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 23:00 Teach Day-Backstroke	
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum	
700	1x{4 x 25 on :30 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {4 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick no board L/R/S {4 x 25 on :30 Kick no board B {2 x 50 on :55 Kick no board L/R	
	1 on 9:00 Racing Skills-back starts	
250	1 x 250 on 4:00 Stroke Drills	
	7:30 PM 2,350 Yards - Stress Value = 95	

Workout #22311 - Thursday, 27 September 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 23:00 Teach Day-Backstroke	
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum	
650	1x{4 x 25 on :35 Kick no board B {3 x 50 on 1:10 Kick no board L/R/S {4 x 25 on :35 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {4 x 25 on :35 Kick no board BSLR {1 x 50 on 1:00 Kick no board L/R	
	1 on 9:00 Racing Skills-back starts	
250	1 x 250 on 4:00 Stroke Drills	
	7:30 PM 2,300 Yards - Stress Value = 94	

Workout #22312 - Thursday, 27 September 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 23:00 Teach Day-Backstroke
625	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
575	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
250	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:15 Kick no board L/R/S {4 x 25 on :40 Kick no board B {3 x 50 on 1:10 Kick no board L/R/S {3 x 25 on :40 Kick no board B 1 on 9:00 Racing Skills-back starts
7:30 PM	1 x 250 on 4:00 Stroke Drills 2,050 Yards - Stress Value = 80

Workout #22313 - Thursday, 27 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 23:00 Teach Day-Backstroke
625	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
250	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:20 Kick no board L/R/S {4 x 25 on :40 Kick no board B {3 x 50 on 1:15 Kick no board L/R/S {2 x 25 on :40 Kick no board B 1 on 9:00 Racing Skills-back starts
7:30 PM	1 x 250 on 4:00 Stroke Drills 2,025 Yards - Stress Value = 79

Workout #22314 - Thursday, 27 September 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 23:00 Teach Day-Backstroke
550	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
450	22 x 25 on :40 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
200	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:45 Kick no board L/R/S {4 x 25 on :45 Kick no board B {2 x 50 on 1:45 Kick no board L/R 1 on 9:00 Racing Skills-back starts
7:30 PM	1 x 200 on 4:00 Stroke Drills 1,750 Yards - Stress Value = 70

Workout #22315 - Thursday, 27 September 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 23:00 Teach Day-Backstroke
375	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
350	15 x 25 on 1:00 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
200	1x{4 x 25 on 1:00 Kick no board B {3 x 50 on 2:00 Kick no board L/R/S {4 x 25 on 1:00 Kick no board B 1 on 9:00 Racing Skills-back starts
7:29 PM	1 x 200 on 4:00 Stroke Drills 1,475 Yards - Stress Value = 51

Workout #22316 - Friday, 28 September 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
150	1 on 12:00 DS/Shows	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
400	6 x 25 on 3:00 50 Free Pace	SP2
400	1 on 6:00 Foam Roll/Rllr.Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Back Pace	SP2
400	1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Fly Pace	SP2
400	1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
5:45 PM	20 x 20 on :30 100 Free Pace	SP2
5:45 PM	1,500 Yards - Stress Value = 141	

Workout #22317 - Friday, 28 September 2018

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
400	1 on 12:00 DS/Showers
150	1 x 400 on 6:00 Reverse IM drill
600	10 x 15 on :45 Shooters
200	1x{4 x 25 on :30 Kick no board BSLR {1 x 125 on 2:05 Kick {1 x 125 on 2:00 Kick {1 x 125 on 1:55 Kick {1 x 125 on 1:50 Kick
3,000	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 1x{1 x 300 on 4:05 Individual Medley {2 x 300 on 4:00 Individual Medley {3 x 300 on 3:55 Individual Medley {4 x 300 on 3:50 Individual Medley
5:45 PM	1 x 200 on 3:00 Stroke Drills 4,550 Yards - Stress Value = 77

Workout #22318 - Friday, 28 September 2018

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 Swim USS
 50 Swim-25 under-25 scull-25 swim
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 6x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on 1:00 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 2,200 Yards - Stress Value = 24

Workout #22319 - Friday, 28 September 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 Swim USS
 50 Swim-25 under-25 scull-25 swim
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,200 6x{1 x 100 on 1:40 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:05 Freestyle
 On Round 6 only do the IM
 250 1 x 250 on 5:00 Stroke Drills
 6:32 PM 2,200 Yards - Stress Value = 24

Workout #22320 - Friday, 28 September 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 Swim USS
 25 Swim-25 under-25 scull-25 swim
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 5x{1 x 100 on 1:55 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 1,900 Yards - Stress Value = 21

Workout #22321 - Friday, 28 September 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 400 4 x 100 on 2:15 Swim USS
 25 Swim-25 under-25 scull-25 swim
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,000 5x{1 x 100 on 2:00 Individual Medley
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:15 Freestyle

On Round 5 only do the IM

250 1 x 250 on 5:00 Stroke Drills
 6:32 PM 1,900 Yards - Stress Value = 21

Workout #22322 - Friday, 28 September 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 300 4 x 75 on 2:15 Swim US
 25 Swim-25 under-25 scull
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 800 4x{1 x 100 on 2:30 Individual Medley
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 1:30 Freestyle
 On Round 4 only do the 1st 50
 250 1 x 250 on 5:00 Stroke Drills
 6:31 PM 1,600 Yards - Stress Value = 18

Workout #22323 - Friday, 28 September 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 300 4 x 75 on 2:15 Swim US
 25 Swim-25 under-25 scull
 150 10 x 15 on :45 Shooters
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 600 3x{1 x 100 on 3:00 Individual Medley
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 2:00 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 1,400 Yards - Stress Value = 15

Workout #22324 - Monday, 01 October 2018

Group 3 - USRPT-Distance

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 12:00 DS/Showers REC L DF
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC S F
 150 10 x 15 on :45 Shooters SP3 S F
 1,000 40 x 25 on 1:20 Free-hold 1650 pace SP2 S F
 If you make 1 you subtract 1 from the total
 200 1 x 200 on 3:00 Stroke Drills REC D C
 Depending when you finish the 100s
 you may do timed underwaters-B
 6:57 AM 1,750 Yards - Stress Value = 106

Workout #22325 - Monday, 01 October 2018

Group 3 - Platinum-Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
1,000	40 x 25 on 1:25 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,750 Yards - Stress Value = 106			

Workout #22326 - Monday, 01 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
950	38 x 25 on 1:30 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,700 Yards - Stress Value = 101			

Workout #22327 - Monday, 01 October 2018

Group 3 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
900	36 x 25 on 1:35 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,650 Yards - Stress Value = 96			

Workout #22328 - Monday, 01 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
850	34 x 25 on 1:40 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 1,600 Yards - Stress Value = 91			

Workout #22329 - Monday, 01 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
800	32 x 25 on 1:45 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,550 Yards - Stress Value = 86			

Workout #22330 - Monday, 01 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
3,100	31 x 100 on 1:50 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	7:00 AM 3,850 Yards - Stress Value = 316			

Workout #22331 - Monday, 01 October 2018

Group 3 - Bronze/Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
725	29 x 25 on 1:55 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,475 Yards - Stress Value = 78			

Workout #22332 - Monday, 01 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	ST
1	on 12:00 DS>Showers	REC	L	DF
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	F
150	10 x 15 on :45 Shooters	SP3	S	F
700	28 x 25 on 2:00 Free-hold 1650 pace	SP2	S	F
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	C
	Depending when you finish the 100s you may do timed underwaters-B			
	6:59 AM 1,450 Yards - Stress Value = 76			

Workout #22333 - Monday, 01 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
1,250	25 x 50 on :50 200 Free Pace*	SP2	
	1 on 5:00 Video Evaluations	REC	
1,250	25 x 50 on :50 200 Fly Pace*	SP2	
	1 on 10:00 Racing Skills-Tivo Starts	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{6 x 15 on :25 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{4 x 15 on :20 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{2 x 15 on :15 Undr Wtr Fly Kck	EN2	
600	30 x 20 on :30 100 Breast Pace	SP2	
	6:30 PM 4,300 Yards - Stress Value = 397		

Workout #22334 - Monday, 01 October 2018

Group 3 - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Spotlight/DS/Showers
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,300	1x{ All BSLR's 12 KOW
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:40 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:25 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:30 Kick
	{1 x 50 on :40 Kick
	{4 x 25 on :30 Kick no board BSLR
1,000	1x{ Hold breath L.12yds of each 100
	{1 x 400 on 5:20 Pulls-no br L.12 yds
	{1 x 300 on 4:00 Pulls-no br L.12 yds
	{1 x 200 on 2:40 Pulls-no br L.12 yds
	{1 x 100 on 1:20 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,200	4 x 800 on 10:00 Free-descend
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 6,650 Yards - Stress Value = 118

Workout #22335 - Monday, 01 October 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{1 x 125 on 2:30 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
	{1 x 200 on 4:00 Fly Kick w/board
	{1 x 25 on 1:00 Fly Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 8/9/10/11 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 9/10/11/12 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 10/11/12/13 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 13/14 KOW
	{1 x 100 on 1:30 75 Free 25 Fly w/free kick
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,550 Yards - Stress Value = 59

Workout #22336 - Monday, 01 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{1 x 25 on :35 Fly Kick w/board
	{1 x 50 on 1:05 Fly Kick w/board
	{1 x 75 on 1:40 Fly Kick w/board
	{1 x 100 on 2:10 Fly Kick w/board
	{1 x 150 on 3:15 Fly Kick w/board
	{1 x 200 on 4:20 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{2 x 100 on 1:40 75 Free 25 Fly w/free kick
	{4 x 25 on :35 Fly 8/9/10/11 KOW
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick
	{4 x 25 on :35 Fly 9/10/11/12 KOW
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick
	{4 x 25 on :35 Fly 10/11/12/13 KOW
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick
	{2 x 25 on :35 Fly 10/11 KOW
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 53

Workout #22337 - Monday, 01 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:10 Fly Kick w/board
 {1 x 75 on 1:45 Fly Kick w/board
 {2 x 100 on 2:20 Fly Kick w/board
 {1 x 125 on 2:55 Fly Kick w/board
 {1 x 150 on 3:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 8/9/10/11 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 9/10/11/12 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 8/9/10/11/12/13 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:32 PM 3,050 Yards - Stress Value = 51

{4 x 25 on :50 Fly 8/9/10/11 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 9/10/11/12 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 10/11/12/13 KOW
 {3 x 50 on 1:15 25 Free 25 Fly w/free kick
 450 18 x 25 on :50 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,400 Yards - Stress Value = 39

Workout #22340 - Monday, 01 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 50 on 1:45 Fly Kick w/board
 {2 x 100 on 3:30 Fly Kick w/board
 {1 x 150 on 5:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 50 on 1:30 25 Free 25 Fly w/free kick
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,175 Yards - Stress Value = 35

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 50 on 1:45 Fly Kick w/board
 {2 x 100 on 3:30 Fly Kick w/board
 {1 x 150 on 5:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 50 on 1:30 25 Free 25 Fly w/free kick
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,175 Yards - Stress Value = 35

Workout #22338 - Monday, 01 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{1 x 50 on 1:15 Fly Kick w/board
 {1 x 75 on 1:55 Fly Kick w/board
 {1 x 100 on 2:30 Fly Kick w/board
 {1 x 125 on 3:10 Fly Kick w/board
 {1 x 200 on 5:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 8/9/10/11 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 9/10/11/12 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 {2 x 100 on 2:05 75 Free 25 Fly w/free kick
 {2 x 25 on :45 Fly 10/11 KOW
 500 20 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 44

Workout #22341 - Tuesday, 02 October 2018

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers REC I
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC I
 150 10 x 15 on :45 Shooters SP3 S
 2,400 1x{1 x 400 on 5:00 Freestyle EN1 S
 {4 x 100 on 1:30 Free-descend EN2 S
 {1 x 400 on 5:05 Freestyle EN2 S
 {4 x 100 on 1:25 Free-descend EN2 S
 {1 x 400 on 5:10 Freestyle EN2 S
 {4 x 100 on 1:20 Descend EN2 S
 160 8 x 20 on 3:00 Timed Underwaters-B EN2 F
 200 1 x 200 on 3:00 Stroke Drills REC I
 7:01 AM 3,310 Yards - Stress Value = 53

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers REC I
 400 1 x 400 on 7:00 Swim-kick-pull-swim REC I
 150 10 x 15 on :45 Shooters SP3 S
 2,400 1x{1 x 400 on 5:00 Freestyle EN1 S
 {4 x 100 on 1:30 Free-descend EN2 S
 {1 x 400 on 5:05 Freestyle EN2 S
 {4 x 100 on 1:25 Free-descend EN2 S
 {1 x 400 on 5:10 Freestyle EN2 S
 {4 x 100 on 1:20 Descend EN2 S
 160 8 x 20 on 3:00 Timed Underwaters-B EN2 F
 200 1 x 200 on 3:00 Stroke Drills REC I
 7:01 AM 3,310 Yards - Stress Value = 53

Workout #22339 - Monday, 01 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {1 x 200 on 6:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick

Workout #22342 - Tuesday, 02 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 12:00 DS/Showers	REC	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on :45 Shooters	SP3	£
2,200	1x{1 x 400 on 5:20 Freestyle	EN1	£
	{4 x 100 on 1:35 Free-descend	EN2	£
	{1 x 400 on 5:25 Freestyle	EN2	£
	{4 x 100 on 1:30 Free-descend	EN2	£
	{1 x 400 on 5:30 Freestyle	EN2	£
	{2 x 100 on 1:25 Descend	EN2	£
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:00 AM 3,110 Yards - Stress Value = 49		

Workout #22343 - Tuesday, 02 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 12:00 DS/Showers	REC	I
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on :45 Shooters	SP3	£
2,100	1x{1 x 400 on 5:45 Freestyle	EN1	£
	{3 x 100 on 1:40 Free-descend	EN2	£
	{1 x 400 on 5:50 Freestyle	EN2	£
	{3 x 100 on 1:35 Free-descend	EN2	£
	{1 x 400 on 5:55 Freestyle	EN2	£
	{3 x 100 on 1:30 Descend	EN2	£
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:00 AM 2,960 Yards - Stress Value = 47		

Workout #22344 - Tuesday, 02 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 12:00 DS/Showers	REC	I
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on :45 Shooters	SP3	£
2,000	1x{1 x 400 on 6:00 Freestyle	EN1	£
	{3 x 100 on 1:45 Free-descend	EN2	£
	{1 x 400 on 6:05 Freestyle	EN2	£
	{3 x 100 on 1:40 Free-descend	EN2	£
	{1 x 300 on 4:40 Freestyle	EN2	£
	{3 x 100 on 1:35 Descend	EN2	£
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:00 AM 2,860 Yards - Stress Value = 45		

Workout #22345 - Tuesday, 02 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 12:00 DS/Showers	REC	I
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on :45 Shooters	SP3	£
1,800	1x{1 x 300 on 5:15 Freestyle	EN1	£
	{3 x 100 on 1:55 Free-descend	EN2	£
	{1 x 300 on 5:20 Freestyle	EN2	£
	{3 x 100 on 1:50 Free-descend	EN2	£

	{1 x 300 on 5:25 Freestyle	EN2	£
	{3 x 100 on 1:45 Descend	EN2	£
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:01 AM 2,610 Yards - Stress Value = 42		

Workout #22346 - Tuesday, 02 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
	1 on 12:00 DS/Showers	REC	I
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	I
150	10 x 15 on :45 Shooters	SP3	£
1,550	1x{1 x 250 on 5:00 Freestyle	EN1	£
	{3 x 100 on 2:10 Free-descend	EN2	£
	{1 x 250 on 5:05 Freestyle	EN2	£
	{3 x 100 on 2:05 Free-descend	EN2	£
	{1 x 250 on 5:10 Freestyle	EN2	£
	{2 x 100 on 2:00 Descend	EN2	£
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	7:00 AM 2,360 Yards - Stress Value = 37		

Workout #22347 - Wednesday, 03 October 2018

Group 3 - IM's

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
	1 on 12:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
2,250	1x{1 x 200 on 2:30 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{2 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{3 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{4 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{5 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{6 x 50 on :35 Freestyle	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
	7:00 AM 3,310 Yards - Stress Value = 67		

Workout #22348 - Wednesday, 03 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
2,100	1x{1 x 200 on 2:40 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:40 Individual Medley	EN2	
	{2 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:40 Individual Medley	EN2	
	{3 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:40 Individual Medley	EN2	
	{4 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:40 Individual Medley	EN2	
	{5 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:40 Individual Medley	EN2	
	{3 x 50 on :40 Freestyle	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:00 AM	3,160 Yards - Stress Value = 64		

Workout #22351 - Wednesday, 03 October 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
1,550	1x{1 x 200 on 3:45 Individual Medley	EN2	
	{1 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{2 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{3 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{4 x 50 on :50 Freestyle	EN2	
	{1 x 200 on 3:45 Individual Medley	EN2	
	{1 x 50 on :50 Freestyle	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:00 AM	2,610 Yards - Stress Value = 53		

Workout #22349 - Wednesday, 03 October 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
1,950	1x{1 x 200 on 2:55 Individual Medley	EN2	
	{1 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:55 Individual Medley	EN2	
	{2 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:55 Individual Medley	EN2	
	{3 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:55 Individual Medley	EN2	
	{4 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:55 Individual Medley	EN2	
	{5 x 50 on :40 Freestyle	EN2	
	{1 x 200 on 2:55 Individual Medley	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:00 AM	3,010 Yards - Stress Value = 61		

Workout #22352 - Wednesday, 03 October 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
1,400	1x{1 x 200 on 4:10 Individual Medley	EN2	
	{1 x 50 on :55 Freestyle	EN2	
	{1 x 200 on 4:10 Individual Medley	EN2	
	{2 x 50 on :55 Freestyle	EN2	
	{1 x 200 on 4:10 Individual Medley	EN2	
	{3 x 50 on :55 Freestyle	EN2	
	{1 x 200 on 4:10 Individual Medley	EN2	
	{4 x 50 on :55 Freestyle	EN2	
	{1 x 100 on 2:00 Individual Medley	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:00 AM	2,460 Yards - Stress Value = 50		

Workout #22350 - Wednesday, 03 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-Shooters	SP3	
1,750	1x{1 x 200 on 3:20 Individual Medley	EN2	
	{1 x 50 on :45 Freestyle	EN2	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{2 x 50 on :45 Freestyle	EN2	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{3 x 50 on :45 Freestyle	EN2	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{4 x 50 on :45 Freestyle	EN2	
	{1 x 200 on 3:20 Individual Medley	EN2	
	{5 x 50 on :45 Freestyle	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
250	1 x 250 on 4:00 Stroke Drills	REC	
7:00 AM	2,810 Yards - Stress Value = 57		

Workout #22353 - Wednesday, 03 October 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:15 PM	Start		
=====	=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	REC	L
150	10 x 15 on :45 Racing Skills-Shooters	SP3	S
1,250	25 x 50 on :50 200 Back Pace*	SP2	S
	1 on 5:00 Video Evaluations	REC	M
1,250	25 x 50 on :55 200 Breast Pace*	SP2	S
	1 on 10:00 Racing Skills-Timed turns	SP3	S
750	30 x 25 on :30 100 Free Pace	SP2	S
250	10 x 25 on :45 Racing Skills-Spinners	SP3	S
600	30 x 20 on :30 100 Fly Pace	SP2	S
6:30 PM	4,250 Yards - Stress Value = 401		

Workout #22354 - Wednesday, 03 October 2018

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Spotlight/DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
	2-12, 4-13, 6-14, 8-15
150	10 x 15 on :45 Shooters
1,500	1x{6 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{5 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{4 x 50 on :45 Kick
	{8 x 25 on :30 Kick your weakest kick
	{3 x 50 on :45 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,200	1x{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{4 x 100 on 1:25 Fly 2-3-4-5 SOW
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{4 x 100 on 1:15 Fly 2-3-4-5 SOW
	{1 x 200 on 3:00 Stroke Drills
	{3 x 75 on 1:05 Fly 3-4-5 SOW
	{3 x 75 on 1:00 Fly 3-4-5 SOW
	{3 x 75 on :55 Fly 3-4-5 SOW
	{1 x 200 on 3:00 Stroke Drills
	{2 x 50 on :45 Fly 4-5 SOW
	{2 x 50 on :40 Fly 4-5 SOW
	{1 x 225 on 3:30 Stroke Drills
	{1 x 100 on 1:30 100 Fly OTB
500	10 x 50 on 1:00 Stroke Drills
6:30 PM	6,050 Yards - Stress Value = 88

1,400 1x{9 x 150 on 2:40 Free descend in sets of 3
 {1 x 50 on :55 Free-Fast!
 Each set of three descends
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 127

Workout #22357 - Wednesday, 03 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 2:05 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
	{2 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{8 x 150 on 2:55 Free descend in sets of 3
	{1 x 50 on 1:00 Free-Fast! Each set of three descends
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,675 Yards - Stress Value = 110

Workout #22358 - Wednesday, 03 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 2:20 Free Kick w/board
	{2 x 100 on 2:25 Free Kick w/board
	{3 x 100 on 2:30 Free Kick w/board
	{1 x 100 on 2:35 Free Kick w/board
	{1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{7 x 150 on 3:15 Free descend in sets of 3
	{1 x 100 on 2:15 Free-FAST! Each set of three descends
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,400 Yards - Stress Value = 99

Workout #22355 - Wednesday, 03 October 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 1:50 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{3 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 2:05 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	10 x 150 on 2:30 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,250 Yards - Stress Value = 130

Workout #22356 - Wednesday, 03 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 1:55 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 2:05 Free Kick w/board
	{3 x 100 on 2:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

Workout #22359 - Wednesday, 03 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 30:00 DS/Dryland
150	1 x 400 on 9:00 Sun Yang Free w/ssnorkels
650	10 x 15 on :45 Shooters
100	1x{1 x 100 on 2:40 Free Kick w/board
	{ 2 x 100 on 2:45 Free Kick w/board
	{ 3 x 100 on 2:50 Free Kick w/board
	{ 1 x 50 on 1:30 Free Kick w/board
1,000	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{6 x 150 on 3:45 Free descend in sets of 3
	{ 1 x 100 on 2:30 Free-FAST!
	Each set of three descends
500	20 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,000 Yards - Stress Value = 89

Workout #22360 - Wednesday, 03 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 9:00 SunYangFree-Count strokes
600	10 x 15 on :45 Shooters
100	1x{1 x 100 on 3:00 Free Kick w/board
	{ 2 x 100 on 3:05 Free Kick w/board
	{ 3 x 100 on 3:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{6 x 100 on 3:45 Free descend in sets of 3
	{ 1 x 100 on 2:30 Free-FAST!
	Each set of three descends
375	15 x 25 on 1:00 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,475 Yards - Stress Value = 70

Workout #22361 - Thursday, 04 October 2018

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
400	1 x 400 on 6:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
2,250	15 x 150 on 2:00 Free-descend in sets of 3	EN2
160	8 x 20 on 3:00 Timed Underwaters L/R	EN2
250	1 x 250 on 4:00 Stroke Drills	REC

6:58 AM 3,210 Yards - Stress Value = 54

Workout #22362 - Thursday, 04 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
400	1 x 400 on 6:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
2,100	14 x 150 on 2:10 Free-descend in sets of 3	EN2
160	8 x 20 on 3:00 Timed Underwaters L/R	EN2

250	1 x 250 on 4:00 Stroke Drills	REC
	6:59 AM 3,060 Yards - Stress Value = 51	

Workout #22363 - Thursday, 04 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
350	1 x 350 on 6:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,950	13 x 150 on 2:20 Free-descend in sets of 3	EN2
160	8 x 20 on 3:00 Timed Underwaters L/R	EN2
250	1 x 250 on 4:00 Stroke Drills	REC

6:59 AM 2,860 Yards - Stress Value = 48

Workout #22364 - Thursday, 04 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
350	1 x 350 on 6:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,800	12 x 150 on 2:30 Free-descend in sets of 3	EN2
160	8 x 20 on 3:00 Timed Underwaters L/R	EN2
250	1 x 250 on 4:00 Stroke Drills	REC

6:58 AM 2,710 Yards - Stress Value = 45

Workout #22365 - Thursday, 04 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
300	1 x 300 on 6:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,800	12 x 150 on 2:40 Free-descend in sets of 3	EN2
160	8 x 20 on 3:00 Timed Underwaters L/R	EN2
250	1 x 250 on 4:00 Stroke Drills	REC

7:00 AM 2,660 Yards - Stress Value = 45

Workout #22366 - Thursday, 04 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
300	1 x 300 on 6:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	10 x 150 on 3:00 Free-descend in sets of 3	EN2
160	8 x 20 on 3:00 Timed Underwaters L/R	EN2
250	1 x 250 on 4:00 Stroke Drills	REC

6:58 AM 2,360 Yards - Stress Value = 39

Workout #22367 - Thursday, 04 October 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
4:15 PM	Start	
1	on 25:00 Spotlight/DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace*	SP2
1	on 5:00 Video Evaluations	REC
750	25 x 30 on :50 200 Free Pace*	SP2
1	on 10:00 Racing Skills	SP2
750	30 x 25 on :30 100 Breast Pace	SP2
1	on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 your #1 pace	SP2
6:23 PM	3,400 Yards - Stress Value = 331	

Workout #22368 - Thursday, 04 October 2018

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY W
4:15 PM	Start	
1	on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 9:00 Top Hat Drill	
150	10 x 15 on :45 Shooters	
1,500	1x{ BSLR 100%-Make all to 15m = - 1 X 50 { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :45 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :50 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :55 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :50 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :45 Kick-100%	
2,100	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3 { 1 x 300 on 4:05 Lungbuster pulls { 1 x 300 on 4:00 Lungbuster pulls { 1 x 300 on 3:55 Lungbuster pulls { 1 x 300 on 3:50 Lungbuster pulls { 1 x 300 on 3:45 Lungbuster pulls { 1 x 300 on 3:40 Lungbuster pulls { 1 x 300 on 3:35 Lungbuster pulls	
200	4x{ 1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	1x{ 2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr	
200	1 x 200 on 3:00 Stroke Drills	
6:31 PM	6,350 Yards - Stress Value = 112	

Workout #22369 - Thursday, 04 October 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY W
5:30 PM	Start	
1	on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
1	on 23:00 Teach Day Backstroke	
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
750	30 x 25 on :30 100 Back Pace	

700	1x{ 4 x 25 on :30 Kick no board B { 3 x 50 on 1:00 Kick on L/R/S { 4 x 25 on :30 Kick no board B { 3 x 50 on 1:00 Kick on L/R/S { 4 x 25 on :30 Kick no board B { 2 x 50 on 1:00 Kick on L/R	
1	on 10:00 Racing Skills-Back Finishes	
250	1 x 250 on 4:00 Stroke Drills	
7:30 PM	2,350 Yards - Stress Value = 95	

Workout #22370 - Thursday, 04 October 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY W
5:30 PM	Start	
1	on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
1	on 23:00 Teach Day Backstroke	
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
625	25 x 25 on :35 100 Back Pace	
600	1x{ 4 x 25 on :35 Kick no board B { 3 x 50 on 1:05 Kick on L/R/S { 4 x 25 on :35 Kick no board B { 3 x 50 on 1:05 Kick on L/R/S { 4 x 25 on :35 Kick no board B	
1	on 10:00 Racing Skills-Back Finishes	
250	1 x 250 on 4:00 Stroke Drills	
7:30 PM	2,125 Yards - Stress Value = 80	

Workout #22371 - Thursday, 04 October 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY W
5:30 PM	Start	
1	on 30:00 DS/Dryland	
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
1	on 23:00 Teach Day Backstroke	
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
550	22 x 25 on :40 100 Back Pace	
550	1x{ 4 x 25 on :40 Kick no board B { 3 x 50 on 1:15 Kick on L/R/S { 4 x 25 on :40 Kick no board B { 3 x 50 on 1:15 Kick on L/R/S { 2 x 25 on :40 Kick no board B	
1	on 10:00 Racing Skills-Back Finishes	
250	1 x 250 on 4:00 Stroke Drills	
7:31 PM	1,950 Yards - Stress Value = 72	

Workout #22372 - Thursday, 04 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 Teach Day Backstroke
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 100 Back Pace
 500 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on L/R/S
 {4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick on L/R/S
 250 1 on 10:00 Racing Skills-Back Finishes
 1 x 250 on 4:00 Stroke Drills
 7:30 PM 1,850 Yards - Stress Value = 66

Workout #22373 - Thursday, 04 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 Teach Day Backstroke
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 18 x 25 on :50 100 Back Pace
 400 1x{4 x 25 on 1:00 Kick no board B
 {3 x 50 on 1:30 Kick on L/R/S
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 1:30 Kick Streamline on back
 1 on 10:00 Racing Skills-Back Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 1,650 Yards - Stress Value = 59

Workout #22374 - Thursday, 04 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 Teach Day Backstroke
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 100 Back Pace
 350 1x{4 x 25 on 1:00 Kick no board B
 {2 x 50 on 2:00 Kick on L/R
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 2:00 Kick Streamline on back
 1 on 10:00 Racing Skills-Back Finishes
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 1,525 Yards - Stress Value = 51

Workout #22375 - Friday, 05 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showes REC

150 10 x 15 on :45 Racing Skills-IM Shooters SP3
 150 6 x 25 on 3:00 50 Your Choice-Pace SP2
 1 on 6:00 Foam Roll/Rllr.Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Back Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Fly Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Free Pace SP2
 5:45 PM 1,500 Yards - Stress Value = 141

Workout #22376 - Friday, 05 October 2018

Group 3 - Swim Like A Champion Day

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1 x 800 on 16:00 Vertical Kicking
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{16 x 50 on :45 Freestyle every 4th one 100%
 {12 x 50 on :50 Freestyle every 3rd one 100%
 {8 x 50 on :55 Freestyle every 2nd one 100%
 {4 x 50 on 1:00 Freestyle all 100%
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 3,850 Yards - Stress Value = 70

Workout #22377 - Friday, 05 October 2018

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS/Dryland REC L DF
 500 4 x 125 on 2:30 SwimUSS REC D CM
 150 10 x 15 on :45 Shooters SP3 S E
 1,000 1x{1 x 50 on 1:00 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:30 Breast L.25 2k1p EN2 S E
 {3 x 100 on 2:00 Breast L.25 2k1p EN2 S E
 {3 x 100 on 1:55 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:25 Breast L.25 2k1p EN2 S E
 {1 x 50 on :55 Breast L.25 2k1p EN2 S E
 100 1 x 100 on 4:00 100 Breast OTB SP2 S E
 200 1 x 200 on 4:00 Stroke Drills REC D C
 6:30 PM 1,950 Yards - Stress Value = 36

Workout #22378 - Friday, 05 October 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS/Dryland REC L DF
 500 4 x 125 on 2:30 SwimUSS REC D CM
 150 10 x 15 on :45 Shooters SP3 S E
 950 1x{1 x 50 on 1:05 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:35 Breast L.25 2k1p EN2 S E
 {3 x 100 on 2:05 Breast L.25 2k1p EN2 S E
 {1 x 100 on 2:00 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:30 Breast L.25 2k1p EN2 S E
 {4 x 50 on 1:00 Breast L.25 2k1p EN2 S E
 100 1 x 100 on 4:00 100 Breast OTB SP2 S E
 200 1 x 200 on 4:00 Stroke Drills REC D C
 6:30 PM 1,900 Yards - Stress Value = 35

Workout #22379 - Friday, 05 October 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L DF	
400	4 x 100 on 2:30 SwimUSS	REC	D CM	
150	10 x 15 on :45 Shooters	SP3	S F	
850	1x{1 x 50 on 1:10 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S F	
	{3 x 100 on 2:20 Breast L.25 2k1p	EN2	S F	
	{1 x 100 on 2:15 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 1:40 Breast L.25 2k1p	EN2	S F	
	{2 x 50 on 1:05 Breast L.25 2k1p	EN2	S F	
100	1 x 100 on 4:00 100 Breast OTB	SP2	S F	
200	1 x 200 on 4:00 Stroke Drills	REC	D C	
6:30 PM	1,700 Yards - Stress Value = 33			

Workout #22380 - Friday, 05 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L DF	
400	4 x 100 on 2:30 SwimUSS	REC	D CM	
150	10 x 15 on :45 Shooters	SP3	S F	
800	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 1:50 Breast L.25 2k1p	EN2	S F	
	{3 x 100 on 2:30 Breast L.25 2k1p	EN2	S F	
	{1 x 100 on 2:25 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S F	
	{1 x 50 on 1:10 Breast L.25 2k1p	EN2	S F	
100	1 x 100 on 4:00 100 Breast OTB	SP2	S F	
200	1 x 200 on 4:00 Stroke Drills	REC	D C	
6:30 PM	1,650 Yards - Stress Value = 32			

Workout #22381 - Friday, 05 October 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L DF	
300	4 x 75 on 2:30 SwimUSS	REC	D CM	
150	10 x 15 on :45 Shooters	SP3	S F	
650	1x{1 x 50 on 1:30 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 2:15 Breast L.25 2k1p	EN2	S F	
	{3 x 100 on 3:00 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 2:00 Breast L.25 2k1p	EN2	S F	
100	1 x 100 on 4:00 100 Breast OTB	SP2	S F	
200	1 x 200 on 4:00 Stroke Drills	REC	D C	
6:29 PM	1,400 Yards - Stress Value = 29			

Workout #22382 - Friday, 05 October 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L DF	
300	4 x 75 on 2:30 SwimUSS	REC	D CM	
150	10 x 15 on :45 Shooters	SP3	S F	
500	1x{1 x 50 on 2:00 Breast L.25 2k1p	EN2	S F	
	{2 x 75 on 3:00 Breast L.25 2k1p	EN2	S F	
	{3 x 100 on 4:00 Breast L.25 2k1p	EN2	S F	
100	1 x 100 on 4:00 100 Breast OTB	SP2	S F	
200	1 x 200 on 4:00 Stroke Drills	REC	D C	
6:30 PM	1,250 Yards - Stress Value = 26			

Workout #22383 - Monday, 08 October 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
2,700	1x{2 x 225 on 3:00 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle-all under 1:05	EN2
	{2 x 225 on 2:55 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle all under 1:06	EN2
	{2 x 225 on 2:50 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle-all under 1:07	EN2
	{2 x 225 on 2:45 Freestyle	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
7:00 AM	3,590 Yards - Stress Value = 74	

Workout #22384 - Monday, 08 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	REC
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
2,600	1x{2 x 225 on 3:05 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle-all under 1:10	EN2
	{2 x 225 on 3:00 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle all under 1:11	EN2
	{2 x 225 on 2:55 Freestyle	EN2
	{3 x 100 on 1:20 Freestyle-all under 1:12	EN2
	{2 x 175 on 2:15 Freestyle	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
7:00 AM	3,490 Yards - Stress Value = 72	

Workout #22385 - Monday, 08 October 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	REC
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
2,250	1x{2 x 225 on 3:25 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle-all under 1:20	EN2
	{2 x 225 on 3:20 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle all under 1:21	EN2
	{2 x 225 on 3:15 Freestyle	EN2
	{3 x 100 on 1:30 Freestyle-all under 1:22	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
6:59 AM	3,090 Yards - Stress Value = 65	

Workout #22386 - Monday, 08 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	REC
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
2,150	1x{2 x 225 on 3:45 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle-all under 1:25	EN2
	{2 x 225 on 3:40 Freestyle	EN2
	{3 x 100 on 1:35 Freestyle all under 1:26	EN2
	{2 x 225 on 3:35 Freestyle	EN2
	{2 x 100 on 1:35 Freestyle-all under 1:27	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
7:00 AM	2,990 Yards - Stress Value = 63	

Workout #22387 - Monday, 08 October 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	REC
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,850	1x{2 x 200 on 3:50 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle-all under 1:40	EN2
	{2 x 200 on 3:45 Freestyle	EN2
	{3 x 100 on 1:50 Freestyle all under 1:41	EN2
	{2 x 200 on 3:40 Freestyle	EN2
	{1 x 50 on :55 Freestyle-all under :48	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
7:00 AM	2,640 Yards - Stress Value = 57	

Workout #22388 - Monday, 08 October 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 12:00 DS/Showers	REC
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC
150	10 x 15 on :45 Shooters	SP3
1,700	1x{2 x 200 on 4:15 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle-all under 1:50	EN2
	{2 x 200 on 4:10 Freestyle	EN2
	{2 x 100 on 2:00 Freestyle all under 1:51	EN2
	{2 x 200 on 4:05 Freestyle	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
7:00 AM	2,490 Yards - Stress Value = 54	

Workout #22389 - Monday, 08 October 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
4:15 PM	Start	
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Back Pace*	S
	1 on 4:00 Video Evaluations	F
1,500	30 x 50 on :50 200 Fly Pace	S
	1 on 8:00 Racing Skills-Tivo Starts	F
1,500	30 x 50 on :50 200 Free Pace	S
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	F

{1 on :30 Rest	F
{6 x 15 on :25 Undr Wtr Fly Kck	F
{1 on :30 Rest	F
{4 x 15 on :20 Undr Wtr Fly Kck	F
{1 on :30 Rest	F
{2 x 15 on :15 Undr Wtr Fly Kck	F
20 x 20 on :30 100 Breast Pace	S
6:30 PM	4,600 Yards - Stress Value = 427

Workout #22390 - Monday, 08 October 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 9:00 Swim-kick-pull-swim	
150	10 x 15 on :45 Shooters	
	All BSLR, min 15m underwater	
1,500	1x{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:30 Kick best effort	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:35 Kick best effort	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:40 Kick best effort	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:45 Kick best effort	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:50 Kick best effort	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
3,600	1x{4 x 150 on 1:55 Freestyle	
	{1 x 600 on 8:00 Freestyle	
	{4 x 125 on 1:35 Freestyle	
	{1 x 500 on 6:40 Freestyle	
	{4 x 100 on 1:15 Freestyle	
	{1 x 400 on 5:20 Freestyle	
	{4 x 75 on :55 Freestyle	
	{1 x 300 on 4:00 Freestyle	
	Last 25 of each repeat alt between	
	10 KOW +Exp BO and 6 beat kick	
400	8 x 50 on 1:00 Stroke Drills	
6:30 PM	6,450 Yards - Stress Value = 142	

Workout #22391 - Monday, 08 October 2018

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
	1 on 30:00 DS/Dryland	
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP	
150	10 x 15 on :45 Shooters	
700	1x{4 x 25 on :30 Kick no board B	
	{3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks	
	{4 x 25 on :30 Kick no board B	
	{2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,400	1x{1 x 100 on 1:20 Backstroke 3KOW+1	
	{3 x 50 on :50 Back descend-min 5KOW	
	{2 x 100 on 1:25 Backstroke 3KOW+1	
	{3 x 50 on :50 Back descend-min 5KOW	
	{3 x 100 on 1:30 Backstroke 3KOW+1	
	{2 x 50 on :50 Back descend-min 5KOW	
	{4 x 100 on 1:35 Backstroke 3KOW+1	
750	30 x 25 on :30 USRPT-100 Back Pace	
	1 on 10:00 Game with fins	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	3,700 Yards - Stress Value = 123	

Workout #22392 - Monday, 08 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board B
 {3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 1:30 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {2 x 100 on 1:35 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {3 x 100 on 1:40 Backstroke 3KOW+1
 {3 x 50 on :55 Back descend-min 5KOW
 {2 x 100 on 1:45 Backstroke 3KOW+1
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 105

Workout #22393 - Monday, 08 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board B
 {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
 {2 x 25 on :40 Kick no board B
 {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 1:40 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {2 x 100 on 1:45 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {3 x 100 on 1:50 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {1 x 100 on 1:55 Backstroke 3KOW+1
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 95

Workout #22394 - Monday, 08 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board B
 {2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :40 Kick no board B
 {1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 1:50 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 {2 x 100 on 1:55 Backstroke 3KOW+1

{3 x 50 on 1:05 Back descend-min 5KOW
 {3 x 100 on 2:00 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 92

Workout #22395 - Monday, 08 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
 {6 x 25 on :45 Kick no board B
 {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 100 on 2:15 Backstroke 3KOW+1
 {3 x 50 on 1:15 Back descend-min 5KOW
 {2 x 100 on 2:20 Backstroke 3KOW+1
 {3 x 50 on 1:15 Back descend-min 5KOW
 {3 x 100 on 2:25 Backstroke 3KOW+1
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 83

Workout #22396 - Monday, 08 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on 1:00 Kick no board B
 {1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 1:45 Kick 25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 2:30 Backstroke 3KOW+1
 {3 x 50 on 1:30 Back descend-min 5KOW
 {2 x 100 on 2:35 Backstroke 3KOW+1
 {3 x 50 on 1:30 Back descend-min 5KOW
 {2 x 100 on 2:40 Backstroke 3KOW+1
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game with fins
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,225 Yards - Stress Value = 67

Workout #22397 - Tuesday, 09 October 2018

Group 3 - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
3,000	40 x 75 on 1:05 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	4,110 Yards - Stress Value = 322	

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,325	31 x 75 on 1:25 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 18	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	3,385 Yards - Stress Value = 254	

Workout #22398 - Tuesday, 09 October 2018

Group 3 - Platinum-Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,850	38 x 75 on 1:10 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:15 AM	3,960 Yards - Stress Value = 307	

Workout #22402 - Tuesday, 09 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,175	29 x 75 on 1:30 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 18	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	3,235 Yards - Stress Value = 240	

Workout #22399 - Tuesday, 09 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,700	36 x 75 on 1:15 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:15 AM	3,810 Yards - Stress Value = 292	

Workout #22403 - Tuesday, 09 October 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
500	1 x 500 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,100	28 x 75 on 1:35 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 16	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:15 AM	3,110 Yards - Stress Value = 232	

Workout #22400 - Tuesday, 09 October 2018

Group 3 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,475	33 x 75 on 1:20 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	3,535 Yards - Stress Value = 270	

Workout #22404 - Tuesday, 09 October 2018

Group 3 - Bronze/Copper

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS>Showers	REC
500	1 x 500 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,950	26 x 75 on 1:40 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
	must do a minimum of 14	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	2,960 Yards - Stress Value = 217	

Workout #22401 - Tuesday, 09 October 2018

Group 3 - Silver

Workout #22405 - Tuesday, 09 October 2018

Group 3 - Copper
1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 12:00 DS/Showers	REC
500	1 x 500 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,875	25 x 75 on 1:45 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 14	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
7:14 AM	2,885 Yards - Stress Value = 210	

Workout #22406 - Tuesday, 09 October 2018

Group 3 - USRPT
1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 25:00 Spotlight/DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluations	REC
1,250	25 x 50 on :50 200 Back Pace*	SP2
	1 on 7:00 Timed Open Turns	SP3
1,250	25 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations-2 corrections	REC
750	30 x 25 on :30 100 Free Pace	SP2
6:23 PM	4,150 Yards - Stress Value = 406	

Workout #22407 - Tuesday, 09 October 2018

Group 3 - Back
1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
500	1 on 25:00 Spotlight/DS/Shoulders	
150	20 x 25 on :30 Wednesday Warm-up	
1,500	10 x 15 on :45 Shooters	
	1x{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:45 Kick-1 fast 1 jmi	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:40 Kick 1 fast 1 jmi	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:35 Kick 1 fast 1 jmi	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:30 Kick 1 fast 1 jmi	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 1:25 Kick 1 fast 1 jmi	
1,500	1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc	
	{4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc	
	{4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,000	1x{4 x 200 on 2:45 Freestyle	
	{3 x 200 on 2:40 Freestyle	
	{2 x 200 on 2:35 Freestyle	
	{1 x 200 on 2:30 Freestyle	
400	8 x 50 on 1:00 Stroke Drills	
6:31 PM	6,250 Yards - Stress Value = 108	

Workout #22408 - Tuesday, 09 October 2018

Group 2 - Freestylers
1 minute rest between sets

Yards	Set Description
5:30 PM	Start

Yards	Set Description
1	on 30:00 DS/Dryland
450	1 x 450 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:50 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{3 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	15 x 100 on 1:30 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,850 Yards - Stress Value = 125

Workout #22409 - Tuesday, 09 October 2018

Group 2 - Gold
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 1:55 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 2:05 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	13 x 100 on 1:40 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,550 Yards - Stress Value = 120

Workout #22410 - Tuesday, 09 October 2018

Group 2 - Silver
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:05 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	12 x 100 on 1:50 Free descend in sets of 3
	Each set of three descends
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,225 Yards - Stress Value = 104

Workout #22411 - Tuesday, 02 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:20 Free Kick w/board
 {2 x 100 on 2:25 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 11 x 100 on 2:00 Free descend in sets of 3
 Each set of three descends
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 94

Workout #22412 - Tuesday, 09 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 2:40 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 100 on 2:50 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 9 x 100 on 2:20 Free descend in sets of 3
 Each set of three descends
 500 20 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,650 Yards - Stress Value = 84

Workout #22413 - Tuesday, 09 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 3:00 Free Kick w/board
 {2 x 100 on 3:05 Free Kick w/board
 {1 x 50 on 1:40 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 6 x 100 on 3:45 Free descend in sets of 3
 Each set of three descends
 375 15 x 25 on 1:00 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 2,025 Yards - Stress Value = 63

Workout #22414 - Wednesday, 10 October 2018

Group 3 - Kick set day

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====

1 on 12:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 L.25 off each 100 swim free w/6bk
 2,000 1x{1 x 400 on 7:00 Kick w/snorkel
 {2 x 300 on 5:15 Kick w/snorkel
 {3 x 200 on 3:30 Kick w/snorkel
 {4 x 100 on 1:45 Kick w/snorkel
 120 6 x 20 on 3:00 Kick no board L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,970 Yards - Stress Value = 48

Workout #22415 - Wednesday, 10 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 L.25 off each 100 swim free w/6bk
 1,800 1x{1 x 400 on 7:40 Kick w/snorkel
 {2 x 300 on 5:45 Kick w/snorkel
 {3 x 200 on 3:50 Kick w/snorkel
 {2 x 100 on 1:55 Kick w/snorkel
 120 6 x 20 on 3:00 Kick no board L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,770 Yards - Stress Value = 44

Workout #22416 - Wednesday, 10 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 L.25 off each 100 swim free w/6bk
 1,700 1x{1 x 400 on 8:20 Kick w/snorkel
 {2 x 300 on 6:15 Kick w/snorkel
 {3 x 200 on 4:10 Kick w/snorkel
 {1 x 100 on 2:05 Kick w/snorkel
 120 6 x 20 on 3:00 Kick no board L
 200 1 x 200 on 3:00 Stroke Drills
 7:01 AM 2,670 Yards - Stress Value = 42

Workout #22417 - Wednesday, 10 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 L.25 off each 100 swim free w/6bk
 1,600 1x{1 x 400 on 8:40 Kick w/snorkel
 {2 x 300 on 6:30 Kick w/snorkel
 {3 x 200 on 4:20 Kick w/snorkel
 120 6 x 20 on 3:00 Kick no board L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,570 Yards - Stress Value = 40

Workout #22418 - Wednesday, 10 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 L.25 off each 100 swim free w/6bk
 1,500 1x{1 x 400 on 9:20 Kick w/snorkel
 {2 x 300 on 7:00 Kick w/snorkel
 {2 x 200 on 4:40 Kick w/snorkel
 {1 x 100 on 2:20 Kick w/snorkel
 120 6 x 20 on 3:00 Kick no board L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,470 Yards - Stress Value = 38

200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 4x{1 x 125 on 1:45 Butterfly
 {1 x 100 on 1:25 Butterfly
 {1 x 75 on 1:05 Butterfly
 {1 x 50 on :45 Butterfly
 {1 x 25 on :30 Fly-whole stroke lup 2down
 {1 x 25 on :45 Sculling drills
 {1 x 200 on 5:00 Broken IM 10-20-30 sec rest/
 { Alt 25 whole stroke/drill with the followir
 { 1st set 2-3, 2nd set 2-4, 3rd set 2-5(All M
 4th set whole stroke
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 5,400 Yards - Stress Value = 139

Workout #22422 - Wednesday, 10 October 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{9 x 100 on 2:00 Breast Kick-odds fast
 {1 x 50 on 1:00 Kick-FAST!
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 50 on 1:00 Breast L.25 2k1p
 {2 x 75 on 1:30 Breast L.25 2k1p
 {3 x 100 on 2:00 Breast L.25 2k1p
 {10 x 25 on :30 Breast 2X Pullouts
 {3 x 100 on 1:55 Breast L.25 2k1p
 {2 x 75 on 1:25 Breast L.25 2k1p
 {1 x 50 on :55 Breast L.25 2k1p
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 112

Workout #22420 - Wednesday, 03 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 Spotlight/DS>Showers REC
 1,000 40 x 25 on :30 200 Fly Pace* SP2
 1 on 5:00 Video Evaluations REC
 1,500 30 x 50 on :50 200 Fly Pace* SP2
 1 on 10:00 Underwater Racing EN2
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 10:00 Video Evaluations 2 corrections REC
 600 30 x 20 on :30 100 Free Pace SP2
 6:23 PM 3,850 Yards - Stress Value = 385

Workout #22423 - Wednesday, 10 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{8 x 100 on 2:10 Breast Kick-odds fast
 {1 x 50 on 1:05 Breast Kick-100%
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 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
 {8 x 25 on :35 Breast 2X Pullouts
 {3 x 100 on 2:00 Breast L.25 2k1p
 {2 x 75 on 1:30 Breast L.25 2k1p
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,425 Yards - Stress Value = 101

Workout #22421 - Wednesday, 10 October 2018

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,350 1x{8 x 25 on :30 Kick no board BSSLRR
 {3 x 100 on 1:35 Kick
 {6 x 25 on :30 Kick no board BSLR +2 wkst
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:35 Kick
 600 2x{1 x 100 on 1:15 Lungbuster pulls
 {1 x 100 on 1:20 Lungbuster pulls
 {1 x 100 on 1:25 Lungbuster pulls
 { Breathe 3-5-7 continuous

Workout #22424 - Wednesday, 10 October 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
325	1 on 30:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up
800	10 x 15 on :45 Shooters
100	8 x 100 on 2:20 Breast Kick-odds fast
1,050	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 50 on 1:10 Breast L.25 2k1p
	{ 2 x 75 on 1:40 Breast L.25 2k1p
	{ 3 x 100 on 2:20 Breast L.25 2k1p
	{ 8 x 25 on :40 Breast 2X Pullouts
	{ 2 x 100 on 2:15 Breast L.25 2k1p
	{ 2 x 75 on 1:35 Breast L.25 2k1p
500	20 x 25 on :45 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 93

Workout #22425 - Wednesday, 10 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
325	1 on 30:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up
750	10 x 15 on :45 Shooters
100	1x{7 x 100 on 2:30 Breast Kick-odds fast { 1 x 50 on 1:15 Breast Kick-100%
1,000	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 2:25 Breast L.25 2k1p
	{ 6 x 25 on :45 Breast 2X Pullouts
	{ 2 x 100 on 2:20 Breast L.25 2k1p
	{ 2 x 75 on 1:45 Breast L.25 2k1p
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 86

Workout #22426 - Wednesday, 10 October 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
650	10 x 15 on :45 Shooters
100	1x{6 x 100 on 2:45 Breast Kick-odds fast { 1 x 50 on 2:00 Breast Kick-fast
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
	{ 6 x 25 on :45 Breast 2X Pullouts
	{ 1 x 100 on 2:55 Breast L.25 2k1p
	{ 1 x 50 on 1:25 Breast L.25 2k1p
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,700 Yards - Stress Value = 80

Workout #22427 - Wednesday, 10 October 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
225	1 on 30:00 DS/Dryland
150	9 x 25 on 1:00 Wednesday Warm-up
600	10 x 15 on :45 Shooters
100	1x{6 x 100 on 3:00 Breast Kick-odds fast
625	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 50 on 2:00 Breast L.25 2k1p
	{ 2 x 75 on 3:00 Breast L.25 2k1p
	{ 3 x 100 on 4:00 Breast L.25 2k1p
	{ 5 x 25 on 1:00 Breast 2X Pullouts
750	15 x 50 on 1:00 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,700 Yards - Stress Value = 105

Workout #22428 - Thursday, 11 October 2018

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EC
5:30 AM Start		
400	1 on 12:00 DS/Showers	RE
150	1 x 400 on 7:00 Underwater trn drill	RE
2,400	Odd 100's free even 100's back	
	10 x 15 on :45 Racing Skills-Fly Shooters	SF
	1x{1 x 200 on 2:45 Individual Medley	EN
	{ 1 x 100 on 1:30 Individual Medley	EN
	{ 1 x 100 on 1:05 Freestyle	EN
	{ 1 x 100 on 1:25 Individual Medley	EN
	{ 1 x 100 on 1:10 Freestyle	EN
	{ 1 x 100 on 1:20 Individual Medley	EN
	{ 1 x 100 on 1:15 Freestyle	EN
	{ 1 x 100 on 1:15 Individual Medley	EN
	{ 1 x 100 on 1:20 Freestyle	EN
	{ 1 x 200 on 2:45 Individual Medley	EN
	{ 1 x 100 on 1:25 Individual Medley	EN
	{ 1 x 100 on 1:05 Freestyle	EN
	{ 1 x 100 on 1:20 Individual Medley	EN
	{ 1 x 100 on 1:10 Freestyle	EN
	{ 1 x 100 on 1:15 Individual Medley	EN
	{ 1 x 100 on 1:15 Freestyle	EN
	{ 1 x 200 on 2:45 Individual Medley	EN
	{ 1 x 100 on 1:20 Individual Medley	EN
	{ 1 x 100 on 1:05 Freestyle	EN
	{ 1 x 100 on 1:15 Individual Medley	EN
	{ 1 x 100 on 1:10 Freestyle	EN
160	8 x 20 on 3:00 Timed Underwaters -R	SF
250	1 x 250 on 4:00 Stroke Drills	RE
	7:00 AM 3,360 Yards - Stress Value = 70	

Workout #22429 - Thursday, 11 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start		EC				
Yards	Set Description					
=====	=====	==				
	1 on 12:00 DS>Showers	RE	350	1 x 350 on 7:00 Underwater trn drill		RE
400	1 x 400 on 7:00 Underwater trn drill	RE		Odd 100's free even 100's back		
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF	150	10 x 15 on :45 Racing Skills-Fly Shooters	SF	
2,250	1x{1 x 200 on 3:00 Individual Medley	EN	1,900	{1 x 200 on 3:00 Individual Medley	EN	
	{1 x 100 on 1:35 Individual Medley	EN		{1 x 100 on 1:45 Individual Medley	EN	
	{1 x 100 on 1:15 Freestyle	EN		{1 x 100 on 1:30 Freestyle	EN	
	{1 x 100 on 1:30 Individual Medley	EN		{1 x 100 on 1:40 Individual Medley	EN	
	{1 x 100 on 1:20 Freestyle	EN		{1 x 100 on 1:35 Freestyle	EN	
	{1 x 100 on 1:25 Individual Medley	EN		{1 x 100 on 1:35 Individual Medley	EN	
	{1 x 100 on 1:25 Freestyle	EN		{1 x 100 on 1:40 Freestyle	EN	
	{1 x 100 on 1:20 Individual Medley	EN		{1 x 100 on 1:30 Individual Medley	EN	
	{1 x 100 on 1:20 Freestyle	EN		{1 x 100 on 1:45 Freestyle	EN	
	{1 x 100 on 1:20 Individual Medley	EN		{1 x 100 on 1:40 Individual Medley	EN	
	{1 x 100 on 1:25 Freestyle	EN		{1 x 100 on 1:30 Individual Medley	EN	
	{1 x 200 on 3:00 Individual Medley	EN	160	8 x 20 on 3:00 Timed Underwaters -R	SF	
	{1 x 100 on 1:30 Individual Medley	EN	200	1 x 200 on 3:00 Stroke Drills	RE	
	{1 x 100 on 1:15 Freestyle	EN		7:00 AM 2,760 Yards - Stress Value = 60		
	{1 x 50 on :40 Freestyle	EN				

Workout #22432 - Thursday, 11 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start		EC				
Yards	Set Description					
=====	=====	==				
	1 on 12:00 DS>Showers	RE		1 on 12:00 DS>Showers	RE	
300	1 x 300 on 7:00 Underwater trn drill	RE	300	1 x 300 on 7:00 Underwater trn drill	RE	
	Odd 100's free even 100's back			Odd 100's free even 100's back		
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF	150	10 x 15 on :45 Racing Skills-Fly Shooters	SF	
1,700	1x{1 x 200 on 4:00 Individual Medley	EN	1,700	{1 x 200 on 4:00 Individual Medley	EN	
	{1 x 100 on 2:00 Individual Medley	EN		{1 x 100 on 2:00 Individual Medley	EN	
	{1 x 100 on 1:40 Freestyle	EN		{1 x 100 on 1:40 Freestyle	EN	
	{1 x 100 on 1:55 Individual Medley	EN		{1 x 100 on 1:55 Individual Medley	EN	
	{1 x 100 on 1:45 Freestyle	EN		{1 x 100 on 1:45 Freestyle	EN	
	{1 x 100 on 1:50 Individual Medley	EN		{1 x 100 on 1:50 Individual Medley	EN	
	{1 x 100 on 1:50 Freestyle	EN		{1 x 100 on 1:50 Freestyle	EN	
	{1 x 100 on 1:45 Individual Medley	EN		{1 x 100 on 1:55 Freestyle	EN	
	{1 x 100 on 1:30 Timed Underwaters -R	SF	160	8 x 20 on 3:00 Timed Underwaters -R	SF	
	{1 x 200 on 3:00 Stroke Drills	RE	200	1 x 200 on 3:00 Stroke Drills	RE	
	7:00 AM 2,510 Yards - Stress Value = 56			7:00 AM 2,510 Yards - Stress Value = 56		

Workout #22431 - Thursday, 11 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start		EC				
Yards	Set Description					
=====	=====	==				
	1 on 12:00 DS>Showers	RE		1 on 12:00 DS>Showers	RE	

Workout #22433 - Thursday, 11 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS/Showers	RE
300	1 x 300 on 7:00 Underwater trn drill	RE
	Odd 100's free even 100's back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
1,500	1x{1 x 200 on 4:30 Individual Medley	EN
	{1 x 100 on 2:15 Individual Medley	EN
	{1 x 100 on 1:50 Freestyle	EN
	{1 x 100 on 2:10 Individual Medley	EN
	{1 x 100 on 1:55 Freestyle	EN
	{1 x 100 on 2:05 Individual Medley	EN
	{1 x 100 on 2:00 Freestyle	EN
	{1 x 100 on 2:00 Individual Medley	EN
	{1 x 100 on 2:05 Freestyle	EN
	{1 x 200 on 4:30 Individual Medley	EN
	{1 x 100 on 2:10 Individual Medley	EN
	{1 x 100 on 1:50 Freestyle	EN
	{1 x 100 on 2:05 Individual Medley	EN
160	8 x 20 on 3:00 Timed Underwaters -R	SF
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,310 Yards - Stress Value = 52	

Workout #22434 - Thursday, 11 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start		
Yards	Set Description	EGY W
=====	=====	==
	1 on 25:00 Spotligtht/DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,250	25 x 50 on :50 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations	REC
1,250	25 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 RS-Sculling Drill Relay	EN2
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluations-2 corrections	REC
600	30 x 20 on :30 100 Free Pace	SP2
	6:24 PM 4,000 Yards - Stress Value = 391	

Workout #22435 - Thursday, 11 October 2018

Group 3 - Breast

1 minute rest between sets

4:15 PM Start		
Yards	Set Description	
=====	=====	
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 10:00 Underwater trn drill	
	Odd 100's even 100's back	
150	10 x 15 on :45 Shooters	
1,200	1x{1 x 100 on 1:25 Kick your best kick	
	{2 x 50 on 1:00 Kick your 2nd best kick	
	{2 x 50 on 1:05 Kick your 3rd best kick	
	{1 x 100 on 1:30 Kick your best kick	
	{2 x 50 on 1:00 Kick your 2nd best kick	
	{2 x 50 on 1:05 Kick your 3rd best kick	
	{1 x 100 on 1:35 Kick your best kick	
	{2 x 50 on 1:00 Kick your 2nd best kick	
	{2 x 50 on 1:05 Kick your 3rd best kick	
	{1 x 100 on 1:40 Kick your best kick	
	{2 x 50 on 1:00 Kick your 2nd best kick	
	{2 x 50 on 1:05 Kick your 3rd best kick	
900	1x{6 x 50 on :40 Pulls	
	{6 x 50 on :45 Pulls	
	{6 x 50 on :50 Pulls	
	{ Break Outs in sets of 2 (shoulders/hips/kne	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	

2,500	1x{6 x 125 on 2:00 100 Breast 25 Free	
	{4 x 25 on :30 Breast Drill	
	{6 x 100 on 1:35 75 Breast 25 Free	
	{4 x 25 on :30 Breast Drill	
	{6 x 75 on 1:10 50 Breast 25 Free	
	{4 x 25 on :30 Breast Drill	
	{6 x 50 on :45 25 Breast 25 Free	
	{4 x 25 on :30 Breast Drill	
200	1 x 200 on 3:00 Stroke Drills	
	6:31 PM 5,750 Yards - Stress Value = 54	

Workout #22436 - Thursday, 11 October 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 30:00 DS/Dryland	
450	1 x 450 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 23:00 TEACH DAY-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT 100 Fly Pace	
700	1x{4 x 25 on :30 Kick no board BSLR	
	{1 x 150 on 3:00 Fly Kick w/board	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 125 on 2:25 Fly Kick w/board	
	{4 x 25 on :30 Kick no board BSLR	
	1 on 10:00 Racing Skills-Fly Finishes	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,350 Yards - Stress Value = 95	

Workout #22437 - Thursday, 11 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	
=====	=====	
	1 on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 23:00 TEACH DAY-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT 100 Fly Pace	
600	1x{4 x 25 on :35 Kick no board BSLR	
	{1 x 150 on 3:15 Fly Kick w/board	
	{4 x 25 on :35 Kick no board BSLR	
	{2 x 100 on 2:00 Fly Kick w/board	
	{2 x 25 on :35 Kick no board BSLR	
	1 on 10:00 Racing Skills-Fly Finishes	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,200 Yards - Stress Value = 93	

Workout #22438 - Thursday, 11 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT 100 Fly Pace
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:25 Fly Kick w/board
 1 on 10:00 Racing Skills-Fly Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,900 Yards - Stress Value = 72

Workout #22439 - Thursday, 11 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT 100 Fly Pace
 500 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:55 Fly Kick w/board
 {2 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:35 Fly Kick w/board
 1 on 10:00 Racing Skills-Fly Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,800 Yards - Stress Value = 66

Workout #22440 - Thursday, 11 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 18 x 25 on :50 USRPT 100 Fly Pace
 450 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 3:00 Fly Kick w/board
 1 on 10:00 Racing Skills-Fly Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,650 Yards - Stress Value = 60

Workout #22441 - Thursday, 11 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland

250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 350 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 4:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Fly Kick w/board
 1 on 10:00 Racing Skills-Fly Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,425 Yards - Stress Value = 51

Workout #22442 - Friday, 12 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Shows REC
 150 10 x 15 on :45 Racing Skills-IM Shooters SP3
 150 6 x 25 on 3:00 50 Your Choice-Pace SP2
 1 on 6:00 Foam Roll/Rllr.Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Back Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Fly Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Free Pace SP2
 5:45 PM 1,500 Yards - Stress Value = 141

Workout #22443 - Friday, 12 October 2018

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{12 x 25 on :30 Kick no board BBBSSLLLR
 {1 x 125 on 2:05 Kick
 {1 x 125 on 2:00 Kick
 {1 x 125 on 1:55 Kick
 {1 x 125 on 1:50 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{1 x 400 on 5:30 Individual Medley
 {3 x 100 on 1:15 Freestyle
 {1 x 300 on 4:00 Individual Medley
 {3 x 100 on 1:25 Backstroke
 {1 x 200 on 2:35 Individual Medley
 {3 x 100 on 1:35 Breaststroke
 {1 x 100 on 1:15 Individual Medley
 {3 x 100 on 1:25 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 4,200 Yards - Stress Value = 56

Workout #22444 - Friday, 12 October 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
400	4 x 100 on 2:30 SwimUSS	REC	D	
	25Swim-25Undwtr-25scull-25IMO			
150	10 x 15 on :45 Shooters	SP3	S	
1,100	1x{1 x 200 on 3:55 Individual Medley	EN2	S	
	{4 x 25 on :40 Fly lup2down	EN2	S	F
	{1 x 200 on 3:50 Individual Medley	EN2	S	
	{4 x 25 on :40 Back 5KOW+1	EN2	S	
	{1 x 200 on 3:45 Individual Medley	EN2	S	
	{4 x 25 on :40 Breast 2K1P	EN2	K	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{4 x 25 on :40 Free 6BK	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:29 PM 1,850 Yards - Stress Value = 28				

Workout #22448 - Friday, 12 October 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L I	
	4 x 75 on 2:30 SwimUSS	REC	D	
	25Swim-25Undwtr-25IMO			
150	10 x 15 on :45 Shooters	SP3	S	
900	1x{1 x 200 on 5:00 Individual Medley	EN2	S	
	{4 x 25 on :45 Fly lup2down	EN2	S	F
	{1 x 200 on 4:55 Individual Medley	EN2	S	
	{4 x 25 on :45 Back 5KOW+1	EN2	S	
	{1 x 200 on 4:50 Individual Medley	EN2	S	
	{4 x 25 on :45 Breast 2K1P	EN2	K	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:29 PM 1,550 Yards - Stress Value = 24				

Workout #22449 - Monday, 15 October 2018

Group 3 - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 12:00 DS/Showers	REC	L I	
150	10 x 15 on :45 Shooters	SP3	S	
4,000	40 x 100 on 1:20 Free-hold 1650 pace	SP2	S	
If you make 1 you subtract 1 from the total				
200	1 x 200 on 3:00 Stroke Drills	REC	D	
Depending when you finish the 100s you may do timed underwaters-B				
6:57 AM 4,750 Yards - Stress Value = 406				

Workout #22446 - Friday, 12 October 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L I	
	4 x 100 on 2:30 SwimUSS	REC	D	
	25Swim-25Undwtr-25scull-25IMO			
150	10 x 15 on :45 Shooters	SP3	S	
1,200	1x{1 x 200 on 3:40 Individual Medley	EN2	S	
	{4 x 25 on :40 Fly lup2down	EN2	S	F
	{1 x 200 on 3:35 Individual Medley	EN2	S	
	{4 x 25 on :40 Back 5KOW+1	EN2	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
	{4 x 25 on :40 Breast 2K1P	EN2	K	
	{1 x 200 on 3:25 Individual Medley	EN2	S	
	{4 x 25 on :40 Free 6BK	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:30 PM 1,950 Yards - Stress Value = 30				

Workout #22450 - Monday, 15 October 2018

Group 3 - Platinum-Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:30 AM	Start			
400	1 on 12:00 DS/Showers	REC	L I	
150	10 x 15 on :45 Shooters	SP3	S	
4,000	40 x 100 on 1:25 Free-hold 1650 pace	SP2	S	
If you make 1 you subtract 1 from the total				
200	1 x 200 on 3:00 Stroke Drills	REC	D	
Depending when you finish the 100s you may do timed underwaters-B				
7:00 AM 4,750 Yards - Stress Value = 406				

Workout #22447 - Friday, 12 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM	Start			
	1 on 40:00 DS/Dryland	REC	L I	

Workout #22451 - Monday, 15 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
3,800	38 x 100 on 1:30 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	7:00 AM 4,550 Yards - Stress Value = 386			

Workout #22452 - Monday, 15 October 2018

Group 3 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
3,600	36 x 100 on 1:35 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	7:00 AM 4,350 Yards - Stress Value = 366			

Workout #22453 - Monday, 15 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
3,400	34 x 100 on 1:40 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	7:00 AM 4,150 Yards - Stress Value = 346			

Workout #22454 - Monday, 15 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
3,200	32 x 100 on 1:45 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	6:59 AM 3,950 Yards - Stress Value = 326			

Workout #22455 - Monday, 15 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
3,100	31 x 100 on 1:50 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	7:00 AM 3,850 Yards - Stress Value = 316			

Workout #22456 - Monday, 15 October 2018

Group 3 - Bronze/Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
2,900	29 x 100 on 1:55 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	6:59 AM 3,650 Yards - Stress Value = 296			

Workout #22457 - Monday, 15 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	Σ
1	on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	S
150	10 x 15 on :45 Shooters	SP3	S	S
2,800	28 x 100 on 2:00 Free-hold 1650 pace	SP2	S	S
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	D
	Depending when you finish the 100s			
	you may do timed underwaters-B			
	6:59 AM 3,550 Yards - Stress Value = 286			

Workout #22458 - Monday, 15 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	Σ
1	on 25:00 Spotlight/DS		F	F
150	10 x 15 on :45 Racing Skills-Free Shooters		S	S
1,250	25 x 50 on :50 200 Back Pace*		S	S
	1 on 5:00 Video Evaluations		F	F
1,250	25 x 50 on :55 200 Breast Pace		S	S
	1 on 10:00 Racing Skills-Tivo Starts		F	F
750	30 x 25 on :30 100 Free Pace		S	S
300	1x{8 x 15 on :30 Undr Wtr Fly Kck		F	F
	{1 on :30 Rest		F	F
	{6 x 15 on :25 Undr Wtr Fly Kck		F	F
	{1 on :30 Rest		F	F
	{4 x 15 on :20 Undr Wtr Fly Kck		F	F
	{1 on :30 Rest		F	F
	{2 x 15 on :15 Undr Wtr Fly Kck		F	F
600	30 x 20 on :25 100 Fly Pace		S	S
	6:30 PM 4,300 Yards - Stress Value = 397			

Workout #22459 - Monday, 15 October 2018

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 1,200 1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds
 {2 x 150 on 2:00 Pulls-no br L.12/25 yds
 {2 x 150 on 1:55 Pulls-no br L.12/25 yds
 {2 x 150 on 1:50 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 5x{1 x 400 on 5:15 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 300 6 x 50 on 1:00 Stroke Drills
 6:32 PM 6,450 Yards - Stress Value = 132

{1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly lup2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Free 6BK
 625 25 x 25 on :35 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 104

Workout #22462 - Monday, 15 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 550 22 x 25 on :40 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 550 22 x 25 on :40 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

Workout #22460 - Monday, 15 October 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly lup2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 750 30 x 25 on :30 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 120

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly lup2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 750 30 x 25 on :30 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 120

Workout #22461 - Monday, 15 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR

Workout #22463 - Monday, 15 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly 1up2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 500 20 x 25 on :45 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 86

{1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly 1up2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,925 Yards - Stress Value = 62

Workout #22466 - Tuesday, 16 October 2018

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 400 1 x 400 on 7:00 Top Hat Drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 2,000 1x{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:45 Freestyle
 160 8 x 20 on 3:00 Timed Underwaters-alt L/R
 200 1 x 200 on 3:00 Stroke Drills
 7:01 AM 2,910 Yards - Stress Value = 142

Workout #22464 - Monday, 15 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Meters Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly 1up2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,275 Meters - Stress Value = 73

Workout #22467 - Tuesday, 16 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 400 1 x 400 on 7:00 Top Hat Drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 2,000 1x{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {4 x 125 on 1:45 Freestyle
 160 8 x 20 on 3:00 Timed Underwaters-alt L/R
 200 1 x 200 on 3:00 Stroke Drills
 7:01 AM 2,910 Yards - Stress Value = 142

Workout #22465 - Monday, 15 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR

Workout #22468 - Tuesday, 16 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	E
=====	=====	=
	1 on 12:00 DS/Showers	F
350	1 x 350 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,600	1x{4 x 100 on 2:00 Freestyle	E
	{1 on 1:00 Rest	
	{4 x 100 on 1:55 Freestyle	F
	{1 on 1:00 Rest	
	{4 x 100 on 1:50 Freestyle	F
	{1 on 1:00 Rest	
	{4 x 100 on 1:45 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-alt L/R	S
200	1 x 200 on 3:00 Stroke Drills	F
7:01 AM 2,460 Yards - Stress Value = 118		

Workout #22469 - Tuesday, 16 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	E
=====	=====	=
	1 on 12:00 DS/Showers	F
350	1 x 350 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,600	1x{4 x 100 on 2:00 Freestyle	E
	{1 on 1:00 Rest	
	{4 x 100 on 1:55 Freestyle	F
	{1 on 1:00 Rest	
	{4 x 100 on 1:50 Freestyle	F
	{1 on 1:00 Rest	
	{4 x 100 on 1:45 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-alt L/R	S
200	1 x 200 on 3:00 Stroke Drills	F
7:01 AM 2,460 Yards - Stress Value = 118		

Workout #22470 - Tuesday, 16 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	E
=====	=====	=
	1 on 12:00 DS/Showers	F
300	1 x 300 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,200	1x{4 x 75 on 2:00 Freestyle	E
	{1 on 1:00 Rest	
	{4 x 75 on 1:55 Freestyle	F
	{1 on 1:00 Rest	
	{4 x 75 on 1:50 Freestyle	F
	{1 on 1:00 Rest	
	{4 x 75 on 1:45 Freestyle	F
160	8 x 20 on 3:00 Timed Underwaters-alt L/R	S
200	1 x 200 on 3:00 Stroke Drills	F
7:01 AM 2,010 Yards - Stress Value = 94		

Workout #22471 - Tuesday, 16 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	E
=====	=====	=
	1 on 12:00 DS/Showers	F
300	1 x 300 on 7:00 Top Hat Drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,200	1x{4 x 75 on 2:00 Freestyle	E

{1 on 1:00 Rest	
{4 x 75 on 1:55 Freestyle	E
{1 on 1:00 Rest	
{4 x 75 on 1:50 Freestyle	E
{1 on 1:00 Rest	
{4 x 75 on 1:45 Freestyle	E
8 x 20 on 3:00 Timed Underwaters-alt L/R	S
1 x 200 on 3:00 Stroke Drills	F
7:01 AM 2,010 Yards - Stress Value = 94	

Workout #22472 - Tuesday, 16 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start		
Yards	Set Description	EGY
=====	=====	===
	1 on 25:00 Spotlight/DS	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,250	25 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 10:00 Racing Skills-Timed Starts 15M	SP3
750	30 x 25 on :30 100 Back Pace*	SP2
	1 on 5:00 Video Evaluations 2 corrections	REC
600	30 x 20 on :30 100 Breast Pace*	SP2
6:28 PM 4,250 Yards - Stress Value = 416		

Workout #22473 - Tuesday, 16 October 2018

Group 3 - Back

1 minute rest between sets

4:15 PM Start		
Yards	Set Description	
=====	=====	
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 10:00 Top Hat Drill	
150	10 x 15 on :45 Shooters	
500	5 x 100 on 2:00 Kick @ fastest interval	
1,120	2x{ Alt 20 Tombstone Kick 20 underwater	
	{2 x 40 on 1:10 Kick	
	{2 x 40 on 1:05 Kick	
	{2 x 40 on 1:00 Kick	
	{2 x 40 on :55 Kick	
	{2 x 40 on :50 Kick	
	{2 x 40 on :45 Kick	
	{2 x 40 on :40 Kick	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
100	1 x 100 on 3:00 Back for time from a push	
2,200	1x{3 x 150 on 2:20 Backstroke	
	{1 x 100 on 2:30 Backstroke w/in 5 secs	
	{3 x 150 on 2:15 Backstroke	
	{1 x 100 on 2:30 Backstroke w/in 4 secs	
	{3 x 150 on 2:10 Backstroke	
	{1 x 100 on 2:30 Backstroke w/in 3 secs	
	{3 x 150 on 2:05 Backstroke	
	{1 x 100 on 2:30 Backstroke afof	
200	1 x 200 on 3:00 Stroke Drills	
6:30 PM 5,070 Yards - Stress Value = 107		

Workout #22474 - Tuesday, 16 October 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board B
 {3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :30 Kick no board B
 {2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 100 on 1:20 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {2 x 100 on 1:25 Backstroke 3KOW+1
 {3 x 50 on :50 Back descend-min 5KOW
 {3 x 100 on 1:30 Backstroke 3KOW+1
 {2 x 50 on :50 Back descend-min 5KOW
 {4 x 100 on 1:35 Backstroke 3KOW+1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Partner Back start
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,700 Yards - Stress Value = 123

Workout #22475 - Tuesday, 16 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board B
 {3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 1:40 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {2 x 100 on 1:45 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {3 x 100 on 1:50 Backstroke 3KOW+1
 {3 x 50 on 1:00 Back descend-min 5KOW
 {1 x 100 on 1:55 Backstroke 3KOW+1
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Partner Back start
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 103

Workout #22476 - Tuesday, 16 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board B
 {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
 {2 x 25 on :40 Kick no board B
 {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 1:50 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 {2 x 100 on 1:55 Backstroke 3KOW+1

{3 x 50 on 1:05 Back descend-min 5KOW
 {3 x 100 on 2:00 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Partner Back start
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

Workout #22477 - Tuesday, 16 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board B
 {2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :40 Kick no board B
 {1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:00 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 {2 x 100 on 2:05 Backstroke 3KOW+1
 {3 x 50 on 1:05 Back descend-min 5KOW
 {3 x 100 on 2:10 Backstroke 3KOW+1
 {2 x 50 on 1:05 Back descend-min 5KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Partner Back start
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 91

Workout #22478 - Tuesday, 16 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
 {6 x 25 on :45 Kick no board B
 {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 100 on 2:15 Backstroke 3KOW+1
 {3 x 50 on 1:15 Back descend-min 5KOW
 {2 x 100 on 2:20 Backstroke 3KOW+1
 {3 x 50 on 1:15 Back descend-min 5KOW
 {3 x 100 on 2:25 Backstroke 3KOW+1
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Partner Back start
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 83

Workout #22479 - Tuesday, 16 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on 1:00 Kick no board B
 {1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on 1:00 Kick no board B
 {1 x 50 on 1:45 Kick 25SL/25 6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 2:30 Backstroke 3KOW+1
 {3 x 50 on 1:30 Back descend-min 5KOW
 {2 x 100 on 2:35 Backstroke 3KOW+1
 {3 x 50 on 1:30 Back descend-min 5KOW
 {2 x 100 on 2:40 Backstroke 3KOW+1
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Partner Back start
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,225 Yards - Stress Value = 67

250 1 x 250 on 4:00 Stroke Drills
 6:00 PM 5,700 Yards - Stress Value = 105

Workout #22482 - Wednesday, 17 October 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 925 1x{1 x 50 on 1:00 Fly Kick w/board
 {1 x 75 on 1:30 Fly Kick w/board
 {1 x 100 on 2:00 Fly Kick w/board
 {1 x 125 on 2:30 Fly Kick w/board
 {1 x 150 on 3:00 Fly Kick w/board
 {1 x 175 on 3:30 Fly Kick w/board
 {1 x 200 on 4:00 Fly Kick w/board
 {1 x 50 on 1:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 8/9/10/11 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 9/10/11/12 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 10/11/12/13 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 11/12/13/14 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 12/13/14/15 KOW
 750 30 x 25 on :30 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,075 Yards - Stress Value = 70

Workout #22480 - Wednesday, 17 October 2018

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EC
 =====
 1 on 25:00 Spotlight/DS/Showers RE
 150 10 x 15 on :45 Racing Skills-Breast Shooters SE
 1,500 30 x 50 on :55 200 Breast Pace* SE
 1 on 5:00 Video Evaluations RE
 1,500 30 x 50 on :50 200 Back Pace* SE
 1 on 10:00 RS-Underwater Racing SE
 750 30 x 25 on :30 100 Fly Pace SE
 1 on 5:00 Video Evaluations 2 corrections RE
 750 30 x 25 on :30 100 Free Pace SE
 6:05 PM 4,650 Yards - Stress Value = 456

Workout #22483 - Wednesday, 17 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{1 x 50 on 1:05 Fly Kick w/board
 {1 x 75 on 1:40 Fly Kick w/board
 {1 x 100 on 2:10 Fly Kick w/board
 {1 x 125 on 2:45 Fly Kick w/board
 {1 x 150 on 3:15 Fly Kick w/board
 {2 x 175 on 3:50 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 8/9/10/11 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 9/10/11/12 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 10/11/12/13 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 11/12/13/14 KOW
 {1 x 100 on 1:40 75 Free 25 Fly w/free kick
 625 25 x 25 on :35 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,600 Yards - Stress Value = 61

Workout #22481 - Wednesday, 17 October 2018

Group 3 - Breast

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :30 Kick no board BSLR-15 KOW
 {4 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board BSLR-14 KOW
 {3 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR 13 KOW
 {2 x 150 on 2:10 Kick
 {4 x 25 on :30 Kick no board BSLR-12 KOW
 {1 x 150 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR-11 KOW
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,450 1x{4 x 125 on 2:00 Breast L.25 3X pullouts
 {3 x 50 on :45 Breaststroke
 {4 x 125 on 1:55 Breast L.25 3X pullouts
 {3 x 50 on :50 Breaststroke
 {4 x 125 on 1:50 Breast L.25 3X pullouts
 {3 x 50 on :55 Breaststroke
 {4 x 125 on 1:45 Breast L.25 3X pullouts
 50 1 x 50 on 1:00 Freestyle
 100 1 x 100 on 3:00 Breast OTB

Workout #22484 - Wednesday, 17 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 50 on 1:15 Fly Kick w/board
 {1 x 75 on 1:55 Fly Kick w/board
 {1 x 100 on 2:30 Fly Kick w/board
 {1 x 125 on 3:05 Fly Kick w/board
 {1 x 150 on 3:45 Fly Kick w/board
 {1 x 175 on 4:25 Fly Kick w/board
 {1 x 75 on 1:55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,175 1x{2 x 100 on 1:50 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 8/9/10/11 KOW
 {2 x 100 on 1:50 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 9/10/11/12 KOW
 {2 x 100 on 1:50 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 10/11/12/13 KOW
 {2 x 100 on 1:50 75 Free 25 Fly w/free kick
 {3 x 25 on :40 Fly 12/13/14 KOW
 550 22 x 25 on :40 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,250 Yards - Stress Value = 57

Workout #22485 - Wednesday, 17 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{1 x 50 on 1:20 Fly Kick w/board
 {1 x 75 on 2:00 Fly Kick w/board
 {1 x 100 on 2:40 Fly Kick w/board
 {1 x 125 on 3:20 Fly Kick w/board
 {1 x 150 on 4:00 Fly Kick w/board
 {1 x 175 on 4:40 Fly Kick w/board
 {1 x 25 on :40 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{2 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 8/9/10/11 KOW
 {2 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 9/10/11/12 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13/14/15 KOW
 500 20 x 25 on :45 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 50

Workout #22486 - Wednesday, 17 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 225 9 x 25 on 1:00 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board

{1 x 200 on 6:00 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 875 1x{2 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {3 x 25 on :50 Fly 8/9/10/ KOW
 450 18 x 25 on :50 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,600 Yards - Stress Value = 45

Workout #22487 - Wednesday, 17 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 225 9 x 25 on 1:00 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{1 x 50 on 1:45 Fly Kick w/board
 {1 x 100 on 3:30 Fly Kick w/board
 {1 x 150 on 5:15 Fly Kick w/board
 {1 x 200 on 7:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {4 x 25 on 1:00 Fly 8/9/10/11 KOW
 {1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {4 x 25 on 1:00 Fly 8/9/10/11 KOW
 {1 x 100 on 3:00 25 Free 25 Fly w/free kick
 {4 x 25 on 1:00 Fly 8/9/10/11 KOW
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,300 Yards - Stress Value = 39

Workout #22488 - Thursday, 18 October 2018

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY W
 =====
 1 on 28:00 Spotlight/DS REC
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1 on 5:00 Video Evaluations REC
 1,500 30 x 50 on :50 200 Free Relay SP2
 1 on 10:00 RS-Fly Kick Relay EN2
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 5:00 Video Evaluations 2 corrections REC
 750 30 x 25 on :30 100 Back Pace SP2
 6:00 PM 4,150 Yards - Stress Value = 406

Workout #22486 - Wednesday, 17 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 225 9 x 25 on 1:00 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board

Workout #22489 - Thursday, 18 October 2018

Group 3 - Fly

1 minute rest between sets

3:45 PM Start

Yards	Set Description
600	1 on 28:00 Spotlight/DS/Shoulders
150	1 x 600 on 10:00 Underwater trn drill
1,600	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:05 Kick
	{6 x 25 on :30 Kick weak kick
	{2 x 150 on 2:15 Kick
	{6 x 25 on :30 Kick weak kick
	{3 x 100 on 1:25 Kick
	{6 x 25 on :30 Kick weak kick
	{4 x 50 on :40 Kick
	{6 x 25 on :30 Kick weak kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,100	1x{4 x 100 on 1:35 4 strokes fly off walls
	{3 x 100 on 1:30 4 strokes fly off walls
	{2 x 100 on 1:25 4 strokes fly off walls
	{1 x 100 on 1:20 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:30 4 strokes fly off walls
	{3 x 100 on 1:25 4 strokes fly off walls
	{2 x 100 on 1:20 4 strokes fly off walls
	{1 x 100 on 1:15 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:25 4 strokes fly off walls
	{3 x 100 on 1:20 4 strokes fly off walls
	{2 x 100 on 1:15 4 strokes fly off walls
	{1 x 100 on 1:10 Butterfly
300	6 x 50 on 1:00 Stroke Drills
	6:00 PM 5,950 Yards - Stress Value = 100

Workout #22490 - Thursday, 18 October 2018

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
700	7 x 100 on 2:00 Breast Kick-odds fast
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 82

Workout #22491 - Thursday, 18 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
650	1x{6 x 100 on 2:10 Breast Kick-odds fast
	{1 x 50 on 1:00 Breast Kick-FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 74

Workout #22492 - Thursday, 18 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
550	1x{5 x 100 on 2:30 Breast Kick-odds fast
	{1 x 50 on 1:15 Breast Kick-FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 67

Workout #22493 - Thursday, 18 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-BREASTSTROKE
500	5 x 100 on 2:45 Breast Kick-odds fast
450	18 x 25 on :50 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 61

Workout #22494 - Thursday, 18 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Breast Pace
450	1x{4 x 100 on 3:00 Breast Kick-odds fast
	{1 x 50 on 1:30 Breast Kick-FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 1,700 Yards - Stress Value = 60

Workout #22495 - Thursday, 18 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	15 x 50 on 1:00 USRPT-100 Breast Pace
350	1x{3 x 100 on 4:00 Breast Kick-odds fast { 1 x 50 on 2:00 Breast Kick-FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 88

Workout #22496 - Friday, 19 October 2018

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
200	8 x 25 on 3:00 50 Free Pace	SP2
1,500	1x{10 x 50 on :55 200 IM Pace { 1 on 1:00 Rest { 10 x 50 on :55 200 IM Pace { 1 on 1:00 Rest { 10 x 50 on :55 200 IM Pace 1 on 6:00 Video Eval-2 corrections & 1 positive-all written in notebook	SP2 REC SP2 REC SP2 REC
	5:10 PM 1,925 Yards - Stress Value = 179	

Workout #22497 - Friday, 19 October 2018

Group 3 - IM'ers

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
160	8x{1 on :30 Flutter Kick on Wall { 1 x 20 on 1:30 Flip on whistle underwater fl { kick to other side { every line you don't make = 5 pu
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:16 Individual Medley { 3 x 50 on 1:00 Fly-100% { 4 x 100 on 1:15 Individual Medley { 3 x 50 on 1:00 Back-100% { 4 x 100 on 1:14 Individual Medley { 3 x 50 on 1:00 Breast-100% { 4 x 100 on 1:13 Individual Medley { 3 x 50 on 1:00 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	5:15 PM 3,360 Yards - Stress Value = 79

Workout #22498 - Friday, 19 October 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L

500	4 x 125 on 2:30 SwimUSS	REC	D
	50swim, 25underwater, 25scull. 25drill		
150	10 x 15 on :45 Shooters	SP3	S
1,800	12 x 150 on 2:15 Descend in sets of 3 Each set of 3 faster then previous set	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:31 PM 2,650 Yards - Stress Value = 42		

Workout #22499 - Friday, 19 October 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L
500	4 x 125 on 2:30 SwimUSS	REC	D
	50swim, 25underwater, 25scull. 25drill		
150	10 x 15 on :45 Shooters	SP3	S
1,500	10 x 150 on 2:30 Descend in sets of 3 Each set of 3 faster then previous set #10 as fast as #9	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:29 PM 2,350 Yards - Stress Value = 36		

Workout #22500 - Friday, 19 October 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L
400	4 x 100 on 2:30 SwimUSS	REC	D
	25swim, 25underwater, 25scull. 25drill		
150	10 x 15 on :45 Shooters	SP3	S
1,350	9 x 150 on 2:50 Descend in sets of 3 Each set of 3 faster then previous set	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,100 Yards - Stress Value = 33		

Workout #22501 - Friday, 19 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L
400	4 x 100 on 2:30 SwimUSS	REC	D
	25swim, 25underwater, 25scull. 25drill		
150	10 x 15 on :45 Shooters	SP3	S
1,200	8 x 150 on 3:10 Descend in sets of 3 Each set of 3 faster then previous set	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,950 Yards - Stress Value = 30		

Workout #22502 - Friday, 19 October 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 40:00 DS/Dryland	REC	L	I
300	4 x 75 on 2:30 SwimSS	REC	D	
	25swim, 25scull. 25drill			
150	10 x 15 on :45 Shooters	SP3	S	
1,050	7 x 150 on 3:40 Descend in sets of 3	EN2	S	
	Each set of 3 faster then previous set			
	#7 as fast as #6			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 1,700 Yards - Stress Value = 27			

Workout #22503 - Friday, 19 October 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 40:00 DS/Dryland	REC	L	I
300	4 x 75 on 2:30 SwimSS	REC	D	
	25swim, 25scull. 25drill			
150	10 x 15 on :45 Shooters	SP3	S	
900	6 x 150 on 4:00 Descend in sets of 3	EN2	S	
	Each set of 3 faster then previous set			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:28 PM 1,550 Yards - Stress Value = 24			

Workout #22504 - Monday, 22 October 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 12:00 DS/Showers	REC	I	
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	€	
150	10 x 15 on :45 Shooters	SP3	€	
2,500	1x{1 x 200 on 2:30 Freestyle	EN2	€	
	{4 x 50 on :35 Freestyle	EN2	€	
	{2 x 175 on 2:10 Freestyle	EN2	€	
	{3 x 50 on :35 Freestyle	EN2	€	
	{3 x 150 on 1:50 Freestyle	EN2	€	
	{2 x 50 on :35 Freestyle	EN2	€	
	{4 x 125 on 1:30 Freestyle	EN2	€	
	{1 x 50 on :35 Freestyle	EN2	€	
	{5 x 100 on 1:10 Freestyle	EN2	€	
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
	7:00 AM 3,460 Yards - Stress Value = 59			

Workout #22505 - Monday, 22 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 12:00 DS/Showers	REC	I	
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	€	
150	10 x 15 on :45 Shooters	SP3	€	
2,300	1x{1 x 200 on 2:40 Freestyle	EN2	€	
	{4 x 50 on :40 Freestyle	EN2	€	
	{2 x 175 on 2:15 Freestyle	EN2	€	
	{3 x 50 on :40 Freestyle	EN2	€	
	{3 x 150 on 1:55 Freestyle	EN2	€	
	{2 x 50 on :40 Freestyle	EN2	€	
	{4 x 125 on 1:35 Freestyle	EN2	€	
	{1 x 50 on :40 Freestyle	EN2	€	

	{3 x 100 on 1:15 Freestyle	EN2	€
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
250	1 x 250 on 5:00 Stroke Drills	REC	I
	7:00 AM 3,260 Yards - Stress Value = 55		

Workout #22506 - Monday, 22 October 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 12:00 DS/Showers	REC	I	
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC	€	
150	10 x 15 on :45 Shooters	SP3	€	
2,050	1x{1 x 200 on 2:55 Freestyle	EN2	€	
	{4 x 50 on :45 Freestyle	EN2	€	
	{2 x 175 on 2:30 Freestyle	EN2	€	
	{3 x 50 on :45 Freestyle	EN2	€	
	{3 x 150 on 2:10 Freestyle	EN2	€	
	{2 x 50 on :45 Freestyle	EN2	€	
	{4 x 125 on 1:45 Freestyle	EN2	€	
	{2 x 50 on :45 Freestyle	EN2	€	
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
	7:00 AM 2,960 Yards - Stress Value = 50			

Workout #22507 - Monday, 22 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 12:00 DS/Showers	REC	I	
350	1 x 350 on 7:00 Swim-kick-pull-swim	REC	€	
150	10 x 15 on :45 Shooters	SP3	€	
1,850	1x{1 x 200 on 3:20 Freestyle	EN2	€	
	{4 x 50 on :50 Freestyle	EN2	€	
	{2 x 175 on 2:50 Freestyle	EN2	€	
	{3 x 50 on :50 Freestyle	EN2	€	
	{3 x 150 on 2:20 Freestyle	EN2	€	
	{2 x 50 on :50 Freestyle	EN2	€	
	{4 x 100 on 1:30 Freestyle	EN2	€	
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
	7:00 AM 2,760 Yards - Stress Value = 46			

Workout #22508 - Monday, 22 October 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	€
1	on 12:00 DS/Showers	REC	I	
300	1 x 300 on 7:00 Swim-kick-pull-swim	REC	€	
150	10 x 15 on :45 Shooters	SP3	€	
1,650	1x{1 x 200 on 3:40 Freestyle	EN2	€	
	{4 x 50 on :55 Freestyle	EN2	€	
	{2 x 175 on 3:10 Freestyle	EN2	€	
	{3 x 50 on :55 Freestyle	EN2	€	
	{3 x 150 on 2:40 Freestyle	EN2	€	
	{2 x 50 on :55 Freestyle	EN2	€	
	{2 x 100 on 1:45 Freestyle	EN2	€	
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
	7:00 AM 2,510 Yards - Stress Value = 42			

Workout #22509 - Monday, 22 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK
300	1 on 12:00 DS/Showers	REC	I
150	1 x 300 on 7:00 Swim-kick-pull-swim	REC	E
1,500	10 x 15 on :45 Shooters	SP3	E
	1x{1 x 200 on 4:00 Freestyle	EN2	E
	{4 x 50 on 1:00 Freestyle	EN2	E
	{2 x 175 on 3:25 Freestyle	EN2	E
	{3 x 50 on 1:00 Freestyle	EN2	E
	{3 x 150 on 2:50 Freestyle	EN2	E
	{1 x 50 on 1:00 Freestyle	EN2	E
	{1 x 100 on 1:45 Freestyle	EN2	E
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F
250	1 x 250 on 5:00 Stroke Drills	REC	I
7:00 AM 2,360 Yards - Stress Value = 39			

Yards	Set Description
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
650	10 x 15 on :45 Shooters
	1x{6 x 100 on 2:10 Breast Kick-odds fast
	{1 x 50 on 1:00 Kick-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	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
	{6 x 25 on :35 Breast 2X Pullouts
	{3 x 100 on 2:00 Breast L.25 2k1p
	{2 x 50 on 1:00 Breast L.25 2k1p
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 3,150 Yards - Stress Value = 95	

Workout #22513 - Monday, 22 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
350	1 on 30:00 DS/Dryland	F
150	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP	F
1,250	10 x 15 on :45 Racing Skills-Free Shooters	E
100	25 x 50 on :55 200 Breast Pace*	E
750	1 x 100 on 5:00 Video Evaluations	F
	30 x 25 on :30 100 Free Pace	E
1,250	1 on 9:00 Racing Skills-Tivo Starts	F
	25 x 50 on :50 200 Fly Pace*	E
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :15 Undr Wtr Fly Kck	E
600	30 x 20 on :25 100 Back Pace	E
6:30 PM 4,400 Yards - Stress Value = 397		

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
600	10 x 15 on :45 Shooters
100	6 x 100 on 2:20 Breast Kick-odds fast
	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 50 on 1:10 Breast L.25 2k1p
	{2 x 75 on 1:40 Breast L.25 2k1p
	{3 x 100 on 2:20 Breast L.25 2k1p
	{6 x 25 on :40 Breast 2X Pullouts
	{2 x 100 on 2:15 Breast L.25 2k1p
	{1 x 50 on 1:05 Breast L.25 2k1p
500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 2,850 Yards - Stress Value = 86	

Workout #22514 - Monday, 22 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
400	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Breast Kick-odds fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:00 Breast L.25 2k1p
	{2 x 75 on 1:30 Breast L.25 2k1p
	{3 x 100 on 2:00 Breast L.25 2k1p
	{6 x 25 on :30 Breast 2X Pullouts
	{3 x 100 on 1:55 Breast L.25 2k1p
	{2 x 75 on 1:25 Breast L.25 2k1p
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 3,325 Yards - Stress Value = 104	

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
550	10 x 15 on :45 Shooters
	1x{5 x 100 on 2:30 Breast Kick-odds fast
	{1 x 50 on 1:15 Breast Kick-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	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 2:25 Breast L.25 2k1p
	{4 x 25 on :45 Breast 2X Pullouts
	{2 x 100 on 2:20 Breast L.25 2k1p
	{1 x 75 on 1:45 Breast L.25 2k1p
450	18 x 25 on :50 USRPT-100 Breast Pace
	1 on 10:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 2,725 Yards - Stress Value = 80	

Workout #22512 - Monday, 22 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Workout #22515 - Monday, 22 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
500	10 x 15 on :45 Shooters
100	5 x 100 on 2:45 Breast Kick-odds fast
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
	{ 4 x 25 on :45 Breast 2X Pullouts
	{ 1 x 100 on 2:55 Breast L.25 2k1p
	{ 1 x 50 on 1:00 Breast L.25 2k1p
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 on 10:00 Rock Paper Scissors Relay
	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 76

2,850	38 x 75 on 1:10 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:15 AM 3,960 Yards - Stress Value = 307	

Workout #22519 - Tuesday, 23 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,700	36 x 75 on 1:15 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:15 AM 3,810 Yards - Stress Value = 292	

Workout #22516 - Monday, 22 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
350	10 x 15 on :45 Shooters
100	1x{3 x 100 on 4:00 Breast Kick-odds fast { 1 x 50 on 2:00 Breast Kick-fast
550	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 50 on 2:00 Breast L.25 2k1p
	{ 2 x 75 on 3:00 Breast L.25 2k1p
	{ 3 x 100 on 4:00 Breast L.25 2k1p
	{ 2 x 25 on 1:00 Breast 2X Pullouts
750	15 x 50 on 1:00 USRPT-100 Breast Pace
250	1 on 10:00 Rock Paper Scissors Relay
	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 99

Workout #22520 - Tuesday, 23 October 2018

Group 3 - Gold/Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,475	33 x 75 on 1:20 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 20	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 3,535 Yards - Stress Value = 270	

Workout #22517 - Tuesday, 23 October 2018

Group 3 - USRPT-Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
3,000	40 x 75 on 1:05 1000 Free Pace	SP2
	If you make one you subtract 1 from your total	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 4,110 Yards - Stress Value = 322	

Workout #22521 - Tuesday, 23 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
550	1 x 550 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
2,325	31 x 75 on 1:25 1000 Free Pace	SP2
	If you make one you subtract 1 from your total must do a minimum of 18	
160	8 x 20 on 3:00 Timed Underwaters-S	SP2
	If time permits	
200	1 x 200 on 3:00 Stroke Drills	REC
	7:14 AM 3,385 Yards - Stress Value = 254	

Workout #22518 - Tuesday, 23 October 2018

Group 3 - Platinum-Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 12:00 DS/Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3

Workout #22522 - Tuesday, 23 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showers REC
 550 1 x 550 on 9:00 Top Hat Drill REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 2,175 29 x 75 on 1:30 1000 Free Pace SP2
 If you make one you subtract 1 from your total
 must do a minimum of 18
 160 8 x 20 on 3:00 Timed Underwaters-S SP2
 If time permits
 200 1 x 200 on 3:00 Stroke Drills REC
 7:14 AM 3,235 Yards - Stress Value = 240

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 Spotlight/DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 5:00 Video Evaluations REC
 1,500 30 x 50 on :50 200 Free Pace* SP2
 1 on 10:00 Racing Skills-Timed starts-15m SP3
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Video Evaluations 2 corrections REC
 600 30 x 20 on :25 100 Fly Pace SP2
 6:30 PM 4,500 Yards - Stress Value = 441

Workout #22523 - Tuesday, 23 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showers REC
 500 1 x 500 on 9:00 Top Hat Drill REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 2,100 28 x 75 on 1:35 1000 Free Pace SP2
 If you make one you subtract 1 from your total
 must do a minimum of 16
 160 8 x 20 on 3:00 Timed Underwaters-S SP2
 If time permits
 200 1 x 200 on 3:00 Stroke Drills REC
 7:15 AM 3,110 Yards - Stress Value = 232

Workout #22527 - Tuesday, 23 October 2018

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 DS/Dryland REC
 400 1 x 400 on 7:00 SunYangFree-Count strokes REC
 150 10 x 15 on :45 Shooters SP3
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly 1up2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 750 30 x 25 on :30 USRPT-100 Fly Pace REC
 1 on 10:00 Racing Skills-Starts REC
 200 1 x 200 on 4:00 Stroke Drills REC
 7:30 PM 3,550 Yards - Stress Value = 120

Workout #22524 - Tuesday, 23 October 2018

Group 3 - Bronze/Copper

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showers REC
 500 1 x 500 on 9:00 Top Hat Drill REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 1,950 26 x 75 on 1:40 1000 Free Pace SP2
 If you make one you subtract 1 from your total
 must do a minimum of 14
 160 8 x 20 on 3:00 Timed Underwaters-S SP2
 If time permits
 200 1 x 200 on 3:00 Stroke Drills REC
 7:14 AM 2,960 Yards - Stress Value = 217

Workout #22525 - Tuesday, 23 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showers REC
 500 1 x 500 on 9:00 Top Hat Drill REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 1,875 25 x 75 on 1:45 1000 Free Pace SP2
 If you make one you subtract 1 from your total
 must do a minimum of 14
 160 8 x 20 on 3:00 Timed Underwaters-S SP2
 If time permits
 200 1 x 200 on 3:00 Stroke Drills REC
 7:14 AM 2,885 Yards - Stress Value = 210

Workout #22526 - Tuesday, 23 October 2018

Workout #22528 - Tuesday, 23 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly 1up2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Free 6BK
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 104

Workout #22529 - Tuesday, 23 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly 1up2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

Workout #22530 - Tuesday, 23 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back

{2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly 1up2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 86

Workout #22531 - Tuesday, 23 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly 1up2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,275 Yards - Stress Value = 68

Workout #22532 - Tuesday, 23 October 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 7:00 SunYangFree-Count strokes
350	10 x 15 on :45 Shooters
	1x{2 x 25 on 1:00 Kick no board BS
	{1 x 50 on 2:00 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board LR
	{1 x 50 on 2:00 Streamline Kick on back
	{2 x 25 on 1:00 Kick no board BS
	{1 x 50 on 2:00 Breast Kick w/board
	{2 x 25 on 1:00 Kick no board LR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{1 x 100 on 3:45 Individual Medley
	{4 x 25 on 1:00 Fly lup2down
	{1 x 100 on 3:40 Individual Medley
	{4 x 25 on 1:00 Back 5KOW+1
	{1 x 100 on 3:35 Individual Medley
	{2 x 25 on 1:00 Breast 2K1P
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	1,925 Yards - Stress Value = 62

Workout #22533 - Wednesday, 24 October 2018

Group 3 - Kick set day

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 12:00 DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
2,000	10 x 15 on :45 Racing Skills-Breast Shooters
	1x{4 x 100 on 1:55 Kick w/ snorkel
	{1 x 100 on 1:20 Streamline kick on back w/fi
	{3 x 100 on 1:50 Kick w/ snorkel
	{2 x 100 on 1:20 Streamline kick on back w/fi
	{2 x 100 on 1:45 Kick w/ snorkel
	{3 x 100 on 1:20 Streamline kick on back w/fi
	{1 x 100 on 1:40 Kick w/ snorkel
	{4 x 100 on 1:20 Streamline kick on back w/fi
140	7 x 20 on 3:00 Timed Underwaters L
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	2,990 Yards - Stress Value = 49

Workout #22534 - Wednesday, 24 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 12:00 DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
1,800	10 x 15 on :45 Racing Skills-Breast Shooters
	1x{4 x 100 on 2:05 Kick w/ snorkel
	{1 x 100 on 1:30 Streamline kick on back w/fi
	{3 x 100 on 2:00 Kick w/ snorkel
	{2 x 100 on 1:30 Streamline kick on back w/fi
	{2 x 100 on 1:55 Kick w/ snorkel
	{3 x 100 on 1:30 Streamline kick on back w/fi
	{1 x 100 on 1:50 Kick w/ snorkel
	{2 x 100 on 1:30 Streamline kick on back w/fi
140	7 x 20 on 3:00 Timed Underwaters L
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	2,790 Yards - Stress Value = 45

Workout #22535 - Wednesday, 24 October 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 12:00 DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
1,700	10 x 15 on :45 Racing Skills-Breast Shooters
	1x{4 x 100 on 2:10 Kick w/ snorkel
	{1 x 100 on 1:35 Streamline kick on back w/fi
	{3 x 100 on 2:05 Kick w/ snorkel
	{2 x 100 on 1:35 Streamline kick on back w/fi
	{2 x 100 on 2:00 Kick w/ snorkel
	{3 x 100 on 1:35 Streamline kick on back w/fi
	{1 x 100 on 1:55 Kick w/ snorkel
	{1 x 100 on 1:35 Streamline kick on back w/fi
140	7 x 20 on 3:00 Timed Underwaters L
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	2,690 Yards - Stress Value = 43

Workout #22536 - Wednesday, 24 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 12:00 DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
1,600	10 x 15 on :45 Racing Skills-Breast Shooters
	1x{4 x 100 on 2:15 Kick w/ snorkel
	{1 x 100 on 1:40 Streamline kick on back w/fi
	{3 x 100 on 2:10 Kick w/ snorkel
	{2 x 100 on 1:40 Streamline kick on back w/fi
	{2 x 100 on 2:05 Kick w/ snorkel
	{3 x 100 on 1:40 Streamline kick on back w/fi
	{1 x 100 on 2:00 Kick w/ snorkel
140	7 x 20 on 3:00 Timed Underwaters L
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	2,590 Yards - Stress Value = 41

Workout #22537 - Wednesday, 24 October 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 12:00 DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
1,450	10 x 15 on :45 Racing Skills-Breast Shooters
	1x{4 x 100 on 2:25 Kick w/ snorkel
	{1 x 100 on 1:55 Streamline kick on back w/fi
	{3 x 100 on 2:20 Kick w/ snorkel
	{2 x 100 on 1:55 Streamline kick on back w/fi
	{2 x 100 on 2:15 Kick w/ snorkel
	{2 x 100 on 1:55 Streamline kick on back w/fi
	{1 x 50 on 1:00 Kick w/ snorkel
140	7 x 20 on 3:00 Timed Underwaters L
200	1 x 200 on 3:00 Stroke Drills
7:00 AM	2,440 Yards - Stress Value = 38

Workout #22538 - Wednesday, 24 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description
500	1 on 12:00 DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
1,250	1x{4 x 100 on 2:45 Kick w/ snorkel
	{1 x 100 on 2:10 Streamline kick on back w/fi
	{3 x 100 on 2:40 Kick w/ snorkel
	{2 x 100 on 2:10 Streamline kick on back w/fi
	{2 x 100 on 2:35 Kick w/ snorkel
	{1 x 50 on 1:05 Streamline kick on back w/fir
140	7 x 20 on 3:00 Timed Underwaters L
200	1 x 200 on 3:00 Stroke Drills
	7:00 AM 2,240 Yards - Stress Value = 34

Workout #22539 - Wednesday, 24 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
	1 on 25:00 Spotlight/DS/Showers	==
150	10 x 15 on :45 Racing Skills-Breast Shooters	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 5:00 Video Evaluations	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 10:00 RS-Underwater Racing	EN
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 5:00 Video Evaluations-2 corrections	RE
750	30 x 25 on :30 100 Free Pace	SE
	6:30 PM 4,150 Yards - Stress Value = 406	

Workout #22540 - Wednesday, 24 October 2018

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
450	1 on 30:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up
950	1x{4 x 25 on :30 Kick no board B
	{3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :30 Kick no board B
	{2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Kick 25L/25R/25SL/25-6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 100 on 1:20 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{2 x 100 on 1:25 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{3 x 100 on 1:30 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{4 x 100 on 1:35 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend min 5KOW
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,200 Yards - Stress Value = 132

Workout #22541 - Wednesday, 24 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 30:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board B
	{3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :35 Kick no board B
	{2 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{1 x 100 on 1:40 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{2 x 100 on 1:45 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{3 x 100 on 1:50 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{3 x 100 on 1:55 Backstroke 3KOW+1
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 112

Workout #22542 - Wednesday, 24 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B
	{3 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 100 on 1:50 Backstroke 3KOW+1
	{3 x 50 on 1:00 Back descend-min 5KOW
	{2 x 100 on 1:55 Backstroke 3KOW+1
	{3 x 50 on 1:00 Back descend-min 5KOW
	{3 x 100 on 2:00 Backstroke 3KOW+1
	{3 x 50 on 1:00 Back descend-min 5KOW
	{2 x 100 on 2:05 Backstroke 3KOW+1
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 101

Workout #22543 - Wednesday, 24 October 2018

7:29 PM 2,325 Yards - Stress Value = 68

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board B
	{3 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:55 Backstroke 3KOW+1
	{3 x 50 on 1:05 Back descend-min 5KOW
	{2 x 100 on 2:05 Backstroke 3KOW+1
	{3 x 50 on 1:05 Back descend-min 5KOW
	{3 x 100 on 2:10 Backstroke 3KOW+1
	{3 x 50 on 1:05 Back descend-min 5KOW
	{1 x 100 on 2:15 Backstroke 3KOW+1
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 98

Workout #22544 - Wednesday, 24 October 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B
	{2 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :45 Kick no board B
	{2 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 100 on 2:30 Backstroke 3KOW+1
	{3 x 50 on 1:15 Back descend-min 5KOW
	{2 x 100 on 2:35 Backstroke 3KOW+1
	{3 x 50 on 1:15 Back descend-min 5KOW
	{3 x 100 on 2:40 Backstroke 3KOW+1
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 86

Workout #22545 - Wednesday, 24 October 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on 1:00 Kick no board B
	{2 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on 1:00 Kick no board B
	{1 x 100 on 3:30 Kick 25L/25R/25SL/256ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 100 on 3:15 Backstroke 3KOW+1
	{3 x 50 on 1:45 Back descend-min 5KOW
	{2 x 100 on 3:20 Backstroke 3KOW+1
	{3 x 50 on 1:45 Back descend-min 5KOW
	{1 x 100 on 3:25 Backstroke 3KOW+1
375	15 x 25 on 1:00 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills

Workout #22546 - Thursday, 25 October 2018

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	==
	1 on 12:00 DS/Showers	RE
600	1 x 600 on 9:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,900	1x{1 x 100 on 1:15 Individual Medley	EN
	{1 x 100 on 1:20 Butterfly	EN
	{2 x 50 on :40 Backstroke	EN
	{4 x 25 on :25 Breaststroke	EN
	{2 x 100 on 1:15 Individual Medley	EN
	{2 x 50 on :40 Butterfly	EN
	{4 x 25 on :20 Backstroke	EN
	{1 x 100 on 1:30 Breaststroke	EN
	{3 x 100 on 1:15 Individual Medley	EN
	{4 x 25 on :20 Butterfly	EN
	{1 x 100 on 1:20 Backstroke	EN
	{2 x 50 on :45 Breaststroke	EN
	{4 x 100 on 1:15 Individual Medley	EN
100	1 x 100 on 3:00 IM for Time OTB	SE
160	8 x 20 on 3:00 Timed Undewaters R	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 3,110 Yards - Stress Value = 57	

Workout #22547 - Thursday, 25 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	==
	1 on 12:00 DS/Showers	RE
600	1 x 600 on 9:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,700	1x{1 x 100 on 1:20 Individual Medley	EN
	{1 x 100 on 1:25 Butterfly	EN
	{2 x 50 on :45 Backstroke	EN
	{4 x 25 on :30 Breaststroke	EN
	{2 x 100 on 1:20 Individual Medley	EN
	{2 x 50 on :45 Butterfly	EN
	{4 x 25 on :25 Backstroke	EN
	{1 x 100 on 1:35 Breaststroke	EN
	{3 x 100 on 1:20 Individual Medley	EN
	{4 x 25 on :25 Butterfly	EN
	{1 x 100 on 1:25 Backstroke	EN
	{2 x 50 on :50 Breaststroke	EN
	{2 x 100 on 1:20 Individual Medley	EN
100	1 x 100 on 3:00 IM for Time OTB	SE
160	8 x 20 on 3:00 Timed Undewaters R	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,910 Yards - Stress Value = 53	

Workout #22548 - Thursday, 25 October 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS>Showers	RE
550	1 x 550 on 9:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,600	1x{1 x 100 on 1:30 Individual Medley	EN
	{1 x 100 on 1:30 Butterfly	EN
	{2 x 50 on :50 Backstroke	EN
	{4 x 25 on :30 Breaststroke	EN
	{2 x 100 on 1:30 Individual Medley	EN
	{2 x 50 on :50 Butterfly	EN
	{4 x 25 on :25 Backstroke	EN
	{1 x 100 on 1:45 Breaststroke	EN
	{3 x 100 on 1:30 Individual Medley	EN
	{4 x 25 on :25 Butterfly	EN
	{1 x 100 on 1:35 Backstroke	EN
	{2 x 50 on :55 Breaststroke	EN
	{1 x 100 on 1:30 Individual Medley	EN
100	1 x 100 on 3:00 IM for Time OTB	SE
160	8 x 20 on 3:00 Timed Undewaters R	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,760 Yards - Stress Value = 51	

Workout #22549 - Thursday, 25 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS>Showers	RE
550	1 x 550 on 9:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,450	1x{1 x 100 on 1:40 Individual Medley	EN
	{1 x 100 on 1:40 Butterfly	EN
	{2 x 50 on :55 Backstroke	EN
	{4 x 25 on :30 Breaststroke	EN
	{2 x 100 on 1:40 Individual Medley	EN
	{2 x 50 on :55 Butterfly	EN
	{4 x 25 on :30 Backstroke	EN
	{1 x 100 on 1:50 Breaststroke	EN
	{3 x 100 on 1:40 Individual Medley	EN
	{4 x 25 on :30 Butterfly	EN
	{1 x 100 on 1:40 Backstroke	EN
	{1 x 50 on 1:00 Breaststroke	EN
100	1 x 100 on 3:00 IM for Time OTB	SE
160	8 x 20 on 3:00 Timed Undewaters R	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,610 Yards - Stress Value = 48	

Workout #22550 - Thursday, 25 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS>Showers	RE
500	1 x 500 on 9:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,250	1x{1 x 100 on 1:55 Individual Medley	EN
	{1 x 100 on 1:55 Butterfly	EN
	{2 x 50 on 1:00 Backstroke	EN
	{4 x 25 on :35 Breaststroke	EN
	{2 x 100 on 1:55 Individual Medley	EN
	{2 x 50 on 1:05 Butterfly	EN
	{4 x 25 on :35 Backstroke	EN
	{1 x 100 on 2:05 Breaststroke	EN
	{1 x 100 on 1:55 Individual Medley	EN
	{4 x 25 on :35 Butterfly	EN

	{1 x 100 on 1:55 Backstroke	EN
	{1 x 50 on 1:10 Breaststroke	EN
100	1 x 100 on 3:00 IM for Time OTB	SE
160	8 x 20 on 3:00 Timed Undewaters R	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,360 Yards - Stress Value = 44	

Workout #22551 - Thursday, 25 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS>Showers	RE
500	1 x 500 on 9:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,050	1x{1 x 100 on 2:15 Individual Medley	EN
	{1 x 100 on 2:15 Butterfly	EN
	{2 x 50 on 1:10 Backstroke	EN
	{4 x 25 on :40 Breaststroke	EN
	{1 x 100 on 2:15 Individual Medley	EN
	{2 x 50 on 1:15 Butterfly	EN
	{4 x 25 on :40 Backstroke	EN
	{1 x 100 on 2:30 Breaststroke	EN
	{1 x 100 on 2:15 Individual Medley	EN
	{2 x 25 on :40 Butterfly	EN
	{1 x 50 on 1:05 Backstroke	EN
	{1 x 50 on 1:10 Breaststroke	EN
100	1 x 100 on 3:00 IM for Time OTB	SE
160	8 x 20 on 3:00 Timed Undewaters R	EN
200	1 x 200 on 3:00 Stroke Drills	RE
	7:00 AM 2,160 Yards - Stress Value = 40	

Workout #22552 - Thursday, 25 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS>Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Fly Kick Relay	EN2
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Video Evaluations-2 corrections	REC
600	30 x 20 on :25 100 Breast Pace*	SP2
	6:30 PM 4,500 Yards - Stress Value = 441	

Workout #22553 - Thursday, 25 October 2018

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	
450	1 x 450 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 23:00 TEACH DAY-Freestyle	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Free Pace	
700	1x{1 x 100 on 1:50 Free Kick w/board	
	{2 x 100 on 1:55 Free Kick w/board	
	{3 x 100 on 2:00 Free Kick w/board	
	{1 x 100 on 2:05 Free Kick w/board	
	1 on 10:00 Racing Skills-Finishes	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,350 Yards - Stress Value = 95	

Workout #22554 - Thursday, 25 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 650 1x{1 x 100 on 1:55 Free Kick w/board
 {2 x 100 on 2:00 Free Kick w/board
 {3 x 100 on 2:05 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,250 Yards - Stress Value = 94

Workout #22555 - Thursday, 25 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 600 1x{1 x 100 on 2:05 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {3 x 100 on 2:15 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,025 Yards - Stress Value = 80

Workout #22556 - Thursday, 25 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Free Pace
 550 1x{1 x 100 on 2:20 Free Kick w/board
 {2 x 100 on 2:25 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,850 Yards - Stress Value = 72

Workout #22557 - Thursday, 25 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3

150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Free Pace
 500 1x{1 x 100 on 2:40 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 100 on 2:50 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,750 Yards - Stress Value = 66

Workout #22558 - Thursday, 25 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Freestyle
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Free Pace
 400 1x{1 x 100 on 3:10 Free Kick w/board
 {2 x 100 on 3:15 Free Kick w/board
 {2 x 50 on 1:40 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,475 Yards - Stress Value = 52

Workout #22559 - Friday, 26 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showes REC
 150 10 x 15 on :45 Racing Skills-IM Shooters SP3
 150 6 x 25 on 3:00 50 Your Choice-Pace SP2
 1 on 6:00 Foam Roll/Rllr.Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Back Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Fly Pace SP2
 1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Free Pace SP2
 5:45 PM 1,500 Yards - Stress Value = 141

Workout #22560 - Friday, 26 October 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start
 Yards Set Description E
 =====
 1 on 40:00 DS/Dryland F
 400 4 x 100 on 2:15 SwimUSS F
 150 10 x 15 on :45 Shooters S
 1,500 1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick F
 {4 x 25 on :30 Fly 8/9/10/11 KOW E
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick F
 {4 x 25 on :30 Fly 9/10/11/12 KOW E
 {3 x 100 on 1:30 75 Free 25 Fly w/free kick F
 {4 x 25 on :30 Fly 10/11/12/13 KOW E
 {4 x 100 on 1:30 75 Free 25 Fly w/free kick F
 {4 x 25 on :30 Fly 11/12/13/14 KOW E
 {1 x 100 on 1:30 Butterfly E
 200 1 x 200 on 4:00 Stroke Drills F
 6:29 PM 2,250 Yards - Stress Value = 36

Workout #22561 - Friday, 26 October 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
500	4 x 125 on 2:30 SwimUSS	F
150	10 x 15 on :45 Shooters	£
1,350	1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{4 x 25 on :35 Fly 8/9/10/11 KOW	E
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{4 x 25 on :35 Fly 9/10/11/12 KOW	E
	{3 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{4 x 25 on :35 Fly 10/11/12/13 KOW	E
	{4 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{2 x 25 on :35 Fly 13/14 KOW	E
200	1 x 200 on 4:00 Stroke Drills	F
6:30 PM	2,200 Yards - Stress Value = 33	

Workout #22562 - Friday, 26 October 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
400	4 x 100 on 2:30 SwimUSS	F
150	10 x 15 on :45 Shooters	£
1,150	1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{4 x 25 on :40 Fly 8/9/10/11 KOW	E
	{2 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{4 x 25 on :40 Fly 9/10/11/12 KOW	E
	{3 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{6 x 25 on :40 Fly 10/11/12/13/14/15 KOW	F
	{2 x 100 on 1:55 75 Free 25 Fly w/free kick	F
200	1 x 200 on 4:00 Stroke Drills	F
6:30 PM	1,900 Yards - Stress Value = 29	

Workout #22563 - Friday, 26 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
400	4 x 100 on 2:30 SwimUSS	F
150	10 x 15 on :45 Shooters	£
1,000	1x{1 x 100 on 2:10 75 Free 25 Fly w/free kick	F
	{4 x 25 on :45 Fly 8/9/10/11 KOW	E
	{2 x 100 on 2:10 75 Free 25 Fly w/free kick	F
	{4 x 25 on :45 Fly 9/10/11/12 KOW	E
	{3 x 100 on 2:10 75 Free 25 Fly w/free kick	F
	{4 x 25 on :45 Fly 10/11/12/13 KOW	E
	{1 x 100 on 2:10 75 Free 25 Fly w/free kick	F
200	1 x 200 on 4:00 Stroke Drills	F
6:30 PM	1,750 Yards - Stress Value = 26	

Workout #22564 - Friday, 26 October 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
300	4 x 75 on 2:30 Swim-kick-pull	F
150	10 x 15 on :45 Shooters	£
800	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :50 Fly 8/9/10/11 KOW	E
	{2 x 100 on 3:00 75 Free 25 Fly w/free kick	F

	{4 x 25 on :50 Fly 9/10/11/12 KOW	E
	{2 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :50 Fly 10/11/12/13 KOW	E
200	1 x 200 on 4:00 Stroke Drills	F
6:30 PM	1,450 Yards - Stress Value = 22	

Workout #22565 - Friday, 26 October 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
300	4 x 75 on 2:30 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	£
700	1x{1 x 100 on 3:30 75 Free 25 Fly w/free kick	F
	{2 x 25 on 1:00 Fly 8/9 KOW	E
	{2 x 100 on 3:30 75 Free 25 Fly w/free kick	F
	{2 x 25 on 1:00 Fly 8/9 KOW	E
	{3 x 100 on 3:30 75 Free 25 Fly w/free kick	F
200	1 x 200 on 4:00 Stroke Drills	F
6:30 PM	1,350 Yards - Stress Value = 20	

Workout #22566 - Monday, 29 October 2018

Group 3 - USRPT-Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	£
=====	=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
4,000	40 x 100 on 1:20 Free-hold 1650 pace	SP2	S	
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	Depending when you finish the 100s			
	you may do timed underwaters-B			
6:57 AM	4,750 Yards - Stress Value = 406			

Workout #22567 - Monday, 29 October 2018

Group 3 - Platinum-Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WORK	£
=====	=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
4,000	40 x 100 on 1:25 Free-hold 1650 pace	SP2	S	
	If you make 1 you subtract 1 from the total			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	Depending when you finish the 100s			
	you may do timed underwaters-B			
7:00 AM	4,750 Yards - Stress Value = 406			

Workout #22568 - Monday, 29 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
3,800	38 x 100 on 1:30 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 20	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
7:00 AM 4,550 Yards - Stress Value = 386				

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
3,100	31 x 100 on 1:50 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 16	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
7:00 AM 3,850 Yards - Stress Value = 316				

Workout #22569 - Monday, 29 October 2018

Group 3 - Gold/Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
3,600	36 x 100 on 1:35 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 20	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
7:00 AM 4,350 Yards - Stress Value = 366				

Workout #22573 - Monday, 29 October 2018

Group 3 - Bronze/Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
2,900	29 x 100 on 1:55 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 16	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
6:59 AM 3,650 Yards - Stress Value = 296				

Workout #22570 - Monday, 29 October 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
3,400	34 x 100 on 1:40 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 18	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
7:00 AM 4,150 Yards - Stress Value = 346				

Workout #22574 - Monday, 29 October 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
2,800	28 x 100 on 2:00 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 15	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
6:59 AM 3,550 Yards - Stress Value = 286				

Workout #22571 - Monday, 29 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
5:30 AM Start				
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	S	I
150	10 x 15 on :45 Shooters	SP3	S	
3,200	32 x 100 on 1:45 Free-hold 1650 pace If you make 1 you subtract 1 from the total must swim 18	SP2	S	
200	1 x 200 on 3:00 Stroke Drills Depending when you finish the 100s you may do timed underwaters-B	REC	D	
6:59 AM 3,950 Yards - Stress Value = 326				

Workout #22575 - Monday, 29 October 2018

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
4:15 PM Start				
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3	S	
750	30 x 25 on :30 100 Breast Pace	SP2	S	
750	30 x 25 on :30 100 Back Pace	SP2	S	
1,500	30 x 50 on :50 200 Fly Pace	SP2	S	
1,500	25 x 60 on :55 200 Free Pace*	SP2	S	
6:30 PM 4,650 Yards - Stress Value = 456				

Workout #22572 - Monday, 29 October 2018

Workout #22576 - Monday, 29 October 2018

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{2 x 100 on 1:50 Fly Kick w/board {4 x 75 on 1:25 Fly Kick w/board {5 x 50 on :55 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{1 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {2 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {3 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {4 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {5 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {6 x 50 on :50 Butterfly
750	30 x 25 on :30 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,700 Yards - Stress Value = 119

Workout #22577 - Monday, 29 October 2018

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{2 x 100 on 2:05 Fly Kick w/board {4 x 75 on 1:35 Fly Kick w/board {3 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:00 Butterfly {1 x 50 on :55 Freestyle {2 x 50 on 1:00 Butterfly {1 x 50 on :55 Freestyle {3 x 50 on 1:00 Butterfly {1 x 50 on :55 Freestyle {4 x 50 on 1:00 Butterfly {1 x 50 on :55 Freestyle {5 x 50 on 1:00 Butterfly {1 x 50 on :55 Freestyle {2 x 50 on 1:00 Butterfly
625	25 x 25 on :35 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 100

Workout #22578 - Monday, 29 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{2 x 100 on 2:25 Fly Kick w/board {4 x 75 on 1:50 Fly Kick w/board {1 x 50 on 1:15 Fly Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {2 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {3 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {4 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {5 x 50 on 1:10 Butterfly
550	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 88

Workout #22579 - Monday, 29 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
500	1x{2 x 100 on 2:40 Fly Kick w/board {4 x 75 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 50 on 1:15 Butterfly {1 x 50 on 1:05 Freestyle {2 x 50 on 1:15 Butterfly {1 x 50 on 1:05 Freestyle {3 x 50 on 1:15 Butterfly {1 x 50 on 1:05 Freestyle {4 x 50 on 1:15 Butterfly {1 x 50 on 1:05 Freestyle {4 x 50 on 1:15 Butterfly
500	20 x 25 on :45 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 81

Workout #22580 - Monday, 29 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Fly Kick w/board {2 x 75 on 2:15 Fly Kick w/board {4 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {2 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {3 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {4 x 50 on 1:30 Butterfly {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Butterfly
450	18 x 25 on :50 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 72

Workout #22581 - Monday, 29 October 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 4:00 Fly Kick w/board {2 x 75 on 3:00 Fly Kick w/board {2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {3 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Starts
	1 x 200 on 4:00 Stroke Drills
	7:31 PM 1,925 Yards - Stress Value = 60

Workout #22582 - Tuesday, 30 October 2018

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
	1 on 12:00 DS>Showers
600	1 x 600 on 9:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,700	1x{1 x 500 on 5:50 Free HB 3 SOW {1 x 50 on 1:00 Freestyle-EZ {1 x 400 on 4:40 Free HB 3 SOW {1 x 100 on 1:10 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 300 on 3:30 Free HB 3 SOW {2 x 100 on 1:10 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 200 on 2:20 Free HB 3 SOW {3 x 100 on 1:10 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 100 on 1:10 Free HB 3 SOW {4 x 100 on 1:10 Free NBIFoF
140	7 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
	7:01 AM 3,790 Yards - Stress Value = 70

Workout #22583 - Tuesday, 30 October 2018

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 12:00 DS>Showers
600	1 x 600 on 9:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,500	1x{1 x 500 on 6:15 Free HB 3 SOW {1 x 50 on 1:00 Freestyle-EZ {1 x 400 on 5:00 Free HB 3 SOW {1 x 100 on 1:15 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 300 on 3:45 Free HB 3 SOW {2 x 100 on 1:15 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 200 on 2:30 Free HB 3 SOW {3 x 100 on 1:15 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ

	{1 x 100 on 1:15 Free HB 3 SOW	E
	{2 x 100 on 1:15 Free NBIFoF	E
140	7 x 20 on 3:00 Timed Underwaters-S	S
200	1 x 200 on 3:00 Stroke Drills	F
	7:00 AM 3,590 Yards - Stress Value = 66	

Workout #22584 - Tuesday, 30 October 2018

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 12:00 DS>Showers
550	1 x 550 on 9:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,250	1x{1 x 500 on 7:05 Free HB 3 SOW {1 x 50 on 1:00 Freestyle-EZ {1 x 400 on 5:40 Free HB 3 SOW {1 x 100 on 1:25 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 300 on 4:15 Free HB 3 SOW {2 x 100 on 1:25 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 200 on 2:50 Free HB 3 SOW {3 x 100 on 1:25 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 50 on :40 Free HB 3 SOW
140	7 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
	7:00 AM 3,290 Yards - Stress Value = 61

Workout #22585 - Tuesday, 30 October 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	1 on 12:00 DS>Showers
550	1 x 550 on 9:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
2,150	1x{1 x 500 on 7:30 Free HB 3 SOW {1 x 50 on 1:00 Freestyle-EZ {1 x 400 on 6:00 Free HB 3 SOW {1 x 100 on 1:35 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 300 on 4:30 Free HB 3 SOW {2 x 100 on 1:35 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 200 on 3:00 Free HB 3 SOW {3 x 100 on 1:35 Free NBIFoF
140	7 x 20 on 3:00 Timed Underwaters-S
200	1 x 200 on 3:00 Stroke Drills
	7:01 AM 3,190 Yards - Stress Value = 60

Workout #22586 - Tuesday, 30 October 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	F
5:30 AM	Start	
500	1 on 12:00 DS/Showers	F
150	1 x 500 on 9:00 Top Hat Drill	F
1,850	10 x 15 on :45 Racing Skills-Back Shooters	€
	1x{1 x 500 on 8:45 Free HB 3 SOW	F
	{1 x 50 on 1:15 Freestyle-EZ	F
	{1 x 400 on 7:00 Free HB 3 SOW	F
	{1 x 100 on 1:45 Free NBIFoF	F
	{1 x 50 on 1:15 Freestyle-EZ	F
	{1 x 300 on 5:15 Free HB 3 SOW	F
	{2 x 100 on 1:45 Free NBIFoF	F
	{1 x 50 on 1:00 Freestyle-EZ	F
	{1 x 200 on 3:30 Free HB 3 SOW	F
140	7 x 20 on 3:00 Timed Underwaters-S	€
200	1 x 200 on 3:00 Stroke Drills	F
7:01 AM	2,840 Yards - Stress Value = 54	

Workout #22587 - Tuesday, 30 October 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	F
5:30 AM	Start	
500	1 on 12:00 DS/Showers	F
150	1 x 500 on 9:00 Top Hat Drill	F
1,600	10 x 15 on :45 Racing Skills-Back Shooters	€
	1x{1 x 500 on 10:00 Free HB 3 SOW	F
	{1 x 50 on 1:15 Freestyle-EZ	F
	{1 x 400 on 8:00 Free HB 3 SOW	F
	{1 x 100 on 2:00 Free NBIFoF	F
	{1 x 50 on 1:15 Freestyle-EZ	F
	{1 x 300 on 6:00 Free HB 3 SOW	F
	{2 x 100 on 2:00 Free NBIFoF	F
140	7 x 20 on 3:00 Timed Underwaters-S	€
200	1 x 200 on 3:00 Stroke Drills	F
7:00 AM	2,590 Yards - Stress Value = 50	

Workout #22588 - Tuesday, 30 October 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
600	1 on 30:00 DS/Dryland	F
150	1 x 600 on 9:00 SunYangFree-Count strokes	F
950	10 x 15 on :45 Shooters	€
	1x{1 x 200 on 3:40 Breast Kick w/board	F
	{4 x 25 on :30 Breast Kick on Back-Streamline	F
	{1 x 200 on 3:45 Breast Kick w/board	F
	{4 x 25 on :30 Breast Kick on Back-Streamline	F
	{1 x 200 on 3:50 Breast Kick w/board	F
	{4 x 25 on :30 Breast Kick on Back-Streamline	F
	{1 x 50 on 1:00 Breast Kick w/board	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
1,250	1x{5 x 100 on 1:45 Breaststroke	F
	{1 on 1:00 Rest	
	{4 x 100 on 1:45 Breaststroke	F
	{1 on 1:00 Rest	
	{3 x 100 on 1:45 Breaststroke	F
	{1 on 1:00 Rest	
	{1 x 50 on 1:00 Breast-100%	F
625	25 x 25 on :35 USRPT-100 Breast Pace	F
250	1 x 250 on 4:00 Stroke Drills	F
7:30 PM	3,925 Yards - Stress Value = 109	

Workout #22589 - Tuesday, 30 October 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
550	1 on 30:00 DS/Dryland	F
150	1 x 550 on 9:00 SunYangFree-Count strokes	F
850	10 x 15 on :45 Shooters	€
	1x{1 x 200 on 4:15 Breast Kick w/board	F
	{4 x 25 on :35 Breast Kick on Back-Streamline	F
	{1 x 200 on 4:20 Breast Kick w/board	F
	{4 x 25 on :35 Breast Kick on Back-Streamline	F
	{1 x 200 on 4:25 Breast Kick w/board	F
	{2 x 25 on :35 Breast Kick on Back-Streamline	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
1,200	1x{5 x 100 on 1:55 Breaststroke	F
	{1 on 1:00 Rest	
	{4 x 100 on 1:55 Breaststroke	F
	{1 on 1:00 Rest	
	{3 x 100 on 1:55 Breaststroke	F
625	25 x 25 on :35 USRPT-100 Breast Pace	F
250	1 x 250 on 4:00 Stroke Drills	F
7:30 PM	3,725 Yards - Stress Value = 106	

Workout #22590 - Tuesday, 30 October 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
500	1 on 30:00 DS/Dryland	F
150	1 x 500 on 9:00 SunYangFree-Count strokes	F
750	10 x 15 on :45 Shooters	€
	1x{1 x 200 on 4:35 Breast Kick w/board	F
	{4 x 25 on :40 Breast Kick on Back-Streamline	F
	{1 x 200 on 4:40 Breast Kick w/board	F
	{4 x 25 on :40 Breast Kick on Back-Streamline	F
	{1 x 150 on 3:35 Breast Kick w/board	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
1,000	1x{4 x 100 on 2:10 Breaststroke	F
	{1 on 1:00 Rest	
	{3 x 100 on 2:10 Breaststroke	F
	{1 on 1:00 Rest	
	{2 x 100 on 2:10 Breaststroke	F
	{1 on 1:00 Rest	
	{1 x 100 on 2:10 Breaststroke	F
550	22 x 25 on :40 USRPT-100 Breast Pace	F
250	1 x 250 on 4:00 Stroke Drills	F
7:30 PM	3,300 Yards - Stress Value = 94	

Workout #22591 - Tuesday, 30 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:55 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{4 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 92

Workout #22592 - Tuesday, 30 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{4 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 78

Workout #22593 - Tuesday, 30 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 4:00 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{ 1 x 50 on 2:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{3 x 100 on 4:00 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 4:00 Breaststroke
	{ 1 on 1:00 Rest

	{ 1 x 100 on 4:00 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,275 Yards - Stress Value = 64

Workout #22594 - Tuesday, 30 October 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Video Evaluations	REC
1,500	30 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Video Evaluations 2 corrections	REC
500	25 x 20 on :25 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Timed Free Turns	SP3
500	25 x 20 on :25 100 Free Pace	SP2
	6:27 PM 4,150 Yards - Stress Value = 406	

Workout #22595 - Wednesday, 31 October 2018

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooter
2,200	11x{1 x 100 on 1:15 Individual Medley
	{ 1 x 50 on :35 Freestyle
	{ 1 x 50 on :45 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-L
200	1 x 200 on 3:00 Stroke Drills
	7:00 AM 3,210 Yards - Stress Value = 55

Workout #22596 - Wednesday, 31 October 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooter
2,000	10x{1 x 100 on 1:20 Individual Medley
	{ 1 x 50 on :40 Freestyle
	{ 1 x 50 on :50 Freestyle
160	8 x 20 on 3:00 Timed Underwaters-L
200	1 x 200 on 3:00 Stroke Drills
	7:00 AM 3,010 Yards - Stress Value = 52

Workout #22597 - Wednesday, 31 October 2018

1 minute rest between sets

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,800 9x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on :55 Freestyle
 160 8 x 20 on 3:00 Timed Underwaters-L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,810 Yards - Stress Value = 49

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DSShowers RE
 150 10 x 15 on :45 Racing Skills-Breast Shooters SE
 750 30 x 25 on :30 100 Back Pace SE
 1 on 5:00 Video Evaluations RE
 750 30 x 25 on :30 100 Breast Pace SE
 1 on 10:00 RS-Underwater Racing RE
 1,500 30 x 50 on :50 200 Free Pace* SE
 1 on 5:00 Video Evaluations 2 corrections RE
 800 40 x 20 on :30 200 Fly Pace SE
 6:27 PM 3,950 Yards - Stress Value = 386

Workout #22598 - Wednesday, 31 October 2018

Group 2 - Freestylers

1 minute rest between sets

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,600 8x{1 x 100 on 1:40 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on 1:00 Freestyle
 do 2 fast 50s on the 8th round
 160 8 x 20 on 3:00 Timed Underwaters-L
 200 1 x 200 on 3:00 Stroke Drills
 6:59 AM 2,610 Yards - Stress Value = 46

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 150 on 2:45 Free Kick w/board
 {2 x 125 on 2:20 Free Kick w/board
 {2 x 100 on 1:50 Free Kick w/board
 {2 x 75 on 1:25 Free Kick w/board
 {2 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,700 1x{1 x 400 on 5:40 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 200 on 2:50 Freestyle
 {2 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 135

Workout #22599 - Wednesday, 31 October 2018

Group 3 - Bronze

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,600 8x{1 x 100 on 1:50 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:05 Freestyle
 Don't do the 50 ez on round 8
 160 8 x 20 on 3:00 Timed Underwaters-L
 200 1 x 200 on 3:00 Stroke Drills
 7:01 AM 2,610 Yards - Stress Value = 46

Workout #22603 - Wednesday, 31 October 2018
Group 2 - Gold
1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{2 x 150 on 3:05 Free Kick w/board
 {2 x 125 on 2:35 Free Kick w/board
 {2 x 100 on 2:05 Free Kick w/board
 {2 x 75 on 1:35 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,600 1x{1 x 400 on 6:00 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 300 on 4:30 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 131

Workout #22600 - Wednesday, 31 October 2018

Group 3 - Copper

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,400 7x{1 x 100 on 2:00 Individual Medley
 {1 x 50 on :55 Freestyle
 {1 x 50 on 1:10 Freestyle
 Don't do the 50 ez on round 8
 160 8 x 20 on 3:00 Timed Underwaters-L
 200 1 x 200 on 3:00 Stroke Drills
 7:00 AM 2,410 Yards - Stress Value = 43

Workout #22601 - Wednesday, 31 October 2018

Group 3 - USRPT

Workout #22604 - Wednesday, 31 October 2018

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{2 x 150 on 3:20 Free Kick w/board
 {2 x 125 on 2:45 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,400 1x{1 x 400 on 6:40 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 250 on 4:10 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 150 on 2:30 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,700 Yards - Stress Value = 113

Workout #22607 - Wednesday, 31 October 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 75 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 850 1x{1 x 300 on 8:15 Freestyle
 {3 x 100 on 3:00 Freestyle
 {1 x 150 on 4:10 Freestyle
 {2 x 50 on 1:30 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 91

Workout #22605 - Wednesday, 31 October 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:10 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,300 1x{1 x 300 on 5:30 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 250 on 4:35 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 150 on 2:45 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,500 Yards - Stress Value = 109

Workout #22608 - Thursday, 01 November 2018

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 12:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,800 18 x 100 on 2:01 Beat the Clock EN2
 160 8 x 20 on 3:00 Timed Underwaters-R SP2
 250 1 x 250 on 5:00 Stroke Drills REC
 6:59 AM 2,360 Yards - Stress Value = 58

Workout #22609 - Thursday, 01 November 2018

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 12:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,800 18 x 100 on 2:01 Beat the Clock EN2
 160 8 x 20 on 3:00 Timed Underwaters-R SP2
 250 1 x 250 on 5:00 Stroke Drills REC
 6:59 AM 2,360 Yards - Stress Value = 58

Workout #22606 - Wednesday, 31 October 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{2 x 150 on 4:05 Free Kick w/board
 {2 x 100 on 2:40 Free Kick w/board
 {2 x 75 on 2:00 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,000 1x{1 x 300 on 7:00 Freestyle
 {3 x 100 on 2:30 Freestyle
 {1 x 200 on 4:40 Freestyle
 {2 x 100 on 2:30 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 95

Workout #22610 - Thursday, 01 November 2018

Group 3 - Silver

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 12:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,800 18 x 100 on 2:01 Beat the Clock EN2
 160 8 x 20 on 3:00 Timed Underwaters-R SP2
 250 1 x 250 on 5:00 Stroke Drills REC
 6:59 AM 2,360 Yards - Stress Value = 58

Workout #22611 - Thursday, 01 November 2018

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 AM	Start		
1	on 12:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,350	18 x 75 on 2:01 Beat the Clock	EN2	
160	8 x 20 on 3:00 Timed Underwaters-R	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
6:59 AM	1,910 Yards - Stress Value = 49		

750	30 x 25 on :30 USRPT-100 Back Pace
700	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:55 Stremline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Breat Kick w/board
	{4 x 25 on :30 Kick no board BSLR
1	on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,350 Yards - Stress Value = 95

Workout #22612 - Thursday, 01 November 2018

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 AM	Start		
1	on 12:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,350	18 x 75 on 2:01 Beat the Clock	EN2	
160	8 x 20 on 3:00 Timed Underwaters-R	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
6:59 AM	1,910 Yards - Stress Value = 49		

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
600	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Stremline Kick on Back
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Breat Kick w/board
1	on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,075 Yards - Stress Value = 80

Workout #22613 - Thursday, 01 November 2018

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY	W
5:30 AM	Start		
1	on 12:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,350	18 x 75 on 2:01 Beat the Clock	EN2	
160	8 x 20 on 3:00 Timed Underwaters-R	SP2	
250	1 x 250 on 5:00 Stroke Drills	REC	
6:59 AM	1,910 Yards - Stress Value = 49		

Workout #22617 - Thursday, 01 November 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:15 Stremline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Breat Kick w/board
	{2 x 25 on :40 Kick no board BS
1	on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	1,925 Yards - Stress Value = 78

Workout #22615 - Thursday, 01 November 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
450	1 x 450 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

Workout #22618 - Thursday, 01 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
450	1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:20 Stremline Kick on Back {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:15 Breat Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,800 Yards - Stress Value = 15

Workout #22619 - Thursday, 01 November 2018

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 1:25 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 1:30 Stremline Kick on Back {2 x 25 on 1:00 Kick no board BS
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,600 Yards - Stress Value = 13

Workout #22620 - Thursday, 01 November 2018

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 1:45 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 2:00 Stremline Kick on Back {2 x 25 on 1:00 Kick no board BS
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,475 Yards - Stress Value = 13

Workout #22621 - Friday, 02 November 2018

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
225	1 on 12:00 DS>Showers	REC
200	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	8 x 25 on 3:00 50 Free Pace	SP2
	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
	1 on 5:00 Walking/Jump Rope	REC
100	1 x 100 on 4:00 Your #1 100 OTB	SP1
	1 positive-all written in notebook	
	5:45 PM 2,025 Yards - Stress Value = 187	

Workout #22622 - Friday, 02 November 2018

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 40:00 DS/Dryland	REC	L	DRY	
	4 x 125 on 2:15 SwimUSS	REC	S	FR	1
	50swim 25underwater 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S	BK	5
1,500	1x{8 x 75 on 1:15 Backstroke	EN2	S	BK	1
	{6 x 75 on 1:10 Backstroke	EN2	S	BK	1
	{4 x 75 on 1:05 Backstroke	EN2	S	BK	1
	{2 x 75 on 1:00 Backstroke	EN2	S	BK	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	6:29 PM 2,400 Yards - Stress Value = 36				

Workout #22623 - Friday, 02 November 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 40:00 DS/Dryland	REC	L	DRY	
	4 x 125 on 2:15 SwimUSS	REC	S	FR	1
	50swim 25underwater 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S	BK	5
1,500	1x{8 x 75 on 1:20 Backstroke	EN2	S	BK	1
	{6 x 75 on 1:15 Backstroke	EN2	S	BK	1
	{4 x 75 on 1:10 Backstroke	EN2	S	BK	1
	{2 x 75 on 1:05 Backstroke	EN2	S	BK	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2
	6:30 PM 2,400 Yards - Stress Value = 36				

Workout #22624 - Friday, 02 November 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
400	1 on 40:00 DS/Dryland	REC	L	DRY	
	4 x 100 on 2:15 SwimUSS	REC	S	FR	2
	25swim 25underwater 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S	BK	5
1,200	1x{7 x 75 on 1:35 Backstroke	EN2	S	BK	2
	{6 x 75 on 1:30 Backstroke	EN2	S	BK	2
	{3 x 75 on 1:25 Backstroke	EN2	S	BK	1
200	4 x 50 on 1:15 Stroke Drills	REC	D	CD	2
	6:30 PM 1,950 Yards - Stress Value = 29				

Workout #22625 - Friday, 02 November 2018

8:17 AM 4,950 Yards - Stress Value = 462

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:00 PM	Start				
400	1 on 40:00 DS/Dryland	REC	L	DRY	
	4 x 100 on 2:15 SwimUSS	REC	S	FR	2
	25swim 25underwater 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S	BK	5
1,125	1x{6 x 75 on 1:40 Backstroke	EN2	S	BK	2
	{5 x 75 on 1:35 Backstroke	EN2	S	BK	2
	{4 x 75 on 1:30 Backstroke	EN2	S	BK	2
200	4 x 50 on 1:15 Stroke Drills	REC	D	CD	2
6:29 PM	1,875 Yards - Stress Value = 29				

Workout #22629 - Monday, 05 November 2018

HighSchl - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM	Start		
150	1 on 12:00 DS/Showers		REC
3,000	10 x 15 on :45 Racing Skills-#1 Shooters		SP3
	40 x 75 on 1:05 500 Free Pace		SP2
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters B		SP2
5:40 PM	3,310 Yards - Stress Value = 322		

Workout #22626 - Friday, 02 November 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:00 PM	Start				
300	1 on 40:00 DS/Dryland	REC	L	DRY	
	4 x 75 on 2:15 SwimUSS	REC	S	FR	3
	25swim 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S	BK	5
975	1x{6 x 75 on 1:55 Backstroke	EN2	S	BK	2
	{4 x 75 on 1:50 Backstroke	EN2	S	BK	2
	{3 x 75 on 1:45 Backstroke	EN2	S	BK	2
150	3 x 50 on 1:30 Stroke Drills	REC	D	CD	3
6:30 PM	1,575 Yards - Stress Value = 25				

Workout #22630 - Monday, 05 November 2018

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Sun Yang Free w/Snorkels
950	10 x 15 on :45 Shooters
1x{1 x 200 on 3:40 Breast Kick w/board	
{4 x 25 on :30 Breast Kick on Back-Streamline	
{1 x 200 on 3:45 Breast Kick w/board	
{4 x 25 on :30 Breast Kick on Back-Streamline	
{1 x 200 on 3:50 Breast Kick w/board	
{4 x 25 on :30 Breast Kick on Back-Streamline	
{1 x 50 on 1:00 Breast Kick w/board	
100	1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks	
1,250	1x{5 x 100 on 1:45 Breaststroke
{1 on 1:00 Rest	
{4 x 100 on 1:45 Breaststroke	
{1 on 1:00 Rest	
{3 x 100 on 1:45 Breaststroke	
{1 on 1:00 Rest	
{1 x 50 on 1:00 Breast-100%	
625	25 x 25 on :35 USRPT-100 Breast Pace
1 on 10:00 Relay	
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,925 Yards - Stress Value = 109

Workout #22627 - Friday, 02 November 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	F
5:00 PM	Start				
300	1 on 40:00 DS/Dryland	REC	L	DRY	
	4 x 75 on 2:15 SwimUSS	REC	S	FR	3
	25swim 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S	BK	5
650	1x{6 x 50 on 1:55 Backstroke	EN2	S	BK	3
	{4 x 50 on 1:50 Backstroke	EN2	S	BK	3
	{3 x 50 on 1:45 Backstroke	EN2	S	BK	3
150	3 x 50 on 1:30 Stroke Drills	REC	D	CD	3
6:30 PM	1,250 Yards - Stress Value = 19				

Workout #22628 - Monday, 05 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	F
5:30 AM	Start	
150	1 on 12:00 DS/Showers	F
750	10 x 15 on :45 Racing Skills-Free Shooters	5
	30 x 25 on :30 100 Free Pace	5
1,500	1 on 5:00 Video Evaluations	F
	30 x 50 on :50 200 Fly Pace*	5
	1 on 5:00 Video Evaluations 2 corrections	F
750	30 x 25 on :30 100 Back Pace	5
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :15 Undr Wtr Fly Kck	F
1,500	30 x 50 on :55 200 Breast Pace	5
	1 on 40:00 Transistion to WR/Weights	F

Workout #22631 - Monday, 05 November 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Free w/Snorkels
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:15 Breast Kick w/board
	{ 4 x 25 on :35 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:20 Breast Kick w/board
	{ 4 x 25 on :35 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:25 Breast Kick w/board
	{ 2 x 25 on :35 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:55 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 106

Workout #22632 - Monday, 05 November 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Free w/Snorkels
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:35 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:40 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick on Back-Streamline
	{ 1 x 150 on 3:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{4 x 100 on 2:10 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:10 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 2:10 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 2:10 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 94

Workout #22633 - Monday, 05 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Sun Yang Free w/Snorkels
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:55 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{4 x 100 on 2:25 Breaststroke

	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 92

Workout #22634 - Monday, 05 November 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Sun Yang Free w/Snorkels
150	10 x 15 on :45 Shooters
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{4 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
450	18 x 25 on :50 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 78

Workout #22635 - Monday, 05 November 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
300	1 x 300 on 9:00 Sun Yang Free w/Snorkels
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 4:00 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlin
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlin
	{ 1 x 50 on 2:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{3 x 100 on 4:00 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 4:00 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 3:00 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,275 Yards - Stress Value = 64

Workout #22636 - Tuesday, 06 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	7:00 AM Start			
150	1 on 10:00 DS/Showers	REC	L	DRY
1,250	10 x 15 on :45 Racing Skills-Back Shooters	SP3	D	FR
750	25 x 50 on :50 200 Free Pace*	SP2	S	STK
1,250	1 on 5:00 Video Evaluations 2 corrections	REC	S	FR
750	30 x 25 on :30 100 Fly Pace	SP2	S	FR
1,250	1 on 5:00 Video Evaluations	REC	S	FR
750	25 x 50 on :50 200 Back Pace	SP2	S	FR
750	1 on 10:00 Racing Skills-Timed starts 15m	SP3	D	CD
	30 x 25 on :30 100 Breast Pace	SP2		
	1 on 40:00 Transistion to WR/Weights	REC		
	9:34 AM 4,150 Yards - Stress Value = 406			

Workout #22637 - Tuesday, 06 November 2018

HighSchl - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
400	1 on 20:00 Journals/DS/Showers	REC	L	DRY
150	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
2,700	10 x 15 on :45 RS-#2 Shooters	SP3	S	STK
	3x{1 x 200 on 2:30 Freestyle	EN2	S	FR
	{1 x 200 on 2:25 Freestyle	EN2	S	FR
	{1 x 200 on 2:20 Freestyle	EN2	S	FR
	{1 x 200 on 2:15 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	4:20 PM 3,550 Yards - Stress Value = 54			

Workout #22638 - Tuesday, 06 November 2018

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
400	1 on 20:00 Journals/DS/Showers	REC	L	DRY
150	1 x 400 on 7:00 Top Hat Drill	REC	D	FR
2,400	10 x 15 on :45 RS-#2 Shooters	SP3	S	STK
	3x{1 x 200 on 2:45 Freestyle	EN2	S	FR
	{1 x 200 on 2:40 Freestyle	EN2	S	FR
	{1 x 200 on 2:35 Freestyle	EN2	S	FR
	{1 x 100 on 1:15 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	4:20 PM 3,250 Yards - Stress Value = 48			

Workout #22639 - Tuesday, 06 November 2018

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
350	1 on 20:00 Journals/DS/Showers	REC	L	DRY
150	1 x 350 on 7:00 Top Hat Drill	REC	D	FR
2,250	10 x 15 on :45 RS-#2 Shooters	SP3	S	STK
	3x{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 200 on 2:55 Freestyle	EN2	S	FR
	{1 x 200 on 2:50 Freestyle	EN2	S	FR
	{1 x 50 on :40 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	4:20 PM 3,050 Yards - Stress Value = 45			

Workout #22640 - Tuesday, 06 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
350	1 on 20:00 Journals/DS/Showers	REC	L	DRY
150	1 x 350 on 7:00 Top Hat Drill	REC	D	FR
2,100	10 x 15 on :45 RS-#2 Shooters	SP3	S	STK
	3x{1 x 200 on 3:10 Freestyle	EN2	S	FR
	{1 x 200 on 3:05 Freestyle	EN2	S	FR
	{1 x 200 on 3:00 Freestyle	EN2	S	FR
	{1 x 100 on 2:30 Freestyle	REC	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	4:20 PM 2,900 Yards - Stress Value = 42			

Workout #22641 - Tuesday, 06 November 2018

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
300	1 on 20:00 Journals/DS/Showers	REC	L	DRY
150	1 x 300 on 7:00 Top Hat Drill	REC	D	FR
1,800	10 x 15 on :45 RS-#2 Shooters	SP3	S	STK
	3x{1 x 175 on 3:10 Freestyle	EN2	S	FR
	{1 x 175 on 3:05 Freestyle	EN2	S	FR
	{1 x 175 on 3:00 Freestyle	EN2	S	FR
	{1 x 75 on 2:30 Freestyle	REC	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	4:20 PM 2,550 Yards - Stress Value = 36			

Workout #22642 - Tuesday, 06 November 2018

HighSchl - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	3:00 PM Start			
300	1 on 20:00 Journals/DS/Showers	REC	L	DRY
150	1 x 300 on 7:00 Top Hat Drill	REC	D	FR
1,500	10 x 15 on :45 RS-#2 Shooters	SP3	S	STK
	3x{1 x 150 on 3:10 Freestyle	EN2	S	FR
	{1 x 150 on 3:05 Freestyle	EN2	S	FR
	{1 x 150 on 3:00 Freestyle	EN2	S	FR
	{1 x 50 on 2:30 Freestyle	REC	S	FR
300	6 x 50 on 1:00 Stroke Drills	REC	D	CD
	4:20 PM 2,250 Yards - Stress Value = 33			

Workout #22643 - Tuesday, 06 November 2018

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
1,100	1x{2 x 150 on 2:30 Free Kick w/board
	{2 x 125 on 2:05 Free Kick w/board
	{2 x 100 on 1:40 Free Kick w/board
	{2 x 75 on 1:15 Free Kick w/board
	{4 x 50 on :50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,800	1x{1 x 400 on 5:30 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 300 on 4:05 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 200 on 2:45 Freestyle
	{3 x 100 on 1:20 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,700 Yards - Stress Value = 139

Workout #22644 - Tuesday, 06 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
950	1x{2 x 150 on 2:55 Free Kick w/board
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{2 x 75 on 1:25 Free Kick w/board
	{1 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,650	1x{1 x 400 on 5:40 Freestyle
	{3 x 100 on 1:35 Freestyle
	{1 x 300 on 4:15 Freestyle
	{3 x 100 on 1:35 Freestyle
	{1 x 200 on 2:50 Freestyle
	{3 x 50 on :50 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,350 Yards - Stress Value = 133

Workout #22645 - Tuesday, 06 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
800	1x{2 x 150 on 3:25 Free Kick w/board
	{2 x 125 on 2:50 Free Kick w/board
	{2 x 100 on 2:15 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW

1,400	1x{1 x 250 on 4:05 Freestyle
	{3 x 100 on 1:50 Freestyle
	{1 x 200 on 3:15 Freestyle
	{3 x 100 on 1:50 Freestyle
	{1 x 200 on 3:15 Freestyle
	{3 x 50 on :55 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,775 Yards - Stress Value = 112

Workout #22646 - Tuesday, 06 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
750	1x{2 x 150 on 3:45 Free Kick w/board
	{2 x 125 on 3:05 Free Kick w/board
	{2 x 100 on 2:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,250	1x{1 x 300 on 5:45 Freestyle
	{3 x 100 on 2:00 Freestyle
	{1 x 200 on 3:50 Freestyle
	{3 x 100 on 2:00 Freestyle
	{1 x 150 on 2:50 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 108

Workout #22647 - Tuesday, 06 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
650	1x{2 x 150 on 4:10 Free Kick w/board
	{2 x 100 on 2:45 Free Kick w/board
	{2 x 75 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 250 on 6:15 Freestyle
	{3 x 100 on 2:45 Freestyle
	{1 x 200 on 5:00 Freestyle
	{2 x 100 on 2:45 Freestyle
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 93

Workout #22648 - Tuesday, 06 November 2018

5:30 PM 3,375 Yards - Stress Value = 230

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
300	1 x 300 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
600	1x{2 x 150 on 4:30 Free Kick w/board	
	{2 x 100 on 3:00 Free Kick w/board	
	{2 x 50 on 1:30 Free Kick w/board	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW	
850	1x{1 x 200 on 5:30 Freestyle	
	{3 x 100 on 3:00 Freestyle	
	{1 x 150 on 4:10 Freestyle	
	{2 x 100 on 3:00 Freestyle	
550	22 x 25 on :40 USRPT-100 Free Pace	
	1 on 10:00 Game	
200	1 x 200 on 4:00 Stroke Drills	
	7:29 PM 2,750 Yards - Stress Value = 90	

Workout #22649 - Wednesday, 07 November 2018

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters	
1,400	1x{4 x 125 on 2:00 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{4 x 100 on 1:35 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{4 x 75 on 1:10 Kick on back w/fins	
2,000	40 x 50 on :50 Your #1 200 make 1sub 1	
	5:29 PM 3,550 Yards - Stress Value = 234	

Workout #22650 - Wednesday, 07 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters	
1,325	1x{4 x 125 on 2:15 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{4 x 100 on 1:45 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{3 x 75 on 1:15 Kick on back w/fins	
2,000	40 x 50 on :50 Your #1 200 make 1sub 1	
	5:30 PM 3,475 Yards - Stress Value = 232	

Workout #22651 - Wednesday, 07 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters	
1,225	1x{4 x 125 on 2:20 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{3 x 100 on 1:50 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{3 x 75 on 1:25 Kick on back w/fins	
2,000	40 x 50 on :50 Your #1 200 make 1sub 1	

Workout #22652 - Wednesday, 07 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters	
1,150	1x{4 x 125 on 2:30 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{3 x 100 on 2:00 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{2 x 75 on 1:30 Kick on back w/fins	
2,000	40 x 50 on :50 Your #1 200 make 1sub 1	
	5:29 PM 3,300 Yards - Stress Value = 229	

Workout #22653 - Wednesday, 07 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters	
1,100	1x{4 x 125 on 2:45 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{3 x 100 on 2:10 Kick on back w/fins	
	{2 x 25 on :45 Kick w/fins underwater	
	{2 x 75 on 1:35 Kick on back w/fins	
2,000	40 x 50 on :50 Your #1 200 make 1sub 1	
	5:30 PM 3,250 Yards - Stress Value = 228	

Workout #22654 - Wednesday, 07 November 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	
150	10 x 15 on :45 Racing Skills-IM Shooters	
1,100	1x{4 x 125 on 2:45 Kick on back w/fins	
	{4 x 25 on :45 Kick w/fins underwater	
	{3 x 100 on 2:10 Kick on back w/fins	
	{2 x 25 on :45 Kick w/fins underwater	
	{2 x 75 on 1:35 Kick on back w/fins	
2,000	40 x 50 on :50 Your #1 200 make 1sub 1	
	5:30 PM 3,250 Yards - Stress Value = 228	

Workout #22655 - Wednesday, 07 November 2018

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,250	1x{8 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Streamline Kick on Back
	{8 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back
	{6 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:50 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{8 x 75 on 1:15 Backstroke
	{8 x 75 on 1:10 Backstroke
	{8 x 75 on 1:05 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,750 Yards - Stress Value = 142

Workout #22656 - Wednesday, 07 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,100	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Streamline Kick on Back
	{8 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 2:05 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{8 x 75 on 1:20 Backstroke
	{8 x 75 on 1:15 Backstroke
	{6 x 75 on 1:10 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,325 Yards - Stress Value = 123

Workout #22657 - Wednesday, 07 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
875	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{6 x 25 on :40 Kick no board BSLR
	{3 x 75 on 2:20 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,425	1x{8 x 75 on 1:30 Backstroke
	{6 x 75 on 1:25 Backstroke
	{5 x 75 on 1:20 Backstroke
625	25 x 25 on :35 USRPT 100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 114

Workout #22658 - Wednesday, 07 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:30 Streamline Kick on Back
	{1 x 50 on 1:00 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,275	1x{6 x 75 on 1:40 Backstroke
	{6 x 75 on 1:35 Backstroke
	{5 x 75 on 1:30 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,650 Yards - Stress Value = 106

Workout #22659 - Wednesday, 07 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{4 x 75 on 1:55 Backstroke
	{6 x 75 on 1:50 Backstroke
	{5 x 75 on 1:45 Backstroke
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 45

Workout #22660 - Wednesday, 07 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	REC
300	12 x 25 on :45 Wednesday Warm-up	REC
150	10 x 15 on :45 Shooters	EN2
700	1x{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 3:00 Streamline Kick on Back	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{2 x 100 on 3:00 Streamline Kick on Back	EN2
	{4 x 25 on 1:00 Kick no board BSLR	EN2
	{1 x 100 on 3:00 Streamline Kick on Back	EN2
150	1x{6 x 25 on 1:00 Odds face in sculling drills	EN2
	{ Evens-underwaters, count kicks	EN2
750	1x{4 x 50 on 1:55 Backstroke	EN2
	{6 x 50 on 1:50 Backstroke	EN2
	{5 x 50 on 1:45 Backstroke	EN2
375	15 x 25 on 1:00 USRPT-100 Back Pace	EN2
200	1 x 200 on 4:00 Stroke Drills	EN2
	7:30 PM 2,625 Yards - Stress Value = 35	

150	10 x 15 on :45 Racing Skills #1 Shooters	SP3
2,250	1x{3 x 275 on 3:45 Freestyle	EN2
	{3 x 225 on 3:00 Freestyle	EN2
	{3 x 175 on 2:15 Freestyle	EN2
	{3 x 75 on :55 Freestyle	EN2
120	6 x 20 on 3:00 Timed Underwaters L/R	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:30 PM 3,120 Yards - Stress Value = 62	

Workout #22664 - Thursday, 08 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
350	1 x 350 on 7:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills #1 Shooters	SP3
2,025	1x{3 x 275 on 4:15 Freestyle	EN2
	{3 x 225 on 3:25 Freestyle	EN2
	{3 x 175 on 2:35 Freestyle	EN2
120	6 x 20 on 3:00 Timed Underwaters L/R	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:31 PM 2,845 Yards - Stress Value = 58	

Workout #22661 - Thursday, 08 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Breast Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace*	SP3
	1 on 5:00 Video Evaluations 2 Corrections	REC
750	30 x 25 on :30 100 Free Pace	SP3
	1 on 5:00 Video Evaluations	REC
1,500	30 x 50 on :55 200 Breast Pace	SP3
	1 on 8:00 RS-Underwater Racing	EN2
750	30 x 25 on :30 100 Back Pace	SP3
	1 on 8:00 RS-Starts	REC
	1 on 40:00 Transition to WR/Weights	REC
	8:16 AM 4,150 Yards - Stress Value = 406	

Workout #22665 - Thursday, 08 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
350	1 x 350 on 7:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills #1 Shooters	SP3
1,875	1x{3 x 275 on 4:35 Freestyle	EN2
	{3 x 225 on 3:40 Freestyle	EN2
	{3 x 125 on 2:00 Freestyle	EN2
120	6 x 20 on 3:00 Timed Underwaters L/R	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:31 PM 2,695 Yards - Stress Value = 56	

Workout #22662 - Thursday, 08 November 2018

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
400	1 x 400 on 7:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills #1 Shooters	SP3
2,400	1x{3 x 275 on 3:30 Freestyle	EN2
	{3 x 225 on 2:45 Freestyle	EN2
	{3 x 175 on 2:05 Freestyle	EN2
	{3 x 125 on 1:25 Freestyle	EN2
120	6 x 20 on 3:00 Timed Underwaters L/R	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:30 PM 3,270 Yards - Stress Value = 66	

Workout #22666 - Thursday, 08 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
300	1 x 300 on 7:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills #1 Shooters	SP3
1,575	1x{3 x 225 on 4:15 Freestyle	EN2
	{3 x 175 on 3:15 Freestyle	EN2
	{3 x 125 on 2:15 Freestyle	EN2
120	6 x 20 on 3:00 Timed Underwaters L/R	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:30 PM 2,345 Yards - Stress Value = 50	

Workout #22663 - Thursday, 08 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
400	1 x 400 on 7:00 Underwater trn drill	REC
	Odd 100's free evens back	

Workout #22667 - Thursday, 08 November 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS>Showers	REC
300	1 x 300 on 7:00 Underwater trn drill	REC
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills #1 Shooters	SP3
1,500	1x{3 x 225 on 4:30 Freestyle	EN2
	{3 x 175 on 3:30 Freestyle	EN2
	{3 x 100 on 2:00 Freestyle	EN2
120	6 x 20 on 3:00 Timed Underwaters L/R	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:30 PM 2,270 Yards - Stress Value = 48	

Workout #22668 - Thursday, 08 November 2018

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
600	1 x 600 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Fly Pace	
1,050	1x{5 x 100 on 1:45 Fly Kick w/board	
	{4 x 75 on 1:20 Fly Kick w/board	
	{5 x 50 on :50 Fly Kick w/board	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,850 Yards - Stress Value = 102	

Workout #22669 - Thursday, 08 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
550	1 x 550 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
625	25 x 25 on :35 USRPT-100 Fly Pace	
900	1x{5 x 100 on 2:05 Fly Kick w/board	
	{4 x 75 on 1:35 Fly Kick w/board	
	{2 x 50 on 1:05 Fly Kick w/board	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,525 Yards - Stress Value = 86	

Workout #22670 - Thursday, 08 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
500	1 x 500 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
550	22 x 25 on :40 USRPT-100 Fly Pace	

750	1x{4 x 100 on 2:25 Fly Kick w/board
	{4 x 75 on 1:50 Fly Kick w/board
	{1 x 50 on 1:15 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 76

Workout #22671 - Thursday, 08 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
450	1 x 450 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
550	22 x 25 on :40 USRPT-100 Fly Pace	
700	1x{3 x 100 on 2:40 Fly Kick w/board	
	{4 x 75 on 2:00 Fly Kick w/board	
	{2 x 50 on 1:20 Fly Kick w/board	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,150 Yards - Stress Value = 75	

Workout #22672 - Thursday, 08 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
400	1 x 400 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
500	20 x 25 on :45 USRPT-100 Fly Pace	
600	1x{2 x 100 on 3:00 Fly Kick w/board	
	{4 x 75 on 2:15 Fly Kick w/board	
	{2 x 50 on 1:30 Fly Kick w/board	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:29 PM 1,950 Yards - Stress Value = 68	

Workout #22673 - Thursday, 08 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	
350	1 x 350 on 9:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
375	15 x 25 on 1:00 USRPT-100 Fly Pace	
450	1x{2 x 100 on 4:00 Fly Kick w/board	
	{2 x 75 on 3:00 Fly Kick w/board	
	{2 x 50 on 2:00 Fly Kick w/board	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:29 PM 1,625 Yards - Stress Value = 53	

Workout #22674 - Friday, 09 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:30 AM	Start		
1	on 10:00 DS/Showers	REC	L I
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	D
750	30 x 25 on :30 100 Fly Pace	SP2	S
1	on 5:00 Video Evaluations	REC	S
1,500	30 x 50 on :50 200 Free Pace	SP2	S
1	on 10:00 RS-Fly Kick Relay	EN2	S
750	30 x 25 on :30 100 Breast Pace	SP2	S
1	on 5:00 RS-Timed Free Turns	SP3	S
1,500	30 x 50 on :50 200 Back Pace*	SP2	S
1	on 5:00 Video Evaluations 2 corrections	REC	S
1	on 40:00 Transistion to WR/Weights	REC	S
8:17 AM	4,650 Yards - Stress Value = 456		

Workout #22675 - Friday, 09 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
4:10 PM	Start		
1	on 35:00 Yoga/Shower	REC	L I
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3	D
750	30 x 25 on :30 Your #1 non free pace	SP2	S
1	on 5:00 Video Evaluations	REC	S
750	30 x 25 on :30 100 Free Pace	SP2	S
5:30 PM	1,650 Yards - Stress Value = 156		

Workout #22676 - Friday, 09 November 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,600	8x{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:29 PM	2,450 Yards - Stress Value = 30		

Workout #22677 - Friday, 09 November 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,600	8x{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	Dont do the last 50 of the 8th round		
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:31 PM	2,450 Yards - Stress Value = 30		

Workout #22678 - Friday, 09 November 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		

Yards	Set Description	EGY	WORK
1	on 40:00 DS/Dryland	REC	L I
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	7x{1 x 100 on 1:50 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:30 PM	2,150 Yards - Stress Value = 34		

Workout #22679 - Friday, 09 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	7x{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on :55 Freestyle	EN2	S
	{1 x 50 on 1:05 Freestyle	REC	S
	Don't do the 50's of the 7th round		
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:32 PM	2,150 Yards - Stress Value = 27		

Workout #22680 - Friday, 09 November 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 2:30 Individual Medley	EN2	S
	{1 x 50 on 1:10 Freestyle	EN2	S
	{1 x 50 on 1:30 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:30 PM	1,650 Yards - Stress Value = 21		

Workout #22681 - Friday, 09 November 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
800	4x{1 x 100 on 3:00 Individual Medley	EN2	S
	{1 x 50 on 1:15 Freestyle	EN2	S
	{1 x 50 on 1:45 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:28 PM	1,450 Yards - Stress Value = 18		

Workout #22682 - Saturday, 10 November 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 20:00 Journals/DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#2 Shooters SP3
 1,500 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
 1 on 10:00 Video Evals-2 corrections REC
 for each stroke
 3,000 40 x 75 on 1:05 500 Free Pace SP2
 Make 1 subtract 1
 1 on 10:00 RS-Timed open turns SP3
 200 8 x 25 on 3:00 50 Free Pace OTB SP2
 9:29 AM 4,850 Yards - Stress Value = 476

Workout #22683 - Monday, 12 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description E
 =====
 1 on 12:00 DS/Showers F
 150 10 x 15 on :45 Racing Skills-Free Shooters S
 750 30 x 25 on :30 100 Back Pace S
 1 on 5:00 Video Evaluations F
 1,500 30 x 50 on :50 200 Fly Pace* S
 1 on 5:00 Video Evaluations 2 corrections S
 750 30 x 25 on :30 100 Free Pace S
 300 1x{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
 1,500 30 x 50 on :55 200 Breast Pace S
 1 on 40:00 Transistion to WR/Weights F
 8:16 AM 4,950 Yards - Stress Value = 462

Workout #22684 - Monday, 12 November 2018

HighSchl - USRPT-Distance

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WC
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#1 Shooters SP3
 4,000 40 x 100 on 1:20 1650 Free Pace SP2
 Make 1 subtract 1
 160 8 x 20 on 3:00 Timed Underwaters-S SP2
 5:48 PM 4,310 Yards - Stress Value = 422

Workout #22685 - Monday, 12 November 2018

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on Back
 {6 x 25 on :30 Kick no board BSLR

{2 x 100 on 2:00 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:00 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{8 x 75 on 1:15 Back L.25 11 KOW
 {6 x 75 on 1:10 Back L.25 9 KOW
 {4 x 75 on 1:05 Back L.25 7 KOW
 {3 x 75 on 1:00 Back L.25 5 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 131

Workout #22686 - Monday, 12 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Streamline Kick on Back
 {2 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{8 x 75 on 1:20 Back L.25 11 KOW
 {6 x 75 on 1:15 Back L.25 9 KOW
 {4 x 75 on 1:10 Back L.25 7 KOW
 {2 x 75 on 1:05 Back L.25 5 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 115

Workout #22687 - Monday, 12 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back L.25 9 KOW
 {6 x 75 on 1:30 Back L.25 7 KOW
 {3 x 75 on 1:25 Back L.25 5 KOW
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #22688 - Monday, 12 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{6 x 75 on 1:40 Back L.25 9 KOW
	{5 x 75 on 1:35 Back L.25 7 KOW
	{4 x 75 on 1:30 Back L.25 5 KOW
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,225 Yards - Stress Value = 93

Workout #22689 - Monday, 12 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{6 x 75 on 1:55 Back L.25 7 KOW
	{4 x 75 on 1:50 Back L.25 5 KOW
	{3 x 75 on 1:45 Back L.25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,800 Yards - Stress Value = 37

Workout #22690 - Monday, 12 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{6 x 50 on 1:55 Back L.25 7 KOW
	{4 x 50 on 1:50 Back L.25 5 KOW
	{3 x 50 on 1:45 Back L.25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,375 Yards - Stress Value = 30

Workout #22691 - Tuesday, 13 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Video Evaluations-2 corrections	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Timed start to 15m	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
150	10 x 15 on :45 Spinners/SC Drills	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 40:00 Transistion to WR/Weights	REC
8:16 AM	4,800 Yards - Stress Value = 462	

Workout #22692 - Tuesday, 13 November 2018

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 Journals/DS/Showers
150	10 x 15 on :45 Racing Skills-Your #2 Shooter
3,400	1x{1 x 100 on 1:15 Individual Medley
	{1 x 400 on 5:00 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{2 x 350 on 4:15 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{3 x 300 on 3:35 Freestyle
	{1 x 100 on 1:15 Individual Medley
	{4 x 250 on 2:55 Freestyle
200	1 x 200 on 4:00 200 Free from a push for tin
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	4,000 Yards - Stress Value = 94

Workout #22693 - Tuesday, 13 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 Journals/DS/Showers
150	10 x 15 on :45 Racing Skills-Your #2 Shooter
3,100	1x{1 x 100 on 1:20 Individual Medley
	{1 x 400 on 5:20 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{2 x 350 on 4:35 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{3 x 300 on 3:55 Freestyle
	{1 x 100 on 1:20 Individual Medley
	{4 x 175 on 2:15 Freestyle
200	1 x 200 on 4:00 200 Free from a push for tin
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	3,700 Yards - Stress Value = 88

Workout #22694 - Tuesday, 13 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 20:00 Journals/DS/Showers
 150 10 x 15 on :45 Racing Skills-Your #2 Shooter
 2,800 1x{1 x 100 on 1:30 Individual Medley
 {1 x 400 on 6:00 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {2 x 350 on 5:05 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {3 x 300 on 4:15 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {4 x 100 on 1:25 Freestyle
 200 1 x 200 on 4:00 200 Free from a push for tin
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,400 Yards - Stress Value = 82

Workout #22695 - Tuesday, 13 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 20:00 Journals/DS/Showers
 150 10 x 15 on :45 Racing Skills-Your #2 Shooter
 2,550 1x{1 x 100 on 1:40 Individual Medley
 {1 x 400 on 6:30 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {2 x 350 on 5:40 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {3 x 300 on 4:45 Freestyle
 {1 x 100 on 1:40 Individual Medley
 {1 x 150 on 2:15 Freestyle
 200 1 x 200 on 4:00 200 Free from a push for tin
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 3,150 Yards - Stress Value = 77

Workout #22696 - Tuesday, 13 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 20:00 Journals/DS/Showers
 150 10 x 15 on :45 Racing Skills-Your #2 Shooter
 2,300 1x{1 x 100 on 1:50 Individual Medley
 {1 x 400 on 7:00 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {2 x 350 on 6:05 Freestyle
 {1 x 100 on 1:50 Individual Medley
 {3 x 300 on 5:15 Freestyle
 200 1 x 200 on 4:00 200 Free from a push for tin
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 2,900 Yards - Stress Value = 72

Workout #22697 - Tuesday, 13 November 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 20:00 Journals/DS/Showers
 150 10 x 15 on :45 Racing Skills-Your #2 Shooter
 2,000 1x{1 x 100 on 2:10 Individual Medley
 {1 x 400 on 8:00 Freestyle
 {1 x 100 on 2:10 Individual Medley
 {2 x 300 on 6:00 Freestyle

{1 x 100 on 2:00 Individual Medley
 {3 x 200 on 4:00 Freestyle
 {1 x 100 on 2:00 Individual Medley
 200 1 x 200 on 4:00 200 Free from a push for tin
 250 1 x 250 on 4:00 Stroke Drills
 5:30 PM 2,600 Yards - Stress Value = 66

Workout #22698 - Tuesday, 13 November 2018

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,050 1x{5 x 100 on 1:45 Fly Kick w/board
 {4 x 75 on 1:20 Fly Kick w/board
 {5 x 50 on :50 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {6 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,200 Yards - Stress Value = 125

Workout #22699 - Tuesday, 13 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 900 1x{5 x 100 on 2:05 Fly Kick w/board
 {4 x 75 on 1:35 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on 1:00 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 108

Workout #22700 - Tuesday, 13 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{4 x 100 on 2:25 Fly Kick w/board {4 x 75 on 1:50 Fly Kick w/board {1 x 50 on 1:15 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {2 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {3 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {4 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {5 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {2 x 50 on 1:10 Butterfly
550	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,350 Yards - Stress Value = 94

Workout #22701 - Tuesday, 13 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{3 x 100 on 2:40 Fly Kick w/board {4 x 75 on 2:00 Fly Kick w/board {2 x 50 on 1:20 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{1 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {2 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {3 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {4 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {5 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Butterfly
500	20 x 25 on :45 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 87

Workout #22702 - Tuesday, 13 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 3:00 Fly Kick w/board {4 x 75 on 2:15 Fly Kick w/board {2 x 50 on 1:30 Fly Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {2 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {3 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {4 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {3 x 50 on 1:30 Butterfly
450	18 x 25 on :50 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 77

Workout #22703 - Tuesday, 13 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{2 x 100 on 4:00 Fly Kick w/board {2 x 75 on 3:00 Fly Kick w/board {2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly {3 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {3 x 50 on 2:15 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,225 Yards - Stress Value = 63

Workout #22704 - Wednesday, 14 November 2018

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS>Showers
150	10 x 15 on :45 Racing Skills-IM Shooters
1,350	1x{2 x 125 on 2:15 Kick w/ snorkel L.25 swim fr {2 x 125 on 2:10 Kick w/ snorkel L.25 swim fr {2 x 125 on 2:05 Kick w/ snorkel L.25 swim fr {2 x 100 on 1:45 Kick w/ snorkel L.25 swim fr {2 x 100 on 1:40 Kick w/ snorkel L.25 swim fr {2 x 100 on 1:35 Kick w/ snorkel L.25 swim fr
100	1 x 100 on 3:00 Kick w/ snorkel for time
2,000	40 x 50 on :50 Your #1 200 Pace Make 1 subtract 1
	5:30 PM 3,600 Yards - Stress Value = 235

Workout #22705 - Wednesday, 14 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 1,200 1x{2 x 125 on 2:30 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:25 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:20 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:55 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:50 Kick w/ snorkel L.25 swim fr
 {1 x 50 on :45 Kick w/ snorkel L.25 swim free
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,450 Yards - Stress Value = 232

Workout #22706 - Wednesday, 14 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 1,050 1x{2 x 125 on 2:45 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:40 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:35 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:10 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:05 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:00 Kick w/ snorkel L.25 swim fr
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,300 Yards - Stress Value = 229

Workout #22707 - Wednesday, 14 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 950 1x{2 x 125 on 3:00 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:55 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:50 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:25 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:20 Kick w/ snorkel L.25 swim fr
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,200 Yards - Stress Value = 227

Workout #22708 - Wednesday, 14 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 850 1x{2 x 125 on 3:20 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 3:15 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 2:40 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:35 Kick w/ snorkel L.25 swim fr
 {1 x 50 on 1:15 Kick w/ snorkel L.25 swim free
 100 1 x 100 on 3:00 Kick w/ snorkel for time

2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,100 Yards - Stress Value = 225

Workout #22709 - Wednesday, 14 November 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 650 1x{2 x 100 on 3:20 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 3:15 Kick w/ snorkel L.25 swim fr
 {2 x 75 on 2:40 Kick w/ snorkel L.25 swim free
 {1 x 75 on 2:35 Kick w/ snorkel L.25 swim free
 {1 x 25 on 1:15 Kick w/ snorkel L.25 swim free
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 2,900 Yards - Stress Value = 221

Workout #22710 - Wednesday, 14 November 2018

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:55 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 4:00 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{5 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:40 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 110

Workout #22711 - Wednesday, 14 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:10 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:50 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 3,550 Yards - Stress Value = 106

Workout #22712 - Wednesday, 14 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 650 13 x 50 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 775 1x{1 x 200 on 4:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 175 on 4:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{4 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:00 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,575 Yards - Stress Value = 97

Workout #22713 - Wednesday, 14 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{4 x 100 on 2:15 Breaststroke

{1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 93

Workout #22714 - Wednesday, 14 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{4 x 100 on 2:40 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:40 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:40 Breaststroke
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 78

Workout #22715 - Wednesday, 14 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{3 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,325 Yards - Stress Value = 65

Workout #22716 - Thursday, 15 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	EC
=====	=====	=====
	1 on 10:00 DS/Showers	RF
150	10 x 15 on :45 Racing Skills-Breast Shooters	SI
1,000	40 x 25 on :30 200 Fly Pace	SI
	1 on 8:00 Racing Skills-Tivo Starts	RF
750	30 x 25 on :30 100 Back Pace	SI
	1 on 5:00 Video Evaluations	RF
1,500	30 x 50 on :55 200 Breast Pace*	SI
	1 on 5:00 Video Evaluations 2 corrections	RF
750	30 x 25 on :30 100 Free Pace	SI
	1 on 8:00 RS-Underwater Racing	SI
	1 on 40:00 Transisition to WR/Weights	RF
	8:16 AM 4,150 Yards - Stress Value = 406	

{1 x 175 on 3:00 EZ Free REC
5:30 PM 4,250 Yards - Stress Value = 81

Workout #22720 - Thursday, 15 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooter	SP3
	Desecnd each set of 3	
	#1-5KOW, #2-HB 3SOW #3-SAF L12.5	
3,750	2x{3 x 150 on 2:30 Freestyle	EN2
	{3 x 150 on 2:25 Freestyle	EN2
	{3 x 150 on 2:20 Freestyle	EN2
	{3 x 125 on 1:55 Freestyle	EN2
	{1 x 150 on 3:00 EZ Free	REC
	5:30 PM 3,900 Yards - Stress Value = 75	

Workout #22717 - Thursday, 15 November 2018

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooter	SP3
	Desecnd each set of 3	
	#1-5KOW, #2-HB 3SOW #3-SAF L12.5	
4,900	2x{3 x 150 on 2:00 Freestyle	EN2
	{3 x 150 on 1:55 Freestyle	EN2
	{3 x 150 on 1:50 Freestyle	EN2
	{3 x 150 on 1:45 Freestyle	EN2
	{3 x 150 on 1:40 Freestyle	EN2
	{1 x 200 on 3:00 EZ Free	REC
	5:30 PM 5,050 Yards - Stress Value = 96	

Workout #22721 - Thursday, 15 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooter	SP3
	Desecnd each set of 3	
	#1-5KOW, #2-HB 3SOW #3-SAF L12.5	
3,300	2x{3 x 150 on 2:45 Freestyle	EN2
	{3 x 150 on 2:40 Freestyle	EN2
	{3 x 150 on 2:35 Freestyle	EN2
	{3 x 50 on :50 Freestyle	EN2
	{1 x 150 on 4:00 EZ Free	REC
	5:30 PM 3,450 Yards - Stress Value = 66	

Workout #22718 - Thursday, 15 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooter	SP3
	Desecnd each set of 3	
	#1-5KOW, #2-HB 3SOW #3-SAF L12.5	
4,450	2x{3 x 150 on 2:10 Freestyle	EN2
	{3 x 150 on 2:05 Freestyle	EN2
	{3 x 150 on 2:00 Freestyle	EN2
	{3 x 150 on 1:55 Freestyle	EN2
	{3 x 75 on :55 Freestyle	EN2
	{1 x 200 on 3:00 EZ Free	REC
	5:30 PM 4,600 Yards - Stress Value = 87	

Workout #22722 - Thursday, 15 November 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooter	SP3
	Desecnd each set of 3	
	#1-5KOW, #2-HB 3SOW #3-SAF L12.5	
2,900	2x{3 x 150 on 3:05 Freestyle	EN2
	{3 x 150 on 3:00 Freestyle	EN2
	{3 x 150 on 2:55 Freestyle	EN2
	{1 x 100 on 3:30 EZ Free	REC
	5:30 PM 3,050 Yards - Stress Value = 60	

Workout #22719 - Thursday, 15 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start		
Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooter	SP3
	Desecnd each set of 3	
	#1-5KOW, #2-HB 3SOW #3-SAF L12.5	
4,100	2x{3 x 150 on 2:20 Freestyle	EN2
	{3 x 150 on 2:15 Freestyle	EN2
	{3 x 150 on 2:10 Freestyle	EN2
	{3 x 125 on 1:45 Freestyle	EN2
	{3 x 50 on :40 Freestyle	EN2

Workout #22723 - Thursday, 15 November 2018

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
950	10 x 15 on :45 Shooters
1x{2 x 150 on 2:55 Free Kick w/board	
{2 x 125 on 2:25 Free Kick w/board	
{2 x 100 on 1:55 Free Kick w/board	
{2 x 75 on 1:25 Free Kick w/board	
{1 x 50 on :55 Free Kick w/board	
1 on 26:00 TEACH DAY-Freestyle	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
750 30 x 25 on :30 USRPT-100 Free Pace	
1 on 10:00 Racing Skills-TN turn drills	
200 1 x 200 on 4:00 Stroke Drills	
7:30 PM 2,750 Yards - Stress Value = 100	

Workout #22724 - Thursday, 15 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
900	10 x 15 on :45 Shooters
1x{2 x 150 on 3:05 Free Kick w/board	
{2 x 125 on 2:35 Free Kick w/board	
{2 x 100 on 2:05 Free Kick w/board	
{2 x 75 on 1:35 Free Kick w/board	
1 on 26:00 TEACH DAY-Freestyle	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
750 30 x 25 on :30 USRPT-100 Free Pace	
1 on 10:00 Racing Skills-TN turn drills	
200 1 x 200 on 4:00 Stroke Drills	
7:30 PM 2,650 Yards - Stress Value = 99	

Workout #22725 - Thursday, 15 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
850	10 x 15 on :45 Shooters
1x{2 x 150 on 3:20 Free Kick w/board	
{2 x 125 on 2:45 Free Kick w/board	
{2 x 100 on 2:15 Free Kick w/board	
{2 x 50 on 1:05 Free Kick w/board	
1 on 26:00 TEACH DAY-Freestyle	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
625 25 x 25 on :35 USRPT-100 Free Pace	
1 on 10:00 Racing Skills-TN turn drills	
200 1 x 200 on 4:00 Stroke Drills	
7:30 PM 2,425 Yards - Stress Value = 85	

Workout #22726 - Thursday, 15 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====

1 on 35:00 DS/Dryland	
450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP	
150 10 x 15 on :45 Shooters	
800 1x{2 x 150 on 3:35 Free Kick w/board	
{2 x 125 on 2:55 Free Kick w/board	
{2 x 100 on 2:20 Free Kick w/board	
{1 x 50 on 1:10 Free Kick w/board	
1 on 26:00 TEACH DAY-Freestyle	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
625 25 x 25 on :35 USRPT-100 Free Pace	
1 on 10:00 Racing Skills-TN turn drills	
200 1 x 200 on 4:00 Stroke Drills	
7:30 PM 2,325 Yards - Stress Value = 84	

Workout #22727 - Thursday, 15 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
650	10 x 15 on :45 Shooters
1x{2 x 150 on 4:10 Free Kick w/board	
{2 x 100 on 2:45 Free Kick w/board	
{2 x 75 on 2:15 Free Kick w/board	
1 on 26:00 TEACH DAY-Freestyle	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
550 22 x 25 on :40 USRPT-100 Free Pace	
1 on 10:00 Racing Skills-TN turn drills	
200 1 x 200 on 4:00 Stroke Drills	
7:30 PM 2,000 Yards - Stress Value = 74	

Workout #22728 - Thursday, 15 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
600	10 x 15 on :45 Shooters
1x{2 x 150 on 4:30 Free Kick w/board	
{2 x 100 on 3:00 Free Kick w/board	
{2 x 50 on 1:30 Free Kick w/board	
1 on 26:00 TEACH DAY-Freestyle	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
550 22 x 25 on :40 USRPT-100 Free Pace	
1 on 10:00 Racing Skills-TN turn drills	
200 1 x 200 on 4:00 Stroke Drills	
7:29 PM 1,900 Yards - Stress Value = 73	

Workout #22729 - Friday, 16 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 5:00 Video Evaluations	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 8:00 RS-fly kick relay	SP3	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 5:00 Timed free turnn	SP3	
1,500	30 x 50 on :50 200 Free Pace*	SP2	
	1 on 5:00 Video Evaluations 2 corrections	REC	
	1 on 40:00 Transition to WR/Weights	REC	
	8:15 AM 4,650 Yards - Stress Value = 456		

Workout #22730 - Friday, 16 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	4:10 PM Start		
	1 on 35:00 Yoga/Shower	REC	
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 Your #1 non free pace	SP2	
	1 on 5:00 Video Evaluations	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	5:30 PM 1,650 Yards - Stress Value = 156		

Workout #22731 - Saturday, 17 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3	
1,500	1x{10 x 50 on :55 200 IM Pace	SP2	
	{1 on 1:00 Rest	REC	
	{10 x 50 on :55 200 IM Pace	SP2	
	{1 on 1:00 Rest	REC	
	{10 x 50 on :55 200 IM Pace	SP2	
	1 on 10:00 Video Evals-2 corrections for each stroke	REC	
4,000	40 x 100 on 1:20 1650 Free Pace Make 1 subtract 1	SP2	
	1 on 10:00 RS-Timed open turns	SP3	
200	8 x 25 on 3:00 50 #1 Pace OTB	SP2	
	9:29 AM 5,850 Yards - Stress Value = 576		

Workout #22732 - Monday, 19 November 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
	1 on 10:00 DS/Showers	F	
150	10 x 15 on :45 Racing Skills-Free Shooters	S	
750	30 x 25 on :30 100 Breast Pace	S	
	1 on 5:00 Video Evaluations	F	
750	30 x 25 on :30 100 Back Pace	S	
300	1x{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	
1,500	30 x 50 on :50 200 Fly Pace*	S	
	1 on 8:00 Video Evaluations-2 corrections	F	
1,500	30 x 50 on :50 200 Free Pace	S	
	1 on 40:00 Transistion to WR/Weights	F	
	8:15 AM 4,950 Yards - Stress Value = 462		

Workout #22733 - Monday, 19 November 2018

HighSchl - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
	4:10 PM Start		
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Shooters	SP3	
4,000	40 x 100 on 1:20 Free-hold 1650 pace	SP2	
	If you make 1 you subtract 1 from the total		
160	8 x 20 on 3:00 Timed Underwaters-Alt B/S	SP2	
	5:48 PM 4,310 Yards - Stress Value = 422		

Workout #22734 - Monday, 19 November 2018

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 35:00 DS/Dryland		
450	18 x 25 on :30 Wednesday Warm-up		
	2-12, 4-13, 6-14, 6-15		
150	10 x 15 on :45 Shooters		
1,050	1x{5 x 100 on 1:45 Fly Kick w/board		
	{4 x 75 on 1:20 Fly Kick w/board		
	{5 x 50 on :50 Fly Kick w/board		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,350	1x{1 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{2 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{3 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{4 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{5 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{6 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
750	30 x 25 on :30 USRPT-100 Fly Pace		
	1 on 10:00 Racing Skills-Crossover turns		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 4,050 Yards - Stress Value = 125		

Workout #22735 - Monday, 19 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{5 x 100 on 2:05 Fly Kick w/board
 {4 x 75 on 1:35 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 107

150 10 x 15 on :45 Shooters
 700 1x{3 x 100 on 2:40 Fly Kick w/board
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 86

Workout #22738 - Monday, 19 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 3:00 Fly Kick w/board
 {4 x 75 on 2:15 Fly Kick w/board
 {2 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:25 Butterfly
 {1 x 50 on 1:10 Freestyle
 {1 x 50 on 1:25 Butterfly
 450 18 x 25 on :50 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,800 Yards - Stress Value = 77

Workout #22736 - Monday, 19 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{4 x 100 on 2:25 Fly Kick w/board
 {4 x 75 on 1:50 Fly Kick w/board
 {1 x 50 on 1:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:05 Butterfly
 {1 on :55 Freestyle
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 94

150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 3:00 Fly Kick w/board
 {4 x 75 on 2:15 Fly Kick w/board
 {2 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:25 Butterfly
 {1 x 50 on 1:10 Freestyle
 {1 x 50 on 1:25 Butterfly
 450 18 x 25 on :50 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,800 Yards - Stress Value = 77

Workout #22737 - Monday, 19 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP

Workout #22739 - Monday, 19 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	REC
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP	SP3
150	10 x 15 on :45 Shooters	EN2
450	1x{2 x 100 on 4:00 Fly Kick w/board	EN2
	{2 x 75 on 3:00 Fly Kick w/board	REC
	{2 x 50 on 2:00 Fly Kick w/board	EN2
100	1x{4 x 25 on 1:00 Odds face in sculling drills	REC
	{ Evens-underwaters, count kicks	EN2
600	1x{1 x 50 on 2:15 Butterfly	EN2
	{1 x 50 on 1:30 Freestyle	REC
	{1 x 50 on 1:30 Freestyle	EN2
	{2 x 50 on 2:15 Butterfly	REC
	{3 x 50 on 2:15 Butterfly	EN2
	{1 x 50 on 1:30 Freestyle	REC
	{3 x 50 on 2:15 Butterfly	EN2
375	15 x 25 on 1:00 USRPT-100 Fly Pace	EN2
	1 on 10:00 Relay	REC
200	1 x 200 on 4:00 Stroke Drills	EN2
	7:29 PM 2,225 Yards - Stress Value = 63	

Workout #22740 - Tuesday, 20 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 RS-timed starts to 15m	SP3
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations-2 corrections	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 40:00 Transistion to WR/Weights	REC
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #22741 - Tuesday, 20 November 2018

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
2,100	1x{6 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:10 Freestyle	EN2
160	8 x 20 on 3:00 Time Underwaters-Alt B/S	EN2
	5:24 PM 2,410 Yards - Stress Value = 51	

Workout #22742 - Tuesday, 20 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
2,100	1x{6 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:15 Freestyle	EN2
160	8 x 20 on 3:00 Time Underwaters-Alt B/S	EN2
	5:26 PM 2,410 Yards - Stress Value = 51	

Workout #22743 - Tuesday, 20 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
2,100	1x{6 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:20 Freestyle	EN2
160	8 x 20 on 3:00 Time Underwaters-Alt B/S	EN2
	5:27 PM 2,410 Yards - Stress Value = 51	

Workout #22744 - Tuesday, 20 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
2,100	1x{6 x 100 on 1:25 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:25 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:25 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:25 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:25 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:25 Freestyle	EN2
160	8 x 20 on 3:00 Time Underwaters-Alt B/S	EN2
	5:29 PM 2,410 Yards - Stress Value = 51	

Workout #22745 - Tuesday, 20 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 2,050 1x{6 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Freestyle
 {1 on 1:00 Rest
 {1 x 50 on :45 Freestyle
 160 8 x 20 on 3:00 Time Underwaters-Alt B/S
 5:30 PM 2,360 Yards - Stress Value = 50

Workout #22746 - Tuesday, 20 November 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 1,750 1x{3 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {1 x 50 on :50 Freestyle
 160 8 x 20 on 3:00 Time Underwaters-Alt B/S
 5:30 PM 2,060 Yards - Stress Value = 44

Workout #22747 - Tuesday, 20 November 2018

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Streamline Kick on Back
 {6 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{8 x 75 on 1:15 Back 1st 25 11 KOW
 {6 x 75 on 1:10 Back 1st 25 9 KOW
 {4 x 75 on 1:05 Back 1st.25 7 KOW
 {3 x 75 on 1:00 Back 1st 25 5 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 131

Workout #22748 - Tuesday, 20 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Streamline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 {2 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{8 x 75 on 1:20 Back 1st 25 11 KOW
 {6 x 75 on 1:15 Back 1st 25 9 KOW
 {4 x 75 on 1:10 Back 1st 25 7 KOW
 {2 x 75 on 1:05 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 115

Workout #22749 - Tuesday, 20 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back 1st 25 9 KOW
 {6 x 75 on 1:30 Back 1st.25 7 KOW
 {3 x 75 on 1:25 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #22750 - Tuesday, 20 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{6 x 75 on 1:40 Back 1st 25 9 KOW
	{5 x 75 on 1:35 Back 1st 25 7 KOW
	{4 x 75 on 1:30 Back 1st 25 5 KOW
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,225 Yards - Stress Value = 93

Workout #22751 - Tuesday, 20 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{6 x 75 on 1:55 Back 1st 25 7 KOW
	{4 x 75 on 1:50 Back 1st 25 5 KOW
	{3 x 75 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,800 Yards - Stress Value = 37

Workout #22752 - Tuesday, 20 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{6 x 50 on 1:55 Back 1st 25 7 KOW
	{4 x 50 on 1:50 Back 1st 25 5 KOW
	{3 x 50 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,375 Yards - Stress Value = 30

Workout #22753 - Wednesday, 21 November 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS>Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 5:00 Video Evaluations	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 12:00 RS-Underwater Racing	EN
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 5:00 Video Evaluations 2 corrections	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 40:00 Transition to WR/Weights	RE
9:39 AM	4,150 Yards - Stress Value = 406	

Workout #22754 - Wednesday, 21 November 2018

HighSchl - Kick set day

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 10:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-IM Shooters	S
2,000	1x{1 x 400 on 6:00 Kick snorkels/fins	E
	{2 x 300 on 4:30 Kick snorkel/fins	E
	{3 x 200 on 3:00 Kick snorkel/fins	E
	{4 x 100 on 1:30 Kick/snorkel fins	E
100	1 x 100 on 2:00 Free Kick for time w/board	E
8,000	40 x 200 on :50 Your #1 200 Pace	S
	Make 1 subtract 1	
4:30 PM	10,325 Yards - Stress Value = 851	

Workout #22755 - Wednesday, 21 November 2018

HighSchl - Gold

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 10:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-IM Shooters	S
1,800	1x{1 x 400 on 6:20 Kick snorkels/fins	E
	{2 x 300 on 4:45 Kick snorkel/fins	E
	{3 x 200 on 3:10 Kick snorkel/fins	E
	{2 x 100 on 1:35 Kick/snorkel fins	E
100	1 x 100 on 2:00 Free Kick for time w/board	E
8,000	40 x 200 on :50 Your #1 200 Pace	S
	Make 1 subtract 1	
4:29 PM	10,125 Yards - Stress Value = 847	

Workout #22756 - Wednesday, 21 November 2018

1 minute rest between sets

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,800 1x{1 x 400 on 6:40 Kick snorkels/fins
 {2 x 300 on 5:00 Kick snorkel/fins
 {3 x 200 on 3:20 Kick snorkel/fins
 {2 x 100 on 1:40 Kick/snorkel fins
 100 1 x 100 on 2:00 Free Kick for time w/board
 8,000 40 x 200 on :50 Your #1 200 Pace
 Make 1 subtract 1
 4:30 PM 10,125 Yards - Stress Value = 847

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 1,050 1x{2 x 150 on 2:45 Free Kick w/board
 {2 x 125 on 2:15 Free Kick w/board
 {2 x 100 on 1:45 Free Kick w/board
 {2 x 75 on 1:20 Free Kick w/board
 {3 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,750 1x{1 x 400 on 5:35 Freestyle
 {3 x 100 on 1:25 Freestyle
 {1 x 300 on 4:10 Freestyle
 {3 x 100 on 1:25 Freestyle
 {1 x 250 on 3:30 Freestyle
 {2 x 100 on 1:25 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,450 Yards - Stress Value = 137

Workout #22757 - Wednesday, 21 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,700 1x{1 x 400 on 7:00 Kick snorkels/fins
 {2 x 300 on 5:15 Kick snorkel/fins
 {3 x 200 on 3:30 Kick snorkel/fins
 {1 x 100 on 1:45 Kick/snorkel fins
 100 1 x 100 on 2:00 Free Kick for time w/board
 8,000 40 x 200 on :50 Your #1 200 Pace
 Make 1 subtract 1
 4:30 PM 10,025 Yards - Stress Value = 845

Workout #22761 - Wednesday, 21 November 2018

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 6-16, 3-17
 150 10 x 15 on :45 Shooters
 950 1x{2 x 150 on 2:55 Free Kick w/board
 {2 x 125 on 2:25 Free Kick w/board
 {2 x 100 on 1:55 Free Kick w/board
 {2 x 75 on 1:25 Free Kick w/board
 {1 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,600 1x{1 x 400 on 6:00 Freestyle
 {3 x 100 on 1:35 Freestyle
 {1 x 300 on 4:30 Freestyle
 {3 x 100 on 1:35 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 100 on 1:35 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,125 Yards - Stress Value = 132

Workout #22758 - Wednesday, 21 November 2018

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,600 1x{1 x 400 on 7:20 Kick snorkels/fins
 {2 x 300 on 5:30 Kick snorkel/fins
 {3 x 200 on 3:40 Kick snorkel/fins
 100 1 x 100 on 2:00 Free Kick for time w/board
 8,000 40 x 200 on :50 Your #1 200 Pace
 Make 1 subtract 1
 4:30 PM 9,925 Yards - Stress Value = 843

Workout #22759 - Wednesday, 21 November 2018

HighSchl - Copper

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,500 1x{1 x 400 on 7:40 Kick snorkels/fins
 {2 x 300 on 5:45 Kick snorkel/fins
 {2 x 200 on 3:50 Kick snorkel/fins
 {1 x 100 on 1:55 Kick snorkel/fins
 100 1 x 100 on 2:00 Free Kick for time w/board
 8,000 40 x 200 on :50 Your #1 200 Pace
 Make 1 subtract 1
 4:29 PM 9,825 Yards - Stress Value = 841

Workout #22760 - Wednesday, 21 November 2018

Group 2 - Freestylers

Workout #22762 - Wednesday, 21 November 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-16, 4-17, 3-18
 150 10 x 15 on :45 Shooters
 800 1x{2 x 150 on 3:25 Free Kick w/board
 {2 x 125 on 2:50 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,450 1x{1 x 250 on 4:05 Freestyle
 {3 x 100 on 1:45 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:45 Freestyle
 {1 x 200 on 3:15 Freestyle
 {2 x 100 on 1:45 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,650 Yards - Stress Value = 113

Workout #22763 - Wednesday, 21 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 4-18, 3-19
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,250 1x{1 x 300 on 5:40 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 200 on 3:45 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 150 on 2:50 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 3,400 Yards - Stress Value = 108

Workout #22764 - Wednesday, 21 November 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 1-18, 2-19, 3-20, 4-21
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:10 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 75 on 2:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 250 on 6:15 Freestyle
 {3 x 100 on 2:35 Freestyle

{1 x 200 on 5:00 Freestyle
 {2 x 100 on 2:35 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,900 Yards - Stress Value = 93

Workout #22765 - Wednesday, 21 November 2018

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 1-20, 2-21, 3-22, 4-23
 150 10 x 15 on :45 Shooters
 600 1x{2 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 200 on 5:15 Freestyle
 {3 x 100 on 2:45 Freestyle
 {1 x 150 on 4:00 Freestyle
 {3 x 100 on 2:45 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,850 Yards - Stress Value = 92

Workout #22766 - Friday, 23 November 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WC
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 5:00 Video Evaluations REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 10:00 RS-Fly Kick Relay EN2
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Video Evaluations-2 corrections REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 40:00 Transition to WR/Weights REC
 9:44 AM 4,650 Yards - Stress Value = 456

Workout #22767 - Friday, 23 November 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 35:00 Yoga/Shower REC
 150 10 x 15 on :45 Racing Skills-IM Shooters SP3
 750 30 x 25 on :30 Your #1 non free pace SP2
 1 on 5:00 Video Evaluations REC
 750 30 x 25 on :30 100 Free Pace SP2
 4:20 PM 1,650 Yards - Stress Value = 156

Workout #22768 - Friday, 23 November 2018

Group 2 - Breast

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,300 1x{5 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:35 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,975 Yards - Stress Value = 110

Workout #22769 - Friday, 23 November 2018

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:25 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,725 Yards - Stress Value = 106

Workout #22770 - Friday, 23 November 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline

{1 x 150 on 3:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,100 1x{4 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 1:55 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,400 Yards - Stress Value = 96

Workout #22771 - Friday, 23 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 950 1x{4 x 100 on 2:20 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:05 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,200 Yards - Stress Value = 93

Workout #22772 - Friday, 23 November 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 850 1x{4 x 100 on 2:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:35 Breaststroke
 {1 on 1:00 Rest
 {3 x 50 on 1:15 Breaststroke
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Racin Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:29 AM 2,850 Yards - Stress Value = 79

Workout #22773 - Friday, 23 November 2018

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{3 x 100 on 3:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 3:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:05 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:30 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Finishes
 250 1 x 250 on 4:00 Stroke Drills
 11:29 AM 2,375 Yards - Stress Value = 65

{2 x 100 on 1:30 Mystery Medley
 {1 x 200 on 2:55 Individual Medley
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,350 Yards - Stress Value = 132

Workout #22776 - Saturday, 24 November 2018

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 200 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 3:20 Individual Medley
 {3 x 100 on 1:40 Mystery Medley
 {1 x 200 on 3:15 Individual Medley
 {3 x 100 on 1:40 Mystery Medley
 {1 x 200 on 3:10 Individual Medley
 {3 x 100 on 1:40 Mystery Medley
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,350 Yards - Stress Value = 133

Workout #22774 - Saturday, 24 November 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 20:00 Journals/DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#2 Shooters SP3
 1,500 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
 1 on 10:00 Video Evals-2 corrections REC
 for each stroke
 3,000 40 x 75 on 1:05 1000 Free Pace SP2
 Make 1 subtract 1
 1 on 10:00 RS-Timed open turns SP3
 200 8 x 25 on 3:00 50 Free Pace OTB SP2
 9:29 AM 4,850 Yards - Stress Value = 476

Workout #22777 - Saturday, 24 November 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Breast Kick w/board
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 200 on 3:50 Individual Medley
 {2 x 100 on 1:50 Mystery Medley
 {1 x 200 on 3:45 Individual Medley
 {2 x 100 on 1:50 Mystery Medley
 {1 x 200 on 3:40 Individual Medley
 {3 x 100 on 1:50 Mystery Medley
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,625 Yards - Stress Value = 109

Workout #22775 - Saturday, 24 November 2018

Group 2 - IM'ers

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Free Kick w/board
 {2 x 25 on :30 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{1 x 200 on 3:10 Individual Medley
 {3 x 100 on 1:30 Mystery Medley
 {1 x 200 on 3:05 Individual Medley
 {3 x 100 on 1:30 Mystery Medley
 {1 x 200 on 3:00 Individual Medley

Workout #22778 - Saturday, 24 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:30 Breast Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 4:10 Individual Medley
 {2 x 100 on 2:00 Mystery Medley
 {1 x 200 on 4:05 Individual Medley
 {3 x 100 on 2:00 Mystery Medley
 {1 x 200 on 4:00 Individual Medley
 {1 x 100 on 2:00 Mystery Medley
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,450 Yards - Stress Value = 100

100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 3:00 Individual Medley
 {2 x 100 on 3:00 Mystery Medley
 {1 x 100 on 3:00 Individual Medley
 {2 x 100 on 3:00 Mystery Medley
 {1 x 100 on 3:00 Individual Medley
 {1 x 100 on 3:00 Mystery Medley
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 2,675 Yards - Stress Value = 73

Workout #22781 - Monday, 26 November 2018

HighSchl - USRPT

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 30 x 25 on :30 100 Back Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 6:00 Video Evaluations 2 corrections
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 40:00 Transistion to WR/Weights
 8:15 AM 4,950 Yards - Stress Value = 462

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 30 x 25 on :30 100 Back Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Fly Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 6:00 Video Evaluations 2 corrections
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 40:00 Transistion to WR/Weights
 8:15 AM 4,950 Yards - Stress Value = 462

Workout #22779 - Saturday, 24 November 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:30 Individual Medley
 {2 x 100 on 2:30 Mystery Medley
 {1 x 100 on 2:30 Individual Medley
 {2 x 100 on 2:30 Mystery Medley
 {1 x 100 on 2:30 Individual Medley
 {2 x 100 on 2:30 Mystery Medley
 {1 x 100 on 2:30 Individual Medley
 {2 x 100 on 2:30 Mystery Medley
 {1 x 100 on 2:30 Individual Medley
 475 19 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,025 Yards - Stress Value = 87

Workout #22782 - Monday, 26 November 2018

HighSchl - USRPT-Distance

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#1 Shooters
 4,000 40 x 100 on 1:20 1650 Free Pace
 Make 1 subtract 1
 160 8 x 20 on 3:00 Timed Underwaters-alt B/S
 5:48 PM 4,310 Yards - Stress Value = 422

Workout #22780 - Saturday, 24 November 2018

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 3:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 3:00 Breast Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:20 Free Kick w/board

Workout #22783 - Monday, 26 November 2018

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 150 on 2:45 Free Kick w/board
 {2 x 125 on 2:20 Free Kick w/board
 {2 x 100 on 1:50 Free Kick w/board
 {2 x 75 on 1:25 Free Kick w/board
 {2 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,750 1x{1 x 400 on 5:40 Freestyle
 {3 x 100 on 1:25 Freestyle
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:25 Freestyle
 {1 x 250 on 3:35 Freestyle
 {2 x 100 on 1:20 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,550 Yards - Stress Value = 136

Workout #22784 - Monday, 26 November 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{2 x 150 on 3:00 Free Kick w/board
 {2 x 125 on 2:30 Free Kick w/board
 {2 x 100 on 2:00 Free Kick w/board
 {2 x 75 on 1:30 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,650 1x{1 x 400 on 6:00 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 300 on 4:30 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 150 on 2:15 Freestyle
 {2 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 133

Workout #22785 - Monday, 26 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{2 x 150 on 3:20 Free Kick w/board
 {2 x 125 on 2:45 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {2 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW

1,450 1x{1 x 250 on 4:10 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 3:20 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 3:20 Freestyle
 {2 x 100 on 1:40 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,875 Yards - Stress Value = 114

Workout #22786 - Monday, 26 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{2 x 150 on 3:35 Free Kick w/board
 {2 x 125 on 2:55 Free Kick w/board
 {2 x 100 on 2:20 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,250 1x{1 x 300 on 5:40 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 200 on 3:45 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 150 on 2:50 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,575 Yards - Stress Value = 109

Workout #22787 - Monday, 26 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:10 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 75 on 2:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 250 on 6:15 Freestyle
 {3 x 100 on 2:35 Freestyle
 {1 x 200 on 5:00 Freestyle
 {2 x 100 on 2:35 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 93

Workout #22788 - Monday, 26 November 2018

Group 2 - Copper
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{2 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 200 on 5:15 Freestyle
 {3 x 100 on 2:45 Freestyle
 {1 x 150 on 4:00 Freestyle
 {3 x 100 on 2:45 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 92

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Streamline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 {2 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{8 x 75 on 1:20 Back 1st 25 11 KOW
 {6 x 75 on 1:15 Back 1st 25 9 KOW
 {4 x 75 on 1:10 Back 1st 25 7 KOW
 {2 x 75 on 1:05 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 115

Workout #22792 - Tuesday, 27 November 2018

Group 2 - Silver
1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 5:00 Video Evaluations REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 10:00 Timed Starts to 15M SP3
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Video Evaluations-2corrections REC
 1,500 30 x 50 on :50 200 Fly Pace SP2
 1 on 40:00 Transition to WR/Weights REC
 8:12 AM 4,650 Yards - Stress Value = 456

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back 1st 25 9 KOW
 {6 x 75 on 1:30 Back 1st.25 7 KOW
 {3 x 75 on 1:25 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #22790 - Tuesday, 27 November 2018

Group 2 - Back
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Streamline Kick on Back
 {6 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{8 x 75 on 1:15 Back 1st 25 11 KOW
 {6 x 75 on 1:10 Back 1st 25 9 KOW
 {4 x 75 on 1:05 Back 1st.25 7 KOW
 {3 x 75 on 1:00 Back 1st 25 5 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 131

Workout #22791 - Tuesday, 27 November 2018

Group 2 - Gold
1 minute rest between sets

Workout #22793 - Tuesday, 27 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{6 x 75 on 1:40 Back 1st 25 9 KOW
	{5 x 75 on 1:35 Back 1st 25 7 KOW
	{4 x 75 on 1:30 Back 1st 25 5 KOW
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,225 Yards - Stress Value = 93

Workout #22794 - Tuesday, 27 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{6 x 75 on 1:55 Back 1st 25 7 KOW
	{4 x 75 on 1:50 Back 1st 25 5 KOW
	{3 x 75 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 37

Workout #22795 - Tuesday, 27 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{6 x 50 on 1:55 Back 1st 25 7 KOW
	{4 x 50 on 1:50 Back 1st 25 5 KOW
	{3 x 50 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 30

Workout #22796 - Wednesday, 28 November 2018

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS>Showers	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
2,500	1x{4 x 25 on :20 Kick no board BSLR	EN2
	{4 x 125 on 1:55 Kick	EN2
	{4 x 25 on :20 Kick no board BSLR	EN2
	{4 x 125 on 1:50 Kick	EN2
	{4 x 25 on :20 Kick no board BSLR	EN2
	{4 x 125 on 1:45 Kick	EN2
	{4 x 25 on :20 Kick no board BSLR	EN2
	{4 x 125 on 1:40 Kick	EN2
1,500	{4 x 25 on :20 Kick no board BSLR	EN2
	30 x 50 on :50 Your #1 200 Pace	SP2
	5:31 PM 4,150 Yards - Stress Value = 206	

Workout #22797 - Wednesday, 28 November 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS>Showers	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
2,275	1x{4 x 25 on :25 Kick no board BSLR	EN2
	{4 x 125 on 2:00 Kick	EN2
	{4 x 25 on :25 Kick no board BSLR	EN2
	{4 x 125 on 1:55 Kick	EN2
	{4 x 25 on :25 Kick no board BSLR	EN2
	{4 x 125 on 1:50 Kick	EN2
	{4 x 25 on :25 Kick no board BSLR	EN2
	{3 x 125 on 1:45 Kick	EN2
1,500	30 x 50 on :50 Your #1 200 Pace	SP2
	5:30 PM 3,925 Yards - Stress Value = 202	

Workout #22798 - Wednesday, 28 November 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS>Showers	REC
150	10 x 15 on :45 Racing Skills-IM Shooters	SP3
2,150	1x{4 x 25 on :30 Kick no board BSLR	EN2
	{4 x 125 on 2:05 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR	EN2
	{4 x 125 on 2:00 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR	EN2
	{4 x 125 on 1:55 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR	EN2
	{2 x 125 on 1:50 Kick	EN2
1,500	30 x 50 on :50 Your #1 200 Pace	SP2
	5:31 PM 3,800 Yards - Stress Value = 199	

Workout #22799 - Wednesday, 28 November 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 150 1 on 10:00 DS>Showers
 2,025 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 125 on 1:55 Kick
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:30 PM 3,675 Yards - Stress Value = 196

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 375 1 on 35:00 DS/Dryland
 150 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 6-16, 3-17
 150 10 x 15 on :45 Shooters
 900 1x{5 x 100 on 2:05 Fly Kick w/board
 {4 x 75 on 1:35 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 107

Workout #22800 - Wednesday, 28 November 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 150 1 on 10:00 DS>Showers
 1,675 1x{4 x 25 on :40 Kick no board BSLR
 {4 x 125 on 2:30 Kick
 {4 x 25 on :40 Kick no board BSLR
 {4 x 125 on 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR
 {3 x 125 on 2:20 Kick
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:30 PM 3,325 Yards - Stress Value = 190

Workout #22803 - Wednesday, 28 November 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 325 1 on 35:00 DS/Dryland
 150 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-16, 6-17, 3-17
 750 10 x 15 on :45 Shooters
 100 1x{4 x 100 on 2:25 Fly Kick w/board
 {4 x 75 on 1:50 Fly Kick w/board
 {1 x 50 on 1:15 Fly Kick w/board
 1,150 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 {1 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {5 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:05 Butterfly
 {1 on :55 Freestyle
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 95

Workout #22801 - Wednesday, 28 November 2018

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 450 1 on 35:00 DS/Dryland
 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 1,050 1x{5 x 100 on 1:45 Fly Kick w/board
 {4 x 75 on 1:20 Fly Kick w/board
 {5 x 50 on :50 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 50 on :55 Butterfly
 {1 x 50 on :45 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :55 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :45 Freestyle
 {5 x 50 on :55 Butterfly
 {1 x 50 on :45 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :45 Freestyle
 {3 x 50 on :55 Butterfly
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 126

Workout #22802 - Wednesday, 28 November 2018

Group 2 - Gold

Workout #22804 - Wednesday, 28 November 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-16, 4-17, 4-18, 3-19
 150 10 x 15 on :45 Shooters
 700 1x{3 x 100 on 2:40 Fly Kick w/board
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {5 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:10 Butterfly
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,075 Yards - Stress Value = 88

Workout #22805 - Wednesday, 28 November 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-18, 4-19, 6-20
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 3:00 Fly Kick w/board
 {4 x 75 on 2:15 Fly Kick w/board
 {2 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:25 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:25 Butterfly
 {1 x 50 on 1:10 Freestyle
 {1 x 50 on 1:25 Butterfly
 450 18 x 25 on :50 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 77

Workout #22806 - Wednesday, 28 November 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-20, 4-21, 6-22
 150 10 x 15 on :45 Shooters

450 1x{2 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skill-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,175 Yards - Stress Value = 63

Workout #22807 - Thursday, 29 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 750 30 x 25 on :30 100 Fly Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 RS-Underwater Racing
 1,500 30 x 50 on :55 200 Breast Pace*
 1 on 5:00 Video Evaluations 2 corrections
 1,500 30 x 50 on :50 200 Free Pace
 1 on 40:00 Transistion to WR/Weights
 8:15 AM 4,650 Yards - Stress Value = 456

Workout #22808 - Friday, 30 November 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 750 30 x 25 on :30 100 Breast Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 1 on 10:00 RS-Sculling Drill Relay
 1,000 40 x 25 on :30 200 Fly Pace*
 1 on 5:00 Video Evaluations 2 corrections
 1,500 30 x 50 on :50 200 Back Pace
 1 on 45:00 Transistion to WR/Weights
 8:12 AM 4,150 Yards - Stress Value = 406

Workout #22809 - Friday, 30 November 2018

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 35:00 Yoga/Shower
 150 10 x 15 on :45 Racing Skills-IM Shooters
 750 30 x 25 on :30 Your #1 non free pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 5:30 PM 1,650 Yards - Stress Value = 156

Workout #22810 - Saturday, 24 November 2018

Group 3 - USRPT-Distance

1 minute rest between sets

No workout sets have been created

{1 x 100 on 1:35 4 strokes fly off walls
 {1 x 75 on 1:10 5 strokes fly off walls
 {1 x 50 on :50 6 strokes fly off walls
 {1 x 25 on :30 7 strokes fly off walls
 {1 x 250 on 4:10 Butterfly
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,250 Yards - Stress Value = 130

Workout #22811 - Monday, 03 December 2018

HighSchl - USRPT

1 minute rest between sets

Workout #22814 - Monday, 03 December 2018

Group 2 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 10:00 DS/Showers	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,500	30 x 50 on :50 200 Fly Pace*	S
	1 on 5:00 Video Evaluations-2 corrections	F
1,500	30 x 50 on :50 200 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
750	30 x 25 on :30 100 Breast Pace	S
	1 on 5:00 Video Evaluations	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Racing Skills-Partner Starts	F
	1 on 35:00 Transistion to WR/Weights	F
	8:15 AM 4,950 Yards - Stress Value = 462	

Workout #22812 - Monday, 03 December 2018

HighSchl - USRPT-Distance

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
3,000	40 x 75 on 1:05 500 Free Pace	SP2	
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters-alt B/S	SP2	
	5:38 PM 3,310 Yards - Stress Value = 322		

Workout #22813 - Monday, 03 December 2018

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:50 Fly Kick w/board
	{6 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:45 Fly Kick w/board
	{6 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{1 x 100 on 1:35 2 strokes fly off walls
	{1 x 75 on 1:10 3 strokes fly off walls
	{1 x 50 on :50 4 strokes fly off walls
	{1 x 25 on :30 5 strokes fly off walls
	{1 x 250 on 4:20 Butterfly
	{1 x 100 on 1:35 3 strokes fly off walls
	{1 x 75 on 1:10 4 strokes fly off walls
	{1 x 50 on :50 5 stokes fly off walls
	{1 x 25 on :30 6 strokes fly off walls
	{1 x 250 on 4:15 Butterfly

Yards	Set Description
=====	=====
	5:15 PM Start
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:05 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:55 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{1 x 100 on 1:40 2 strokes fly off walls
	{1 x 75 on 1:15 3 strokes fly off walls
	{1 x 50 on :55 4 strokes fly off walls
	{1 x 25 on :35 5 strokes fly off walls
	{1 x 200 on 4:00 Butterfly
	{1 x 100 on 1:40 3 strokes fly off walls
	{1 x 75 on 1:15 4 strokes fly off walls
	{1 x 50 on :55 5 stokes fly off walls
	{1 x 25 on :35 6 strokes fly off walls
	{1 x 200 on 3:55 Butterfly
	{1 x 100 on 1:40 4 strokes fly off walls
	{1 x 75 on 1:15 5 strokes fly off walls
	{1 x 50 on :55 6 strokes fly off walls
	{1 x 25 on :35 7 strokes fly off walls
	{1 x 200 on 3:50 Butterfly
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,875 Yards - Stress Value = 113

Workout #22815 - Monday, 03 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 750 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:40 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 1:55 2 strokes fly off walls
 {1 x 75 on 1:25 3 strokes fly off walls
 {1 x 50 on 1:00 4 strokes fly off walls
 {1 x 25 on :40 5 strokes fly off walls
 {1 x 150 on 3:30 Butterfly
 {1 x 100 on 1:55 3 strokes fly off walls
 {1 x 75 on 1:25 4 strokes fly off walls
 {1 x 50 on 1:00 5 strokes fly off walls
 {1 x 25 on :40 6 strokes fly off walls
 {1 x 150 on 3:25 Butterfly
 {1 x 100 on 1:55 4 strokes fly off walls
 {1 x 75 on 1:25 5 strokes fly off walls
 {1 x 50 on 1:00 6 strokes fly off walls
 {1 x 25 on :40 7 strokes fly off walls
 {1 x 100 on 2:15 Butterfly
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,475 Yards - Stress Value = 106

Workout #22817 - Monday, 03 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 150 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 650 10 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 5:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 100 on 2:30 2 strokes fly off walls
 {1 x 75 on 1:50 3 strokes fly off walls
 {1 x 50 on 1:15 4 strokes fly off walls
 {1 x 25 on :50 5 strokes fly off walls
 {1 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 3 strokes fly off walls
 {1 x 75 on 1:50 4 strokes fly off walls
 {1 x 50 on 1:15 5 strokes fly off walls
 {1 x 25 on :50 6 strokes fly off walls
 {1 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 4 strokes fly off walls
 {1 x 75 on 1:50 5 strokes fly off walls
 {1 x 50 on 1:15 6 strokes fly off walls
 {1 x 25 on :50 7 strokes fly off walls
 450 18 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 83

Workout #22816 - Monday, 03 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 450 1 on 35:00 DS/Dryland
 150 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 750 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:55 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:50 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 2:05 2 strokes fly off walls
 {1 x 75 on 1:35 3 strokes fly off walls
 {1 x 50 on 1:05 4 strokes fly off walls
 {1 x 25 on :45 5 strokes fly off walls
 {1 x 150 on 3:45 Butterfly
 {1 x 100 on 2:05 3 strokes fly off walls
 {1 x 75 on 1:35 4 strokes fly off walls
 {1 x 50 on 1:05 5 strokes fly off walls
 {1 x 25 on :45 6 strokes fly off walls
 {1 x 150 on 3:40 Butterfly
 {1 x 100 on 2:05 4 strokes fly off walls
 {1 x 75 on 1:35 5 strokes fly off walls
 {1 x 50 on 1:05 6 strokes fly off walls
 {1 x 25 on :45 7 strokes fly off walls
 {1 x 50 on 1:00 Butterfly
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 98

Workout #22818 - Monday, 03 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 150 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 500 10 x 15 on :45 Shooters
 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:30 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:30 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 3:30 2 strokes fly off walls
 {1 x 75 on 2:35 3 strokes fly off walls
 {1 x 50 on 1:45 4 strokes fly off walls
 {1 x 25 on 1:00 5 strokes fly off walls
 {1 x 50 on 2:00 Butterfly
 {1 x 100 on 3:30 3 strokes fly off walls
 {1 x 75 on 2:35 4 strokes fly off walls
 {1 x 50 on 1:45 5 strokes fly off walls
 {1 x 25 on 1:00 6 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,325 Yards - Stress Value = 67

Workout #22819 - Tuesday, 04 December 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
150	1 on 10:00 DS/Showers	REC
1,500	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Breast Pace*	SP2
1,500	1 on 5:00 Video Evaluations 2 corrections	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
750	1 on 10:00 Racing Skills-Relay Starts	EN2
750	30 x 25 on :30 100 Fly Pace	SP2
750	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 40:00 Transistion to WR/Weights	REC
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #22820 - Tuesday, 04 December 2018

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Sun Yang Free w/snorkels
950	10 x 15 on :45 Shooters
1,475	1x{6 x 25 on :30 Kick no board B
	{ 3 x 50 on :55 Kick 1fly lbrst 1 free
	{ 6 x 25 on :30 Kick no board S
	{ 3 x 50 on :55 Kick 1fly lbrst 1 free
	{ 6 x 25 on :30 Kick no board L
	{ 3 x 50 on :55 Kick 1fly lbrst 1 free
	{ 2 x 25 on :30 Kick no board R
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,475	1x{1 x 200 on 3:10 Individual Medley
	{ 5 x 25 on :30 Fly
	{ 1 x 100 on 1:35 Reverse IM
	{ 1 x 200 on 3:05 Individual Medley
	{ 5 x 25 on :30 Backstroke
	{ 1 x 100 on 1:35 Reverse IM
	{ 1 x 200 on 3:00 Individual Medley
	{ 5 x 25 on :30 Breaststroke
	{ 1 x 100 on 1:35 Reverse IM
750	1 x 200 on 2:55 Individual Medley
750	30 x 25 on :30 USRPT 100 Free Pace
200	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,225 Yards - Stress Value = 128

Workout #22821 - Tuesday, 04 December 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Sun Yang Free w/snorkels
850	10 x 15 on :45 Shooters
1,450	1x{6 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:00 Kick 1fly lbrst 1 free
	{ 6 x 25 on :35 Kick no board S
	{ 3 x 50 on 1:00 Kick 1fly lbrst 1 free
	{ 4 x 25 on :35 Kick no board 2L2R
	{ 3 x 50 on 1:00 Kick 1fly lbrst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 200 on 3:20 Individual Medley
	{ 4 x 25 on :30 Fly
	{ 1 x 100 on 1:30 Reverse IM
	{ 1 x 200 on 3:15 Individual Medley

	{4 x 25 on :30 Backstroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 Breaststroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:05 Individual Medley
	{2 x 25 on :30 Freestyle
750	30 x 25 on :30 USRPT 100 Free Pace
200	1 on 10:00 Racing Skills-Bucket Turns
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 127

Workout #22822 - Tuesday, 04 December 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:10 Kick 1fly lbrst 1 free
	{ 4 x 25 on :40 Kick no board S
	{ 3 x 50 on 1:10 Kick 1fly lbrst 1 free
	{ 4 x 25 on :40 Kick no board 2L2R
	{ 3 x 50 on 1:10 Kick 1fly lbrst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 4:00 Individual Medley
	{ 4 x 25 on :35 Fly
	{ 1 x 100 on 1:50 Reverse IM
	{ 1 x 200 on 3:55 Individual Medley
	{ 4 x 25 on :35 Backstroke
	{ 1 x 100 on 1:50 Reverse IM
	{ 1 x 200 on 3:50 Individual Medley
	{ 4 x 25 on :35 Breaststroke
	{ 1 x 100 on 1:50 Reverse IM
625	25 x 25 on :35 USRPT 100 Free Pace
200	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 107

Workout #22823 - Tuesday, 04 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {4 x 25 on :40 Kick no board S
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {4 x 25 on :40 Kick no board 2L2R
 {2 x 50 on 1:15 Kick 1fly 1brst
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 4:15 Individual Medley
 {4 x 25 on :35 Fly
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:10 Individual Medley
 {4 x 25 on :35 Backstroke
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:05 Individual Medley
 {2 x 25 on :35 Breaststroke
 {1 x 100 on 2:00 Reverse IM
 550 22 x 25 on :40 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,300 Yards - Stress Value = 98

Workout #22824 - Tuesday, 04 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {4 x 25 on :45 Kick no board S
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {4 x 25 on :45 Kick no board 2L2R
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 200 on 5:00 Individual Medley
 {4 x 25 on :45 2 Fly 2 Back
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 5:00 Individual Medley
 {4 x 25 on :45 2 Breast 2 Free
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 4:00 Individual Medley
 500 20 x 25 on :45 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 88

Workout #22825 - Tuesday, 04 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on 1:00 Kick no board B
 {2 x 50 on 2:00 Kick 1fly 1brst
 {4 x 25 on 1:00 Kick no board S
 {2 x 50 on 2:00 Kick 1 brst 1 free

{2 x 25 on 1:00 Kick no board 1L1R
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 200 on 6:00 Individual Medley
 {2 x 25 on :45 1 Fly 1 Back
 {1 x 100 on 3:00 Reverse IM
 {1 x 200 on 6:00 Individual Medley
 {2 x 25 on :45 1 Breast 1 Free
 {1 x 100 on 3:00 Reverse IM
 {1 x 150 on 4:00 Individual Medley no free
 1,500 15 x 100 on 1:00 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,600 Yards - Stress Value = 182

Workout #22826 - Wednesday, 05 December 2018

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills IM Shooters
 1,750 1x{1 x 250 on 4:30 Kick w/ snorkel
 {3 x 50 on :45 Kick w/ snorkel-descend
 {1 x 250 on 4:25 Kick w/ snorkel
 {3 x 50 on :50 Kick w/ snorkel-descend
 {1 x 250 on 4:20 Kick w/ snorkel
 {3 x 50 on :55 Kick w/ snorkel-descend
 {1 x 250 on 4:15 Kick w/ snorkel
 {1 x 50 on 1:00 Kick w/ snorkel-FAST
 {1 x 250 on 4:10 Alt 25 kick w/snrkl &25free
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:30 PM 3,475 Yards - Stress Value = 194

Workout #22827 - Wednesday, 05 December 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills IM Shooters
 1,650 1x{1 x 250 on 4:50 Kick w/ snorkel
 {3 x 50 on :50 Kick w/ snorkel-descend
 {1 x 250 on 4:45 Kick w/ snorkel
 {3 x 50 on :55 Kick w/ snorkel-descend
 {1 x 250 on 4:40 Kick w/ snorkel
 {3 x 50 on 1:00 Kick w/ snorkel-descend
 {1 x 150 on 2:45 Kick w/ snorkel
 {1 x 50 on 1:05 Kick w/ snorkel-FAST
 {1 x 250 on 4:30 Alt 25 kick w/snrkl &25free
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:30 PM 3,375 Yards - Stress Value = 192

Workout #22828 - Wednesday, 05 December 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills IM Shooters
 1,450 1x{1 x 250 on 5:15 Kick w/ snorkel
 {3 x 50 on 1:00 Kick w/ snorkel-descend
 {1 x 250 on 5:10 Kick w/ snorkel
 {3 x 50 on 1:05 Kick w/ snorkel-descend
 {1 x 250 on 5:05 Kick w/ snorkel
 {3 x 50 on 1:10 Kick w/ snorkel-descend
 {1 x 250 on 5:00 Alt 25 kick w/snrkl &25free
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:30 PM 3,175 Yards - Stress Value = 188

Workout #22829 - Wednesday, 05 December 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills IM Shooters
 1,350 1x{1 x 250 on 5:30 Kick w/ snorkel
 {3 x 50 on 1:05 Kick w/ snorkel-descend
 {1 x 250 on 5:25 Kick w/ snorkel
 {3 x 50 on 1:10 Kick w/ snorkel-descend
 {1 x 250 on 5:20 Kick w/ snorkel
 {1 x 50 on 1:15 Kick w/ snorkel-FAST
 {1 x 250 on 5:15 Alt 25 kick w/snrkl &25free
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:29 PM 3,075 Yards - Stress Value = 186

Workout #22830 - Wednesday, 05 December 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills IM Shooters
 1,250 1x{1 x 200 on 4:40 Kick w/ snorkel
 {3 x 50 on 1:10 Kick w/ snorkel-descend
 {1 x 200 on 4:35 Kick w/ snorkel
 {3 x 50 on 1:15 Kick w/ snorkel-descend
 {1 x 200 on 4:30 Kick w/ snorkel
 {3 x 50 on 1:20 Kick w/ snorkel-descend
 {1 x 200 on 5:00 Alt 25 kick w/snrkl &25free
 1,500 30 x 50 on :50 Your #1 200 Pace
 5:29 PM 2,975 Yards - Stress Value = 184

Workout #22831 - Wednesday, 05 December 2018

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-14, 6-16, 6-18
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side

{1 x 100 on 1:50 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{5 x 125 on 1:55 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {4 x 100 on 1:30 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {3 x 75 on 1:05 Back alt 25's 10KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 133

Workout #22832 - Wednesday, 05 December 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-16, 6-18, 3-20
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{5 x 125 on 2:05 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {4 x 100 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :50 Back-descend
 {1 x 75 on 1:15 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 115

Workout #22833 - Wednesday, 05 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-17, 6-19, 1-21
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{5 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {4 x 100 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 110

Workout #22834 - Wednesday, 05 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-17, 6-19, 1-21
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:25 Streamline Kick on back
 {1 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:25 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 {4 x 50 on 1:05 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,275 Yards - Stress Value = 105

Workout #22835 - Wednesday, 05 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-18, 4-20, 6-22
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:45 Streamline Kick on back
 {1 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 925 1x{3 x 50 on 1:20 Back-descend
 {4 x 100 on 2:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {3 x 75 on 2:00 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 99

Workout #22836 - Wednesday, 05 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-20, 4-22, 6-24
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 775 1x{3 x 50 on 1:30 Back-descend
 {4 x 100 on 3:00 Back alt 25's 10KOW

{3 x 50 on 1:30 Back-descend
 {1 x 75 on 2:20 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 2,750 Yards - Stress Value = 96

Workout #22837 - Thursday, 06 December 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 6:00 Video Evaluations-2 corrections
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 10:00 RS-Underwater Racing
 750 30 x 25 on :30 100 Back Pace
 1 on 12:00 RS-Relay Starts
 750 30 x 25 on :30 100 Breast Pace
 1 on 40:00 Transition to WR/Weights
 8:15 AM 4,150 Yards - Stress Value = 406

Workout #22838 - Thursday, 06 December 2018

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#1 Shooters
 2,750 1x{1 x 400 on 5:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 400 on 4:50 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 400 on 4:40 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 400 on 4:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 1:00 Freestyle
 {1 x 400 on 4:20 Freestyle
 {1 x 100 on 1:30 Freestyle
 {1 x 50 on 1:00 Freestyle
 160 8 x 20 on 3:00 Timed Underwaters L/R
 5:30 PM 3,060 Yards - Stress Value = 92

Workout #22839 - Thursday, 06 December 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS>Showers REC
 150 10 x 15 on :45 Racing Skills-#1 Shooters SP3
 2,550 1x{1 x 400 on 5:30 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:20 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:10 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:00 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 200 on 2:30 Freestyle EN2
 {1 x 100 on 1:30 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 160 8 x 20 on 3:00 Timed Underwaters L/R SP2
 5:30 PM 2,860 Yards - Stress Value = 88

Workout #22840 - Thursday, 06 December 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS>Showers REC
 150 10 x 15 on :45 Racing Skills-#1 Shooters SP3
 2,300 1x{1 x 400 on 6:00 Freestyle EN2
 {1 x 100 on 1:40 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:50 Freestyle EN2
 {1 x 100 on 1:40 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:40 Freestyle EN2
 {1 x 100 on 1:40 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 400 on 5:30 Freestyle EN2
 {1 x 100 on 1:40 Freestyle EN3
 {1 x 50 on 1:00 Freestyle REC
 {1 x 100 on 1:40 Freestyle EN2
 160 8 x 20 on 3:00 Timed Underwaters L/R SP2
 5:30 PM 2,610 Yards - Stress Value = 80

Workout #22841 - Thursday, 06 December 2018

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS>Showers REC
 150 10 x 15 on :45 Racing Skills-#1 Shooters SP3
 2,150 1x{1 x 400 on 6:30 Freestyle EN2
 {1 x 100 on 1:45 Freestyle EN3
 {1 x 50 on 1:15 Freestyle REC
 {1 x 400 on 6:20 Freestyle EN2
 {1 x 100 on 1:45 Freestyle EN3
 {1 x 50 on 1:15 Freestyle REC
 {1 x 400 on 6:10 Freestyle EN2
 {1 x 100 on 1:45 Freestyle EN3
 {1 x 50 on 1:15 Freestyle REC
 {1 x 400 on 6:00 Freestyle EN2
 {1 x 100 on 1:45 Freestyle EN3
 160 8 x 20 on 3:00 Timed Underwaters L/R SP2
 5:30 PM 2,460 Yards - Stress Value = 78

Workout #22842 - Thursday, 06 December 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS>Showers REC
 150 10 x 15 on :45 Racing Skills-#1 Shooters SP3
 1,950 1x{1 x 400 on 7:00 Freestyle EN2
 {1 x 100 on 2:00 Freestyle EN3
 {1 x 50 on 1:15 Freestyle REC
 {1 x 400 on 6:55 Freestyle EN2
 {1 x 100 on 2:00 Freestyle EN3
 {1 x 50 on 1:15 Freestyle REC
 {1 x 400 on 6:50 Freestyle EN2
 {1 x 100 on 2:00 Freestyle EN3
 {1 x 50 on 1:15 Freestyle REC
 {1 x 300 on 5:00 Freestyle EN2
 160 8 x 20 on 3:00 Timed Underwaters L/R SP2
 5:30 PM 2,260 Yards - Stress Value = 70

Workout #22843 - Thursday, 06 December 2018

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Dryland REC
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters SP3
 900 1x{1 x 200 on 3:45 Breast Kick w/board EN2
 {4 x 25 on :40 Breast Kick-streamline on back EN3
 {2 x 175 on 3:15 Breast Kick w/board REC
 {4 x 25 on :40 Breast Kick-streamline on back EN2
 {2 x 75 on 1:20 Breast Kick w/board EN3
 1 on 26:00 TEACH DAY-Breaststroke REC
 100 1x{4 x 25 on 1:00 Odds face in sculling drills EN2
 { Evens-underwaters, count kicks EN3
 625 25 x 25 on :35 USRPT-100 Breast Pace REC
 1 on 10:00 Racing Skills-Breast Starts EN2
 200 1 x 200 on 4:00 Stroke Drills EN3
 7:30 PM 2,575 Yards - Stress Value = 86

Workout #22844 - Thursday, 06 December 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Dryland REC
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters SP3
 850 1x{1 x 200 on 4:00 Breast Kick w/board EN2
 {4 x 25 on :40 Breast Kick-streamline on back EN3
 {2 x 175 on 3:30 Breast Kick w/board REC
 {4 x 25 on :40 Breast Kick-streamline on back EN2
 {1 x 100 on 2:00 Breast Kick w/board EN3
 1 on 26:00 TEACH DAY-Breaststroke REC
 100 1x{4 x 25 on 1:00 Odds face in sculling drills EN2
 { Evens-underwaters, count kicks EN3
 625 25 x 25 on :35 USRPT-100 Breast Pace REC
 1 on 10:00 Racing Skills-Breast Starts EN2
 200 1 x 200 on 4:00 Stroke Drills EN3
 7:30 PM 2,475 Yards - Stress Value = 85

Workout #22845 - Thursday, 06 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Shooters
100	1x{1 x 150 on 3:30 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick-streamline on back
	{ 2 x 175 on 4:05 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick-streamline on back
	{ 1 x 50 on 1:10 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Breast Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 76

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
100	1x{1 x 100 on 3:00 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 2 x 150 on 4:30 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 1 x 100 on 3:00 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Breast Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,775 Yards - Stress Value = 56

Workout #22849 - Friday, 07 December 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY W
150	1 on 10:00 DS/Showers	REC
1,500	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
	30 x 50 on :50 200 Back Pace*	SP2
1,500	1 on 5:00 Video Evaluations-2 corrections	REC
	30 x 50 on :55 200 Breast Pace	SP2
750	1 on 10:00 RS-Fly Kick Relay	EN2
	30 x 25 on :30 100 Free Pace	SP2
750	1 on 5:00 Video Evaluations	REC
	30 x 25 on :30 100 Fly Pace	SP2
	1 on 40:00 Transistion to WR/Weights	REC
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #22850 - Friday, 07 December 2018

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY WC
150	1 on 35:00 Yoga/Shower	REC
750	10 x 15 on :45 Racing Skills-IM Shooters	SP3
	30 x 25 on :30 Your #1 non free pace	SP2
750	1 on 5:00 Video Evaluations	REC
	30 x 25 on :30 100 Free Pace	SP2
	5:30 PM 1,650 Yards - Stress Value = 156	

Workout #22851 - Friday, 07 December 2018

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
100	1x{1 x 100 on 2:45 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 2 x 150 on 4:05 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 1 x 100 on 2:45 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Breast Starts
	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,900 Yards - Stress Value = 63
500	1 on 40:00 DS/Dryland
150	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
100	10 x 15 on :45 Shooters
1,800	1x{1 x 100 on 1:30 Free L.25 6BK
	{ 1 x 100 on 1:30 Free L.25 2 breaths
	{ 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:25 Free L.25 6BK
	{ 2 x 100 on 1:25 Free L.25 2 breaths
	{ 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{ 3 x 100 on 1:20 Free L.25 6bk
	{ 3 x 100 on 1:20 Free L.25 2 breaths
	{ 3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,700 Yards - Stress Value = 42

Workout #22848 - Thursday, 06 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Workout #22852 - Friday, 07 December 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 40:00 DS/Dryland
	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 1:40 Free L.25 6BK
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:35 Free L.25 6BK
	{2 x 100 on 1:35 Free L.25 2 breaths
	{2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:30 Free L.25 6bk
	{2 x 100 on 1:30 Free L.25 2 breaths
	{2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,500 Yards - Stress Value = 38

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:25 Free L.25 6BK
	{2 x 100 on 2:25 Free L.25 2 breaths
	{2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:10 Free L.25 6bk
	{1 x 50 on 1:10 Free L.25 2 breaths
	{1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 1,850 Yards - Stress Value = 27

Workout #22856 - Friday, 07 December 2018

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 1,600 Yards - Stress Value = 22

Workout #22857 - Saturday, 08 December 2018

HighSchl - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,200 Yards - Stress Value = 34

7:00 AM Start

Yards	Set Description	EGY
150	1 on 10:00 DS>Showers	REC
1,500	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
	1x{10 x 50 on :55 200 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 200 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 200 IM Pace	SP2
	1 on 10:00 Video Evals-2 corrections	REC
	for each stroke	
4,000	40 x 100 on 1:20 1650 Free Pace	SP2
	Make 1 subtract 1	
150	1 on 10:00 RS-Timed open turns	SP3
200	8 x 25 on 3:00 50 Free Pace OTB	SP2
	9:29 AM 5,850 Yards - Stress Value = 576	

Workout #22855 - Friday, 07 December 2018

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Workout #22858 - Monday, 10 December 2018

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
150	1 on 10:00 DS/Showers	RE
1,500	10 x 15 on :45 Shooters	SE
1,500	30 x 50 on :50 200 Back Pace*	SE
1,500	1 on 5:00 Video Evaluations 2 corrections	RE
300	30 x 50 on :50 200 Fly Pace	SE
1x{8	15 on :25 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{6 x 15 on :20 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{4 x 15 on :15 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{2 x 15 on :10 Undr Wtr Fly Kck	EN
750	30 x 25 on :30 100 Free Pace	SE
	1 on 5:00 Video Evaluations	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 3:00 RS-Relay Starts	EN
	1 on 4:00 Transition to WR/Weights	RE
8:15 AM 4,950 Yards - Stress Value = 462		

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
900	10 x 15 on :45 Shooters
1x{1	x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{2 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{3 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,425	1x{5 x 125 on 2:05 Back alt 25's 10KOW
	{3 x 50 on :55 Back-descend
	{4 x 100 on 1:40 Back alt 25's 10KOW
	{2 x 50 on :55 Back-descend
	{2 x 75 on 1:15 Back alt 25's 10KOW
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,950 Yards - Stress Value = 114	

Workout #22862 - Monday, 10 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
4:10 PM	Start		
150	1 on 10:00 DS/Showers	REC	
4,000	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	40 x 100 on 1:20 1650 Free Pace	SP2	
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters-alt B/S	SP2	
5:48 PM 4,310 Yards - Stress Value = 422			

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
800	10 x 15 on :45 Shooters
1x{1	x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{3 x 100 on 2:15 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,275	1x{5 x 125 on 2:20 Back alt 25's 10KOW
	{3 x 50 on 1:00 Back-descend
	{4 x 100 on 1:55 Back alt 25's 10KOW
	{2 x 50 on 1:00 Back-descend
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,650 Yards - Stress Value = 109	

Workout #22860 - Monday, 10 December 2018

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
950	10 x 15 on :45 Shooters
1x{1	x 100 on 1:55 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:55 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:55 Streamline Kick on back
	{3 x 50 on 1:00 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{5 x 125 on 1:55 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{4 x 100 on 1:30 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{3 x 75 on 1:10 Back alt 25's 10KOW
	{1 x 50 on :50 Back-FAST
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 4,350 Yards - Stress Value = 131	

Workout #22861 - Monday, 10 December 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Workout #22863 - Monday, 10 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:25 Streamline Kick on back
 { 2 x 50 on 1:10 Alt 25 kick on each side
 { 2 x 100 on 2:25 Streamline Kick on back
 { 2 x 50 on 1:10 Alt 25 kick on each side
 { 2 x 100 on 2:25 Streamline Kick on back
 { 2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{5 x 125 on 2:45 Back alt 25's 10KOW
 { 3 x 50 on 1:05 Back-descend
 { 3 x 100 on 2:10 Back alt 25's 10KOW
 { 1 x 50 on 1:05 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 106

Workout #22864 - Monday, 10 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:45 Streamline Kick on back
 { 2 x 50 on 1:20 Alt 25 kick on each side
 { 2 x 100 on 2:45 Streamline Kick on back
 { 1 x 50 on 1:20 Alt 25 kick on each side
 { 2 x 100 on 2:45 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{3 x 125 on 3:00 Back at 25's 10KOW
 { 3 x 50 on 1:20 Back-descend
 { 4 x 100 on 2:40 Back alt 25's 10KOW
 { 1 x 50 on 1:20 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,100 Yards - Stress Value = 101

Workout #22865 - Monday, 10 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Streamline Kick on back
 { 2 x 50 on 1:30 Alt 25 kick on each side
 { 2 x 100 on 3:00 Streamline Kick on back
 { 2 x 50 on 1:30 Alt 25 kick on each side
 { 1 x 100 on 3:00 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 825 1x{3 x 125 on 3:25 Back alt 25's 10KOW
 { 3 x 50 on 1:30 Back-descend
 { 3 x 100 on 3:00 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Relay

200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 2,900 Yards - Stress Value = 97

Workout #22866 - Tuesday, 11 December 2018

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 750 15 x 50 on :50 200 Free Pace SP2
 1 on 5:00 Video Evaluations 2 positives REC
 750 15 x 50 on :55 200 Breast Pace SP2
 1 on 10:00 Racing Skills-6 second work EN2
 375 15 x 25 on :30 100 Back Pace SP2
 1 on 5:00 Video Evaluations REC
 375 15 x 25 on :30 100 Fly Pace SP2
 1 on 40:00 Transition to WR/Weights REC
 8:04 AM 2,400 Yards - Stress Value = 232

Workout #22867 - Tuesday, 11 December 2018

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#2 Shooters SP3
 1,950 1x{4 x 125 on 1:26 Freestyle EN2
 { 2 x 50 on 1:00 Freestyle EN3
 { 3 x 125 on 1:25 Freestyle EN2
 { 3 x 50 on 1:00 Freestyle EN3
 { 2 x 125 on 1:24 Freestyle EN2
 { 4 x 50 on 1:00 Freestyle EN3
 { 1 x 125 on 1:23 Freestyle EN2
 { 5 x 50 on 1:00 Freestyle EN3
 100 4 x 25 on 3:00 50 #1 non free pace SP2
 5:11 PM 2,200 Yards - Stress Value = 83

Workout #22868 - Tuesday, 11 December 2018

HighSchl - Gold

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#2 Shooters SP3
 1,900 1x{4 x 125 on 1:37 Freestyle EN2
 { 2 x 50 on 1:00 Freestyle EN3
 { 3 x 125 on 1:36 Freestyle EN2
 { 3 x 50 on 1:00 Freestyle EN3
 { 2 x 125 on 1:35 Freestyle EN2
 { 4 x 50 on 1:00 Freestyle EN3
 { 1 x 125 on 1:34 Freestyle EN2
 { 4 x 50 on 1:00 Freestyle EN3
 100 4 x 25 on 3:00 50 #1 non free pace SP2
 5:11 PM 2,150 Yards - Stress Value = 80

Workout #22869 - Tuesday, 11 December 2018

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
1,800	1x{4 x 125 on 1:46 Freestyle	EN2
	{2 x 50 on 1:00 Freestyle	EN3
	{3 x 125 on 1:45 Freestyle	EN2
	{3 x 50 on 1:00 Freestyle	EN3
	{2 x 125 on 1:44 Freestyle	EN2
	{4 x 50 on 1:00 Freestyle	EN3
	{1 x 125 on 1:43 Freestyle	EN2
	{2 x 50 on 1:00 Freestyle	EN3
100	4 x 25 on 3:00 50 #1 non free pace	SP2
	5:11 PM 2,050 Yards - Stress Value = 74	

Workout #22870 - Tuesday, 11 December 2018

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
1,575	1x{4 x 125 on 2:04 Freestyle	EN2
	{2 x 50 on 1:10 Freestyle	EN3
	{3 x 125 on 2:03 Freestyle	EN2
	{3 x 50 on 1:10 Freestyle	EN3
	{2 x 125 on 2:02 Freestyle	EN2
	{4 x 50 on 1:10 Freestyle	EN3
100	4 x 25 on 3:00 50 #1 non free pace	SP2
	5:11 PM 1,825 Yards - Stress Value = 66	

Workout #22871 - Tuesday, 11 December 2018

HighSchl - Copper

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
1,350	1x{4 x 100 on 2:04 Freestyle	EN2
	{2 x 50 on 1:10 Freestyle	EN3
	{3 x 100 on 2:03 Freestyle	EN2
	{3 x 50 on 1:10 Freestyle	EN3
	{2 x 100 on 2:02 Freestyle	EN2
	{4 x 50 on 1:10 Freestyle	EN3
100	4 x 25 on 3:00 50 #1 non free pace	SP2
	5:11 PM 1,600 Yards - Stress Value = 61	

Workout #22872 - Tuesday, 11 December 2018

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	REC
600	1 x 600 on 9:00 SunYangFree-Count strokes	SP3
150	10 x 15 on :45 Shooters	EN2
900	1x{1 x 200 on 3:50 Breast Kick w/board	EN3
	{4 x 25 on :40 Breast Kick-streamline on back	EN2
	{2 x 175 on 3:20 Breast Kick w/board	EN3
	{2 x 25 on :40 Breast Kick-streamline on back	EN2
	{2 x 100 on 1:50 Breast Kick w/board	EN3
100	1x{4 x 25 on 1:00 Odds face in sculling drills	SP2
	{ Evens-underwaters, count kicks	
1,300	1x{2 x 200 on 3:30 Breaststroke	

{1 on :30 Put fins on
{6 x 25 on :30 Breast TO Drill w/fins
{2 x 150 on 2:35 Breaststroke
{1 on :30 Put fins on
{6 x 25 on :30 Breast TO drill w/fins
{2 x 100 on 1:40 Breaststroke
{1 on :30 Put fins on
{4 x 25 on :30 Breast TO Drill w/fins
625 25 x 25 on :35 USRPT-100 Breast Pace
1 on 10:00 Racing Skills-Breast Starts
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,875 Yards - Stress Value = 112

Workout #22873 - Tuesday, 11 December 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	REC
550	1 x 550 on 9:00 SunYangFree-Count strokes	SP3
150	10 x 15 on :45 Shooters	EN2
850	1x{1 x 200 on 4:10 Breast Kick w/board	EN3
	{4 x 25 on :40 Breast Kick-streamline on back	EN2
	{2 x 175 on 3:35 Breast Kick w/board	EN3
	{4 x 25 on :40 Breast Kick-streamline on back	EN2
	{1 x 100 on 2:00 Breast Kick w/board	EN3
100	1x{4 x 25 on 1:00 Odds face in sculling drills	SP2
	{ Evens-underwaters, count kicks	
1,200	1x{2 x 200 on 3:50 Breaststroke	
	{1 on :30 Put fins on	
	{4 x 25 on :30 Breast TO Drill w/fins	
	{2 x 150 on 2:50 Breaststroke	
	{1 on :30 Put fins on	
	{4 x 25 on :30 Breast TO drill w/fins	
	{2 x 100 on 1:50 Breaststroke	
	{1 on :30 Put fins on	
	{4 x 25 on :30 Breast TO Drill w/fins	
625	25 x 25 on :35 USRPT-100 Breast Pace	
	1 on 10:00 Racing Skills-Breast Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,675 Yards - Stress Value = 109	

Workout #22874 - Tuesday, 11 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 35:00 DS/Dryland	REC
500	1 x 500 on 9:00 SunYangFree-Count strokes	SP3
150	10 x 15 on :45 Shooters	EN2
750	1x{1 x 200 on 4:35 Breast Kick w/board	EN3
	{4 x 25 on :45 Breast Kick-streamline on back	EN2
	{2 x 175 on 4:00 Breast Kick w/board	EN3
	{4 x 25 on :45 Breast Kick-streamline on back	EN2
100	1x{4 x 25 on 1:00 Odds face in sculling drills	SP2
	{ Evens-underwaters, count kicks	
1,050	1x{2 x 200 on 4:25 Breaststroke	
	{1 on :30 Put fins on	
	{4 x 25 on :40 Breast TO Drill w/fins	
	{2 x 125 on 2:45 Breaststroke	
	{1 on :30 Put fins on	
	{4 x 25 on :40 Breast TO drill w/fins	
	{2 x 100 on 2:10 Breaststroke	
550	22 x 25 on :40 USRPT-100 Breast Pace	
	1 on 10:00 Racing Skills-Breast Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,300 Yards - Stress Value = 97	

Workout #22875 - Tuesday, 11 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 3:45 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 200 on 4:55 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 100 on 2:25 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {2 x 75 on 1:45 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 94

Workout #22876 - Tuesday, 11 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 5:30 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 4:10 Breast Kick w/board
 {2 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{2 x 150 on 4:15 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :45 Breast TO Drill w/fins
 {2 x 100 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {3 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 86

Workout #22877 - Tuesday, 11 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 525 1x{1 x 200 on 7:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {2 x 100 on 3:30 Breast Kick w/board
 {3 x 25 on 1:00 Breast Kick-streamline on bac
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 200 on 7:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO Drill w/fins

{1 x 150 on 5:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO drill w/fins
 {2 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 68

Workout #22878 - Wednesday, 12 December 2018

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-14, 6-16, 6-18
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 100 on 1:40 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board
 {2 x 100 on 1:45 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board
 {3 x 100 on 1:50 Free Kick w/board
 {3 x 50 on 1:00 Free Kick w/board
 {3 x 100 on 1:55 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,000 1x{1 x 100 on 1:30 Free L.25 6BK
 {1 x 100 on 1:30 Free L.25 2 breaths
 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:25 Free L.25 6BK
 {2 x 100 on 1:25 Free L.25 2 breaths
 {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:20 Free L.25 6bk
 {3 x 100 on 1:20 Free L.25 2 breaths
 {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:15 Free L.25 6bk
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,950 Yards - Stress Value = 143

Workout #22879 - Wednesday, 12 December 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
375	1 on 35:00 DS/Dryland
	15 x 25 on :35 Wednesday Warm-up
	2-14, 4-16, 6-18, 4-20
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{3 x 100 on 2:00 Free Kick w/board
	{3 x 50 on 1:10 Free Kick w/board
	{2 x 100 on 2:05 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 100 on 1:40 Free L.25 6BK
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:35 Free L.25 6BK
	{2 x 100 on 1:35 Free L.25 2 breaths
	{2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:30 Free L.25 6bk
	{3 x 100 on 1:30 Free L.25 2 breaths
	{3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
750	30 x 25 on :30 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,575 Yards - Stress Value = 137

Workout #22880 - Wednesday, 12 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
325	1 on 35:00 DS/Dryland
	13 x 25 on :40 Wednesday Warm-up
	2-15, 4-17, 6-19, 1-20
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:05 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{1 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{3 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 118

Workout #22881 - Wednesday, 12 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland

275	11 x 25 on :45 Wednesday Warm-up
	2-16, 4-18, 5-20
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:20 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{2 x 100 on 2:25 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{3 x 100 on 2:30 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 100 on 2:05 Free L.25 6BK
	{1 x 100 on 2:05 Free L.25 2 breaths
	{1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:00 Free L.25 6BK
	{2 x 100 on 2:00 Free L.25 2 breaths
	{2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:55 Free L.25 6bk
	{2 x 100 on 1:55 Free L.25 2 breaths
	{1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
625	25 x 25 on :35 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,750 Yards - Stress Value = 115

Workout #22882 - Wednesday, 12 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
275	1 on 35:00 DS/Dryland
	11 x 25 on :45 Wednesday Warm-up
	2-18, 4-20, 5-22
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 2:35 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board
	{2 x 100 on 2:40 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board
	{3 x 100 on 2:45 Free Kick w/board
	{1 x 50 on 1:15 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:25 Free L.25 6BK
	{2 x 100 on 2:25 Free L.25 2 breaths
	{2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:20 Free L.25 6bk
	{1 x 100 on 2:20 Free L.25 2 breaths
	{1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 101

Workout #22883 - Wednesday, 12 December 2018

Group 2 - Copper
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 225 1 on 35:00 DS/Dryland
 9 x 25 on 1:00 Wednesday Warm-up
 1-20, 2-22, 3-24, 4-26
 150 10 x 15 on :45 Shooters
 725 1x{1 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 4:00 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 4:00 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {1 x 25 on 1:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 100 on 3:00 Free L.25 6BK
 {1 x 100 on 3:00 Free L.25 2 breaths
 {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:55 Free L.25 6BK
 {2 x 100 on 2:55 Free L.25 2 breaths
 {2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on 1:00 Free L.25 6bk
 450 18 x 25 on :50 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 83

Workout #22884 - Wednesday, 12 December 2018

HighSchl - USRPT
1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 500 20 x 25 on :30 200 Fly Pace
 1 on 5:00 Video Evaluations 2 positives
 750 15 x 50 on :50 200 Back Pace
 1 on 10:00 Racing Skills-Undrwtr Rcng
 375 15 x 25 on :30 100 Breast Pace
 1 on 5:00 Video Evaluations
 375 15 x 25 on :30 100 Free Pace
 1 on 10:00 Racing Skills-Relay Starts
 5:40 PM 2,150 Yards - Stress Value = 207

Workout #22885 - Thursday, 13 December 2018

HighSchl - USRPT
1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 750 15 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations 2 corrections
 750 15 x 50 on :50 200 Free Pace
 1 on 10:00 RS-Fly Kick Relay
 375 15 x 25 on :30 100 Fly Pace
 1 on 5:00 Video Evaluations
 375 15 x 25 on :30 100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 5:44 PM 2,400 Yards - Stress Value = 232

Workout #22886 - Thursday, 13 December 2018

Group 2 - IM'ers
1 minute rest between sets

5:15 PM Start
 Yards Set Description

=====

1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :30 Kick no board B
 {3 x 50 on :50 Kick 1fly 1brst 1 free
 {6 x 25 on :30 Kick no board S
 {3 x 50 on :50 Kick 1fly 1brst 1 free
 {6 x 25 on :30 Kick no board L
 {3 x 50 on :50 Kick 1fly 1brst 1 free
 {4 x 25 on :30 Kick no board R
 1 on 26:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 101

Workout #22887 - Thursday, 13 December 2018

Group 2 - Gold
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{6 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {6 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {4 x 25 on :35 Kick no board 2L2R
 {3 x 50 on 1:00 Kick 1fly 1brst
 1 on 26:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 98

Workout #22888 - Thursday, 13 December 2018

Group 2 - Silver
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly 1brst 1 free
 {4 x 25 on :40 Kick no board S
 {3 x 50 on 1:10 Kick 1fly 1brst 1 free
 {4 x 25 on :40 Kick no board 2L2R
 {3 x 50 on 1:10 Kick 1 fly 1 brst 1 free
 1 on 26:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Bucket Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,325 Yards - Stress Value = 83

Workout #22889 - Thursday, 13 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{ 4 x 25 on :40 Kick no board S
	{ 3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{ 4 x 25 on :40 Kick no board 2L2R
	{ 3 x 50 on 1:10 Kick choice
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 76

Workout #22890 - Thursday, 13 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B
	{ 3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{ 4 x 25 on :45 Kick no board S
	{ 3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{ 4 x 25 on :45 Kick no board 2L2R
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,950 Yards - Stress Value = 68

Workout #22891 - Thursday, 13 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on 1:00 Kick no board B
	{ 3 x 50 on 2:00 Kick 1fly 1brst 1 free
	{ 4 x 25 on 1:00 Kick no board S
	{ 3 x 50 on 2:00 Kick 1 fly 1 brst 1 free
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	15 x 100 on 1:00 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,800 Yards - Stress Value = 166

Workout #22892 - Friday, 14 December 2018

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 35:00 Yoga/Shower		REC
150	10 x 15 on :45 Racing Skills-IM Shooters		SP3
375	15 x 25 on :30 Your #1 non free pace		SP2
	1 on 8:00 Video Evaluations		REC
375	15 x 25 on :30 100 Free Pace		SP2
	1 on 12:00 Racing Skills-Choice		REC
	5:30 PM 900 Yards - Stress Value = 82		

Workout #22893 - Friday, 14 December 2018

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Dryland	REC
500	4 x 125 on 2:15 SwimUSS	REC
	50swim25scull125underwater25swim	
150	10 x 15 on :45 Shooters	SP3
1,500	1x{1 x 100 on 1:35 2 strokes fly off walls	EN2
	{ 1 x 75 on 1:10 3 strokes fly off walls	EN2
	{ 1 x 50 on :50 4 strokes fly off walls	EN2
	{ 1 x 25 on :30 5 strokes fly off walls	EN2
	{ 1 x 250 on 4:20 Butterfly	EN2
	{ 1 x 100 on 1:35 3 strokes fly off walls	EN2
	{ 1 x 75 on 1:10 4 strokes fly off walls	EN2
	{ 1 x 50 on :50 5 stokes fly off walls	EN2
	{ 1 x 25 on :30 6 strokes fly off walls	EN2
	{ 1 x 250 on 4:15 Butterfly	EN2
	{ 1 x 100 on 1:35 4 strokes fly off walls	EN2
	{ 1 x 75 on 1:10 5 strokes fly off walls	EN2
	{ 1 x 50 on :50 6 strokes fly off walls	EN2
	{ 1 x 25 on :30 7 strokes fly off walls	EN2
250	{ 1 x 250 on 4:10 Butterfly	EN2
	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 2,400 Yards - Stress Value = 36	

Workout #22894 - Friday, 14 December 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Dryland	REC
500	4 x 125 on 2:15 SwimUSS	REC
	50swim25scull125underwater25swim	
150	10 x 15 on :45 Shooters	SP3
1,350	1x{1 x 100 on 1:40 2 strokes fly off walls	EN2
	{ 1 x 75 on 1:15 3 strokes fly off walls	EN2
	{ 1 x 50 on :55 4 strokes fly off walls	EN2
	{ 1 x 25 on :35 5 strokes fly off walls	EN2
	{ 1 x 200 on 4:00 Butterfly	EN2
	{ 1 x 100 on 1:40 3 strokes fly off walls	EN2
	{ 1 x 75 on 1:15 4 strokes fly off walls	EN2
	{ 1 x 50 on :55 5 stokes fly off walls	EN2
	{ 1 x 25 on :35 6 strokes fly off walls	EN2
	{ 1 x 200 on 3:55 Butterfly	EN2
	{ 1 x 100 on 1:40 4 strokes fly off walls	EN2
	{ 1 x 75 on 1:15 5 strokes fly off walls	EN2
	{ 1 x 50 on :55 6 strokes fly off walls	EN2
	{ 1 x 25 on :35 7 strokes fly off walls	EN2
	{ 1 x 200 on 3:50 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 2,250 Yards - Stress Value = 33	

Workout #22895 - Friday, 14 December 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
400	1 on 40:00 DS/Dryland	REC
	4 x 100 on 2:15 SwimUSS	REC
150	25swim25scull25underwater25swim	
1,150	10 x 15 on :45 Shooters	SP3
	1x{1 x 100 on 1:55 2 strokes fly off walls	EN2
	{1 x 75 on 1:25 3 strokes fly off walls	EN2
	{1 x 50 on 1:00 4 strokes fly off walls	EN2
	{1 x 25 on :40 5 strokes fly off walls	EN2
	{1 x 150 on 3:30 Butterfly	EN2
	{1 x 100 on 1:55 3 strokes fly off walls	EN2
	{1 x 75 on 1:25 4 strokes fly off walls	EN2
	{1 x 50 on 1:00 5 strokes fly off walls	EN2
	{1 x 25 on :40 6 strokes fly off walls	EN2
	{1 x 150 on 3:25 Butterfly	EN2
	{1 x 100 on 1:55 4 strokes fly off walls	EN2
	{1 x 75 on 1:25 5 strokes fly off walls	EN2
	{1 x 50 on 1:00 6 strokes fly off walls	EN2
	{1 x 25 on :40 7 strokes fly off walls	EN2
250	{1 x 100 on 2:15 Butterfly	EN2
	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 1,950 Yards - Stress Value = 29	

Workout #22896 - Friday, 14 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
400	1 on 40:00 DS/Dryland	REC
	4 x 100 on 2:15 SwimUSS	REC
150	25swim25scull25underwater25swim	
1,100	10 x 15 on :45 Shooters	SP3
	1x{1 x 100 on 2:05 2 strokes fly off walls	EN2
	{1 x 75 on 1:35 3 strokes fly off walls	EN2
	{1 x 50 on 1:05 4 strokes fly off walls	EN2
	{1 x 25 on :45 5 strokes fly off walls	EN2
	{1 x 150 on 3:45 Butterfly	EN2
	{1 x 100 on 2:05 3 strokes fly off walls	EN2
	{1 x 75 on 1:35 4 strokes fly off walls	EN2
	{1 x 50 on 1:05 5 strokes fly off walls	EN2
	{1 x 25 on :45 6 strokes fly off walls	EN2
	{1 x 150 on 3:40 Butterfly	EN2
	{1 x 100 on 2:05 4 strokes fly off walls	EN2
	{1 x 75 on 1:35 5 strokes fly off walls	EN2
	{1 x 50 on 1:05 6 strokes fly off walls	EN2
	{1 x 25 on :45 7 strokes fly off walls	EN2
250	{1 x 50 on 1:00 Butterfly	EN2
	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 1,900 Yards - Stress Value = 28	

Workout #22897 - Friday, 14 December 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
300	1 on 40:00 DS/Dryland	REC
	4 x 75 on 2:00 SwimSS	REC
150	25swim25scull25swim	
950	10 x 15 on :45 Shooters	SP3
	1x{1 x 100 on 2:30 2 strokes fly off walls	EN2
	{1 x 75 on 1:50 3 strokes fly off walls	EN2
	{1 x 50 on 1:15 4 strokes fly off walls	EN2
	{1 x 25 on :50 5 strokes fly off walls	EN2
	{1 x 100 on 3:00 Butterfly	EN2
	{1 x 100 on 2:30 3 strokes fly off walls	EN2

	{1 x 75 on 1:50 4 strokes fly off walls	EN2
	{1 x 50 on 1:15 5 strokes fly off walls	EN2
	{1 x 25 on :50 6 strokes fly off walls	EN2
	{1 x 100 on 3:00 Butterfly	EN2
	{1 x 100 on 2:30 4 strokes fly off walls	EN2
	{1 x 75 on 1:50 5 strokes fly off walls	EN2
	{1 x 50 on 1:15 6 strokes fly off walls	EN2
	{1 x 25 on :50 7 strokes fly off walls	EN2
	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 1,650 Yards - Stress Value = 25	

Workout #22898 - Friday, 14 December 2018

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY
300	1 on 40:00 DS/Dryland	REC
	4 x 75 on 2:15 SwimSS	REC
150	25swim25scull25swim	
650	10 x 15 on :45 Shooters	SP3
	1x{1 x 100 on 3:30 2 strokes fly off walls	EN2
	{1 x 75 on 2:35 3 strokes fly off walls	EN2
	{1 x 50 on 1:45 4 strokes fly off walls	EN2
	{1 x 25 on 1:00 5 strokes fly off walls	EN2
	{1 x 50 on 2:00 Butterfly	EN2
	{1 x 100 on 3:30 3 strokes fly off walls	EN2
	{1 x 75 on 2:35 4 strokes fly off walls	EN2
	{1 x 50 on 1:45 5 strokes fly off walls	EN2
	{1 x 25 on 1:00 6 strokes fly off walls	EN2
	{1 x 100 on 4:00 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:29 PM 1,350 Yards - Stress Value = 19	

Workout #22899 - Saturday, 15 December 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
150	1 on 10:00 DS/Showers	REC
750	10 x 15 on :45 Racing Skills-#2 Shooters	SP3
	1x{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Video Evals-2 corrections	REC
	for each stroke	
1,500	20 x 75 on 1:05 1650 Free Pace	SP2
	Make 1 subtract 1	
100	1 on 10:00 Racing Skills-Partner Starts	SP3
	4 x 25 on 3:00 50 Free Pace OTB	SP2
	10:01 AM 2,500 Yards - Stress Value = 241	

Workout #22900 - Monday, 17 December 2018

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
150	1 on 20:00 Team Mtg/DS/Showers	REC	
750	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	15 x 50 on :50 200 Free Pace	SP2	
375	1 on 10:00 Racing Skills-Relay starts	EN1	
	15 x 25 on :30 Your #1 non free 100 Pace	SP2	
	1 on 10:00 Video Evaluations 2 positives	REC	
	1 on 10:00 Racing Skills-Choice	REC	
	5:30 PM 1,275 Yards - Stress Value = 119		

Workout #22901 - Monday, 17 December 2018

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:20 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {1 x 100 on 1:50 Breast Kick w/board
 {2 x 25 on :40 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,300 1x{2 x 200 on 3:30 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 150 on 2:35 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {3 x 100 on 1:40 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-LP Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,875 Yards - Stress Value = 112

Workout #22902 - Monday, 17 December 2018

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:05 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {1 x 100 on 1:55 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,200 1x{2 x 200 on 3:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 {2 x 150 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins
 {2 x 100 on 1:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-LP turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,675 Yards - Stress Value = 109

Workout #22903 - Monday, 17 December 2018

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 4:30 Breast Kick w/board
 {2 x 25 on :45 Breast Kick-streamline on back
 {2 x 175 on 3:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back

{1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,050 1x{2 x 200 on 4:25 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 125 on 2:45 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {2 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-LP turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 98

Workout #22904 - Monday, 17 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 3:45 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 950 1x{2 x 200 on 4:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 100 on 2:20 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {2 x 75 on 1:45 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-LP turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 94

Workout #22905 - Monday, 17 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 5:30 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 4:10 Breast Kick w/board
 {2 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 850 1x{2 x 150 on 4:15 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :45 Breast TO Drill w/fins
 {2 x 100 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {3 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-LP turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 86

Workout #22906 - Monday, 17 December 2018

Group 2 - Copper
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 525 1x{1 x 200 on 7:00 Breast Kick w/board
 { 2 x 25 on 1:00 Breast Kick-streamline on bac
 { 2 x 100 on 3:30 Breast Kick w/board
 { 3 x 25 on 1:00 Breast Kick-streamline on bac
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 200 on 7:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on 1:00 Breast TO Drill w/fins
 { 1 x 150 on 5:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on 1:00 Breast TO drill w/fins
 { 2 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-LP turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 68

Workout #22907 - Tuesday, 18 December 2018

HighSchl - USRPT
1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 20:00 Team Mtg/DS/Showers
 150 10 x 15 on :45 Racing Skills-#1 or #2 shooters
 750 15 x 50 on :50 Your #1 non free 200 Pace
 1 on 10:00 Racing Skills-Relay Starts
 375 15 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluations-1 positve
 5:15 PM 1,275 Yards - Stress Value = 119

Workout #22908 - Tuesday, 18 December 2018

Group 2 - Freestylers
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 2:30 Free Kick w/board
 { 2 x 50 on 1:00 Free Kick w/board
 { 2 x 125 on 2:10 Free Kick w/board
 { 2 x 50 on 1:00 Free Kick w/board
 { 3 x 100 on 1:45 Free Kick w/board
 { 2 x 50 on 1:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{1 x 100 on 1:30 Free L.25 6BK
 { 1 x 100 on 1:30 Free L.25 2 breaths
 { 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:25 Free L.25 6BK
 { 2 x 100 on 1:25 Free L.25 2 breaths
 { 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 { 3 x 100 on 1:20 Free L.25 6bk
 { 3 x 100 on 1:20 Free L.25 2 breaths
 { 3 x 100 on 1:15 Free L.25 5 KOW-Sprint to fi
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 135

Workout #22909 - Tuesday, 18 December 2018

Group 2 - Gold
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 150 on 2:45 Free Kick w/board
 { 2 x 50 on 1:05 Free Kick w/board
 { 2 x 125 on 2:20 Free Kick w/board
 { 2 x 50 on 1:05 Free Kick w/board
 { 3 x 100 on 1:55 Free Kick w/board
 { 1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{1 x 100 on 1:40 Free L.25 6BK
 { 1 x 100 on 1:40 Free L.25 2 breaths
 { 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:35 Free L.25 6BK
 { 2 x 100 on 1:35 Free L.25 2 breaths
 { 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:30 Free L.25 6bk
 { 2 x 100 on 1:30 Free L.25 2 breaths
 { 3 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 129

Workout #22910 - Tuesday, 18 December 2018

Group 2 - Silver
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 150 on 3:10 Free Kick w/board
 { 2 x 50 on 1:10 Free Kick w/board
 { 2 x 125 on 2:40 Free Kick w/board
 { 2 x 50 on 1:10 Free Kick w/board
 { 2 x 100 on 2:10 Free Kick w/board
 { 1 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 100 on 1:50 Free L.25 6BK
 { 1 x 100 on 1:50 Free L.25 2 breaths
 { 1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:45 Free L.25 6BK
 { 2 x 100 on 1:45 Free L.25 2 breaths
 { 2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 { 1 x 100 on 1:40 Free L.25 6bk
 { 2 x 100 on 1:40 Free L.25 2 breaths
 { 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 110

Workout #22911 - Tuesday, 18 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 150 on 3:30 Free Kick w/board
 { 2 x 50 on 1:20 Free Kick w/board
 { 2 x 125 on 3:00 Free Kick w/board
 { 2 x 50 on 1:20 Free Kick w/board
 { 2 x 75 on 1:55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 2:05 Free L.25 6BK
 { 1 x 100 on 2:05 Free L.25 2 breaths
 { 1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 2:00 Free L.25 6BK
 { 2 x 100 on 2:00 Free L.25 2 breaths
 { 2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 { 1 x 100 on 1:55 Free L.25 6bk
 { 1 x 100 on 1:55 Free L.25 2 breaths
 { 1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 { 1 x 50 on :55 Free L.25 5KOW-Sprint to finis
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #22912 - Tuesday, 18 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:40 Free Kick w/board
 { 2 x 50 on 1:35 Free Kick w/board
 { 2 x 100 on 2:45 Free Kick w/board
 { 2 x 50 on 1:35 Free Kick w/board
 { 1 x 100 on 2:50 Free Kick w/board
 { 1 x 50 on 1:25 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:30 Free L.25 6BK
 { 1 x 100 on 2:30 Free L.25 2 breaths
 { 1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 2:25 Free L.25 6BK
 { 2 x 100 on 2:25 Free L.25 2 breaths
 { 2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
 { 1 x 100 on 2:20 Free L.25 6bk
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 94

Workout #22913 - Tuesday, 18 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Free Kick w/board
 { 2 x 50 on 1:45 Free Kick w/board
 { 2 x 100 on 3:00 Free Kick w/board

{ 2 x 50 on 1:45 Free Kick w/board
 { 1 x 100 on 3:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 3:00 Free L.25 6BK
 { 1 x 100 on 3:00 Free L.25 2 breaths
 { 1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 2:55 Free L.25 6BK
 { 2 x 100 on 2:55 Free L.25 2 breaths
 { 1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
 { 1 x 50 on 1:00 Free L.25 6bk
 450 18 x 25 on :50 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 79

Workout #22914 - Wednesday, 19 December 2018

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 6-15
 150 10 x 15 on :45 Shooters
 1,200 1x{8 x 25 on :30 Kick no board BSLR
 { 1 x 200 on 3:55 Fly Kick w/board
 { 8 x 25 on :30 Kick no board BSLR
 { 1 x 200 on 3:50 Fly Kick w/board
 { 8 x 25 on :30 Kick no board BSLR
 { 1 x 200 on 3:45 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{1 x 100 on 1:35 2 strokes fly off walls
 { 1 x 75 on 1:10 3 strokes fly off walls
 { 1 x 50 on :50 4 strokes fly off walls
 { 1 x 25 on :30 5 strokes fly off walls
 { 2 x 150 on 2:45 Fly
 { 1 x 100 on 1:35 3 strokes fly off walls
 { 1 x 75 on 1:10 4 strokes fly off walls
 { 1 x 50 on :50 5 strokes fly off walls
 { 1 x 25 on :30 6 strokes fly off walls
 { 2 x 150 on 2:40 Fly
 { 1 x 100 on 1:35 4 strokes fly off walls
 { 1 x 75 on 1:10 5 strokes fly off walls
 { 1 x 50 on :50 6 strokes fly off walls
 { 1 x 25 on :30 7 strokes fly off walls
 { 2 x 150 on 2:35 Fly
 750 30 x 25 on :30 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 4,550 Yards - Stress Value = 138

Workout #22915 - Wednesday, 19 December 2018

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
450	1 on 35:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up 2-14, 4-15, 6-16, 4-17
1,100	10 x 15 on :45 Shooters
1,500	1x{8 x 25 on :35 Kick no board BSLR {1 x 200 on 4:05 Fly Kick w/board {8 x 25 on :35 Kick no board BSLR {1 x 200 on 4:00 Fly Kick w/board {8 x 25 on :35 Kick no board BSLR {1 x 100 on 1:55 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 100 on 1:40 2 strokes fly off walls {1 x 75 on 1:15 3 strokes fly off walls {1 x 50 on :55 4 strokes fly off walls {1 x 25 on :35 5 strokes fly off walls {2 x 150 on 3:00 Butterfly {1 x 100 on 1:40 3 strokes fly off walls {1 x 75 on 1:15 4 strokes fly off walls {1 x 50 on :55 5 strokes fly off walls {1 x 25 on :35 6 strokes fly off walls {2 x 150 on 2:55 Butterfly {1 x 100 on 1:40 4 strokes fly off walls {1 x 75 on 1:15 5 strokes fly off walls {1 x 50 on :55 6 strokes fly off walls {1 x 25 on :35 7 strokes fly off walls {1 x 150 on 2:50 Butterfly
625	25 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,175 Yards - Stress Value = 120

Workout #22916 - Wednesday, 19 December 2018

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
325	1 on 35:00 DS/Dryland
150	12 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 1-18
950	10 x 15 on :45 Shooters
1,350	1x{8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:40 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:35 Fly Kick w/board {6 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{1 x 100 on 1:55 2 strokes fly off walls {1 x 75 on 1:25 3 strokes fly off walls {1 x 50 on 1:00 4 strokes fly off walls {1 x 25 on :40 5 strokes fly off walls {2 x 150 on 3:30 Butterfly {1 x 100 on 1:55 3 strokes fly off walls {1 x 75 on 1:25 4 strokes fly off walls {1 x 50 on 1:00 5 strokes fly off walls {1 x 25 on :40 6 strokes fly off walls {2 x 150 on 3:25 Butterfly {1 x 100 on 1:55 4 strokes fly off walls {1 x 75 on 1:25 5 strokes fly off walls {1 x 50 on 1:00 6 strokes fly off walls {1 x 25 on :40 7 strokes fly off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,750 Yards - Stress Value = 114

Workout #22917 - Wednesday, 19 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
325	1 on 35:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 6-18, 1-19
900	10 x 15 on :45 Shooters
1,200	1x{8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:55 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:50 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:05 2 strokes fly off walls {1 x 75 on 1:35 3 strokes fly off walls {1 x 50 on 1:05 4 strokes fly off walls {1 x 25 on :45 5 strokes fly off walls {2 x 150 on 3:45 Butterfly {1 x 100 on 2:05 3 strokes fly off walls {1 x 75 on 1:35 4 strokes fly off walls {1 x 50 on 1:05 5 strokes fly off walls {1 x 25 on :45 6 strokes fly off walls {2 x 150 on 3:40 Butterfly {1 x 100 on 2:05 4 strokes fly off walls
550	22 x 25 on :40 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,475 Yards - Stress Value = 103

Workout #22918 - Wednesday, 19 December 2018

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up 2-18, 4-20, 6-22
800	10 x 15 on :45 Shooters
1,000	1x{8 x 25 on :45 Kick no board BSLR {1 x 200 on 5:30 Fly Kick w/board {8 x 25 on :45 Kick no board BSLR {1 x 150 on 4:10 Fly Kick w/board {2 x 25 on :45 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 100 on 2:30 2 strokes fly off walls {1 x 75 on 1:50 3 strokes fly off walls {1 x 50 on 1:15 4 strokes fly off walls {1 x 25 on :50 5 strokes fly off walls {2 x 100 on 3:00 Butterfly {1 x 100 on 2:30 3 strokes fly off walls {1 x 75 on 1:50 4 strokes fly off walls {1 x 50 on 1:15 5 strokes fly off walls {1 x 25 on :50 6 strokes fly off walls {2 x 100 on 3:00 Butterfly {1 x 100 on 2:30 4 strokes fly off walls
450	18 x 25 on :45 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,050 Yards - Stress Value = 87

Workout #22919 - Wednesday, 19 December 2018

Group 2 - Copper
1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
	12 x 25 on :45 Wednesday Warm-up
	2-20, 4-22, 6-24
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 200 on 8:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 200 on 8:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 100 on 3:30 2 strokes fly off walls
	{1 x 75 on 2:35 3 strokes fly off walls
	{1 x 50 on 1:45 4 strokes fly off walls
	{1 x 25 on 1:00 5 strokes fly off walls
	{1 x 100 on 4:00 Butterfly
	{1 x 100 on 3:30 3 strokes fly off walls
	{1 x 75 on 2:35 4 strokes fly off walls
	{1 x 50 on 1:45 5 strokes fly off walls
	{1 x 25 on 1:00 6 strokes fly off walls
	{1 x 100 on 4:00 Butterfly
	{1 x 50 on 1:30 4 strokes off walls
375	15 x 25 on 1:00 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 71

Workout #22920 - Thursday, 20 December 2018

HighSchl - USRPT
1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
	1 on 10:00 DS>Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Video Evaluations	RE
1,500	30 x 50 on :50 200 Free Pace*	SE
	1 on 5:00 Video Evaluations 2 corrections	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 10:00 RS-Underwater Racing	SE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 40:00 Transistion to WR/weights	RE
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #22921 - Thursday, 20 December 2018

Group 2 - Back
1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on L/R/S
	{6 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on L/R/S
	{6 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on L/R/S
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 100

Workout #22922 - Thursday, 20 December 2018

Group 2 - Gold
1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
800	1x{8 x 25 on :35 Kick no board B
	{3 x 50 on 1:05 Kick on L/R/S
	{6 x 25 on :35 Kick no board B
	{3 x 50 on 1:05 Kick on L/R/S
	{4 x 25 on :35 Kick no board B
	{1 x 50 on 1:05 Kick on S
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,475 Yards - Stress Value = 84

Workout #22923 - Thursday, 20 December 2018

Group 2 - Silver
1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{8 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick on L/R/S
	{6 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick on L/R/S
	{2 x 25 on :40 Kick no board B
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 75

Workout #22924 - Thursday, 20 December 2018

Group 2 - Silver/Bronze
1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{6 x 25 on :45 Kick no board B
	{3 x 50 on 1:20 Kick on L/R/S
	{6 x 25 on :45 Kick no board B
	{3 x 50 on 1:20 Kick on L/R/S
	{2 x 25 on :45 Kick no board B
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 69

Workout #22925 - Thursday, 20 December 2018

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	SE
	1 on 35:00 DS/Dryland			
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3			
150	10 x 15 on :45 Shooters			
550	1x{4 x 25 on 1:00 Kick no board B			
	{3 x 50 on 1:30 Kick on L/R/S			
	{4 x 25 on 1:00 Kick no board B			
	{3 x 50 on 1:30 Kick Streamline on back			
	{2 x 25 on 1:00 Kick no board B			
	1 on 26:00 Teach Day Backstroke			
100	1x{4 x 25 on 1:00 Odds face in sculling drills			
	{ Evens-underwaters, count kicks			
450	18 x 25 on :50 100 Back Pace			
	1 on 10:00 Racing Skills-Back Finishes			
250	1 x 250 on 4:00 Stroke Drills			
	7:30 PM 1,900 Yards - Stress Value = 62			

Workout #22926 - Thursday, 20 December 2018

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	SE
	1 on 35:00 DS/Dryland			
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3			
150	10 x 15 on :45 Shooters			
450	1x{4 x 25 on 1:00 Kick no board B			
	{2 x 50 on 2:00 Kick on L/R			
	{4 x 25 on 1:00 Kick no board B			
	{3 x 50 on 2:00 Kick L/R/S			
	1 on 26:00 Teach Day Backstroke			
100	1x{4 x 25 on 1:00 Odds face in sculling drills			
	{ Evens-underwaters, count kicks			
375	15 x 25 on 1:00 100 Back Pace			
	1 on 10:00 Racing Skills-Back Finishes			
250	1 x 250 on 4:00 Stroke Drills			
	7:29 PM 1,675 Yards - Stress Value = 53			

Workout #22927 - Friday, 21 December 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	SE
	1 on 10:00 DS/Showers	REC		
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3		
750	30 x 25 on :30 100 Free Pace	SP2		
	1 on 5:00 Video Evaluations	REC		
1,500	30 x 50 on :50 200 Fly Pace*	SP2		
	1 on 5:00 Video Evaluations 2 corrections	REC		
1,500	30 x 50 on :50 200 Back Pace	SP2		
	1 on 13:00 Racing Skills-Fly Kick Relay	REC		
750	30 x 25 on :30 100 Breast Pace	SP2		
	1 on 40:00 Transition to WR/Weights	REC		
	9:45 AM 4,650 Yards - Stress Value = 456			

Workout #22928 - Friday, 21 December 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
	1 on 35:00 Yoga/Shower	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 Your #1 non free pace	SP2	

	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Video Evaluations 1 correction	REC
	4:30 PM 1,725 Yards - Stress Value = 159	

Workout #22929 - Friday, 21 December 2018

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
	1 on 40:00 DS/Dryland	REC		L I
500	4 x 125 on 2:15 SwimUSS	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,700	1x{1 x 200 on 3:10 Individual Medley	EN2		S
	{3 x 100 on 1:30 Mystery Medley	EN2		S
	{1 x 200 on 3:05 Individual Medley	EN2		S
	{3 x 100 on 1:30 Mystery Medley	EN2		S
	{1 x 200 on 3:00 Individual Medley	EN2		S
	{3 x 100 on 1:30 Mystery Medley	EN2		S
	{1 x 200 on 2:55 Individual Medley	EN2		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
	6:30 PM 2,600 Yards - Stress Value = 40			

Workout #22930 - Friday, 21 December 2018

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
	1 on 40:00 DS/Dryland	REC		L I
500	4 x 125 on 2:15 SwimUSS	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,600	1x{1 x 200 on 3:20 Individual Medley	EN2		S
	{3 x 100 on 1:40 Mystery Medley	EN2		S
	{1 x 200 on 3:15 Individual Medley	EN2		S
	{3 x 100 on 1:40 Mystery Medley	EN2		S
	{1 x 200 on 3:10 Individual Medley	EN2		S
	{4 x 100 on 1:40 Mystery Medley	EN2		S
200	1 x 200 on 3:00 Stroke Drills	REC		D
	6:30 PM 2,450 Yards - Stress Value = 38			

Workout #22931 - Friday, 21 December 2018

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	SE
	1 on 40:00 DS/Dryland	REC		L I
400	4 x 100 on 2:15 SwimUSS	REC		D
150	10 x 15 on :45 Shooters	SP3		S
1,400	1x{1 x 200 on 3:50 Individual Medley	EN2		S
	{2 x 100 on 1:50 Mystery Medley	EN2		S
	{1 x 200 on 3:45 Individual Medley	EN2		S
	{2 x 100 on 1:50 Mystery Medley	EN2		S
	{1 x 200 on 3:40 Individual Medley	EN2		S
	{3 x 100 on 1:50 Mystery Medley	EN2		S
	{1 x 100 on 1:50 Individual Medley	EN2		S
200	1 x 200 on 4:00 Stroke Drills	REC		D
	6:30 PM 2,150 Yards - Stress Value = 34			

Workout #22932 - Friday, 21 December 2018

9:45 AM 4,200 Yards - Stress Value = 420

Group 2 - Silver/Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
5:00 PM	Start				
400	1 on 40:00 DS/Dryland	REC	L		
150	4 x 100 on 2:15 SwimUSS	REC	D		
1,300	1x{10 x 15 on :45 Shooters	SP3	S		
	{1 x 200 on 4:10 Individual Medley	EN2	S		
	{2 x 100 on 2:00 Mystery Medley	EN2	S		
	{1 x 200 on 4:05 Individual Medley	EN2	S		
	{3 x 100 on 2:00 Mystery Medley	EN2	S		
	{1 x 200 on 4:00 Individual Medley	EN2	S		
	{2 x 100 on 2:00 Mystery Medley	EN2	S		
200	1 x 200 on 4:00 Stroke Drills	REC	D		
6:31 PM	2,050 Yards - Stress Value = 32				

Workout #22936 - Monday, 24 December 2018
HighSchl - All
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
10,000	100 x 100 on 1:10 Freestyle	EN2	S	FR	1:10
8:57 AM	10,000 Yards - Stress Value = 200				

Workout #22937 - Wednesday, 26 December 2018
HighSchl - USRPT
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
1	on 10:00 DS/Showers	REC			
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	S		
750	30 x 25 on :30 100 Back Pace	SP2	S		
1,000	1 on 5:00 Video Evaluations 2 corrections	REC			
	40 x 25 on :30 200 Fly Pace	SP2	S		
	1 on 5:00 Video Evaluations	REC			
750	30 x 25 on :30 100 Breast Pace	SP2	S		
	1 on 10:00 Racing Skill-Timed starts to 15m	REC			
8:31 AM	2,650 Yards - Stress Value = 256				

Workout #22933 - Friday, 21 December 2018

Group 2 - Bronze
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
5:00 PM	Start				
300	1 on 40:00 DS/Dryland	REC	L		
150	4 x 75 on 2:15 SwimUSS	REC	D		
1,000	1x{10 x 15 on :45 Shooters	SP3	S		
	{1 x 100 on 2:30 Individual Medley	EN2	S		
	{2 x 100 on 2:30 Mystery Medley	EN2	S		
	{1 x 100 on 2:30 Individual Medley	EN2	S		
	{2 x 100 on 2:30 Mystery Medley	EN2	S		
	{1 x 100 on 2:30 Individual Medley	EN2	S		
	{2 x 100 on 2:30 Mystery Medley	EN2	S		
	{1 x 100 on 2:30 Individual Medley	EN2	S		
200	1 x 200 on 4:00 Stroke Drills	REC	D		
6:29 PM	1,650 Yards - Stress Value = 26				

Workout #22938 - Wednesday, 26 December 2018
Group 2 - Freestylers
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
9:15 AM	Start				
450	1 on 35:00 DS/Dryland	REC	L		
	18 x 25 on :30 Wednesday Warm-up				
	2-12, 4-14, 6-16, 6-18				
150	10 x 15 on :45 Shooters	SP3	S		
1,250	1x{1 x 100 on 1:40 Free Kick w/board				
	{1 x 100 on 2:00 Free Kick w/board				
	{2 x 100 on 1:45 Free Kick w/board				
	{1 x 100 on 2:00 Free Kick w/board				
	{3 x 100 on 1:50 Free Kick w/board				
	{1 x 100 on 2:00 Free Kick w/board				
	{3 x 100 on 1:55 Free Kick w/board				
	{1 x 50 on 1:00 Free Kick w/board				
150	1x{6 x 25 on 1:00 Odds face in sculling drills				
	{ Evens-underwaters, count kicks				
2,000	1x{1 x 100 on 1:30 Free L.25 6BK				
	{1 x 100 on 1:30 Free L.25 2 breaths				
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi				
	{2 x 100 on 1:25 Free L.25 6BK				
	{2 x 100 on 1:25 Free L.25 2 breaths				
	{2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi				
	{3 x 100 on 1:20 Free L.25 6bk				
	{3 x 100 on 1:20 Free L.25 2 breaths				
	{3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi				
	{1 x 100 on 1:15 Free L.25 6bk				
	{1 x 100 on 1:15 Free L.25 2 breaths				
750	30 x 25 on :30 USRPT 100 Free Pace				
200	1 x 200 on 4:00 Stroke Drills	REC	D		
11:30 AM	4,950 Yards - Stress Value = 144				

Workout #22934 - Friday, 21 December 2018

Group 2 - Copper
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
5:00 PM	Start				
300	1 on 40:00 DS/Dryland	REC	L		
150	4 x 75 on 2:15 SwimUSS	REC	D		
800	1x{10 x 15 on :45 Shooters	SP3	S		
	{1 x 100 on 3:00 Individual Medley	EN2	S		
	{2 x 100 on 3:00 Mystery Medley	EN2	S		
	{1 x 100 on 3:00 Individual Medley	EN2	S		
	{2 x 100 on 3:00 Mystery Medley	EN2	S		
	{1 x 100 on 3:00 Individual Medley	EN2	S		
	{2 x 100 on 3:00 Mystery Medley	EN2	S		
	{1 x 100 on 3:00 Individual Medley	EN2	S		
200	1 x 200 on 5:00 Stroke Drills	REC	D		
6:29 PM	1,450 Yards - Stress Value = 22				

Workout #22935 - Saturday, 22 December 2018

HighSchl - USRPT
1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
7:00 AM	Start				
1,000	1 on 10:00 DS/Showers	REC			
	40 x 25 on :30 200 Fly Pace*	SP2	S		
	1 on 5:00 Active Recovery	REC			
1,500	30 x 50 on :50 200 Free Pace*	SP2	S		
	1 on 5:00 Active Recovery	REC			
1,500	30 x 50 on :55 200 Breast Pace*	SP2	S		
	1 on 5:00 Video Evaluations 2 corrections	REC			
200	8 x 25 on 3:00 50 Free Pace	SP2	S		
	1 on 40:00 Transition to WR/Weights	REC			

Workout #22939 - Wednesday, 26 December 2018

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 375 1 on 35:00 DS/Dryland
 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-16, 6-18, 4-20
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 1:50 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {2 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {3 x 100 on 2:00 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {2 x 100 on 2:05 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:35 Free L.25 6BK
 {2 x 100 on 1:35 Free L.25 2 breaths
 {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:30 Free L.25 6bk
 {3 x 100 on 1:30 Free L.25 2 breaths
 {2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on :45 Free L.25 5 KOW-Sprint to fini
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,525 Yards - Stress Value = 136

Workout #22940 - Wednesday, 26 December 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 325 1 on 35:00 DS/Dryland
 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-17, 6-19, 1-20
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 100 on 2:05 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {3 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:20 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:45 Free L.25 6BK
 {2 x 100 on 1:45 Free L.25 2 breaths
 {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:40 Free L.25 6bk
 {3 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,100 Yards - Stress Value = 118

Workout #22941 - Wednesday, 26 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description

=====

1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 2-16, 4-18, 5-20
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:20 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board
 {2 x 100 on 2:25 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board
 {3 x 100 on 2:30 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 100 on 2:05 Free L.25 6BK
 {1 x 100 on 2:05 Free L.25 2 breaths
 {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:00 Free L.25 6BK
 {2 x 100 on 2:00 Free L.25 2 breaths
 {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:55 Free L.25 6bk
 {1 x 100 on 1:55 Free L.25 2 breaths
 {3 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 625 25 x 25 on :35 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,750 Yards - Stress Value = 115

Workout #22942 - Wednesday, 26 December 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 275 1 on 35:00 DS/Dryland
 11 x 25 on :45 Wednesday Warm-up
 2-18, 4-20, 5-22
 150 10 x 15 on :45 Shooters
 850 1x{1 x 100 on 2:35 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board
 {2 x 100 on 2:40 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board
 {3 x 100 on 2:45 Free Kick w/board
 {1 x 50 on 1:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 2:30 Free L.25 6BK
 {1 x 100 on 2:30 Free L.25 2 breaths
 {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:25 Free L.25 6BK
 {2 x 100 on 2:25 Free L.25 2 breaths
 {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:20 Free L.25 6bk
 {1 x 100 on 2:20 Free L.25 2 breaths
 {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,325 Yards - Stress Value = 101

Workout #22943 - Wednesday, 26 December 2018

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 225 9 x 25 on 1:00 Wednesday Warm-up
 1-20, 2-22, 3-24, 4-26
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 4:00 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {1 x 100 on 4:00 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 100 on 3:00 Free L.25 6BK
 {1 x 100 on 3:00 Free L.25 2 breaths
 {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:55 Free L.25 6BK
 {2 x 100 on 2:55 Free L.25 2 breaths
 {2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on 1:25 Free L.25 6bk
 450 18 x 25 on :50 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,875 Yards - Stress Value = 83

1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 1:55 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:55 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:55 Streamline Kick on back
 {3 x 50 on 1:00 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,625 1x{2 x 150 on 2:15 Back atl 25's 10KOW
 {3 x 50 on :45 Back-descend
 {5 x 125 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :45 Back-descend
 {4 x 100 on 1:30 Back alt 25's 10KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,375 Yards - Stress Value = 132

Workout #22947 - Thursday, 27 December 2018

Group 2 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,500 30 x 50 on :50 200 Back Pace*
 1 on 5:00 Video Evaluations 2 corrections
 750 30 x 25 on :30 100 Fly Pace
 1 on 5:00 Video Evaluations
 750 30 x 25 on :30 100 Free Pace
 1 on 11:00 Racing Sklll-Underwater Racing
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 40:00 Transistion to WR/Weights
 9:45 AM 4,650 Yards - Stress Value = 456

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,475 1x{2 x 150 on 2:30 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 2:05 Back alt 25's 10KOW
 {4 x 50 on :50 Back-descend
 {2 x 100 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,000 Yards - Stress Value = 115

Workout #22945 - Thursday, 27 December 2018

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 200 8 x 25 on 3:00 50 Free Pace
 100 5 x 20 on 3:00 Timed Underwaters L/R
 4:30 PM 1,950 Yards - Stress Value = 186

Workout #22946 - Thursday, 27 December 2018

Group 2 - Back

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====

Workout #22948 - Thursday, 27 December 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{2 x 150 on 2:50 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {5 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-Descend
 {1 x 100 on 1:50 Back-alt 10 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,700 Yards - Stress Value = 110

Workout #22949 - Thursday, 27 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{2 x 125 on 2:45 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {2 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,450 Yards - Stress Value = 106

Workout #22950 - Thursday, 27 December 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25's kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 125 on 3:00 Back at 25's 10KOW
 {3 x 50 on 1:20 Back-descend

{4 x 100 on 2:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,125 Yards - Stress Value = 101

Workout #22951 - Thursday, 27 December 2018

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {1 x 100 on 3:00 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{2 x 125 on 3:25 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-descend
 {3 x 100 on 3:00 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 2,925 Yards - Stress Value = 97

Workout #22952 - Friday, 28 December 2018

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 5:00 Video Evaluations REC
 1,500 30 x 50 on :50 200 Fly Pace* SP2
 1 on 5:00 Video Evaluations 2 corrections REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 10:00 Fly Kick Relay EN2
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 40:00 Transition to WR/Weights REC
 9:42 AM 4,650 Yards - Stress Value = 456

Workout #22951 - Thursday, 27 December 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25's kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 125 on 3:00 Back at 25's 10KOW
 {3 x 50 on 1:20 Back-descend

Workout #22953 - Friday, 28 December 2018

Group 2 - Breast

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 4 x 125 on 2:15 SwimUSS
 900 10 x 15 on :45 Shooters
 1x{1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:15 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {1 x 100 on 1:50 Breast Kick w/board
 {2 x 25 on :40 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,300 1x{2 x 200 on 3:30 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 150 on 2:35 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {3 x 100 on 1:40 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,775 Yards - Stress Value = 112

Workout #22954 - Friday, 28 December 2018

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 4 x 125 on 2:15 Swim-kick-pull-swim
 850 10 x 15 on :45 Shooters
 1x{1 x 200 on 4:05 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {1 x 100 on 1:55 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,200 1x{2 x 200 on 3:45 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 {2 x 150 on 2:45 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins
 {2 x 100 on 1:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,625 Yards - Stress Value = 109

Workout #22955 - Friday, 28 December 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 150 4 x 100 on 2:15 SwimUSS
 800 10 x 15 on :45 Shooters
 1x{1 x 200 on 4:30 Breast Kick w/board
 {2 x 25 on :45 Breast Kick-streamline on back
 {2 x 175 on 3:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back

{1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,050 1x{2 x 200 on 4:25 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 125 on 2:45 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {2 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,250 Yards - Stress Value = 98

Workout #22956 - Friday, 28 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 150 4 x 100 on 2:15 SwimUSS
 700 10 x 15 on :45 Shooters
 1x{1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 3:45 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 950 1x{2 x 200 on 4:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 100 on 2:20 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {2 x 75 on 1:45 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,050 Yards - Stress Value = 94

Workout #22957 - Friday, 28 December 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 150 4 x 75 on 2:15 SwimUSS
 650 10 x 15 on :45 Shooters
 1x{1 x 200 on 5:30 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 150 on 4:10 Breast Kick w/board
 {2 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 850 1x{2 x 150 on 4:15 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :45 Breast TO Drill w/fins
 {2 x 100 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {3 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,750 Yards - Stress Value = 86

Workout #22958 - Friday, 28 December 2018

Group 2 - Copper
1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 4 x 75 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 525 1x{1 x 200 on 7:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {2 x 100 on 3:30 Breast Kick w/board
 {3 x 25 on 1:00 Breast Kick-streamline on bac
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 200 on 7:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO Drill w/fins
 {1 x 150 on 5:00 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on 1:00 Breast TO drill w/fins
 {2 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,300 Yards - Stress Value = 68

Workout #22959 - Saturday, 29 December 2018

HighSchl - USRPT
1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY W
 =====
 1 on 10:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3
 750 30 x 25 on :30 100 Fly Pace* SP2
 1 on 8:00 Active Recovery REC
 750 30 x 25 on :30 100 Back Pace* SP2
 1 on 8:00 Active Recovery REC
 750 30 x 25 on :30 100 Breast Pace* SP2
 1 on 8:00 Video Evaluations 2 corrections REC
 750 30 x 25 on :30 100 Free Pace* SP2
 1 on 40:00 Transition to WR/Weights REC
 9:30 AM 3,225 Yards - Stress Value = 309

Workout #22960 - Monday, 31 December 2018

HighSchl - USRPT
1 minute rest between sets

7:00 AM Start
 Yards Set Description EG
 =====
 1 on 10:00 DS/Showers RE
 150 10 x 15 on :45 Shooters SE
 1,500 30 x 50 on :50 200 Fly Pace* SE
 1 on 5:00 Video Evaluations 2 corrections RE
 750 30 x 25 on :30 100 Back Pace SE
 1 on 5:00 Video Evaluations RE
 1,500 30 x 50 on :55 200 Breast Pace SE
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck EN
 {1 on :30 Rest RE
 {6 x 15 on :20 Undr Wtr Fly Kck EN
 {1 on :30 Rest RE
 {4 x 15 on :15 Undr Wtr Fly Kck EN
 {1 on :30 Rest RE
 {2 x 15 on :10 Undr Wtr Fly Kck EN
 750 30 x 25 on :30 100 Free Pace SE
 1 on 40:00 Transition to WR/Weights RE
 9:45 AM 4,950 Yards - Stress Value = 462

Workout #22961 - Monday, 31 December 2018

HighSchl - USRPT-Distance

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#1 Shooters SP3
 4,000 40 x 100 on 1:20 1650 Free Pace SP2
 Make 1 subtract 1
 160 8 x 20 on 3:00 Timed Underwaters-alt B/S SP2
 4:38 PM 4,310 Yards - Stress Value = 422

Workout #22962 - Monday, 31 December 2018

Group 2 - Fly

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:25 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lupdown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lupdown+1
 {4 x 125 on 1:55 Fly 25R-25L-75B
 {4 x 25 on :30 Fly lupdown+1
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,250 Yards - Stress Value = 130

Workout #22963 - Monday, 31 December 2018

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:35 Fly Kick w/board
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {4 x 25 on :35 Fly lupdown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {4 x 25 on :35 Fly lupdown+1
 {2 x 125 on 2:15 Fly 25R-25L-75B
 {4 x 25 on :35 Fly lupdown+1
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,725 Yards - Stress Value = 110

Workout #22964 - Monday, 31 December 2018

Group 2 - Silver

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:50 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{4 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{3 x 100 on 2:15 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 125 on 2:45 Fly 25R-25L-75B
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,300 Yards - Stress Value = 97

Workout #22965 - Monday, 31 December 2018

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
725	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 2:00 Fly Kick w/board
	{3 x 25 on :40 Kick no board BSL
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{4 x 75 on 2:00 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{4 x 100 on 2:40 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,075 Yards - Stress Value = 94

Workout #22966 - Monday, 31 December 2018

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 Fly Kick w/board
	{2 x 25 on :45 Kick no board BS
	{1 x 100 on 3:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
825	1x{4 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lupldown+1
	{2 x 100 on 3:00 Fly 25R-25L-50B
	{4 x 25 on :45 Fly lupldown+1

	{1 x 125 on 3:45 Fly 25R-25L-75B
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,775 Yards - Stress Value = 84

Workout #22967 - Monday, 31 December 2018

Group 2 - Copper

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
475	1x{4 x 25 on 1:00 Kick no board BSLR
	{2 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 75 on 3:00 Fly Kick w/board
	{1 x 25 on 1:00 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	1x{2 x 75 on 3:00 Fly 25R-25L-25B
	{4 x 25 on 1:00 Fly lupldown+1
	{2 x 100 on 4:00 Fly 25R-25L-50B
	{2 x 25 on 1:00 Fly lupldown+1
	{1 x 125 on 5:00 Fly 25R-25L-75B
225	15 x 15 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,125 Yards - Stress Value = 49