

Workout #25008 - Wednesday, 01 January 2020

Group 2 - Breast

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up 2-12, 4-14, 6-16, 6-18
150	10 x 15 on :45 Shooters
1,450	1x{1 x 50 on :55 Breast Kick w/board {4 x 50 on 1:10 Breast Pull {2 x 75 on 1:25 Breast Kick w/board {3 x 50 on 1:10 Breast Pull {3 x 100 on 1:50 Breast Kick w/board {2 x 50 on 1:10 Breast Pull {4 x 125 on 2:05 Breast 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 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-2K1P {3 x 50 on :50 Breast-descend {1 x 200 on 4:00 Breast 3-4-5-6 sec glide
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,225 Yards - Stress Value = 114

Workout #25013 - Wednesday, 01 January 2020

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 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
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 Breast 2K1P {3 x 50 on 2:00 Breast descend {1 x 100 on 3:15 Breast 3-4-5-6 sec glide {1 x 50 on 1:55 Breast-descend {1 x 100 on 3:15 Breast-2K1P {2 x 50 on 1:50 Breast-descend {1 x 100 on 3:15 Breast-3-4-5-6 sec glide
375	15 x 25 on 1:00 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,550 Yards - Stress Value = 68

Workout #25009 - Wednesday, 01 January 2020

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, 4-16, 6-18, 3-20
150	10 x 15 on :45 Shooters
1,300	1x{1 x 50 on 1:05 Breast Kick w/board {4 x 50 on 1:10 Breast Pull

	{2 x 75 on 1:35 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
	{3 x 100 on 2:10 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
	{2 x 125 on 2:40 Breast Kick w/board
	{1 x 50 on 1:10 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 200 on 4:15 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 150 on 3:10 Breast-2K1P {4 x 50 on :55 Breast-descend {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,950 Yards - Stress Value = 112

Workout #25010 - Wednesday, 01 January 2020

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 4-17, 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 1:15 Breast Pull {2 x 75 on 1:45 Breast Kick w/board {3 x 50 on 1:15 Breast Pull {3 x 100 on 2:20 Breast Kick w/board {3 x 50 on 1:15 Breast Pull {2 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
1,100	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 100 on 2:20 Breast-2K1P {4 x 50 on 1:00 Breast-descend {1 x 100 on 2:20 Breast-3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,625 Yards - Stress Value = 101

Workout #25012 - Wednesday, 01 January 2020

Group 2 - Bronze

1 minute rest between sets

9:15 AM 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
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	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 100 on 2:50 Breast-2K1P {1 x 50 on 1:20 Breast-FAST {1 x 100 on 2:50 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
11:30 AM 3,100 Yards - Stress Value = 89	

Workout #25011 - Wednesday, 01 January 2020

Group 2 - Silver/Bronze

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 2-16 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	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 100 on 2:40 Breast-2K1P {3 x 50 on 1:10 Breast-descend {1 x 100 on 2:40 Breast-3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 3,425 Yards - Stress Value = 99	

Workout #25006 - Wednesday, 01 January 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	1 on 38:00 DS/Weights/Back to Pool	REC
750	15 x 15 on :45 Racing Skills-Back Shooters	SP3
	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Recovery #2	REC

1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
9:30 AM 4,725 Yards - Stress Value = 459		

Workout #25007 - Wednesday, 01 January 2020

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
240	1 on 10:00 DS/Showers	REC
1,500	16 x 15 on :15 Racing Skills-IM Shooters	SP1
	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
200	8 x 25 on 3:00 50 Free Pace	SP2
	1 on 10:00 Underwater Racing	EN2
	1 on 10:00 Peer Coaching	REC
4:30 PM 1,940 Yards - Stress Value = 189		

Workout #25016 - Thursday, 02 January 2020

Group 2 - Back

1 minute rest between sets

9:15 AM 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
925	10 x 15 on :45 Shooters
	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 Streamline Kick on back {7 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:50 Streamline Kick on back
	1 on 26:00 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 Starts
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 2,725 Yards - Stress Value = 100	

Workout #25021 - Thursday, 02 January 2020

Group 2 - Copper

1 minute rest between sets

9:15 AM 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
575	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 {3 x 25 on :45 Kick no board B w/fins
	1 on 26:00 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 Starts
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 1,875 Yards - Stress Value = 68	

Workout #25017 - Thursday, 02 January 2020

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
900	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 1 on 26:00 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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,525 Yards - Stress Value = 86

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{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 1 on 26:00 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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,200 Yards - Stress Value = 76

Workout #25018 - Thursday, 02 January 2020

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{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 50 on 1:10 Streamline Kick on back 1 on 26:00 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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,300 Yards - Stress Value = 77

Workout #25014 - Thursday, 02 January 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	40 x 25 on :30 200 Breast Pace	SE
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Recovery #3	RE
1,000	40 x 25 on :30 200 Back Pace	SE
	9:30 AM 3,725 Yards - Stress Value = 359	

Workout #25015 - Thursday, 02 January 2020

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
140	7 x 20 on 3:00 Timed underwater-B	EN
50	1 x 50 on 10:00 Timed Swim OTB	SE
	4:31 PM 2,665 Yards - Stress Value = 242	

Workout #25020 - Thursday, 02 January 2020

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
625	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 {5 x 25 on :45 Kick no board B w/fins 1 on 26:00 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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,025 Yards - Stress Value = 73

Workout #25022 - Saturday, 04 January 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY WC
=====	=====	==
	1 on 15:00 Qswim DS/Shower	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #3	REC
1,000	40 x 25 on :30 200 Free Pace	SP2
	1 on 10:00 Lane Line Survivor	EN2
	9:15 AM 3,725 Yards - Stress Value = 359	

Workout #25019 - Thursday, 02 January 2020

Group 2 - Silver/Bronze

Workout #25025 - Monday, 06 January 2020

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{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:00 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:55 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:45 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
 1,700 2x{1 x 150 on 2:15 Backstroke
 {2 x 125 on 1:50 Backstroke
 {2 x 100 on 1:25 Backstroke
 {2 x 75 on 1:05 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
 7:31 PM 4,450 Yards - Stress Value = 130

Workout #25030 - Monday, 06 January 2020

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{6 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 100 on 3:35 Streamline Kick on back
 {4 x 25 on :45 Kick no board B w/fins
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 2x{1 x 150 on 4:30 Backstroke
 {1 x 100 on 2:55 Backstroke
 {2 x 50 on 1:25 Backstroke
 {1 x 50 on 2:00 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
 7:29 PM 2,650 Yards - Stress Value = 81

Workout #25026 - Monday, 06 January 2020

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{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 3:05 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 2:40 Backstroke

{2 x 125 on 2:10 Backstroke
 {1 x 100 on 1:45 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 50 on 1:45 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
 7:31 PM 3,925 Yards - Stress Value = 112

Workout #25027 - Monday, 06 January 2020

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
 800 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
 {4 x 25 on :35 Kick no board B w/fins
 {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
 1,200 2x{1 x 150 on 3:05 Backstroke
 {1 x 125 on 2:30 Backstroke
 {2 x 100 on 1:55 Backstroke
 {1 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 3,500 Yards - Stress Value = 99

Workout #25029 - Monday, 06 January 2020

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{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
 {4 x 25 on :45 Kick no board B w/fins
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 2x{1 x 150 on 4:10 Backstroke
 {1 x 100 on 2:45 Backstroke
 {3 x 50 on 1:20 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
 7:30 PM 2,900 Yards - Stress Value = 89

Workout #25028 - Monday, 06 January 2020

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
750	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 2:25 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	2x{1 x 150 on 3:30 Backstroke {1 x 125 on 2:50 Backstroke {1 x 100 on 2:15 Backstroke {2 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 3,250 Yards - Stress Value = 95

Workout #25023 - Monday, 06 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #3	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #25024 - Monday, 06 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
2,700	27 x 100 on 1:30 1650 Free Pace	SP2	
	1GT 1= 1REC/2GT 2= 2REC/up to 3 back to 1		
100	5 x 20 on 3:00 Timed Underwaters-S	SP3	
	5:30 PM 3,025 Yards - Stress Value = 283		

Workout #25037 - Tuesday, 07 January 2020

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{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
900	1x{1 x 200 on 6:00 Individual Medley {4 x 25 on :45 3 Fly 3 Back {1 x 100 on 3:00 Reverse IM {1 x 200 on 6:00 Individual Medley {4 x 25 on :45 2 Breast 2 Free {1 x 100 on 3:00 Reverse IM {1 x 100 on 2:00 Individual Medley
550	22 x 25 on :40 USRPT 100 Free Pace 1 on 10:00 Racing Skills-CO Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 88

Workout #25032 - Tuesday, 07 January 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,050	1x{6 x 25 on :30 Kick no board B {4 x 50 on :50 Kick 1fly 1brst 2 free {4 x 25 on :30 Kick no board S {4 x 50 on :50 Kick 1fly 2brst 1 free {4 x 25 on :30 Kick no board L {4 x 50 on :50 Kick 2 fly 1brst 1 free {4 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
1,600	1x{1 x 200 on 3:00 Individual Medley {4 x 25 on :25 Fly {1 x 100 on 1:30 Reverse IM {1 x 200 on 2:55 Individual Medley {6 x 25 on :25 Backstroke {1 x 100 on 1:30 Reverse IM {1 x 200 on 2:50 Individual Medley {4 x 25 on :30 Breaststroke {1 x 100 on 1:30 Reverse IM {1 x 200 on 2:45 Individual Medley {6 x 25 on :25 Freestyle
750	30 x 25 on :30 USRPT 100 Free Pace 1 on 10:00 Racing Skills-CO Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 134

Workout #25033 - Tuesday, 07 January 2020

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{4 x 25 on :35 Kick no board B {3 x 50 on 1:00 Kick 1fly 1brst 1 free {4 x 25 on :35 Kick no board S {3 x 50 on 1:00 Kick 1fly 1brst 1 free {6 x 25 on :35 Kick no board 3L3R {4 x 50 on 1:00 Kick 1fly 1brst 2free
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 1:40 Reverse IM {1 x 200 on 3:15 Individual Medley {4 x 25 on :30 Backstroke {1 x 100 on 1:40 Reverse IM {1 x 200 on 3:10 Individual Medley {4 x 25 on :30 Breaststroke {1 x 100 on 1:40 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-CO Turns
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 127

Workout #25034 - Tuesday, 07 January 2020

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 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 1fly 1brst 1free
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
	1 on 10:00 Racing Skills-CO Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 107

Workout #25036 - Tuesday, 07 January 2020

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{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 x 50 on 1:00 Kick-choice
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
550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-CO Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 94

Workout #25035 - Tuesday, 07 January 2020

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{6 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 {1 x 50 on 1:15 Kick -choice
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 {6 x 25 on :35 Breaststroke
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-CO Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 105

Workout #25031 - Tuesday, 07 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 7:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Recovery #3	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Timed Swim-OTB	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #25044 - Wednesday, 08 January 2020

Group 2 - Copper

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
 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
 700 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
 {5 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 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:40 PM 2,300 Yards - Stress Value = 53

Workout #25039 - Wednesday, 08 January 2020

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
 150 10 x 15 on :45 Shooters
 1,200 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
 {4 x 100 on 1:55 Fly Kick w/board
 {2 x 25 on :30 Kick no board BS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{4 x 75 on 1:10 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 1:55 Fly 25R-25L-75B
 {6 x 25 on :30 Fly lupldown+1
 {1 x 150 on 2:10 Fly 25R-25L-100B
 750 30 x 25 on :30 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 139

Workout #25040 - Wednesday, 08 January 2020

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
 1,100 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
 {3 x 100 on 2:05 Fly Kick w/board

{2 x 25 on :30 Kick no board BS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 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
 {2 x 25 on :35 Fly lupldown+1
 625 25 x 25 on :35 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 119

Workout #25041 - Wednesday, 08 January 2020

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
 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 1:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 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
 1,200 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
 {2 x 125 on 2:45 Fly 25R-25L-75B
 {2 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 104

Workout #25043 - Wednesday, 08 January 2020

Group 2 - 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
 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
 925 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
 {1 x 125 on 3:45 Fly 25R-25L-75B
 500 20 x 25 on :45 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 90

Workout #25042 - Wednesday, 08 January 2020

Group 2 - Silver/Bronze

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
900	10 x 15 on :45 Shooters
150	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
1,025	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
	{1 x 125 on 3:15 Fly 25R-25L-75B
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 99

Workout #25038 - Wednesday, 08 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 DS>Showers	REC	
	1 on 5:00 Vertical Kick/Missle Turns	SP1	
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	
200	8 x 25 on 3:00 50 Free Pace	SP2	
	1 on 10:00 Team Mtg	REC	
	5:30 PM 1,700 Yards - Stress Value = 170		

Workout #25046 - Thursday, 09 January 2020

Group 2 - Breast

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 Free 3KOW to 10 back to 3
950	10 x 15 on :45 Shooters
100	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
	1 on 26:00 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-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,625 Yards - Stress Value = 87

Workout #25051 - Thursday, 09 January 2020

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 Free 3KOW to 10 back to 3
450	10 x 15 on :45 Shooters
100	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
	{1 x 50 on 3:00 Breast Pull
	1 on 26:00 TEACH DAY-Breast
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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,700 Yards - Stress Value = 65

Workout #25047 - Thursday, 09 January 2020

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 Free 3KOW to 10 back to 3
	2-14, 4-16, 6-18, 3-20
850	10 x 15 on :45 Shooters
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
	1 on 26:00 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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,475 Yards - Stress Value = 85

Workout #25048 - Thursday, 09 January 2020

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
800	10 x 15 on :45 Shooters
100	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
	{4 x 50 on 1:10 Breast Pull
	{2 x 100 on 2:20 Breast Kick w/board
	1 on 26:00 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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 77

Workout #25050 - Thursday, 09 January 2020

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{1 x 50 on 1:25 Breast Kick w/board {3 x 50 on 1:25 Breast Pull {2 x 75 on 2:05 Breast Kick w/board {2 x 50 on 1:25 Breast Pull {2 x 100 on 2:50 Breast Kick w/board 1 on 26:00 TEACH DAY-Breast
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 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,950 Yards - Stress Value = 69

Workout #25049 - Thursday, 09 January 2020

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{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 {1 x 100 on 2:30 Breast Kick w/board {2 x 50 on 1:15 Breast Pull 1 on 26:00 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-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 76

Workout #25045 - Thursday, 09 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 5:00 Recovery #1	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Recovery #2	RE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 5:00 Recovery #3	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
50	1 x 50 on 10:00 50 for Time -OTB	SE
	8:15 AM 4,775 Yards - Stress Value = 464	

Workout #25059 - Friday, 10 January 2020

Group 2 - Copper

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
900	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 #25054 - Friday, 10 January 2020

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	
1,800	1x{4 x 125 on 1:50 Freestyle	EN2	
	{3 x 50 on :45 Free-descend to 5s obt	EN2	
	{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	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,650 Yards - Stress Value = 42		

Workout #25055 - Friday, 10 January 2020

Group 2 - Gold

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	
1,650	1x{4 x 125 on 2:00 Freestyle	EN2	
	{3 x 50 on :50 Free-descend to 5s obt	EN2	
	{4 x 125 on 1:55 Freestyle	EN2	
	{3 x 50 on :50 Free-descend to 5s obt	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :50 Free-FAST	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,500 Yards - Stress Value = 39		

Workout #25056 - Friday, 10 January 2020

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 2:10 Freestyle	EN2	
	{3 x 50 on :55 Free-descend to 5s obt	EN2	
	{4 x 125 on 2:05 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-FAST	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,200 Yards - Stress Value = 35		

Workout #25058 - Friday, 10 January 2020

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 #25057 - Friday, 10 January 2020

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 #25052 - Friday, 10 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY	WC
	1 on 40:00 DS/Weights/Back to Pool	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 8:00 Recovery #1	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 8:00 Recovery #2	REC	
750	30 x 25 on :50 200 Back Pace	SP2	
	1 on 8:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 10:00 Tic Tac Toe Relay	EN2	
8:15 AM 3,475 Meters - Stress Value = 369			

Workout #25053 - Friday, 10 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	E
	1 on 10:00 DS/Showers	F
240	16 x 15 on :45 Racing Skills-IM Shooters	S
625	1x{25 x 25 on :30 100 Free Pace	S
	{1 on 10:00 Racing Skills-CO Turns	F
	1 on 3:00 Transistion between pools	F
800	1x{25 x 20 on :30 100 Breast Pace-Diving Well	S
	{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
1 on 10:00 Group Challenge!	S
5:30 PM 1,665 Yards - Stress Value = 128	

Workout #25060 - Saturday, 11 January 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Qswim DS/Shower	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 8:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 8:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 15:00 Relays or Lane Line Survivor	EN2	
9:30 AM 4,240 Yards - Stress Value = 410			

Workout #25063 - Monday, 13 January 2020

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
950	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:55 Breast 2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast-3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast-2k1p
	{4 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast 3-4-5-6 glide
625	25 x 25 on :35 USRPT 100 Breast Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,925 Yards - Stress Value = 105	

Workout #25068 - Monday, 13 January 2020

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 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 2:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {1 x 50 on 2:00 Breast Pull
 {1 x 100 on 4:00 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 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
 {3 x 50 on 1:50 Breast-descend
 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
 7:30 PM 2,275 Yards - Stress Value = 64

Workout #25064 - Monday, 13 January 2020

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 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
 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 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:10 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:10 Breast-2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,675 Yards - Stress Value = 102

Workout #25065 - Monday, 13 January 2020

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 50 on 1:10 Breast Kick w/board
 {3 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

1,100 1x{1 x 200 on 4:30 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 200 on 4:30 Breast-2k1p
 {4 x 50 on 1:00 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,400 Yards - Stress Value = 93

Workout #25067 - Monday, 13 January 2020

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 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{1 x 50 on 1:25 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 {2 x 100 on 2:50 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 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-2K1P
 {2 x 50 on 1:20 Breast-descend
 500 20 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 83

Workout #25066 - Monday, 13 January 2020

Group 2 - Silver/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
 750 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
 {1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 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-2K1P
 {4 x 50 on 1:10 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 92

Workout #25061 - Monday, 13 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery #3	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #25062 - Monday, 13 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,875	25 x 75 on 1:10 500 Free Pace	SP2	
100	5 x 20 on 3:00 Timed underwater-B	EN2	
50	1 x 50 on 10:00 Timed Swim OTB	SP2	
	5:30 PM 2,250 Yards - Stress Value = 204		

Workout #25075 - Tuesday, 14 January 2020

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{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
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 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,100 Yards - Stress Value = 49

Workout #25070 - Tuesday, 14 January 2020

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
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
1,550	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 {6 x 25 on :30 Fly lupldown+1
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,300 Yards - Stress Value = 131

Workout #25071 - Tuesday, 14 January 2020

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{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 {1 x 100 on 2:10 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 lupldown+1 {4 x 100 on 1:50 Fly 25R-25L-50B {4 x 25 on :35 Fly lupldown+1 {2 x 125 on 2:15 Fly 25R-25L-75B {4 x 25 on :35 Fly lupldown+1
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 110

Workout #25072 - Tuesday, 14 January 2020

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 {3 x 50 on 1:10 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {4 x 75 on 1:45 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 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 97

Workout #25074 - Tuesday, 14 January 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	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 :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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	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 {6 x 25 on :45 Fly lupldown+1
500	20 x 25 on :45 Racing Skills-6 sec work 1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 85

Workout #25073 - Tuesday, 14 January 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	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 {2 x 25 on :40 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
925	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 {1 x 125 on 3:15 Fly 25R-25L-75B {4 x 25 on :40 Fly lupldown+1
550	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 93

Workout #25069 - Tuesday, 14 January 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Recovery #3	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Timed Swim-OTB	SP2
	8:16 AM 4,725 Yards - Stress Value = 459	

Workout #25077 - Wednesday, 15 January 2020

Group 2 - Back

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:50 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	2x{1 x 150 on 2:15 Backstroke {2 x 125 on 1:50 Backstroke {2 x 100 on 1:25 Backstroke {2 x 75 on 1:05 Backstroke {1 x 50 on :45 Backstroke {1 x 100 on 2:20 EZ Free
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,700 Yards - Stress Value = 137

Workout #25082 - Wednesday, 15 January 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:15 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{6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:45 Streamline Kick on back {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 50 on 3:00 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	2x{1 x 150 on 4:30 Backstroke {2 x 100 on 2:55 Backstroke {1 x 50 on 1:25 Backstroke {1 x 50 on 2:15 EZ Free
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 86

Workout #25078 - Wednesday, 15 January 2020

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
1,150	1x{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 3:15 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 {6 x 25 on :30 Kick no board B w/fins {1 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
1,600	2x{1 x 150 on 2:30 Backstroke {2 x 125 on 2:05 Backstroke {2 x 100 on 1:40 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,325 Yards - Stress Value = 121

Workout #25079 - Wednesday, 15 January 2020

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
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 150 on 3:30 Streamline Kick on back {4 x 25 on :35 Kick no board B w/fins
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	2x{1 x 150 on 3:05 Backstroke {2 x 125 on 2:30 Backstroke {2 x 100 on 1:55 Backstroke {1 x 50 on :55 Backstroke {1 x 50 on 1:10 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,775 Yards - Stress Value = 107

Workout #25081 - Wednesday, 15 January 2020

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{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 {4 x 25 on :45 Kick no board B w/fins {1 x 100 on 2:50 Streamline Kick on back {4 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
1,000	2x{1 x 150 on 4:10 Backstroke {2 x 100 on 2:45 Backstroke {2 x 50 on 1:20 Backstroke {1 x 50 on 1:40 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 95

Workout #25080 - Wednesday, 15 January 2020

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
150	10 x 15 on :45 Shooters
950	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 50 on 1:20 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	2x{1 x 150 on 3:30 Backstroke {1 x 125 on 2:50 Backstroke {2 x 100 on 2:15 Backstroke {1 x 75 on 1:40 Backstroke {1 x 50 on 1:30 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 102

Workout #25076 - Wednesday, 15 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
	1 on 5:00 Vertical Kick/Missle Turns	SP1	
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest	SP2	
	{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest	REC	
	{10 x 50 on :55 400 IM Pace	SP2	
	{10 x 50 on :55 400 IM Pace	REC	
200	8 x 25 on 3:00 50 Free Pace	SP2	
	1 on 10:00 Team Mtg	REC	
	5:30 PM 1,700 Yards - Stress Value = 170		

Workout #25089 - Thursday, 16 January 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-FREE
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 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
200	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,900 Yards - Stress Value = 72	

Yards	Set Description
5:15 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 on 26:00 Teach Day-FREE
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
775	1x{1 x 200 on 4:20 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:15 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:10 Free Kick w/board {1 x 25 on :45 Tombstone Kicking
200	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,350 Yards - Stress Value = 83	

Workout #25088 - Thursday, 16 January 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 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 on 26:00 Teach Day-FREE
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
850	1x{1 x 250 on 4:35 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:40 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 2:45 Free Kick w/board {2 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,650 Yards - Stress Value = 98	

Yards	Set Description
5:15 PM Start	
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-FREE
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
600	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 50 on 1:20 Free Kick w/board
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,000 Yards - Stress Value = 73	

Workout #25087 - Thursday, 16 January 2020

Group 2 - Silver/Bronze

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-FREE
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
825	1x{1 x 250 on 4:55 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:55 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 2:55 Free Kick w/board {1 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,575 Yards - Stress Value = 97	

Yards	Set Description
5:15 PM Start	
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-FREE
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
700	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 {1 x 100 on 2:30 Free Kick w/board {2 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,225 Yards - Stress Value = 82	

Workout #25086 - Thursday, 16 January 2020

Group 2 - Silver

1 minute rest between sets

Workout #25083 - Thursday, 16 January 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
1	on 40:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Breast Pace	SE
1	on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Back Pace	SE
1	on 8:00 Recovery #2	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
1	on 8:00 Recovery #3	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
8:08 AM 4,225 Yards - Stress Value = 409		

Workout #25097 - Friday, 17 January 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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	
850	1x{1 x 200 on 6:00 Individual Medley	EN2	S	E
	{6 x 25 on :45 3 Fly 3 Back	EN2	S	E
	{1 x 100 on 3:00 Reverse IM	EN2	S	
	{1 x 200 on 6:00 Individual Medley	EN2	S	
	{8 x 25 on :45 4 Breast 4 Free	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:30 PM 1,500 Yards - Stress Value = 23				

Workout #25092 - Friday, 17 January 2020

Group 2 - IM's

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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	
1,500	1x{8 x 25 on :25 Fly	EN2	S	E
	{1 x 100 on 1:30 Reverse IM	EN2	S	
	{1 x 200 on 3:05 Individual Medley	EN2	S	
	{8 x 25 on :25 Backstroke	EN2	S	
	{1 x 100 on 1:30 Reverse IM	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{8 x 25 on :25 Breaststroke	EN2	S	
	{1 x 100 on 1:30 Reverse IM	EN2	S	
	{8 x 25 on :25 Freestyle	EN2	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
6:29 PM 2,400 Yards - Stress Value = 36				

Workout #25093 - Friday, 17 January 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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	
1,400	1x{6 x 25 on :30 Fly	EN2	S	E
	{1 x 100 on 1:40 Reverse IM	EN2	S	
	{1 x 200 on 3:15 Individual Medley	EN2	S	
	{6 x 25 on :30 Backstroke	EN2	S	
	{1 x 100 on 1:40 Reverse IM	EN2	S	

{1 x 200 on 3:10 Individual Medley	EN2	S	
{8 x 25 on :30 Breaststroke	EN2	S	
{1 x 100 on 1:40 Reverse IM	EN2	S	
{8 x 25 on :30 Freestyle	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:30 PM 2,250 Yards - Stress Value = 34			

Workout #25094 - Friday, 17 January 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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	
1,250	1x{1 x 200 on 3:50 Individual Medley	EN2	S	
	{6 x 25 on :35 Fly	EN2	S	E
	{1 x 100 on 1:50 Reverse IM	EN2	S	
	{1 x 200 on 3:45 Individual Medley	EN2	S	
	{6 x 25 on :35 Backstroke	EN2	S	
	{1 x 100 on 1:50 Reverse IM	EN2	S	
	{1 x 200 on 3:40 Individual Medley	EN2	S	
	{6 x 25 on :35 Breaststroke	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:30 PM 2,000 Yards - Stress Value = 31				

Workout #25096 - Friday, 17 January 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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	
950	1x{1 x 200 on 5:00 Individual Medley	EN2	S	
	{6 x 25 on :45 3 Fly 3 Back	EN2	S	E
	{1 x 100 on 2:30 Reverse IM	EN2	S	
	{1 x 200 on 5:00 Individual Medley	EN2	S	
	{8 x 25 on :45 4 Breast 4 Free	EN2	S	
	{1 x 100 on 2:30 Reverse IM	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:30 PM 1,600 Yards - Stress Value = 25				

Workout #25095 - Friday, 17 January 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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	
1,200	1x{1 x 200 on 4:10 Individual Medley	EN2	S	
	{8 x 25 on :35 3 Fly 3 back	EN2	S	E
	{1 x 100 on 2:00 Reverse IM	EN2	S	
	{1 x 200 on 4:05 Individual Medley	EN2	S	
	{8 x 25 on :35 4 Breast 4 Free	EN2	S	
	{1 x 100 on 2:00 Reverse IM	EN2	S	
	{1 x 200 on 4:00 Individual Medley	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
6:30 PM 1,950 Yards - Stress Value = 30				

Workout #25090 - Friday, 17 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY	WC
1	on 40:00 DS/Weights/Back to Pool	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace	SP2	
1	on 6:00 Recovery #1	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
1	on 6:00 Recovery #2	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
1	on 5:00 Recovery #3	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
1	on 10:00 Tic Tac Toe Relay	EN2	
8:16 AM 4,725 Meters - Stress Value = 506			

{4 x 25 on 1:00 Kick no board S	
{2 x 50 on 2:00 Kick 1 brst 1 free	
{3 x 25 on 1:00 Kick no boardbl1R1C	
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	
{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	
1,500 15 x 100 on 1:00 USRPT 100 Fly Pace	
1 on 10:00 Relay	
200 1 x 200 on 4:00 Stroke Drills	
7:31 PM 3,625 Yards - Stress Value = 183	

Workout #25101 - Monday, 20 January 2020

Group 2 - IM'ers

1 minute rest between sets

Workout #25091 - Friday, 17 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
1	on 10:00 DS/Showers	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
625	1x{25 x 25 on :30 100 Back Pace	SP2	
{1 on 10:00 Peer Coaching-Free Breakouts	REC		
1 on 2:00 Transistion between pools	REC		
800 1x{25 x 20 on :30 100 Fly Pace-Diving Well	SP2		
{8 x 15 on :25 Undr Wtr Fly Kck	EN2		
{1 on :30 Rest	REC		
{6 x 15 on :20 Undr Wtr Fly Kck	EN2		
{1 on :30 Rest	REC		
{4 x 15 on :15 Undr Wtr Fly Kck	EN2		
{1 on :30 Rest	REC		
{2 x 15 on :10 Undr Wtr Fly Kck	EN2		
1 on 6:00 Group Challenge!	SP2		
5:25 PM 1,665 Yards - Stress Value = 128			

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
1,000	1x{4 x 25 on :30 Kick no board B
{4 x 50 on :55 Kick 1fly 1brst 2 free	
{4 x 25 on :30 Kick no board S	
{4 x 50 on :55 Kick 1fly 2brst 1 free	
{8 x 25 on :30 Kick no board L/R	
{4 x 50 on :55 Kick 2 fly 1brst 1 free	
100 1x{4 x 25 on 1:00 Odds face in sculling drills	
{ Evens-underwaters, count kicks	
1,550 1x{1 x 200 on 3:10 Individual Medley	
{8 x 25 on :25 Fly	
{1 x 100 on 1:30 Reverse IM	
{1 x 200 on 3:05 Individual Medley	
{8 x 25 on :25 Backstroke	
{1 x 100 on 1:30 Reverse IM	
{1 x 200 on 3:00 Individual Medley	
{8 x 25 on :25 Breaststroke	
{1 x 100 on 1:30 Reverse IM	
{2 x 25 on :25 Freestyle	
750 30 x 25 on :30 USRPT 100 Fly Pace	
1 on 10:00 Relay	
200 1 x 200 on 4:00 Stroke Drills	
7:30 PM 4,350 Yards - Stress Value = 132	

Workout #25098 - Saturday, 18 January 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
1	on 15:00 Qswim DS/Shower	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
1,000	40 x 25 on :30 200 Back Pace	SP2	
1	on 8:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
1	on 8:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
1	on 8:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
1	on 15:00 Relays or Lane Line Survivor	EN2	
9:30 AM 4,240 Yards - Stress Value = 410			

Workout #25106 - Monday, 20 January 2020

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
475	1x{4 x 25 on 1:00 Kick no board B
{2 x 50 on 2:00 Kick 1fly 1brst	

Workout #25102 - Monday, 20 January 2020

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{4 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {4 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {6 x 25 on :35 Kick no board 3L3R
 {4 x 50 on 1:00 Kick 1fly 1brst 2free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 3:20 Individual Medley
 {6 x 25 on :30 Fly
 {1 x 100 on 1:40 Reverse IM
 {1 x 200 on 3:15 Individual Medley
 {6 x 25 on :30 Backstroke
 {1 x 100 on 1:40 Reverse IM
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Breaststroke
 {1 x 100 on 1:40 Reverse IM
 {2 x 25 on :30 Freestyle
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,000 Yards - Stress Value = 126

Workout #25103 - Monday, 20 January 2020

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 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 1fly 1brst 1free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:50 Individual Medley
 {6 x 25 on :35 Fly
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:45 Individual Medley
 {6 x 25 on :35 Backstroke
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:40 Individual Medley
 {4 x 25 on :35 Breaststroke
 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 3,525 Yards - Stress Value = 107

Workout #25105 - Monday, 20 January 2020

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 :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
 950 1x{1 x 200 on 5:00 Individual Medley
 {6 x 25 on :45 3 Fly 3 Back
 {1 x 100 on 2:30 Reverse IM
 {1 x 200 on 5:00 Individual Medley
 {8 x 25 on :45 4 Breast 4 Free
 {1 x 100 on 2:30 Reverse IM
 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 2,900 Yards - Stress Value = 87

Workout #25104 - Monday, 20 January 2020

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
 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 1fly 1brst 1 free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 4:10 Individual Medley
 {8 x 25 on :35 4 Fly 4 back
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:05 Individual Medley
 {6 x 25 on :35 3 Breast 3 Free
 {1 x 100 on 2:00 Reverse IM
 {1 x 200 on 4:00 Individual Medley
 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 = 99

Workout #25099 - Monday, 20 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-Free Shooters SP3
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 7:00 Recovery #1 REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 6:00 Recovery #2 REC
 1,500 30 x 50 on :50 200 Fly Pace SP2
 1 on 6:00 Recovery #3 REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 10:00 Racing Skills-UW Racing EN2
 8:15 AM 4,725 Yards - Stress Value = 459

Workout #25100 - Monday, 20 January 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM	Start		
1	on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
2,250	30 x 75 on 1:10 500 Free Pace	SP2	
140	7 x 20 on 3:00 Timed underwater-B	EN2	
5:30 PM 2,615 Yards - Stress Value = 237			

Workout #25108 - Tuesday, 21 January 2020

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 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
950	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 :55 Breast Pull
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 Breast 2K1P {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast-3-4-5-6 sec glide {3 x 50 on :55 Breast-descend {1 x 200 on 3:50 Breast-2k1p {4 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast 3-4-5-6 glide
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,925 Yards - Stress Value = 105	

Workout #25113 - Tuesday, 21 January 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{1 x 50 on 2:00 Breast Kick w/board {2 x 50 on 2:00 Breast Pull {2 x 75 on 3:00 Breast Kick w/board {1 x 50 on 2:00 Breast Pull {1 x 100 on 4:00 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 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 {3 x 50 on 1:50 Breast-descend
375	15 x 25 on 1:00 USRPT 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,275 Yards - Stress Value = 64	

Workout #25109 - Tuesday, 21 January 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
900	1x{1 x 50 on 1:00 Breast Kick w/board {4 x 50 on 1:05 Breast Pull {2 x 75 on 1:30 Breast Kick w/board {4 x 50 on 1:05 Breast Pull {3 x 100 on 2:05 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 4:00 Breast 2K1P {3 x 50 on 1:00 Breast descend {1 x 200 on 4:10 Breast 3-4-5-6 sec glide {3 x 50 on 1:00 Breast-descend {1 x 200 on 4:00 Breast-2K1P {3 x 50 on :55 Breast-descend {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,725 Yards - Stress Value = 103	

Workout #25110 - Tuesday, 21 January 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
800	1x{1 x 50 on 1:10 Breast Kick w/board {3 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:30 Breast 2K1P {3 x 50 on 1:10 Breast descend {1 x 200 on 4:30 Breast 3-4-5-6 sec glide {3 x 50 on 1:05 Breast-descend {1 x 200 on 4:30 Breast-2k1p {4 x 50 on 1:00 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,400 Yards - Stress Value = 93	

Workout #25112 - Tuesday, 21 January 2020

8:15 AM 4,725 Yards - Stress Value = 459

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{1 x 50 on 1:25 Breast Kick w/board {3 x 50 on 1:25 Breast Pull {2 x 75 on 2:05 Breast Kick w/board {2 x 50 on 1:25 Breast Pull {2 x 100 on 2:50 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 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-2K1P {2 x 50 on 1:20 Breast-descend
500	20 x 25 on :45 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,800 Yards - Stress Value = 83

Workout #25120 - Wednesday, 22 January 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 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
1,000	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
550	22 x 25 on :40 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,050 Yards - Stress Value = 95

Workout #25111 - Tuesday, 21 January 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	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 {1 x 100 on 2:30 Breast Kick w/board {2 x 50 on 1:15 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	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-2K1P {4 x 50 on 1:10 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,100 Yards - Stress Value = 92

Workout #25115 - Wednesday, 22 January 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,050	1x{1 x 250 on 4:35 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:40 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 2:45 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 100 on 1:50 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
1,950	1x{4 x 125 on 1:50 Freestyle {3 x 50 on :45 Free-descend to 5s obt {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
750	30 x 25 on :30 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,700 Yards - Stress Value = 141

Workout #25107 - Tuesday, 21 January 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #3	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Timed Swim-OTB	SP2

Workout #25116 - Wednesday, 22 January 2020

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
1,025	1x{1 x 250 on 4:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 2:55 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
1,750	1x{4 x 125 on 2:00 Freestyle
	{3 x 50 on :50 Free-descend to 5s obt
	{4 x 125 on 1:55 Freestyle
	{3 x 50 on :50 Free-descend to 5s obt
	{4 x 100 on 1:30 Freestyle
	{1 x 50 on :50 Free-FAST
750	30 x 25 on :30 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,400 Yards - Stress Value = 136

Workout #25117 - Wednesday, 22 January 2020

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
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 4:20 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:15 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:10 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
1,600	1x{4 x 125 on 2:10 Freestyle
	{3 x 50 on :55 Free-descend to 5s obt
	{4 x 125 on 2:05 Freestyle
	{3 x 50 on :55 Free-descend to 5s obt
	{3 x 100 on 1:40 Freestyle
625	25 x 25 on :35 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,000 Yards - Stress Value = 119

Workout #25119 - Wednesday, 22 January 2020

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
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
1,250	1x{4 x 100 on 2:15 Freestyle
	{3 x 50 on 1:10 Free-descend to 5s obt
	{3 x 100 on 2:10 Freestyle
	{4 x 50 on 1:10 Free-descend to 5s obt
	{2 x 100 on 2:05 Freestyle
550	22 x 25 on :40 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,350 Yards - Stress Value = 101

Workout #25118 - Wednesday, 22 January 2020

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
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 4:40 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:30 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:20 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
1,450	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
	{3 x 50 on 1:00 Free-descend to 5s obt
625	25 x 25 on :35 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 115

Workout #25114 - Wednesday, 22 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
	1 on 5:00 Vertical Kick/Missle Turns	SP1	
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	
200	8 x 25 on 3:00 50 Free Pace	SP2	
	1 on 10:00 Team Mtg	REC	
	5:30 PM 1,700 Yards - Stress Value = 170		

Workout #25119 - Wednesday, 22 January 2020

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
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

Workout #25127 - Thursday, 23 January 2020

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 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 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 on 26:00 TEACH DAY-FLY
100	1x{4 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 Racing Skills-Fly Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,475 Yards - Stress Value = 37

Workout #25122 - Thursday, 23 January 2020

Group 2 - Fly

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 Free 3KOW to 10 back to 3
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
	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 on 10:00 Racing Skills-Fly Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 100

Workout #25123 - Thursday, 23 January 2020

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 Free 3KOW to 10 back to 3
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
	{4 x 75 on 1:35 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Fly Kick w/board
	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
	1 on 10:00 Racing Skills-Fly Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,475 Yards - Stress Value = 85

Workout #25124 - Thursday, 23 January 2020

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
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 1:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	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
	1 on 10:00 Racing Skills-Fly Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 76

Workout #25126 - Thursday, 23 January 2020

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	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
	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
	1 on 10:00 Racing Skills-Fly Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,950 Yards - Stress Value = 68

Workout #25125 - Thursday, 23 January 2020

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	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
	{2 x 25 on :40 Kick no board BS
	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
	1 on 10:00 Racing Skills-Fly Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 75

Workout #25121 - Thursday, 23 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 8:00 Recovery #2	RE
1,000	40 x 25 on :30 200 Back Pace	SE
	1 on 8:00 Recovery #3	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 10:00 Timed Swim-OTB	EN
	8:10 AM 3,725 Yards - Stress Value = 359	

	{1 x 150 on 4:00 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{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
850	1x{3 x 100 on 2:45 Freestyle
	{3 x 50 on 1:30 Free-descend to 5s obt
	{4 x 75 on 2:05 Freestyle
	{2 x 50 on 1:30 Free-descend to 5s obt
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 2,800 Yards - Stress Value = 90

Workout #25132 - Monday, 27 January 2020

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 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
850	1x{1 x 250 on 4:35 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:40 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 2:40 Free Kick w/board
	{2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{4 x 125 on 1:50 Freestyle
	{3 x 50 on :45 Free-descend to 5s obt
	{4 x 125 on 1:45 Freestyle
	{2 x 50 on :45 Free-descend to 5s obt
	{4 x 125 on 1:40 Freestyle
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 4,400 Yards - Stress Value = 133

Workout #25128 - Friday, 24 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Recovery #2	REC
1,000	40 x 25 on :30 200 Free Pace	SP2
	1 on 8:00 Recovery #3	REC
1,000	40 x 25 on :30 200 Breast Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	EN2
	8:10 AM 3,725 Meters - Stress Value = 396	

Workout #25129 - Friday, 24 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3
625	1x{25 x 25 on :30 100 Breast Pace	SP2
	{1 on 10:00 Peer Coaching-Free Breakouts	REC
	{1 on 3:00 Transistion between pools	REC
800	1x{25 x 20 on :30 100 Free Pace-Diving Well	SP2
	{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
	1 on 10:00 Group Challenge!	SP2
	5:30 PM 1,665 Yards - Stress Value = 128	

Workout #25137 - Monday, 27 January 2020

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
600	1x{1 x 200 on 6:00 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking

Workout #25133 - Monday, 27 January 2020

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
800	1x{1 x 250 on 4:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 1:55 Free Kick w/board
	{2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{4 x 125 on 2:00 Freestyle
	{3 x 50 on :50 Free-descend to 5s obt
	{4 x 125 on 1:55 Freestyle
	{3 x 50 on :50 Free-descend to 5s obt
	{2 x 100 on 1:30 Freestyle
	{1 x 50 on :50 Free-FAST!
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 4,100 Yards - Stress Value = 128

Workout #25134 - Monday, 27 January 2020

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{1 x 200 on 4:20 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:15 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:10 Free Kick w/board {2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{4 x 125 on 2:10 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 125 on 2:05 Freestyle {3 x 50 on :55 Free-descend to 5s obt {1 x 100 on 1:40 Freestyle
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 3,725 Yards - Stress Value = 111

Workout #25136 - Monday, 27 January 2020

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{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 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
1,100	1x{4 x 100 on 2:15 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {3 x 100 on 2:10 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {1 x 100 on 2:05 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 3,100 Yards - Stress Value = 95

Workout #25135 - Monday, 27 January 2020

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
750	1x{1 x 200 on 4:40 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:30 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 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
1,300	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
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 3,575 Yards - Stress Value = 109

Workout #25130 - Monday, 27 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 40:00 DS/Weights/Back to Pool	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 5:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #25131 - Monday, 27 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
=====	=====	===	===
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
3,000	30 x 100 on 1:30 1650 Free Pace Make 1 subtract 1	SP2	
100	5 x 20 on 3:00 Timed Underwaters-S	SP3	
	5:34 PM 3,325 Yards - Stress Value = 313		

Workout #25139 - Tuesday, 28 January 2020

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{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 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
1,700	2x{1 x 150 on 2:15 Backstroke {2 x 125 on 1:50 Backstroke {2 x 100 on 1:25 Backstroke {2 x 75 on 1:05 Backstroke {1 x 100 on 2:05 EZ Free
750	30 x 25 on :30 USRPT-100 Back Pace 1 on 10:00 Racing Skills-breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 4,450 Yards - Stress Value = 130

Workout #25144 - Tuesday, 28 January 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
575	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:45 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{3 x 25 on :45 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	2x{1 x 150 on 4:30 Backstroke
	{2 x 100 on 2:55 Backstroke
	{1 x 50 on 1:25 Backstroke
	{1 x 50 on 2:15 EZ Free
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:33 PM 2,825 Yards - Stress Value = 84

Workout #25140 - Tuesday, 28 January 2020

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{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 3:15 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	2x{1 x 150 on 2:30 Backstroke
	{2 x 125 on 2:05 Backstroke
	{2 x 100 on 1:35 Backstroke
	{2 x 50 on :50 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-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 4,025 Yards - Stress Value = 114

Workout #25141 - Tuesday, 28 January 2020

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
800	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 50 on 1:10 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	2x{1 x 150 on 2:50 Backstroke
	{2 x 125 on 2:20 Backstroke

{2 x 100 on 1:50 Backstroke

{1 x 50 on 1:50 EZ Free

550 22 x 25 on :40 USRPT-100 Back Pace

200 1 x 200 on 4:00 Stroke Drills

7:21 PM 3,600 Yards - Stress Value = 101

Workout #25143 - Tuesday, 28 January 2020

Group 2 - 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
625	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
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 25 on :40 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	2x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 50 on 1:20 Backstroke
	{1 x 50 on 1:40 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:33 PM 3,075 Yards - Stress Value = 91

Workout #25142 - Tuesday, 28 January 2020

Group 2 - Silver/Bronze

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{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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	2x{1 x 150 on 3:20 Backstroke
	{1 x 125 on 2:50 Backstroke
	{2 x 100 on 2:15 Backstroke
	{1 x 50 on 1:05 Backstroke
	{1 x 50 on 1:15 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,400 Yards - Stress Value = 97

Workout #25138 - Tuesday, 28 January 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
1	on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Fly Pace	SP2
1	on 7:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
1	on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
1	on 10:00 Timed Swim-OTB	SP2
8:15 AM	4,725 Yards - Stress Value = 459	

Workout #25146 - Wednesday, 29 January 2020

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
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{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 :55 Breast Pull {2 x 125 on 2:15 Breast Kick w/board {1 x 50 on :55 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 3:50 Breast 2K1P {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast-3-4-5-6 sec glide {3 x 50 on :55 Breast-descend {1 x 200 on 3:50 Breast-2k1p {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast 3-4-5-6 glide {4 x 50 on :55 Breast-descend
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,275 Yards - Stress Value = 114

Workout #25151 - Wednesday, 29 January 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{1 x 50 on 2:00 Breast Kick w/board {2 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	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 {3 x 50 on 1:55 Breast-descend {1 x 150 on 4:00 Breast-2k1p {2 x 50 on 1:50 Breast-descend

375	15 x 25 on 1:00 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,525 Yards - Stress Value = 68

Workout #25147 - Wednesday, 29 January 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,150	1x{1 x 50 on 1:00 Breast Kick w/board {4 x 50 on 1:05 Breast Pull {2 x 75 on 1:30 Breast Kick w/board {3 x 50 on 1:05 Breast Pull {3 x 100 on 2:05 Breast Kick w/board {2 x 50 on 1:05 Breast Pull {2 x 100 on 2:00 Breast 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 200 on 4:00 Breast 2K1P {3 x 50 on 1:00 Breast descend {1 x 200 on 4:10 Breast 3-4-5-6 sec glide {3 x 50 on 1:00 Breast-descend {1 x 200 on 4:00 Breast-2K1P {3 x 50 on :55 Breast-descend {1 x 200 on 4:10 Breast-3-4-5-6 sec glide {3 x 50 on :55 Breast-descend
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,125 Yards - Stress Value = 111

Workout #25148 - Wednesday, 29 January 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	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
1,250	1x{1 x 200 on 4:30 Breast 2K1P {3 x 50 on 1:10 Breast descend {1 x 200 on 4:30 Breast 3-4-5-6 sec glide {3 x 50 on 1:05 Breast-descend {1 x 200 on 4:30 Breast-2k1p {3 x 50 on 1:00 Breast-descend {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,675 Yards - Stress Value = 100

Workout #25150 - Wednesday, 29 January 2020

5:30 PM 1,700 Yards - Stress Value = 170

Group 2 - 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
 150 10 x 15 on :45 Shooters
 850 1x{1 x 50 on 1:25 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 {3 x 100 on 2:50 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 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-2K1P
 {3 x 50 on 1:20 Breast-descend
 {1 x 100 on 2:05 Breast 3-4-5-6 sec glide
 500 20 x 25 on :45 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,175 Yards - Stress Value = 90

Workout #25149 - Wednesday, 29 January 2020

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{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
 1,050 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-2K1P
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 550 22 x 25 on :40 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,425 Yards - Stress Value = 98

Workout #25145 - Wednesday, 29 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 10:00 DS>Showers REC
 1 on 5:00 Vertical Kick/Missle Turns SP1
 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
 200 8 x 25 on 3:00 50 Free Pace SP2
 1 on 10:00 Team Mtg REC

Workout #25159 - Thursday, 30 January 2020

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
 475 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
 {3 x 25 on 1:00 Kick no boardbl1R1C
 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-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 166

Workout #25154 - Thursday, 30 January 2020

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{4 x 25 on :30 Kick no board B
 {4 x 50 on :55 Kick 1fly 1brst 2 free
 {4 x 25 on :30 Kick no board S
 {4 x 50 on :55 Kick 1fly 2brst 1 free
 {8 x 25 on :30 Kick no board L/R
 {4 x 50 on :55 Kick 2 fly 1brst 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
 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 2,800 Yards - Stress Value = 101

Workout #25155 - Thursday, 30 January 2020

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{4 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {4 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {6 x 25 on :35 Kick no board 3L3R
 {4 x 50 on 1:00 Kick 1fly 1brst 2free
 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-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 98

Workout #25156 - Thursday, 30 January 2020

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 1fly 1brst 1free
	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-Crossover Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,325 Yards - Stress Value = 83

Workout #25158 - Thursday, 30 January 2020

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-Crossover Turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,950 Yards - Stress Value = 68

Workout #25157 - Thursday, 30 January 2020

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 1fly 1brst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1 on 26:00 Teach Day-IM
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Crossover Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 76

Workout #25152 - Thursday, 30 January 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 6:00 Recovery #2	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 7:00 Recovery #3	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 10:00 Timed Swim-OTB	EN
	8:15 AM 4,225 Yards - Stress Value = 409	

Workout #25153 - Thursday, 30 January 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
140	7 x 20 on 3:00 Timed underwater-B	EN
	5:30 PM 2,615 Yards - Stress Value = 237	

Workout #25167 - Friday, 31 January 2020

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	DRY
300	4 x 75 on 2:15 SwimUSS	REC	D	FF
150	10 x 15 on :45 Shooters	SP3	S	FLY
650	1x{2 x 75 on 3:00 Fly 25R-25L-25B	EN2	S	FLY
	{4 x 25 on 1:00 Fly lup1down+1	EN2	S	FLY
	{2 x 100 on 4:00 Fly 25R-25L-50B	EN2	S	FLY
	{3 x 25 on 1:00 Fly lup1down+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
	6:30 PM 1,300 Yards - Stress Value = 19			

Workout #25162 - Friday, 31 January 2020

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	DRY
500	4 x 125 on 2:15 SwimUSS	REC	D	FF
150	10 x 15 on :45 Shooters	SP3	S	FLY
1,600	1x{4 x 75 on 1:10 Fly 25R-25L-25B	EN2	S	FLY
	{4 x 25 on :30 Fly lup1down+1	EN2	S	FLY
	{4 x 100 on 1:30 Fly 25R-25L-50B	EN2	S	FLY
	{6 x 25 on :30 Fly lup1down+1	EN2	S	FLY
	{4 x 125 on 1:50 Fly 25R-25L-75B	EN2	S	FLY
	{6 x 25 on :30 Fly lup1down+1	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	6:30 PM 2,450 Yards - Stress Value = 38			

Workout #25163 - Friday, 31 January 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 40:00 DS/Dryland	REC	L	DRY
500	4 x 125 on 2:15 SwimUSS	REC	D	FF
150	10 x 15 on :45 Shooters	SP3	S	FLY
1,300	1x{4 x 75 on 1:20 Fly 25R-25L-25B	EN2	S	FLY
	{4 x 25 on :35 Fly lupldown+1	EN2	S	FLY
	{4 x 100 on 1:50 Fly 25R-25L-50B	EN2	S	FLY
	{4 x 25 on :35 Fly lupldown+1	EN2	S	FLY
	{2 x 125 on 2:15 Fly 25R-25L-75B	EN2	S	FLY
	{6 x 25 on :35 Fly lupldown+1	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	6:30 PM 2,150 Yards - Stress Value = 32			

Workout #25160 - Friday, 31 January 2020

HighSchl - USRPT

1 minute rest between sets

Meters	Set Description	EGY	W
	1 on 40:00 DS/Weights/Back to Pool	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :50 200 Free Pace	SP2	
	1 on 7:00 Recovery #1	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 6:00 Recovery #2	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 7:00 Recovery #3	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 9:00 Tic Tac Toe Relay	EN2	
	8:15 AM 4,725 Meters - Stress Value = 506		

Workout #25164 - Friday, 31 January 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 40:00 DS/Dryland	REC	L	DRY
400	4 x 100 on 2:15 SwimUSS	REC	D	FF
150	10 x 15 on :45 Shooters	SP3	S	FLY
1,100	1x{4 x 75 on 1:40 Fly 25R-25L-25B	EN2	S	FLY
	{4 x 25 on :40 Fly lupldown+1	EN2	S	FLY
	{3 x 100 on 2:15 Fly 25R-25L-50B	EN2	S	FLY
	{6 x 25 on :40 Fly lupldown+1	EN2	S	FLY
	{2 x 125 on 2:45 Fly 25R-25L-75B	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	6:30 PM 1,850 Yards - Stress Value = 28			

Workout #25161 - Friday, 31 January 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EG
	1 on 10:00 DS/Showers	RE
240	16 x 15 on :45 Racing Skills-IM Shooters	SE
625	1x{25 x 25 on :30 100 Fly Pace	SE
	{1 on 10:00 Peer Coaching-Breast Breakouts	RE
	1 on 3:00 Transistion between pools	RE
800	1x{25 x 20 on :30 100 Back Pace-Diving Well	SE
	{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
	1 on 10:00 Group Challenge!	SE
	5:30 PM 1,665 Yards - Stress Value = 128	

Workout #25166 - Friday, 31 January 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 40:00 DS/Dryland	REC	L	DRY
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
	{3 x 100 on 3:00 Fly 25R-25L-50B	EN2	S	FLY
	{6 x 25 on :45 Fly lupldown+1	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 #25175 - Monday, 03 February 2020

Group 2 - Copper

1 minute rest between sets

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 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
	{1 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-5sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 5:30 Pull-BTB
	{2 x 100 on 2:45 Free NBBF&W
	{1 x 200 on 5:30 Pulls BTS
	{2 x 100 on 2:45 Free NBBF&W
	{1 x 100 on 2:45 Pull-No breath L.12 yds
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 2,800 Yards - Stress Value = 86

Workout #25165 - Friday, 31 January 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
	1 on 40:00 DS/Dryland	REC	L	DRY
400	4 x 100 on 2:15 SwimUSS	REC	D	FF
150	10 x 15 on :45 Shooters	SP3	S	FLY
975	1x{4 x 75 on 2:00 Fly 25R-25L-25B	EN2	S	FLY
	{4 x 25 on :40 Fly lupldown+1	EN2	S	FLY
	{2 x 100 on 2:40 Fly 25R-25L-50B	EN2	S	FLY
	{4 x 25 on :40 Fly lupldown+1	EN2	S	FLY
	{1 x 125 on 3:15 Fly 25R-25L-75B	EN2	S	FLY
	{6 x 25 on :40 Fly lupldown+1	EN2	K	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CI
	6:30 PM 1,725 Yards - Stress Value = 25			

Workout #25170 - Monday, 03 February 2020

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
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-6sec
	{2 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-5sec
	{1 x 150 on 2:45 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
1,700	1x{1 x 400 on 5:40 Pull-BTB
	{3 x 100 on 1:30 Free NBBF&W
	{1 x 300 on 4:15 Pulls BTS
	{3 x 100 on 1:25 Free NBBF&W
	{1 x 200 on 2:50 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 4,450 Yards - Stress Value = 134

Workout #25171 - Monday, 03 February 2020

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
150	10 x 15 on :45 Shooters
900	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 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-5sec
	{1 x 150 on 2:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{1 x 400 on 6:00 Pull-BTB
	{2 x 100 on 1:35 Free NBBF&W
	{2 x 300 on 4:30 Pulls BTS
	{2 x 100 on 1:30 Free NBBF&W
	{1 x 200 on 3:00 Pulls-no br L.12 yds
	{1 x 50 on :50 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 4,300 Yards - Stress Value = 132

Workout #25172 - Monday, 03 February 2020

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
150	10 x 15 on :45 Shooters
800	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 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec

	{1 x 150 on 3:20 Free Kick w/board
	{1 x 50 on 1:00 Free Kick 2/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 400 on 7:00 Pull-BTB
	{2 x 100 on 1:50 Free NBBF&W
	{1 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
	{1 x 100 on 1:40 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 3,775 Yards - Stress Value = 112

Workout #25174 - Monday, 03 February 2020

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
150	10 x 15 on :45 Shooters
650	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 150 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-5sec
	{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{1 x 300 on 6:30 Pull-BTB
	{2 x 100 on 2:10 Free NBBF&W
	{1 x 250 on 5:25 Pulls BTS
	{2 x 100 on 2:10 Free NBBF&W
	{1 x 200 on 4:20 Pulls-no br L.12 yds
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 3,200 Yards - Stress Value = 97

Workout #25173 - Monday, 03 February 2020

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
150	10 x 15 on :45 Shooters
700	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 150 on 3:45 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 400 on 7:40 Pull-BTB
	{2 x 100 on 2:00 Free NBBF&W
	{1 x 250 on 4:45 Pulls BTS
	{2 x 100 on 1:55 Free NBBF&W
	{1 x 200 on 3:50 Pulls-no br L.12 yds
	{1 x 50 on :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 3,525 Yards - Stress Value = 108

Workout #25168 - Monday, 03 February 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 7:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

	{3 x 100 on 1:55 Kick-1fly 1brst 1free
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:50 Kick-1fly 1brst 1free
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Kick-25fly25br25fr25cho
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 200 on 3:00 Individual Medley
	{4 x 25 on :30 Fly lup+ldown
	{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 200 on 2:55 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 200 on 2:50 Individual Medley
	{2 x 25 on :30 Breaststroke 2X Pullouts
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 4,400 Yards - Stress Value = 130

Workout #25169 - Monday, 03 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 10:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
140	7 x 20 on 3:00 Timed underwater-S	EN
	5:30 PM 2,615 Yards - Stress Value = 237	

Workout #25178 - Tuesday, 04 February 2020

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
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Kick-1fly 1brst 1free
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:00 Kick-1fly 1brst 1free
	{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
1,400	1x{1 x 200 on 3:15 Individual Medley
	{4 x 25 on :30 Fly lup+ldown
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:40 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{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
	{4 x 25 on :35 Breast 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
	7:30 PM 3,925 Yards - Stress Value = 111

Workout #25182 - Tuesday, 04 February 2020

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
150	10 x 15 on :45 Shooters
550	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
	{1 x 100 on 3:00 Kick-25fly25brst25fr25cho
	{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 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
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 2,575 Yards - Stress Value = 69

Workout #25177 - Tuesday, 04 February 2020

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 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR

Workout #25179 - Tuesday, 04 February 2020

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
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:15 Kick-1fly 1brst 1free {4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:10 Kick-1fly 1brst 1free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{1 x 200 on 3:40 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 200 on 3:35 Individual Medley {4 x 25 on :35 Back 5KOW+2 {1 x 100 on 1:45 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:30 Individual Medley {2 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 3,600 Yards - Stress Value = 100

Workout #25181 - Tuesday, 04 February 2020

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
150	10 x 15 on :45 Shooters
650	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 {2 x 100 on 2:45 Kick-1brst 1free {2 x 25 on :45 Kick no board BS
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 Individual Medley {4 x 25 on :40 Fly lup+ldown {1 x 100 on 2:30 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 50 on 1:30 Easy Free {2 x 25 on :40 Breast 2X pullouts
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 3,000 Yards - Stress Value = 86

Workout #25180 - Tuesday, 04 February 2020

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
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board BSLR

	{3 x 100 on 2:30 Kick-1fly 1brst 1free
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:25 Kick-1fly 1brst
	{1 x 50 on 1:05 Kick-free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{1 x 200 on 4:20 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 {2 x 25 on :35 Breast 2X pullouts
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 3,350 Yards - Stress Value = 92

Workout #25176 - Tuesday, 04 February 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	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 5:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Timed Swim-OTB	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #25184 - Wednesday, 05 February 2020

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
1,250	1x{1 x 200 on 3:50 Breast Kick w/board {2 x 175 on 3:20 Breast Kick w/board {3 x 150 on 2:50 Breast Kick w/board {2 x 125 on 2:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,550	1x{3 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {2 x 125 on 2:10 Breast L.25 3X pullouts {1 x 50 on 1:00 Breaststroke {2 x 100 on 1:40 Breast L.25 3X pullouts
625	25 x 25 on :35 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,375 Yards - Stress Value = 125

Workout #25189 - Wednesday, 05 February 2020

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
 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
 800 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
 {2 x 50 on 1:50 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,700 Yards - Stress Value = 84

Workout #25185 - Wednesday, 05 February 2020

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
 1,200 1x{1 x 200 on 4:05 Breast Kick w/board
 {2 x 175 on 3:30 Breast Kick w/board
 {3 x 150 on 2:55 Breast Kick w/board
 {2 x 100 on 1:55 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 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
 {2 x 125 on 2:15 Breast L.25 3X pullouts
 {3 x 50 on 1:05 Breaststroke
 625 25 x 25 on :35 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,225 Yards - Stress Value = 122

Workout #25186 - Wednesday, 05 February 2020

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
 1,050 1x{1 x 200 on 4:35 Breast Kick w/board
 {2 x 175 on 4:00 Breast Kick w/board
 {3 x 150 on 3:20 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
 1,250 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
 {2 x 75 on 1:35 Breast L.25 3X pullouts
 {1 x 50 on 1:10 Breaststroke
 550 22 x 25 on :40 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 108

Workout #25188 - Wednesday, 05 February 2020

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
 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
 1,000 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
 {1 x 100 on 2:30 Breast L.25 3X pullouts
 500 20 x 25 on :45 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 94

Workout #25187 - Wednesday, 05 February 2020

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
 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
 1,100 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
 {2 x 50 on 1:15 Breaststroke
 {1 x 100 on 2:25 Breast L.25 3X pullouts
 500 20 x 25 on :45 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,400 Yards - Stress Value = 98

Workout #25183 - Wednesday, 05 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 10:00 DS/Showers REC
 1 on 5:00 Vertical Kick/Missle Turns SP1
 1,500 1x{10 x 50 on 1:00 400 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on 1:00 400 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on 1:00 400 IM Pace SP2
 1 on 4:00 Transistion to blocks REC
 150 6 x 25 on 3:00 50 Pace-your #1 SP2
 1 on 10:00 Team Mtg REC
 5:30 PM 1,650 Yards - Stress Value = 165

Workout #25192 - Thursday, 06 February 2020

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Showers
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{6 x 25 on :30 Kick no board B-10KOW+1
	{4 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
	{2 x 50 on :50 Kick-alt strmlne/hands by sic
	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 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,750 Yards - Stress Value = 100	

1 minute rest between sets

5:15 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
150	10 x 15 on :45 Shooters
750	1x{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
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{1 x 50 on 1:05 Kick-alt strmlne/hands by si
	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 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,325 Yards - Stress Value = 83	

Workout #25197 - Thursday, 06 February 2020

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Showers
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
475	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
	{3 x 25 on 1:00 Kick no board B-10KOW+1
	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 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,775 Yards - Stress Value = 66	

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Showers
150	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-10KOW+1
	{3 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
	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 USRPT-100 Back Pace
200	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 #25193 - Thursday, 06 February 2020

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Showers
150	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-10KOW+1
	{4 x 50 on 1:05 Kick-alt strmlne/hands by si
	{6 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
	{1 x 50 on :55 Kick-alt strmlne/hands by sic
	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 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,600 Yards - Stress Value = 98	

Workout #25195 - Thursday, 06 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Showers
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{4 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
	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 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,150 Yards - Stress Value = 75	

Workout #25194 - Thursday, 06 February 2020

Group 2 - Silver

Workout #25190 - Thursday, 06 February 2020

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description	EC
1	on 10:00 Qswim/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 6:00 Recovery #1	RE
750	30 x 25 on :30 100 Fly Pace*	SE
1	on 7:00 Recovery #2	RE
1,500	30 x 50 on :50 200 Back Pace*	SE
1	on 6:00 Recovery #3	RE
750	30 x 25 on :30 100 Breast Pace*	SE
8:15 AM 4,725 Yards - Stress Value = 459		

Workout #25191 - Thursday, 06 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY WOF
1	on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3
3,000	30 x 100 on 1:30 1650 Free Pace*	SP2
120	6 x 20 on 3:00 Timed Underwaters-S	SP2
5:37 PM 3,345 Yards - Stress Value = 321		

Workout #25205 - Friday, 07 February 2020

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WORK STK
1	on 40:00 DS/Dryland	REC L DRY
300	4 x 75 on 2:15 SwimUSS	REC D FR
150	10 x 15 on :45 Shooters	SP3 S FLY
800	4x{8 x 25 on :45 Butterfly	EN2 S FLY
1	on 1:00 Rest	REC M
200	1 x 200 on 3:00 Stroke Drills	REC D CD
6:31 PM 1,450 Yards - Stress Value = 22		

Workout #25200 - Friday, 07 February 2020

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WORK STK
1	on 40:00 DS/Dryland	REC L DRY
500	4 x 125 on 2:15 SwimUSS	REC D FR
150	10 x 15 on :45 Shooters	SP3 S FLY
1,200	6x{8 x 25 on :30 Butterfly	EN2 S FLY
1	on 1:00 Rest	REC M
Last round only do 4		
200	1 x 200 on 3:00 Stroke Drills	REC D CD
6:33 PM 2,050 Yards - Stress Value = 30		

Workout #25201 - Friday, 07 February 2020

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WORK STK
1	on 40:00 DS/Dryland	REC L DRY
500	4 x 125 on 2:15 SwimUSS	REC D FR
150	10 x 15 on :45 Shooters	SP3 S FLY

1,000	5x{8 x 25 on :35 Butterfly	EN2 S FLY
1	on 1:00 Rest	REC M
Last round only do 6		
200	1 x 200 on 3:00 Stroke Drills	REC D CD
6:32 PM 1,850 Yards - Stress Value = 26		

Workout #25202 - Friday, 07 February 2020

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WORK STK
1	on 40:00 DS/Dryland	REC L DRY
400	4 x 100 on 2:15 SwimUSS	REC D FR
150	10 x 15 on :45 Shooters	SP3 S FLY
1,000	5x{8 x 25 on :40 Butterfly	EN2 S FLY
1	on 1:00 Rest	REC M
Last round only do 2		
200	1 x 200 on 3:00 Stroke Drills	REC D CD
6:35 PM 1,750 Yards - Stress Value = 26		

Workout #25204 - Friday, 07 February 2020

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WORK STK
1	on 40:00 DS/Dryland	REC L DRY
300	4 x 75 on 2:15 SwimUSS	REC D FR
150	10 x 15 on :45 Shooters	SP3 S FLY
800	4x{8 x 25 on :45 Butterfly	EN2 S FLY
1	on 1:00 Rest	REC M
200	1 x 200 on 3:00 Stroke Drills	REC D CD
6:31 PM 1,450 Yards - Stress Value = 22		

Workout #25203 - Friday, 07 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WORK STK
1	on 40:00 DS/Dryland	REC L DRY
400	4 x 100 on 2:15 SwimUSS	REC D FR
150	10 x 15 on :45 Shooters	SP3 S FLY
1,000	5x{8 x 25 on :40 Butterfly	EN2 S FLY
1	on 1:00 Rest	REC M
Last round only do 2		
200	1 x 200 on 3:00 Stroke Drills	REC D CD
6:35 PM 1,750 Yards - Stress Value = 26		

Workout #25198 - Friday, 07 February 2020

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Meters	Set Description	EGY W
1	on 10:00 Qswim/showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace*	SP2
1	on 7:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace*	SP2
1	on 7:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
1	on 7:00 Recovery #3	REC
750	30 x 25 on :30 100 Back Pace*	SP2
8:15 AM 4,225 Meters - Stress Value = 451		

Workout #25199 - Friday, 07 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
1	on 10:00 DS/Showers	REC	
240	16 x 15 on :45 Racing Skills-Your #1	SP3	
750	30 x 25 on :30 100 Free Pace*	SP2	
1	on 3:00 Transition between pools	REC	
600	30 x 20 on :30 100 Breast Pace*	SP2	
1	on 25:00 Stations Led by Group Leaders Turns and breakouts	REC	

5:32 PM 1,590 Yards - Stress Value = 145

Workout #25206 - Saturday, 08 February 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
1	on 15:00 Qswim DS/Shower	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
1,000	40 x 25 on :30 200 Breast Pace*	SP2	
1	on 8:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Free Pace*	SP2	
1	on 8:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Fly Pace*	SP2	
1	on 8:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Back Pace*	SP2	
1	on 15:00 Relays or Lane Line Survivor	EN2	

9:30 AM 4,240 Yards - Stress Value = 410

Workout #25209 - Monday, 10 February 2020

Group 3 - Distance

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
1	on 15:00 DS/Showers		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,800	1x{1 x 150 on 2:25 Kick {4 x 25 on :30 Kick no board BSLR {2 x 150 on 2:20 Kick {4 x 25 on :30 Kick no board BSLR {3 x 150 on 2:15 Kick {4 x 25 on :30 Kick no board BSLR {4 x 150 on 2:10 Kick		
1,800	1x{1 x 150 on 2:05 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {2 x 150 on 2:00 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {3 x 150 on 1:55 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {4 x 150 on 1:50 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		
2,000	1x{1 x 400 on 5:00 Freestyle {1 x 400 on 4:55 Freestyle {1 x 400 on 4:50 Freestyle {1 x 400 on 4:45 Freestyle {1 x 400 on 4:40 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		

7:30 PM 7,050 Yards - Stress Value = 117

Workout #25210 - Monday, 10 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
1	on 15:00 DS/showers		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,500	1x{1 x 150 on 2:50 Kick {4 x 25 on :35 Kick no board BSLR {2 x 150 on 2:45 Kick {4 x 25 on :35 Kick no board BSLR {3 x 150 on 2:40 Kick {4 x 25 on :35 Kick no board BSLR {2 x 150 on 2:35 Kick		
1,700	1x{1 x 150 on 2:15 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {2 x 150 on 2:10 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {3 x 150 on 2:05 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {3 x 150 on 2:00 Pulls-no br L.12 yds {2 x 25 on :30 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		
1,800	1x{1 x 400 on 5:30 Freestyle {1 x 400 on 5:25 Freestyle {1 x 400 on 5:20 Freestyle {1 x 400 on 5:15 Freestyle {1 x 200 on 2:35 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		

7:30 PM 6,450 Yards - Stress Value = 105

Workout #25211 - Monday, 10 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WC
1	on 15:00 DS/Showers		
550	1 x 550 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,300	1x{1 x 150 on 3:10 Kick {4 x 25 on :40 Kick no board BSLR {2 x 150 on 3:05 Kick {4 x 25 on :40 Kick no board BSLR {3 x 150 on 3:00 Kick {6 x 25 on :40 Kick no board BSLR {1 x 50 on :55 Kick		
1,500	1x{1 x 150 on 2:35 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {2 x 150 on 2:30 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {3 x 150 on 2:25 Pulls-no br L.12 yds {4 x 25 on :30 Pulls-no br L.12 yds {2 x 100 on 1:35 Pulls-no br L.12 yds {4 x 25 on :30 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		
1,600	1x{1 x 400 on 6:05 Freestyle {1 x 400 on 6:00 Freestyle {1 x 400 on 5:55 Freestyle {1 x 400 on 5:50 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		

7:29 PM 5,800 Yards - Stress Value = 92

Workout #25212 - Monday, 10 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:50 Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:40 Kick
1,100	1x{1 x 100 on 2:15 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{2 x 100 on 2:10 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{3 x 100 on 2:05 Pulls-no br L.12 yds
	{4 x 25 on :45 Pulls-no br L.12 yds
	{2 x 100 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
1,200	1x{1 x 400 on 8:00 Freestyle
	{1 x 400 on 7:55 Freestyle
	{1 x 400 on 7:50 Freestyle
500	10 x 50 on 1:00 Stroke Drills
	7:29 PM 4,700 Yards - Stress Value = 72

Workout #25213 - Monday, 10 February 2020

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
1,000	1x{1 x 200 on 3:50 Breast Kick w/board
	{2 x 175 on 3:20 Breast Kick w/board
	{3 x 150 on 2:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,375	1x{3 x 125 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 x 125 on 2:10 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 4,050 Yards - Stress Value = 117

Workout #25218 - Monday, 10 February 2020

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
475	1x{1 x 200 on 8:00 Breast Kick w/board
	{1 x 150 on 6:00 Breast Kick w/board
	{1 x 100 on 4:00 Breast Kick w/board
	{1 x 25 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{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
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 2,475 Yards - Stress Value = 79

Workout #25214 - Monday, 10 February 2020

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
950	1x{1 x 200 on 4:05 Breast Kick w/board
	{2 x 175 on 3:30 Breast Kick w/board
	{2 x 150 on 2:55 Breast Kick w/board
	{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
1,300	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
	{2 x 125 on 2:15 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 3,875 Yards - Stress Value = 114

Workout #25215 - Monday, 10 February 2020

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 4:35 Breast Kick w/board
	{2 x 175 on 4:00 Breast Kick w/board
	{2 x 100 on 2:15 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
1,100	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
	{4 x 50 on 1:05 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 3,400 Yards - Stress Value = 100

Workout #25217 - Monday, 10 February 2020

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
700	1x{1 x 200 on 5:30 Breast Kick w/board {2 x 175 on 4:45 Breast Kick w/board {1 x 150 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	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
500	20 x 25 on :45 100 Breast Pace
200	1 on 10:00 Relay
	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,950 Yards - Stress Value = 88

Workout #25216 - Monday, 10 February 2020

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
750	1x{1 x 200 on 5:00 Breast Kick w/board {2 x 175 on 4:20 Breast Kick w/board {2 x 100 on 2:25 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	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 {2 x 50 on 1:15 Breaststroke
500	20 x 25 on :45 100 Breast Pace
200	1 on 10:00 Relay
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 92

Workout #25207 - Monday, 10 February 2020

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 Qswim/shower	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,500	30 x 50 on :55 200 Breast Pace*	SP2	
	1 on 5:00 Recovery #1	REC	
750	30 x 25 on :30 100 Free Pace*	SP2	
	1 on 6:00 Recovery #2	REC	
1,500	30 x 50 on :50 200 Fly Pace*	SP2	
	1 on 5:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace*	SP2	
	8:15 AM 4,725 Yards - Stress Value = 459		

Workout #25208 - Monday, 10 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

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

1 on 10:00 DS/Showers	RE
225 15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250 30 x 75 on 1:10 500 Free Pace*	SE
100 5 x 20 on 3:00 Timed underwater-S	EN
1 on 10:00 Racing Skills-Relay Starts	RE
5:34 PM 2,575 Yards - Stress Value = 236	

Workout #25221 - Tuesday, 11 February 2020

Group 3 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
2,250	1x{3 x 225 on 3:00 Pulls BW?PF {3 x 200 on 2:40 Pulls BW?PF {3 x 175 on 2:20 Pulls BW?PF {3 x 150 on 2:00 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,730 Yards - Stress Value = 165

Workout #25222 - Tuesday, 11 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
2,025	1x{3 x 225 on 3:20 Pulls BW?PF {3 x 200 on 3:00 Pulls BW?PF {3 x 150 on 2:15 Pulls BW?PF {3 x 100 on 1:30 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 5,505 Yards - Stress Value = 161

Workout #25223 - Tuesday, 11 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,800	1x{3 x 200 on 3:20 Pulls BW?PF {3 x 175 on 2:55 Pulls BW?PF {3 x 125 on 2:05 Pulls BW?PF {3 x 100 on 1:40 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,230 Yards - Stress Value = 156

Workout #25224 - Tuesday, 11 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Core/Spotlight
500	1 x 500 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 15y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 15y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,650	1x{3 x 200 on 3:40 Pulls BW?PF {3 x 175 on 3:10 Pulls BW?PF {3 x 100 on 1:50 Pulls BW?PF {3 x 75 on 1:20 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,030 Yards - Stress Value = 152

Workout #25225 - Tuesday, 11 February 2020

Group 2 - Back

1 minute rest between sets

5:15 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
950	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 {1 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
1,550	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
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 = 131

Workout #25230 - Tuesday, 11 February 2020

Group 2 - Copper

1 minute rest between sets

5:15 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
475	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 {3 x 25 on 1:00 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 3:00 Backstroke {1 x 100 on 2:55 Backstroke {1 x 100 on 2:50 Backstroke {6 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
500	{4 x 25 on :45 Back 4 KOW +1 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 2,625 Yards - Stress Value = 83

Workout #25226 - Tuesday, 11 February 2020

Group 2 - Gold

1 minute rest between sets

5:15 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
850	1x{6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:05 Kick-alt strmlne/hands by si {6 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 {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
1,450	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 {4 x 25 on :30 Back 4 KOW +1
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 3,925 Yards - Stress Value = 114

Workout #25227 - Tuesday, 11 February 2020

Group 2 - Silver

1 minute rest between sets

5:15 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
750	1x{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
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{1 x 50 on 1:05 Kick-alt strmlne/hands by si
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	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 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 3,625 Yards - Stress Value = 109

Workout #25229 - Tuesday, 11 February 2020

Group 2 - Bronze

1 minute rest between sets

5:15 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
600	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{3 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	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
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 2,950 Yards - Stress Value = 88

Workout #25228 - Tuesday, 11 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 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
700	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{4 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

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	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
	{2 x 25 on :40 Back 4 KOW +1
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 3,300 Yards - Stress Value = 98

Workout #25219 - Tuesday, 11 February 2020

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description	EGY WC
=====	=====	=====
	1 on 10:00 Qswim/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 100 Breast Pace*	SP2
	1 on 7:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Back Pace*	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Fly Pace*	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #25220 - Tuesday, 11 February 2020

HighSchl - USRPT

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-#1 or #2 Shoote
750	1x{5 x 50 on 1:00 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on 1:00 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on 1:00 400 IM Pace
	1 on 7:00 Transistion to blocks
100	4 x 25 on 3:00 50 Pace-your #1
	1 on 10:00 Racing Skills-Relay Starts
	1 on 10:00 Team Mtg
	5:30 PM 1,075 Yards - Stress Value = 94

Workout #25232 - Wednesday, 12 February 2020

Group 3 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,900	1x{1 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick-good effort
	{2 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick-good effort
	{3 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick good effort
	{4 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick good effort
	{5 x 100 on 1:30 Kick
1,400	1x{ Breathe 3-5-7-5 by the 50
	{1 x 200 on 2:20 Lungbuster pulls
	{1 x 200 on 2:25 Lungbuster pulls
	{1 x 200 on 2:30 Lungbuster pulls
	{1 x 200 on 2:35 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
	{1 x 200 on 2:45 Lungbuster pulls
	{1 x 200 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{6 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 6,500 Yards - Stress Value = 116

Workout #25233 - Wednesday, 12 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,700	1x{1 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick-good effort
	{2 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick-good effort
	{3 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick good effort
	{4 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick food effort
	{3 x 100 on 1:45 Kick
1,300	1x{ Breathe 3-5-7-5 by the 50
	{1 x 200 on 2:35 Lungbuster pulls
	{1 x 200 on 2:40 Lungbuster pulls
	{1 x 200 on 2:55 Lungbuster pulls
	{1 x 200 on 3:00 Lungbuster pulls
	{1 x 200 on 3:05 Lungbuster pulls
	{1 x 200 on 3:10 Lungbuster pulls
	{1 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{6 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:35 Breaststroke

	{1 on 1:00 Rest
	{4 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:35 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:35 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 6,100 Yards - Stress Value = 108

Workout #25234 - Wednesday, 12 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,500	1x{1 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick-good effort
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick-good effort
	{3 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick good effort
	{4 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick good effort
	{1 x 100 on 2:00 Kick
1,300	1x{ Breathe 3-5-7-5 by the 50
	{1 x 200 on 2:55 Lungbuster pulls
	{1 x 200 on 3:00 Lungbuster pulls
	{1 x 200 on 3:05 Lungbuster pulls
	{1 x 200 on 3:10 Lungbuster pulls
	{1 x 200 on 3:05 Lungbuster pulls
	{1 x 200 on 3:10 Lungbuster pulls
	{1 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
1,800	1x{6 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{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
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,700 Yards - Stress Value = 100

Workout #25235 - Wednesday, 12 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,300	1x{1 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick-good effort {2 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick-good effort {3 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick good effort {3 x 100 on 2:20 Kick {2 x 50 on 1:15 Kick-good effort
950	1x{ Breathe 3-5-7-5 by the 50 {1 x 200 on 3:30 Lungbuster pulls {1 x 200 on 3:35 Lungbuster pulls {1 x 200 on 3:40 Lungbuster pulls {1 x 200 on 3:45 Lungbuster pulls {1 x 150 on 2:50 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{6 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {5 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {4 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {2 x 100 on 1:55 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 5,050 Yards - Stress Value = 87

Workout #25241 - Wednesday, 12 February 2020

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{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 {3 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
800	4x{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
	7:30 PM 2,425 Yards - Stress Value = 70

Workout #25236 - Wednesday, 12 February 2020

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
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :30 Kick no board S-12KOW+1 {1 x 50 on :55 Fly Kick w/board {1 x 100 on 1:55 Fly Kick w/board {1 x 150 on 2:55 Fly Kick w/board {4 x 25 on :30 Kick no board S-13KOW+1

	{2 x 50 on :55 Fly Kick w/board
	{2 x 100 on 1:55 Fly Kick w/board
	{1 x 150 on 2:55 Fly Kick w/board
100	1x{4 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
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 4,000 Yards - Stress Value = 128

Workout #25237 - Wednesday, 12 February 2020

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{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 3:10 Fly Kick w/board {4 x 25 on :35 Kick no board S-13KOW+1 {2 x 50 on 1:00 Fly Kick w/board {1 x 100 on 2:05 Fly Kick w/board {1 x 150 on 3:10 Fly Kick w/board
100	1x{4 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
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 3,825 Yards - Stress Value = 126

Workout #25238 - Wednesday, 12 February 2020

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
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:05 Fly Kick w/board {1 x 100 on 2:15 Fly Kick w/board {1 x 150 on 3:25 Fly Kick w/board {4 x 25 on :40 Kick no board S-13KOW+1 {1 x 50 on 1:05 Fly Kick w/board {1 x 100 on 2:15 Fly Kick w/board {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
1,400	7x{8 x 25 on :35 Butterfly {1 on 1:00 Rest Only do 2 on the last round
625	25 x 25 on :35 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:34 PM 3,600 Yards - Stress Value = 112

Workout #25240 - Wednesday, 12 February 2020

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
650	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 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 2:30 Fly Kick w/board
100	1x{4 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
200	1 x 200 on 3:00 Stroke Drills
7:29 PM 2,900 Yards - Stress Value = 89	

5:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,750	10 x 15 on :45 Shooters
500	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	5 x 100 on 3:00 Freestyle
400	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625	3x{1 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {8 x 25 on :20 Butterfly {1 x 150 on 3:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 6,075 Yards - Stress Value = 119	

Workout #25239 - Wednesday, 12 February 2020

Group 2 - Silver/Bronze

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
150	10 x 15 on :45 Shooters
750	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 {2 x 25 on :40 Kick no board S-13KOW+1 {2 x 50 on 1:15 Fly Kick w/board {2 x 100 on 2:30 Fly Kick w/board
100	1x{4 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 On the last round only do 5
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
7:32 PM 3,275 Yards - Stress Value = 100	

Workout #25244 - Thursday, 13 February 2020

Group 3 - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description
225	1 on 10:00 Qswim/showers
375	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
375	15 x 25 on :30 100 Free Pace*
750	1 on 6:00 Recovery #1
750	15 x 50 on :55 200 Breast Pace*
375	1 on 7:00 Recovery #2
375	15 x 25 on :30 100 Back Pace*
500	1 on 6:00 Recovery #3
500	20 x 25 on :30 200 Fly Pace*
5:35 PM 2,225 Yards - Stress Value = 210	

5:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
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
500	1x{5 x 50 on :55 Kick {2 x 100 on 2:10 Kick 2 weakest kicks {4 x 50 on :55 Kick {2 x 100 on 2:05 Kick 2 weakest kicks {3 x 50 on :55 Kick {2 x 100 on 2:00 Kick 2 weakest kicks {2 x 50 on :55 Kick {2 x 100 on 1:55 Kick 2 weakest kicks
200	5 x 100 on 3:00 Freestyle
400	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,325	3x{1 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :25 Butterfly {1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 5,525 Yards - Stress Value = 111	

Workout #25243 - Thursday, 13 February 2020

Group 3 - Fly

1 minute rest between sets

Workout #25245 - Thursday, 13 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 15:00 DS/Showers
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,350	1x{3 x 50 on 1:05 Kick {2 x 100 on 2:20 Kick 2 weakest kicks {4 x 50 on 1:05 Kick {2 x 100 on 2:15 Kick 2 weakest kicks {3 x 50 on 1:05 Kick {2 x 100 on 2:10 Kick 2 weakest kicks {2 x 50 on 1:05 Kick {2 x 75 on 1:30 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{1 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {2 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {3 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {4 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {8 x 25 on :30 Butterfly {1 x 50 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,800 Yards - Stress Value = 102

Workout #25246 - Thursday, 13 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 15:00 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 Shooters
1,150	1x{1 x 50 on 1:15 Kick {2 x 100 on 2:45 Kick 2 weakest kicks {2 x 50 on 1:15 Kick {2 x 100 on 2:40 Kick 2 weakest kicks {3 x 50 on 1:15 Kick {2 x 100 on 2:35 Kick 2 weakest kicks {2 x 50 on 1:15 Kick {2 x 75 on 1:45 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,275	3x{1 x 25 on :45 Butterfly {1 x 25 on :45 Freestyle {2 x 25 on :45 Butterfly {1 x 25 on :45 Freestyle {3 x 25 on :45 Butterfly {1 x 25 on :45 Freestyle {6 x 25 on :45 Butterfly {1 x 50 on 2:30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 3,975 Yards - Stress Value = 89

Workout #25252 - Thursday, 13 February 2020

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
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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 26:00 Teach Day
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 10:00 Racing Skills-Finishes
600	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 68

Workout #25247 - Thursday, 13 February 2020

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 on 26:00 TEACH DAY-Free
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-Finishes
1,000	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 {1 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 2,800 Yards - Stress Value = 101

Workout #25248 - Thursday, 13 February 2020

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
	1 on 26:00 TEACH DAY-Free
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-Finishes
900	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 {2 x 100 on 1:55 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 99

Workout #25249 - Thursday, 13 February 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 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 26:00 TEACH DAY-Free
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-Finishes
800	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
200	{1 x 100 on 2:10 Free Kick w/board 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,375 Yards - Stress Value = 84	

Workout #25251 - Thursday, 13 February 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Free
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-Finishes
650	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 50 on 1:30 Free Kick w/board-5sec
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,050 Yards - Stress Value = 74	

Workout #25250 - Thursday, 13 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 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 26:00 TEACH DAY-Free
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-Finishes
700	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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,225 Yards - Stress Value = 82	

Workout #25242 - Thursday, 13 February 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
4:10 PM Start	
225	1 on 10:00 Qswim/showers
375	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
	15 x 25 on :30 100 Breast Pace*
	1 on 6:00 Recovery #1
750	15 x 50 on :50 200 Free Pace*
	1 on 7:00 Recovery #2
375	15 x 25 on :30 100 Fly Pace*
	1 on 6:00 Recovery #3
750	15 x 50 on :50 200 Back Pace*
5:37 PM 2,475 Yards - Stress Value = 235	

Workout #25254 - Friday, 14 February 2020

Group 3 - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
800	1 on 10:00 DS/Showers
180	1 x 800 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
2,000	1 x 750 on 15:00 Vertical Kicking
	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%
300	6 x 50 on 1:00 Stroke Drills
6:30 PM 4,030 Yards - Stress Value = 70	

Workout #25255 - Friday, 14 February 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
800	1 on 10:00 DS/Showers
180	1 x 800 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
1,850	1 x 750 on 15:00 Vertical Kicking
	1x{16 x 50 on :50 Freestyle every 4th one 100% {9 x 50 on :55 Freestyle every 3rd one 100% {8 x 50 on 1:00 Freestyle every 2nd one 100% {4 x 50 on 1:05 Freestyle all 100%
300	6 x 50 on 1:00 Stroke Drills
6:30 PM 3,880 Yards - Stress Value = 67	

Workout #25256 - Friday, 14 February 2020

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
700	1 on 10:00 DS/Showers
180	1 x 700 on 12:00 Reverse IM drill
750	12 x 15 on :45 Start/Shooter/Finish
1,650	1 x 750 on 15:00 Vertical Kicking
	1x{12 x 50 on :55 Freestyle every 4th one 100% {9 x 50 on 1:00 Freestyle every 3rd one 100% {8 x 50 on 1:05 Freestyle every 2nd one 100% {4 x 50 on 1:10 Freestyle all 100%
300	6 x 50 on 1:00 Stroke Drills
6:30 PM 3,580 Yards - Stress Value = 63	

Workout #25257 - Friday, 14 February 2020

Group 3 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 10:00 DS>Showers		
600	1 x 600 on 12:00 Reverse IM drill		
180	12 x 15 on :45 Start/Shooter/Finish		
750	1 x 750 on 15:00 Vertical Kicking		
1,550	1x{12 x 50 on 1:00 Freestyle every 4th one 100%		
	{9 x 50 on 1:05 Freestyle every 3rd one 100%		
	{6 x 50 on 1:10 Freestyle every 2nd one 100%		
	{4 x 50 on 1:15 Freestyle all 100%		
300	6 x 50 on 1:00 Stroke Drills		
6:30 PM	3,380 Yards - Stress Value = 61		

Workout #25263 - Friday, 14 February 2020

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 Dryrland>Showers	REC	
300	4 x 75 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,200	1x{1 x 300 on 6:30 Pull-BTB	EN2	
	{2 x 100 on 2:10 Free NBBF&W	EN2	
	{1 x 250 on 5:25 Pulls BTS	EN2	
	{2 x 100 on 2:10 Free NBBF&W	EN2	
	{1 x 200 on 4:20 Pulls-no br L.12 yds	EN2	
	{1 x 50 on 1:05 Free NBBF&W	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:30 PM	1,900 Yards - Stress Value = 30		

Workout #25270 - Friday, 14 February 2020

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF	S
=====	=====	=====	=====	=====
	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
800	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 50 on 1:30 Easy Free	REC		S
250	1 x 250 on 4:00 Stroke Drills	REC		D
6:29 PM	1,500 Yards - Stress Value = 20			

Workout #25265 - Friday, 14 February 2020

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF	S
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC		L I
500	4 x 125 on 2:15 SwimUSS	REC		S
150	10 x 15 on :45 Shooters	SP3		S
1,600	1x{1 x 200 on 3:00 Individual Medley	EN2		S
	{4 x 25 on :30 Fly lup+1down	EN2		S F
	{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 50 on 1:00 Easy Free	REC	S
{1 x 200 on 2:55 Individual Medley	EN2	S
{4 x 25 on :30 Back 5KOW+2	EN2	S
{1 x 100 on 1:35 Individual Medley	EN2	S
{1 x 100 on 1:30 Individual Medley	EN2	S
{1 x 100 on 1:25 Individual Medley	EN2	S
{1 x 50 on 1:00 Easy Free	REC	S
{1 x 200 on 2:50 Individual Medley	EN2	S
{4 x 25 on :30 Breast 2X Pullouts	EN2	S
1 x 250 on 4:00 Stroke Drills	REC	D
6:30 PM	2,500 Yards - Stress Value = 36	

Workout #25258 - Friday, 14 February 2020

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 Dryrland>Showers	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 400 on 5:40 Pull-BTB	EN2	
	{3 x 100 on 1:30 Free NBBF&W	EN2	
	{1 x 300 on 4:15 Pulls BTS	EN2	
	{3 x 100 on 1:25 Free NBBF&W	EN2	
	{1 x 200 on 2:50 Pulls-no br L.12 yds	EN2	
	{3 x 100 on 1:20 Free NBBF&W	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:30 PM	2,700 Yards - Stress Value = 42		

Workout #25259 - Friday, 14 February 2020

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 40:00 Dryrland>Showers	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 400 on 6:00 Pull-BTB	EN2	
	{2 x 100 on 1:35 Free NBBF&W	EN2	
	{2 x 300 on 4:30 Pulls BTS	EN2	
	{2 x 100 on 1:30 Free NBBF&W	EN2	
	{1 x 200 on 3:00 Pulls-no br L.12 yds	EN2	
	{1 x 100 on 1:25 Free NBBF&W	EN2	
250	1 x 250 on 4:00 Stroke Drills	REC	
6:30 PM	2,600 Yards - Stress Value = 40		

Workout #25266 - Friday, 14 February 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
500	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 125 on 2:15 SwimUSS	REC	S	
1,450	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 200 on 3:15 Individual Medley	EN2	S	
	{4 x 25 on :30 Fly lup+1down	EN2	S	F
	{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 100 on 1:45 Individual Medley	EN2	S	
	{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Easy Free	REC	S	
	{1 x 200 on 3:10 Individual Medley	EN2	S	
	{4 x 25 on :30 Back 5KOW+2	EN2	S	
	{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	
	{4 x 25 on :35 Breast 2X pullouts	EN2	S	
	{2 x 25 on :30 Free-6bk	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM 2,350 Yards - Stress Value = 33				

Workout #25260 - Friday, 14 February 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
400	1 on 40:00 Dryrland/Showers	REC	L	I
150	4 x 100 on 2:15 SwimUSS	REC	S	
1,500	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 400 on 7:00 Pull-BTB	EN2	S	
	{2 x 100 on 1:50 Free NBBF&W	EN2	S	
	{1 x 300 on 5:15 Pulls BTS	EN2	S	
	{2 x 100 on 1:45 Free NBBF&W	EN2	S	
	{1 x 200 on 3:30 Pulls-no br L.12 yds	EN2	S	
	{2 x 100 on 1:40 Free NBBF&W	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:31 PM 2,300 Yards - Stress Value = 36				

Workout #25267 - Friday, 14 February 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
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 3:40 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 200 on 3:35 Individual Medley	EN2	S	
	{4 x 25 on :35 Back 5KOW+2	EN2	S	
	{1 x 100 on 1:45 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Easy Free	REC	S	
	{1 x 200 on 3:30 Individual Medley	EN2	S	
	{2 x 25 on :35 Breaststroke 2X Pullouts	EN2	S	
	{2 x 25 on :30 Free-6BK	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM 2,100 Yards - Stress Value = 30				

Workout #25262 - Friday, 14 February 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
300	1 on 40:00 Dryrland/Showers	REC	L	I
150	4 x 75 on 2:15 SwimUSS	REC	S	
1,200	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 300 on 6:30 Pull-BTB	EN2	S	
	{2 x 100 on 2:10 Free NBBF&W	EN2	S	
	{1 x 250 on 5:25 Pulls BTS	EN2	S	
	{2 x 100 on 2:10 Free NBBF&W	EN2	S	
	{1 x 200 on 4:20 Pulls-no br L.12 yds	EN2	S	
250	{1 x 50 on 1:05 Free NBBF&W	EN2	S	
	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM 1,900 Yards - Stress Value = 30				

Workout #25269 - Friday, 14 February 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
300	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 75 on 2:15 SwimUSS	REC	S	
1,000	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 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 50 on 1:30 Easy Free	REC	S	
	{2 x 25 on :40 Breast 2X pullouts	EN2	S	
	{2 x 25 on :30 Free-6bk	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM 1,700 Yards - Stress Value = 24				

Workout #25261 - Friday, 14 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
5:00 PM Start				
400	1 on 40:00 Dryrland/Showers	REC	L	I
150	4 x 100 on 2:15 SwimUSS	REC	S	
1,350	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 400 on 7:40 Pull-BTB	EN2	S	
	{2 x 100 on 2:00 Free NBBF&W	EN2	S	
	{1 x 250 on 4:45 Pulls BTS	EN2	S	
	{2 x 100 on 1:55 Free NBBF&W	EN2	S	
	{1 x 200 on 3:50 Pulls-no br L.12 yds	EN2	S	
	{1 x 100 on 1:50 Free NBBF&W	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
6:30 PM 2,150 Yards - Stress Value = 33				

Workout #25268 - Friday, 14 February 2020

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	I
400	4 x 100 on 2:15 SwimUSS	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	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	
	{2 x 25 on :35 Breast 2X pullouts	EN2	S	
	{2 x 25 on :30 Free-6BK	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,000 Yards - Stress Value = 28			

Workout #25253 - Friday, 14 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
240	16 x 15 on :45 Racing Skills-Your #1	SP3	
375	15 x 25 on :30 100 Back Pace*	SP2	
	1 on 4:00 Transistion between pools	REC	
300	15 x 20 on :30 100 Fly Pace*	SP2	
	1 on 25:00 Stations Led by Group Leaders	REC	
	Finishes/Turns/Breakouts		
	1 on 12:00 Team Mtg	REC	
	5:30 PM 915 Yards - Stress Value = 78		

Workout #25264 - Saturday, 15 February 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Qswim DS/Shower
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
500	20 x 25 on :30 200 Free Pace*
	1 on 8:00 Recovery #1
500	20 x 25 on :30 200 Fly Pace*
	1 on 8:00 Recovery #2
500	20 x 25 on :30 200 Back Pace*
	1 on 8:00 Recovery #3
500	20 x 25 on :30 200 Breast Pace*
	8:35 AM 2,225 Yards - Stress Value = 209

Workout #25311 - Sunday, 16 February 2020

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
750	1x{1 x 100 on 3:15 Free Kick w/board for time
	{2 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-6sec

	{1 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-5sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 200 on 5:30 Pull-BTB
	{3 x 100 on 2:45 Free NBBF&W
	{1 x 200 on 5:30 Pulls BTS
	{2 x 100 on 2:45 Free NBBF&W
	{1 x 100 on 2:45 Pull-No breath L.12 yds
500	20 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 91

Workout #25325 - Sunday, 16 February 2020

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
	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
	1 on 10:00 Racing Skills-Relay Starts
500	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
	{1 x 50 on 2:00 Fly Kick w/board
	{1 x 100 on 4:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,675 Yards - Stress Value = 54

Workout #25272 - Monday, 17 February 2020

Group 3 - Distance

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
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
1,750	1x{1 x 250 on 3:20 Pulls-no br L.12 yds
	{2 x 200 on 2:35 Pulls-no br L.12 yds
	{3 x 150 on 1:55 Pulls-no br L.12 yds
	{4 x 100 on 1:15 Pulls-no br L.12 yds
	{5 x 50 on :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
2,900	1x{1 x 300 on 3:40 Freestyle
	{1 x 300 on 3:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:35 Freestyle
	{1 x 300 on 3:25 Freestyle
	{1 x 300 on 3:15 Freestyle
	{1 x 100 on 2:30 Freestyle
	{1 x 300 on 3:20 Freestyle
	{1 x 300 on 3:10 Freestyle
	{1 x 300 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	11:30 AM 7,300 Yards - Stress Value = 123

Workout #25273 - Monday, 17 February 2020

Group 3 - Gold

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 150 on 2:50 Kick
	{8 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 150 on 2:40 Kick
1,600	1x{1 x 250 on 3:40 Pulls-no br L.12 yds
	{2 x 200 on 2:55 Pulls-no br L.12 yds
	{3 x 150 on 2:10 Pulls-no br L.12 yds
	{4 x 100 on 1:25 Pulls-no br L.12 yds
	{2 x 50 on :40 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
2,450	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 3:20 Freestyle

{1 x 250 on 3:10 Freestyle
 {1 x 250 on 3:00 Freestyle
 250 1 x 250 on 5:00 Stroke Drills
 11:30 AM 6,450 Yards - Stress Value = 106

Workout #25274 - Monday, 17 February 2020

Group 3 - Silver

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{6 x 25 on :40 Kick no board BSLRBS
	{1 x 150 on 3:05 Kick
	{6 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:00 Kick
	{4 x 25 on :40 Kick no board BSLRBS
	{1 x 150 on 2:55 Kick
1,450	1x{1 x 250 on 4:05 Pulls-no br L.12 yds
	{2 x 200 on 3:10 Pulls-no br L.12 yds
	{3 x 150 on 2:20 Pulls-no br L.12 yds
	{3 x 100 on 1:35 Pulls-no br L.12 yds
	{1 x 50 on :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
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 3:20 Freestyle
	{1 x 225 on 3:10 Freestyle
	{1 x 225 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	11:30 AM 5,875 Yards - Stress Value = 92

Workout #25275 - Monday, 17 February 2020

Group 3 - Bronze

1 minute rest between sets

9:15 PM Start

Yards	Set Description
500	1 on 15:00 DS/Showers
150	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:45 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:40 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:35 Kick
	{4 x 25 on :45 Kick no board BSLRBS
	{1 x 100 on 2:20 Kick
1,250	1x{1 x 250 on 4:45 Pulls-no br L.12 yds
	{2 x 200 on 3:40 Pulls-no br L.12 yds
	{2 x 150 on 2:40 Pulls-no br L.12 yds
	{3 x 100 on 1:45 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
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 3:20 Freestyle
	{1 x 200 on 3:10 Freestyle
	{1 x 200 on 3:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
11:30 PM 5,200 Yards - Stress Value = 85	

Workout #25276 - Monday, 17 February 2020

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Showers
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
950	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
	{1 x 50 on :50 Kick-alt strmline/hands by sic
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	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
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 4,300 Yards - Stress Value = 131	

Workout #25281 - Monday, 17 February 2020

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Showers
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
475	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
	{3 x 25 on 1:00 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 3:00 Backstroke
	{1 x 100 on 2:55 Backstroke
	{1 x 100 on 2:50 Backstroke
	{6 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 2,625 Yards - Stress Value = 83	

Workout #25277 - Monday, 17 February 2020

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Showers
150	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-10KOW+1
	{4 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
	{4 x 25 on :35 Kick no board B-10KOW+1
	{1 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
1,450	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
	{4 x 25 on :30 Back 4 KOW +1
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 4,050 Yards - Stress Value = 127	

Workout #25278 - Monday, 17 February 2020

Group 2 - Silver

1 minute rest between sets

5:15 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
750	1x{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
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{1 x 50 on 1:05 Kick-alt strmlne/hands by si
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	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 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 3,625 Yards - Stress Value = 109

Workout #25280 - Monday, 17 February 2020

Group 2 - Bronze

1 minute rest between sets

5:15 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
600	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{3 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	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
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 2,950 Yards - Stress Value = 88

Workout #25279 - Monday, 17 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 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
700	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{4 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

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	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
	{2 x 25 on :40 Back 4 KOW +1
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 3,300 Yards - Stress Value = 98

Workout #25284 - Monday, 17 February 2020

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 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
300	1x{2 x 25 on :45 Kick no board B-10KOW+1
	{2 x 50 on 1:35 Kick-alt strmlne/hands by si
	{2 x 25 on :45 Kick no board B-10KOW+1
	{2 x 50 on 1:30 Kick-alt strmlne/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	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
250	10 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:52 PM 1,950 Yards - Stress Value = 49

Workout #25282 - Monday, 17 February 2020

Group 2 - Taper-Silver

1 minute rest between sets

5:15 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
350	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:15 Kick-alt strmlne/hands by si
	{2 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:10 Kick-alt strmlne/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{6 x 25 on :35 Back 4 KOW +1
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 50 on 1:40 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:51 PM 2,275 Yards - Stress Value = 59

Workout #25285 - Monday, 17 February 2020

Group 2 - Taper-Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
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
250	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 {2 x 25 on 1:00 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 100 on 3:00 Backstroke {1 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
250	10 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:52 PM	1,750 Yards - Stress Value = 46

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 15:00 DS/Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
2,250	1x{3 x 225 on 3:00 Pulls BW?PF {3 x 200 on 2:40 Pulls BW?PF {3 x 175 on 2:20 Pulls BW?PF {3 x 150 on 2:00 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	5,730 Yards - Stress Value = 165

Workout #25283 - Monday, 17 February 2020

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
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
400	1x{4 x 25 on :40 Kick no board B-10KOW+1 {2 x 50 on 1:20 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {2 x 50 on 1:15 Kick-alt strmlne/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	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 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke
275	11 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:51 PM	2,125 Yards - Stress Value = 54

Workout #25288 - Tuesday, 18 February 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 15:00 DS/Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
2,025	1x{3 x 225 on 3:20 Pulls BW?PF {3 x 200 on 3:00 Pulls BW?PF {3 x 150 on 2:15 Pulls BW?PF {3 x 100 on 1:30 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
7:31 PM	5,505 Yards - Stress Value = 161

Workout #25271 - Monday, 17 February 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
7:30 AM	Start
1	on 15:00 Qswim/Showers
150	10 x 15 on :45 Racing Skills-#1 Shooters
750	15 x 50 on :50 200 Free Pace
1	on 9:00 Recovery #1
375	15 x 25 on :30 100 Fly Pace
1	on 9:00 Recovery #2
750	15 x 50 on :50 200 Back Pace
1	on 9:00 Recovery #3
375	15 x 25 on :30 100 Breast Pace
1	on 15:00 Racing Skills-Relay Starts/Start
1	on 10:00 Team Meeting
9:30 AM	2,400 Yards - Stress Value = 232

Workout #25289 - Tuesday, 18 February 2020

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 15:00 DS/Showers
550	1 x 550 on 10:00 Top Hat drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,800	1x{3 x 200 on 3:20 Pulls BW?PF {3 x 175 on 2:55 Pulls BW?PF {3 x 125 on 2:05 Pulls BW?PF {3 x 100 on 1:40 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	5,230 Yards - Stress Value = 156

Workout #25287 - Tuesday, 18 February 2020

Group 3 - Back

Workout #25290 - Tuesday, 18 February 2020

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 15:00 DS>Showers
500	1 x 500 on 10:00 Top Hatt Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
480	1x{12 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
300	6 x 50 on 2:00 Freestyle
1,650	1x{3 x 200 on 3:40 Pulls BW?PF {3 x 175 on 3:10 Pulls BW?PF {3 x 100 on 1:50 Pulls BW?PF {3 x 75 on 1:20 Pulls BW?PF
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 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,030 Yards - Stress Value = 152

Workout #25291 - Tuesday, 18 February 2020

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	5:15 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
1,000	1x{1 x 200 on 3:45 Breast Kick w/board {2 x 175 on 3:15 Breast Kick w/board {3 x 150 on 2:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,375	1x{3 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 125 on 2:15 Breast L.25 3X pullouts {2 x 50 on :50 Breaststroke
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 4,050 Yards - Stress Value = 117

Workout #25296 - Tuesday, 18 February 2020

Group 2 - Copper

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 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
475	1x{1 x 200 on 8:00 Breast Kick w/board {1 x 150 on 6:00 Breast Kick w/board {1 x 100 on 4:00 Breast Kick w/board {1 x 25 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{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
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 2,475 Yards - Stress Value = 79

Workout #25292 - Tuesday, 18 February 2020

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
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 4:05 Breast Kick w/board {2 x 175 on 3:30 Breast Kick w/board {2 x 150 on 2:55 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
1,350	1x{3 x 125 on 2:20 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 :55 Breaststroke
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 3,925 Yards - Stress Value = 115

Workout #25293 - Tuesday, 18 February 2020

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
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:30 Breast Kick w/board {2 x 175 on 3:55 Breast Kick w/board {2 x 100 on 2:15 Breast Kick w/board {2 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
1,150	1x{3 x 125 on 2:45 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {3 x 125 on 2:40 Breast L.25 3X pullouts {3 x 50 on 1:05 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 3,500 Yards - Stress Value = 102

Workout #25295 - Tuesday, 18 February 2020

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
700	1x{1 x 200 on 5:30 Breast Kick w/board {2 x 175 on 4:45 Breast Kick w/board {1 x 150 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	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
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
	7:31 PM 2,950 Yards - Stress Value = 88

Workout #25294 - Tuesday, 18 February 2020

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
750	1x{1 x 200 on 4:55 Breast Kick w/board {2 x 175 on 4:15 Breast Kick w/board {2 x 100 on 2:25 Breast 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 125 on 3:00 Breast L.25 3X pullouts {3 x 50 on 1:10 Breaststroke {3 x 125 on 3:00 Breast L.25 3X pullouts {3 x 50 on 1:10 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 3,200 Yards - Stress Value = 93

Workout #25299 - Tuesday, 18 February 2020

Group 2 - Taper-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
325	1x{1 x 200 on 5:30 Breast Kick w/board {1 x 125 on 3:30 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	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 {1 x 50 on 1:30 Breaststroke
250	10 x 25 on :45 100 Breast Pace 1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 1,925 Yards - Stress Value = 48

Workout #25297 - Tuesday, 18 February 2020

Group 2 - Taper-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
150	10 x 15 on :45 Shooters
400	1x{1 x 200 on 4:30 Breast Kick w/board {1 x 175 on 3:55 Breast Kick w/board {1 x 25 on :35 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{2 x 125 on 2:45 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {2 x 125 on 2:40 Breast L.25 3X pullouts {2 x 50 on 1:05 Breaststroke
275	11 x 25 on :40 100 Breast Pace 1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 2,325 Yards - Stress Value = 57

Workout #25300 - Tuesday, 18 February 2020

Group 2 - Taper-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
225	1x{1 x 200 on 8:00 Breast Kick w/board {1 x 25 on 1:00 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	1x{2 x 100 on 3:30 Breast L.25 3X pullouts {1 x 50 on 1:45 Breaststroke {2 x 100 on 3:25 Breast L.25 3X pullouts
250	10 x 25 on :45 100 Breast Pace 1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 1,675 Yards - Stress Value = 44

Workout #25298 - Tuesday, 18 February 2020

Group 2 - Taper SilverBronze

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
350	1x{1 x 200 on 4:55 Breast Kick w/board {1 x 125 on 3:00 Breast Kick w/board {1 x 25 on :35 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{2 x 125 on 3:00 Breast L.25 3X pullouts {2 x 50 on 1:10 Breaststroke {2 x 125 on 3:00 Breast L.25 3X pullouts {1 x 50 on 1:10 Breaststroke
250	10 x 25 on :45 100 Breast Pace 1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 2,100 Yards - Stress Value = 50

Workout #25286 - Tuesday, 18 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Qswim>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
375	15 x 25 on :30 #2 100 Pace	SP2	
	1 on 10:00 Recovery #1-Your Choice	REC	
750	15 x 50 on :50 Your #1 200	SP2	
	1 on 10:00 Recovery #2-Your Choice	REC	
	or A Relays practice relay starts		
	1 on 10:00 Team Meeting	REC	
	5:29 PM 1,350 Yards - Stress Value = 122		

900	1 x 900 on 15:00 Pulls		
	175fr25br/150fr50br/125fr75br/100fr100br/50fr50br		
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{6 x 100 on 1:35 Breaststroke		
	{1 on 1:00 Rest		
	{5 x 100 on 1:35 Breaststroke		
	{1 on 1:00 Rest		
	{4 x 100 on 1:35 Breaststroke		
	{1 on 1:00 Rest		
	{3 x 100 on 1:35 Breaststroke		
	{1 on 1:00 Rest		
	{2 x 100 on 1:35 Breaststroke		
500	10 x 50 on 1:00 Stroke Drills		
	8:02 PM 5,950 Yards - Stress Value = 91		

Workout #25302 - Wednesday, 19 February 2020

Group 3 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
600	1 x 600 on 10:00 Free L.25 of each 100 Non F
150	10 x 15 on :45 Shooters
1,900	1x{1 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick-good effort
	{2 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick-good effort
	{3 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick good effort
	{4 x 100 on 1:30 Kick
	{2 x 50 on 1:00 Kick good effort
	{5 x 100 on 1:30 Kick
1,000	1 x 1000 on 15:00 Pulls
	175fr25br/150fr50br/125fr75br
	100fr100br/75fr125br
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 1:25 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:25 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
	7:31 PM 6,450 Yards - Stress Value = 98

Workout #25304 - Wednesday, 19 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Tm Mtg
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,500	1x{1 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick-good effort
	{2 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick-good effort
	{3 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick good effort
	{4 x 100 on 2:00 Kick
	{2 x 50 on 1:05 Kick good effort
	{1 x 100 on 2:00 Kick
850	1 x 850 on 15:00 Pulls
	175fr25br/150fr50br/125fr75br
	100fr100br/25fr25br
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{6 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{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
500	10 x 50 on 1:00 Stroke Drills
	8:01 PM 5,500 Yards - Stress Value = 82

Workout #25303 - Wednesday, 19 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Tm Mtg
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,700	1x{1 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick-good effort
	{2 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick-good effort
	{3 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick good effort
	{4 x 100 on 1:45 Kick
	{2 x 50 on 1:00 Kick food effort
	{3 x 100 on 1:45 Kick

Workout #25305 - Wednesday, 19 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 45:00 DS/Tm Mtg
150	20 x 25 on :30 Wednesday Warm-up
1,300	1x{10 x 15 on :45 Shooters
	{2 x 50 on 1:15 Kick-good effort
	{2 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick-good effort
	{3 x 100 on 2:20 Kick
	{2 x 50 on 1:15 Kick good effort
	{3 x 100 on 2:20 Kick
800	{2 x 50 on 1:15 Kick-good effort
	1 x 800 on 15:00 Pulls
	175fr25br/150fr50br/125fr75br
	100fr100br
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,700	1x{6 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
500	{2 x 100 on 1:55 Breaststroke
	10 x 50 on 1:00 Stroke Drills
	8:02 PM 5,150 Yards - Stress Value = 76

	{2 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-5sec
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 400 on 6:00 Pull-BTB
	{3 x 100 on 1:35 Free NBBF&W
	{2 x 300 on 4:30 Pulls BTS
	{2 x 100 on 1:30 Free NBBF&W
	{1 x 200 on 3:00 Pulls-no br L.12 yds
	{1 x 100 on 1:25 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 4,575 Yards - Stress Value = 140

Workout #25308 - Wednesday, 19 February 2020

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
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:45 Free Kick w/board for time
	{2 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-4 sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 400 on 7:00 Pull-BTB
	{3 x 100 on 1:50 Free NBBF&W
	{1 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,000 Yards - Stress Value = 119

	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:45 Free Kick w/board for time
	{2 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-4 sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 400 on 7:00 Pull-BTB
	{3 x 100 on 1:50 Free NBBF&W
	{1 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,000 Yards - Stress Value = 119

Workout #25306 - Wednesday, 19 February 2020

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
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:30 Free Kick w/board for time
	{2 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-6sec
	{2 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-5sec
	{2 x 150 on 2:45 Free 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 400 on 5:40 Pull-BTB
	{4 x 100 on 1:30 Free NBBF&W
	{1 x 300 on 4:15 Pulls BTS
	{4 x 100 on 1:25 Free NBBF&W
	{1 x 200 on 2:50 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 4,800 Yards - Stress Value = 143

	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:30 Free Kick w/board for time
	{2 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-6sec
	{2 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-5sec
	{2 x 150 on 2:45 Free 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 400 on 5:40 Pull-BTB
	{4 x 100 on 1:30 Free NBBF&W
	{1 x 300 on 4:15 Pulls BTS
	{4 x 100 on 1:25 Free NBBF&W
	{1 x 200 on 2:50 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 4,800 Yards - Stress Value = 143

Workout #25310 - Wednesday, 19 February 2020

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{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 150 on 4:00 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
	{1 x 50 on 1:35 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 300 on 6:30 Pull-BTB
	{3 x 100 on 2:10 Free NBBF&W
	{1 x 250 on 5:25 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 50 on 1:05 Free NB L.12 yds
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 103

	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	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 150 on 4:00 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
	{1 x 50 on 1:35 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 300 on 6:30 Pull-BTB
	{3 x 100 on 2:10 Free NBBF&W
	{1 x 250 on 5:25 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 50 on 1:05 Free NB L.12 yds
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 103

Workout #25307 - Wednesday, 19 February 2020

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
1,150	1x{1 x 100 on 2:30 Free Kick w/board for time
	{2 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec

	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:30 Free Kick w/board for time
	{2 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec

Workout #25309 - Wednesday, 19 February 2020

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
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:45 Free Kick w/board for time
 {2 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 {1 x 150 on 3:45 Free 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 400 on 7:40 Pull-BTB
 {3 x 100 on 2:00 Free NBBF&W
 {1 x 250 on 4:45 Pulls BTS
 {2 x 100 on 1:55 Free NBBF&W
 {1 x 200 on 3:50 Pulls-no br L.12 yds
 {1 x 100 on 1:50 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 3,800 Yards - Stress Value = 115

Workout #25314 - Wednesday, 19 February 2020

Group 2 - Taper-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
 400 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 50 on 2:00 Free Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 300 on 6:30 Pull-BTB
 {1 x 100 on 2:10 Free NBBF&W
 {1 x 250 on 5:25 Pulls BTS
 {1 x 100 on 2:10 Free NBBF&W
 275 11 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:57 PM 2,125 Yards - Stress Value = 57

Workout #25312 - Wednesday, 19 February 2020

Group 2 - Taper-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
 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 150 on 3:20 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 400 on 7:00 Pull-BTB
 {1 x 100 on 1:50 Free NBBF&W
 {1 x 300 on 5:15 Pulls BTS
 {1 x 100 on 1:45 Free NBBF&W
 325 13 x 25 on :35 USRPT-100 Free Pace

200 1 x 200 on 4:00 Stroke Drills
 6:57 PM 2,500 Yards - Stress Value = 67

Workout #25315 - Wednesday, 19 February 2020

Group 2 - Taper-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
 400 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
 {1 x 50 on 1:30 Free Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 200 on 5:30 Pull-BTB
 {1 x 100 on 2:45 Free NBBF&W
 {1 x 200 on 5:30 Pulls BTS
 {1 x 100 on 2:45 Free NBBF&W
 250 10 x 25 on :45 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:57 PM 1,950 Yards - Stress Value = 51

Workout #25313 - Wednesday, 19 February 2020

Group 2 - Taper SilverBronze

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
 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 150 on 3:45 Free Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 400 on 7:40 Pull-BTB
 {1 x 100 on 2:00 Free NBBF&W
 {1 x 250 on 4:45 Pulls BTS
 {1 x 100 on 1:55 Free NBBF&W
 325 13 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:57 PM 2,400 Yards - Stress Value = 65

Workout #25301 - Wednesday, 19 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 15:00 Qswim/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooter SP3
 750 15 x 50 on :55 Your #2 200 Pace SP2
 1 on 8:00 Recovery #1-Your Choice REC
 375 15 x 25 on :30 Your #1 100 Pace SP2
 1 on 7:00 Recovery #2-Your choice REC
 Or A Relay working on relay starts
 1 on 5:00 Team Meeting REC
 5:20 PM 1,350 Yards - Stress Value = 122

Workout #25316 - Thursday, 20 February 2020

Group 3 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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
1,750	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
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,625	3x{1 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :20 Butterfly {1 x 25 on :30 Freestyle {8 x 25 on :20 Butterfly {1 x 150 on 3:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 6,075 Yards - Stress Value = 119

Workout #25317 - Thursday, 20 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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
	0x{15 x 20 on :30 100 Fly Pace* {2 x 100 on 2:10 Kick 2 weakest kicks {4 x 50 on :55 Kick {2 x 100 on 2:05 Kick 2 weakest kicks {3 x 50 on :55 Kick {2 x 100 on 2:00 Kick 2 weakest kicks {2 x 50 on :55 Kick {2 x 100 on 1:55 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,325	3x{1 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :25 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :25 Butterfly {1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:00 PM 4,025 Yards - Stress Value = 81

Workout #25318 - Thursday, 20 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
550	1 x 550 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,350	1x{3 x 50 on 1:05 Kick {2 x 100 on 2:20 Kick 2 weakest kicks {4 x 50 on 1:05 Kick {2 x 100 on 2:15 Kick 2 weakest kicks {3 x 50 on 1:05 Kick {2 x 100 on 2:10 Kick 2 weakest kicks {2 x 50 on 1:05 Kick {2 x 75 on 1:30 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	3x{1 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {2 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {3 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {4 x 25 on :30 Butterfly {1 x 25 on :40 Freestyle {8 x 25 on :30 Butterfly {1 x 50 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,800 Yards - Stress Value = 102

Workout #25319 - Thursday, 20 February 2020

Group 3 - Bronze

1 minute rest between sets

3:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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 Shooters
1,150	1x{1 x 50 on 1:15 Kick {2 x 100 on 2:45 Kick 2 weakest kicks {2 x 50 on 1:15 Kick {2 x 100 on 2:40 Kick 2 weakest kicks {3 x 50 on 1:15 Kick {2 x 100 on 2:35 Kick 2 weakest kicks {2 x 50 on 1:15 Kick {2 x 75 on 1:45 Kick 2 weakest kicks
500	5 x 100 on 3:00 Freestyle
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,275	3x{1 x 25 on :45 Butterfly {1 x 25 on :45 Freestyle {2 x 25 on :45 Butterfly {1 x 25 on :45 Freestyle {3 x 25 on :45 Butterfly {1 x 25 on :45 Freestyle {6 x 25 on :45 Butterfly {1 x 50 on 2:30 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	5:45 PM 3,975 Yards - Stress Value = 89

Workout #25320 - Thursday, 20 February 2020

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	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 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 on 10:00 Racing Skills-Relay Starts
1,050	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 {4 x 25 on :30 Kick no board S-13KOW+1 {1 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 102

Workout #25321 - Thursday, 20 February 2020

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 Free 3KOW to 10 back to 3
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 on 10:00 Racing Skills-Relay Starts
850	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 {4 x 25 on :35 Kick no board S-13KOW+1 {2 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 98

Workout #25322 - Thursday, 20 February 2020

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 Free 3KOW to 10 back to 3
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
	1 on 10:00 Racing Skills-Relay Starts
750	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 {2 x 100 on 2:25 Fly Kick w/board

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,325 Yards - Stress Value = 83

Workout #25324 - Thursday, 20 February 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 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 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
	1 on 10:00 Racing Skills-Relay Starts
600	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 {1 x 100 on 3:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,950 Yards - Stress Value = 68

Workout #25323 - Thursday, 20 February 2020

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 Free 3KOW to 10 back to 3
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
	1 on 10:00 Racing Skills-Relay Starts
700	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 {1 x 100 on 2:40 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 75

Workout #25328 - Thursday, 20 February 2020

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description
5:15 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 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Fly Pace
400	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	1 x 200 on 4:00 Stroke Drills
	7:04 PM 1,450 Yards - Stress Value = 39

Workout #25326 - Thursday, 20 February 2020

Group 2 - Taper-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
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Fly Pace
475	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
	{3 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:04 PM 1,700 Yards - Stress Value = 48

	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	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
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 1:20 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	6:29 PM 4,000 Yards - Stress Value = 52

Workout #25332 - Friday, 21 February 2020

Group 3 - 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 26:00 TEACH DAY-Fly
50	1x{2 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
350	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 {1 x 50 on 2:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 1,300 Yards - Stress Value = 33

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :30 Kick no board BSLR {1 x 125 on 2:25 Kick {1 x 125 on 2:20 Kick {1 x 100 on 1:50 Kick {1 x 50 on :55 Kick
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 400 on 6:00 Individual Medley {3 x 100 on 1:20 Freestyle {1 x 300 on 4:25 Individual Medley {3 x 100 on 1:30 Backstroke {1 x 200 on 2:55 Individual Medley {2 x 100 on 1:40 Breaststroke {1 x 100 on 1:25 Individual Medley {3 x 100 on 1:30 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 3,800 Yards - Stress Value = 50

Workout #25327 - Thursday, 20 February 2020

Group 2 - Taper SilverBronze

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
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Fly Pace
450	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 {2 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:04 PM 1,575 Yards - Stress Value = 43

Workout #25331 - Friday, 21 February 2020

Group 3 - IM'ers

1 minute rest between sets

5:00 PM Start

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

Workout #25333 - Friday, 21 February 2020

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:00 PM Start			
	1 on 15:00 DS>Showers			
550	1 x 550 on 10:00 Reverse IM drill			
150	10 x 15 on :45 Shooters			
450	1x{4 x 25 on :35 Kick no board BSLR			
	{1 x 100 on 2:10 Kick			
	{1 x 100 on 2:05 Kick			
	{1 x 100 on 2:00 Kick			
	{1 x 50 on :55 Kick			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
1,825	1x{1 x 400 on 6:45 Individual Medley			
	{3 x 100 on 1:30 Freestyle			
	{1 x 300 on 5:00 Individual Medley			
	{3 x 75 on 1:20 Backstroke			
	{1 x 200 on 3:15 Individual Medley			
	{3 x 50 on 1:00 Breaststroke			
	{1 x 100 on 1:35 Individual Medley			
	{3 x 50 on :55 Butterfly			
250	1 x 250 on 4:00 Stroke Drills			
	6:29 PM 3,425 Yards - Stress Value = 46			

Workout #25334 - Friday, 21 February 2020

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	5:00 PM Start			
	1 on 15:00 DS>Showers			
500	1 x 500 on 10:00 Reverse IM drill			
150	10 x 15 on :45 Shooters			
350	1x{4 x 25 on :45 Kick no board BSLR			
	{1 x 100 on 2:30 Kick			
	{1 x 100 on 2:25 Kick			
	{1 x 50 on 1:10 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 400 on 7:45 Individual Medley			
	{4 x 50 on :50 Freestyle			
	{1 x 300 on 5:45 Individual Medley			
	{3 x 50 on :55 Backstroke			
	{1 x 200 on 3:45 Individual Medley			
	{3 x 50 on 1:05 Breaststroke			
	{1 x 100 on 1:50 Individual Medley			
	{3 x 50 on 1:00 Butterfly			
250	1 x 250 on 4:00 Stroke Drills			
	6:30 PM 3,100 Yards - Stress Value = 44			

Workout #25340 - Friday, 21 February 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	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	1x{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	
	{1 x 100 on 3:00 Mystery Medley	EN2	S	
200	1 x 200 on 5:00 Stroke Drills	REC	D	
	6:29 PM 1,450 Yards - Stress Value = 22			

Workout #25335 - Friday, 21 February 2020

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	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	
1,700	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 #25336 - Friday, 21 February 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	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	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 #25337 - Friday, 21 February 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	Σ
	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	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 #25339 - Friday, 21 February 2020

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
300	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 75 on 2:15 SwimUSS	REC	D	
1,000	10 x 15 on :45 Shooters	SP3	S	
1x{	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	
200	1 x 100 on 2:30 Individual Medley	EN2	S	
	1 x 200 on 4:00 Stroke Drills	REC	D	
6:29 PM 1,650 Yards - Stress Value = 26				

{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 x 150 on 2:15 Kick
{1 x 100 on 1:25 Kick
{1 x 50 on :35 Kick
{1 x 500 on 6:15 Pulls-no br L.12 yds
{1 x 400 on 5:00 Pulls-no br L.12 yds
{1 x 300 on 3:45 Pulls-no br L.12 yds
{1 x 200 on 2:30 Pulls-no br L.12 yds
{1 x 100 on 1:15 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
250 1 x 250 on 4:00 Stroke Drills
7:30 PM 7,500 Yards - Stress Value = 134

Workout #25338 - Friday, 21 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
400	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 100 on 2:15 SwimUSS	REC	D	
1,300	10 x 15 on :45 Shooters	SP3	S	
1x{	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 #25343 - Monday, 24 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,350	10 x 15 on :45 Shooters
1x{	All BSLR's 12 KOW
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Kick
	{1 x 100 on 1:55 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:50 Kick
	{1 x 100 on 1:50 Kick
	{1 x 50 on :50 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:45 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :45 Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on :40 Kick
1,300	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 7:05 Pulls-no br L.12 yds
	{1 x 400 on 5:40 Pulls-no br L.12 yds
	{1 x 300 on 4:15 Pulls-no br L.12 yds
	{1 x 100 on 1:25 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
2,900	4 x 725 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
7:30 PM 6,750 Yards - Stress Value = 119	

Workout #25330 - Friday, 21 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description
225	1 on 15:00 Qswim/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter
	15 x 15 on :30 100 Your Choice-Pace
	1 on 8:00 Recovery #1-Your Choice
	Or A Relay practice relay starts
1,000	1 x 1000 on 20:00 Non Sectional swimmers time t
	1 on 10:00 Team Meeting
5:25 PM 1,450 Yards - Stress Value = 131	

Workout #25342 - Monday, 24 February 2020

Group 3 - Distance

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,600	10 x 15 on :45 Shooters
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

Workout #25344 - Monday, 24 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
550	1 x 550 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,150	1x{ All BSLR's 12 KOW
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:10 Kick
	{1 x 100 on 2:10 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:05 Kick
	{1 x 100 on 2:05 Kick
	{1 x 50 on 1:00 Kick
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:00 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :40 Kick no board BSLR
1,200	1x{ Hold breath L.12yds of each 100
	{1 x 500 on 7:55 Pulls-no br L.12 yds
	{1 x 400 on 6:20 Pulls-no br L.12 yds
	{1 x 200 on 3:10 Pulls-no br L.12 yds
	{1 x 100 on 1:35 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
2,500	4 x 625 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 6,000 Yards - Stress Value = 105

Workout #25345 - Monday, 24 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
500	1 x 500 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,050	1x{ All BSLR's 12 KOW
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:30 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:10 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:25 Kick
	{1 x 100 on 2:15 Kick
	{1 x 50 on 1:05 Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 3:20 Kick
1,000	1x{ Hold breath L.12yds of each 100
	{1 x 400 on 7:30 Pulls-no br L.12 yds
	{1 x 300 on 5:40 Pulls-no br L.12 yds
	{1 x 200 on 3:45 Pulls-no br L.12 yds
	{1 x 100 on 1:50 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
2,200	4 x 550 on 10:00 Free-descend
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,350 Yards - Stress Value = 93

Workout #25351 - Monday, 24 February 2020

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
500	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
	{1 x 50 on 2:00 Fly Kick w/board
	{1 x 100 on 4:00 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 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
	7:30 PM 2,475 Yards - Stress Value = 70

Workout #25346 - Monday, 24 February 2020

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
1,050	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
	{4 x 25 on :30 Kick no board S-13KOW+1
	{1 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{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
	7:30 PM 4,050 Yards - Stress Value = 126

Workout #25347 - Monday, 24 February 2020

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{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
	{4 x 25 on :35 Kick no board S-13KOW+1
	{2 x 100 on 2:05 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
1,000	5x{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
	7:29 PM 3,600 Yards - Stress Value = 118

Workout #25348 - Monday, 24 February 2020

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 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 100 on 2:25 Fly Kick w/board
 {1 x 150 on 3:35 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 5x{8 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 Only do 4 on last round
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:33 PM 3,325 Yards - Stress Value = 103

Workout #25350 - Monday, 24 February 2020

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
 625 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
 {5 x 25 on :45 Kick no board S-13KOW+1
 {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
 800 4x{8 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 only do 6 on last round
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:32 PM 2,775 Yards - Stress Value = 84

Workout #25349 - Monday, 24 February 2020

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 :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
 {1 x 100 on 2:40 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 :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
 7:30 PM 2,950 Yards - Stress Value = 91

Workout #25356 - Monday, 24 February 2020

Group 2 - Taper-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
 350 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
 {2 x 25 on :45 Kick no board S-13KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 3x{6 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
 7:04 PM 1,850 Yards - Stress Value = 47

Workout #25353 - Monday, 24 February 2020

Group 2 - Taper-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
 450 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
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 4x{6 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
 7:02 PM 2,375 Yards - Stress Value = 65

Workout #25352 - Monday, 24 February 2020

Group 2 - Taper-Platinum

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	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
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	4x{6 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
7:00 PM 2,525 Yards - Stress Value = 67	

Workout #25354 - Monday, 24 February 2020

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
400	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
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	3x{6 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
7:00 PM 2,075 Yards - Stress Value = 55	

Workout #25357 - Monday, 24 February 2020

Group 2 - Taper-Copper

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
250	1x{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
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	3x{6 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
7:02 PM 1,700 Yards - Stress Value = 45	

Workout #25355 - Monday, 24 February 2020

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
350	10 x 15 on :45 Shooters
50	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 {2 x 25 on :40 Kick no board S-13KOW+1
450	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	3x{6 x 25 on :40 Butterfly {1 on 1:00 Rest
200	1 on 10:00 Racing Skills-Starts 11 x 25 on :40 USRPT-100 Fly Pace
7:01 PM 1,925 Yards - Stress Value = 50	

Workout #25341 - Monday, 24 February 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM Start			
225	1 on 15:00 Qswim/showers	REC	
750	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :50 200 Fly Pace*	SP2	
375	1 on 7:00 Recovery #1	REC	
375	15 x 25 on :30 100 Free Pace*	SP2	
750	1 on 7:00 Recovery #2	REC	
750	15 x 50 on :55 200 Breast Pace*	SP2	
375	1 on 7:00 Recovery #3	REC	
375	15 x 25 on :30 100 Back Pace*	SP2	
5:45 PM 2,475 Yards - Stress Value = 235			

Workout #25359 - Tuesday, 25 February 2020

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 15:00 DS>Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
800	5x{2 x 40 on 1:00 Kick w/scuba weights R.5 at w { Switch gear with partner { 2 x 40 on 1:00 Kick w/buckets
100	1 x 100 on 1:30 Freestyle
1,200	1x{2 x 150 on 2:00 Pulls BWFPF { 2 x 150 on 1:55 Pulls BWKPF { 2 x 150 on 1:50 Pulls BWHPF { 2 x 150 on 1:45 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 25's descend/longer swims 2X pullouts last 2 walls
2,600	1x{6 x 25 on :25 Breaststroke { 1 x 250 on 3:45 Breaststroke { 1 x 100 on 1:15 Freestyle { 6 x 25 on :25 Breaststroke { 2 x 200 on 3:05 Breaststroke { 1 x 100 on 1:15 Freestyle { 6 x 25 on :25 Breaststroke { 3 x 150 on 2:20 Breaststroke { 1 x 100 on 1:15 Freestyle { 6 x 25 on :25 Breaststroke { 4 x 125 on 2:00 Breaststroke { 1 x 100 on 1:15 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 6,200 Yards - Stress Value = 100

Workout #25361 - Tuesday, 25 February 2020

Group 3 - Silver

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 15:00 DS>Showers
550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
800	5x{2 x 40 on 1:00 Kick w/scuba weights R.5 at w { Switch gear with partner { 2 x 40 on 1:00 Kick w/buckets
100	1 x 100 on 1:30 Freestyle
950	1x{2 x 150 on 2:25 Pulls BWFPF { 2 x 150 on 2:20 Pulls BWKPF { 2 x 150 on 2:15 Pulls BWHPF { 1 x 50 on :45 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 25's descend/longer swims 2X pullouts last 2 walls
2,150	1x{6 x 25 on :35 Breaststroke { 1 x 250 on 4:20 Breaststroke { 1 x 100 on 1:25 Freestyle { 6 x 25 on :35 Breaststroke { 2 x 200 on 3:30 Breaststroke { 1 x 100 on 1:25 Freestyle { 6 x 25 on :35 Breaststroke { 3 x 150 on 2:40 Breaststroke { 1 x 100 on 1:25 Freestyle { 4 x 25 on :35 Breaststroke { 4 x 50 on :55 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,450 Yards - Stress Value = 86

Workout #25360 - Tuesday, 25 February 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 15:00 DS>Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
800	5x{2 x 40 on 1:00 Kick w/scuba weights R.5 at w { Switch gear with partner { 2 x 40 on 1:00 Kick w/buckets
100	1 x 100 on 1:30 Freestyle
1,000	1x{2 x 150 on 2:15 Pulls BWFPF { 2 x 150 on 2:10 Pulls BWKPF { 2 x 150 on 2:05 Pulls BWHPF { 1 x 100 on 1:20 Pulls BWSPF
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 25's descend/longer swims 2X pullouts last 2 walls
2,400	1x{6 x 25 on :30 Breaststroke { 1 x 250 on 4:00 Breaststroke { 1 x 100 on 1:20 Freestyle { 6 x 25 on :30 Breaststroke { 2 x 200 on 3:15 Breaststroke { 1 x 100 on 1:20 Freestyle { 6 x 25 on :30 Breaststroke { 3 x 150 on 2:30 Breaststroke { 1 x 100 on 1:20 Freestyle { 6 x 25 on :30 Breaststroke { 4 x 100 on 1:40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,800 Yards - Stress Value = 92

Workout #25362 - Tuesday, 25 February 2020

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 15:00 DS/Core/Spotlight
550	1 x 550 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
300	3 x 100 on 2:00 Kick @ fastest interval
800	5x{2 x 40 on 1:00 Kick w/scuba weights R.5 at w { Switch gear with partner { 2 x 40 on 1:00 Kick w/buckets
100	1 x 100 on 1:30 Freestyle
900	1x{2 x 150 on 2:30 Pulls BWFPF { 2 x 150 on 2:25 Pulls BWKPF { 2 x 150 on 2:20 Pulls BWHPF
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes 25's descend/longer swims 2X pullouts last 2 walls
1,850	1x{4 x 25 on :45 Breaststroke { 1 x 250 on 5:00 Breaststroke { 1 x 100 on 1:45 Freestyle { 4 x 25 on :45 Breaststroke { 2 x 200 on 4:00 Breaststroke { 1 x 100 on 1:45 Freestyle { 4 x 25 on :45 Breaststroke { 3 x 150 on 3:00 Breaststroke { 1 x 100 on 1:45 Freestyle { 6 x 25 on :45 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 5,100 Yards - Stress Value = 79

Workout #25368 - Tuesday, 25 February 2020

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 Freestyle
150	10 x 15 on :45 Shooters
600	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 400 on 11:00 Pull-BTB {1 x 100 on 2:45 Free NBBF&W {1 x 300 on 8:15 Pulls BTS {1 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 2,800 Yards - Stress Value = 86

Workout #25363 - Tuesday, 25 February 2020

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 Freestyle
150	10 x 15 on :45 Shooters
1,000	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 {1 x 150 on 2:30 Free Kick w/board {1 x 100 on 2:00 Free Kick w/board-5sec {2 x 150 on 2:40 Free Kick w/board {1 x 100 on 2:00 Free Kick w/board-4sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{1 x 400 on 5:00 Pull-BTB {4 x 100 on 1:20 Free NBBF&W {1 x 300 on 3:50 Pulls BTS {3 x 100 on 1:20 Free NBBF&W {1 x 200 on 2:35 Pulls-no br L.12 yds {3 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 4,700 Yards - Stress Value = 139

Workout #25364 - Tuesday, 25 February 2020

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 Freestyle
150	10 x 15 on :45 Shooters
900	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 {1 x 100 on 1:55 Free Kick w/board {1 x 100 on 2:10 Free Kick w/board-4sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks

1,650	1x{1 x 400 on 5:50 Pull-BTB {4 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 {1 x 200 on 2:55 Pulls-no br L.12 yds {1 x 50 on :45 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 4,300 Yards - Stress Value = 132

Workout #25365 - Tuesday, 25 February 2020

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 Freestyle
150	10 x 15 on :45 Shooters
800	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 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
1,400	1x{1 x 400 on 7:00 Pull-BTB {3 x 100 on 1:45 Free NBBF&W {1 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
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 3,775 Yards - Stress Value = 112

Workout #25367 - Tuesday, 25 February 2020

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 Freestyle
150	10 x 15 on :45 Shooters
650	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 50 on 1:30 Free Kick w/board-5sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 400 on 8:20 Pull-BTB {2 x 100 on 2:10 Free NBBF&W {1 x 300 on 6:30 Pulls BTS {1 x 100 on 2:10 Free NBBF&W {1 x 200 on 4:20 Pulls-no br L.12 yds
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
	7:31 PM 3,250 Yards - Stress Value = 98

Workout #25366 - Tuesday, 25 February 2020

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 Freestyle
150	10 x 15 on :45 Shooters
700	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 400 on 7:40 Pull-BTB
	{2 x 100 on 1:55 Free NBBF&W
	{1 x 300 on 5:45 Pulls BTS
	{2 x 100 on 1:55 Free NBBF&W
	{1 x 200 on 3:50 Pulls-no br L.12 yds
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 3,525 Yards - Stress Value = 108

Workout #25369 - Tuesday, 25 February 2020

Group 2 - Taper-Platinum
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
500	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
	{1 x 150 on 2:30 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 400 on 5:00 Pull-BTB
	{2 x 100 on 1:20 Free NBBF&W
	{1 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
	7:02 PM 2,975 Yards - Stress Value = 76

Workout #25373 - Tuesday, 25 February 2020

Group 2 - Taper-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 Freestyle
150	10 x 15 on :45 Shooters
350	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
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 300 on 6:15 Pull-BTB
	{1 x 100 on 2:10 Free NBBF&W
	{1 x 200 on 4:20 Pulls BTS
275	11 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
	7:01 PM 2,025 Yards - Stress Value = 53

Workout #25371 - Tuesday, 25 February 2020

Group 2 - Taper-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 Freestyle
150	10 x 15 on :45 Shooters
400	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 50 on 1:05 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	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
	{1 x 100 on 1:45 Free NBBF&W
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
	7:01 PM 2,425 Yards - Stress Value = 62

Workout #25370 - Tuesday, 25 February 2020

Group 2 - Taper-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 Freestyle
150	10 x 15 on :45 Shooters
450	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 50 on :55 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	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
	{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-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 2,775 Yards - Stress Value = 73

Workout #25374 - Tuesday, 25 February 2020

Group 2 - Taper-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 Freestyle
150	10 x 15 on :45 Shooters
300	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 50 on 1:40 Free Kick w/board-6sec
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 200 on 5:30 Pull-BTB {1 x 100 on 2:45 Free NBBF&W {1 x 200 on 5:30 Pulls BTS
250	10 x 25 on :45 USRPT-100 Free Pace
200	1 on 10:00 Racing Skills-Straight Arm Finis 1 x 200 on 4:00 Stroke Drills
	7:01 PM 1,800 Yards - Stress Value = 47

500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,700	1x{8 x 25 on :30 Kick no board B {2 x 75 on 1:15 Kick hold time I give {8 x 25 on :30 Kick no board S {4 x 75 on 1:15 Kick hold time I give {8 x 25 on :30 Kick no board L {6 x 75 on 1:15 Kick hold time I give {8 x 25 on :30 Kick no board R
1,000	5 x 200 on 2:40 Lungbuster pulls breathe 3-5-7-9 by the 50
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{2 x 200 on 2:45 Backstroke {8 x 25 on :30 Back-great effort 7KOW+1 {2 x 175 on 2:20 Backstroke {8 x 25 on :30 Back-great effort 7KOW+1 {2 x 150 on 1:55 Backstroke {8 x 25 on :30 Back-great effort 7KOW+1 {2 x 125 on 1:35 Backstroke {8 x 25 on :30 Back-great effort 7KOW+1 {2 x 100 on 1:15 Backstroke
500	10 x 50 on 1:00 Stroke Drills
	7:31 PM 6,350 Yards - Stress Value = 108

Workout #25372 - Tuesday, 25 February 2020

Group 2 - Taper SilverBronze

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 Freestyle
150	10 x 15 on :45 Shooters
350	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
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 400 on 7:40 Pull-BTB {1 x 100 on 1:55 Free NBBF&W {1 x 200 on 3:50 Pulls BTS {1 x 50 on :55 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free
200	1 on 10:00 Racing Skills-Straight Arm Finis 1 x 200 on 4:00 Stroke Drills
	7:02 PM 2,275 Yards - Stress Value = 60

Workout #25377 - Wednesday, 26 February 2020

Group 3 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,450	1x{8 x 25 on :35 Kick no board B {2 x 75 on 1:25 Kick hold time I give {8 x 25 on :35 Kick no board S {4 x 75 on 1:25 Kick hold time I give {6 x 25 on :35 Kick no board L {4 x 75 on 1:25 Kick hold time I give {6 x 25 on :35 Kick no board R
875	5 x 175 on 2:40 Lungbuster pulls Breathe 3-5-7-9 by the 50
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{2 x 200 on 3:05 Backstroke {8 x 25 on :35 Back-great effort 7KOW+1 {2 x 175 on 2:35 Backstroke {8 x 25 on :35 Back-great effort 7KOW+1 {2 x 150 on 2:10 Backstroke {8 x 25 on :35 Back-great effort 7KOW+1 {2 x 125 on 1:45 Backstroke {4 x 25 on :35 Back-great effort 7KOW+1
500	10 x 50 on 1:00 Stroke Drills
	7:31 PM 5,675 Yards - Stress Value = 95

Workout #25358 - Tuesday, 25 February 2020

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Qswim/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	15 x 50 on :50 200 Back Pace*	SP2	
	1 on 7:00 Recovery #1	REC	
375	15 x 25 on :30 100 Breast Pace*	SP2	
	1 on 8:00 Recovery #2	REC	
750	15 x 50 on :50 200 Free Pace*	SP2	
	1 on 7:00 Recovery #3	REC	
375	15 x 25 on :30 100 Fly Pace*	SP2	
	5:45 PM 2,475 Yards - Stress Value = 235		

Workout #25376 - Wednesday, 26 February 2020

Group 3 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers

Workout #25378 - Wednesday, 26 February 2020

Group 3 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,300 1x{8 x 25 on :40 Kick no board B
 {2 x 75 on 1:35 Kick hold time I give
 {8 x 25 on :40 Kick no board S
 {4 x 75 on 1:35 Kick hold time I give
 {4 x 25 on :40 Kick no board L
 {4 x 75 on 1:35 Kick hold time I give
 {2 x 25 on :40 Kick no board R
 750 5 x 150 on 2:40 Lungbuster pulls
 Breathe 3-5-7 by the 50
 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{2 x 200 on 3:20 Backstroke
 {6 x 25 on :40 Back-great effort 7KOW+1
 {2 x 175 on 2:55 Backstroke
 {6 x 25 on :40 Back-great effort 7KOW+1
 {2 x 150 on 2:30 Backstroke
 {6 x 25 on :40 Back-great effort 7KOW+1
 {2 x 100 on 1:40 Backstroke
 {4 x 25 on :40 Back-great effort 7KOW+1
 500 10 x 50 on 1:00 Stroke Drills
 7:31 PM 5,200 Yards - Stress Value = 85

Workout #25379 - Wednesday, 26 February 2020

Group 3 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,100 1x{6 x 25 on :45 Kick no board B
 {2 x 50 on 1:15 Kick hold time I give
 {6 x 25 on :45 Kick no board S
 {4 x 50 on 1:15 Kick hold time I give
 {6 x 25 on :45 Kick no board L
 {4 x 50 on 1:15 Kick hold time I give
 {6 x 25 on :45 Kick no board R
 750 5 x 150 on 2:40 Lungbuster pulls
 Breathe 3-5-7 by the 50
 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{2 x 200 on 4:15 Backstroke
 {6 x 25 on :45 Back-great effort 7KOW+1
 {2 x 175 on 3:40 Backstroke
 {6 x 25 on :45 Back-great effort 7KOW+1
 {2 x 150 on 3:05 Backstroke
 {6 x 25 on :45 Back-great effort 7KOW+1
 500 10 x 50 on 1:00 Stroke Drills
 7:31 PM 4,700 Yards - Stress Value = 75

Workout #25380 - Wednesday, 26 February 2020

Group 2 - Back

1 minute rest between sets

5:15 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
 1,200 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{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
 {8 x 25 on :30 Back 4 KOW +1
 {2 x 100 on 1:30 Backstroke
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,650 Yards - Stress Value = 141

Workout #25385 - Wednesday, 26 February 2020

Group 2 - Copper

1 minute rest between sets

5:15 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
 600 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
 {2 x 25 on 1:00 Kick no board B-10KOW+1
 {1 x 50 on 1:50 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{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
 {2 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 88

Workout #25381 - Wednesday, 26 February 2020

Group 2 - Gold

1 minute rest between sets

5:15 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
1,100	1x{8 x 25 on :35 Kick no board B-10KOW+1 {5 x 50 on 1:05 Kick-alt strmlne/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmlne/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {3 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
1,700	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 {1 x 100 on 1:35 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,375 Yards - Stress Value = 137

Workout #25382 - Wednesday, 26 February 2020

Group 2 - Silver

1 minute rest between sets

5:15 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
950	1x{8 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:15 Kick-alt strmlne/hands by si {6 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 {1 x 50 on 1:05 Kick-alt strmlne/hands by si
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,550	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
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,900 Yards - Stress Value = 118

Workout #25384 - Wednesday, 26 February 2020

Group 2 - Bronze

1 minute rest between sets

5:15 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
775	1x{4 x 25 on :45 Kick no board B-10KOW+1 {5 x 50 on 1:35 Kick-alt strmlne/hands by si

	{4 x 25 on :45 Kick no board B-10KOW+1
	{4 x 50 on 1:30 Kick-alt strmlne/hands by si
	{5 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
1,200	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
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 = 95

Workout #25383 - Wednesday, 26 February 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 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
900	1x{6 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:20 Kick-alt strmlne/hands by si {6 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmlne/hands by si {6 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
1,375	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 {3 x 25 on :40 Back 4 KOW +1
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 107

Workout #25390 - Wednesday, 26 February 2020

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 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
400	1x{4 x 25 on :45 Kick no board B-10KOW+1 {2 x 50 on 1:35 Kick-alt strmlne/hands by si {4 x 25 on :45 Kick no board B-10KOW+1 {2 x 50 on 1:30 Kick-alt strmlne/hands by si
50	1x{2 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 1:00 Backstroke
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 2,000 Yards - Stress Value = 52

Workout #25387 - Wednesday, 26 February 2020

Group 2 - Taper-Gold

1 minute rest between sets

5:15 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
600	1x{4 x 25 on :35 Kick no board B-10KOW+1 {2 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 {2 x 50 on :55 Kick-alt strmlne/hands by sic
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	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
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 2,650 Yards - Stress Value = 74

Workout #25386 - Wednesday, 26 February 2020

Group 2 - Taper-Platinum

1 minute rest between sets

5:15 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
650	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 {2 x 25 on :30 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{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 {4 x 25 on :30 Back 4 KOW +1 {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 2,875 Yards - Stress Value = 77

Workout #25388 - Wednesday, 26 February 2020

Group 2 - Taper-Silver

1 minute rest between sets

5:15 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
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
50	1x{2 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
325	13 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,350 Yards - Stress Value = 64

Workout #25391 - Wednesday, 26 February 2020

Group 2 - Taper-Copper

1 minute rest between sets

5:15 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
350	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 {2 x 25 on 1:00 Kick no board B-10KOW+1 {2 x 50 on 1:55 Kick-alt strmlne/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 100 on 3:00 Backstroke {1 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
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 1,800 Yards - Stress Value = 48

Workout #25389 - Wednesday, 26 February 2020

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 35:00 DS/Showers		
325	13 x 25 on :40 Wednesday Warm-up		
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		
50	1x{2 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
700	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		
275	11 x 25 on :40 USRPT-100 Back Pace		
	1 on 10:00 Racing Skills-Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:06 PM 2,200 Yards - Stress Value = 58		

Workout #25394 - Thursday, 27 February 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 15:00 DS/Showers		REC
600	1 x 600 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
	After every 2nd round drop 200 flys by 5 s		
2,300	10x{1 x 200 on 3:15 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
950	1 x 950 on 12:30 Pulls-nbbf&w + 2 yds		EN1
1,600	1x{1 x 100 on 1:30 Kick		EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks		EN2
	{2 x 100 on 1:35 Kick		EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks		EN2
	{3 x 100 on 1:40 Kick		EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks		EN2
	{3 x 100 on 1:45 Kick		EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks		EN2
350	7 x 50 on 1:00 Stroke Drills		REC
	7:32 PM 5,950 Yards - Stress Value = 94		

Workout #25375 - Wednesday, 26 February 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	4:10 PM Start		
	1 on 15:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooters		SP3
750	15 x 50 on :55 200 Breast Pace*		SP2
	1 on 6:00 Recovery #1		REC
375	15 x 25 on :30 100 Back Pace*		SP2
	1 on 8:00 Recovery #2		REC
500	20 x 25 on :30 200 Fly Pace*		SP2
	1 on 6:00 Recovery #3		REC
375	15 x 25 on :30 100 Breast Pace*		SP2
	1 on 5:00 Team Meeting		REC
	5:45 PM 2,225 Yards - Stress Value = 210		

Workout #25395 - Thursday, 27 February 2020

Group 3 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 15:00 DS/Showers		REC
550	1 x 550 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
	After every 2nd round drop 200 flys by 5 s		
2,070	9x{1 x 200 on 3:35 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
850	1 x 850 on 12:30 Pulls-nbbf&w + 2 yds		EN2
1,400	1x{1 x 100 on 1:50 Kick		EN2
	{4 x 25 on :35 Alt 2nd and 3rd kicks		EN2
	{2 x 100 on 1:55 Kick		EN2
	{6 x 25 on :35 Alt 2nd and 3rd kicks		EN2
	{3 x 100 on 2:00 Kick		EN2
	{8 x 25 on :35 Alt 2nd and 3rd kicks		EN2
	{2 x 100 on 2:05 Kick		EN2
	{6 x 25 on :35 Alt 2nd and 3rd kicks		EN2
350	7 x 50 on 1:00 Stroke Drills		REC
	7:31 PM 5,370 Yards - Stress Value = 92		

Workout #25393 - Thursday, 27 February 2020

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:15 PM Start		
	1 on 15:00 DS/Showers		REC
600	1 x 600 on 10:00 Underwater trn drill		REC
150	10 x 15 on :45 Shooters		SP3
	After every 2nd round drop 200 flys by 5 s		
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
1,000	1 x 1000 on 12:30 Pulls-nbbf&w + 2 yds		EN2
1,700	1x{1 x 100 on 1:20 Kick		EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks		EN2
	{2 x 100 on 1:25 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 100 on 1:35 Kick		EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks		EN2
350	7 x 50 on 1:00 Stroke Drills		REC
	7:30 PM 6,100 Yards - Stress Value = 106		

Workout #25396 - Thursday, 27 February 2020

Group 3 - Bronze

1 minute rest between sets

Yards	Set Description	EGY W
5:15 PM	Start	
500	1 on 15:00 DS>Showers	REC
150	1 x 500 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
	After every 2nd round drop 200 flys by 5 se	
1,840	8x{1 x 200 on 4:15 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwrtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
750	1 x 750 on 12:30 Pulls-nbbf&w + 2 yds	EN2
1,150	1x{1 x 100 on 2:10 Kick	EN2
	{4 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 2:15 Kick	EN2
	{6 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 2:20 Kick	EN2
	{8 x 25 on :45 Alt 2nd and 3rd kicks	EN2
	{1 x 100 on 2:25 Kick	EN2
350	7 x 50 on 1:00 Stroke Drills	REC
	7:31 PM 4,740 Yards - Stress Value = 81	

Workout #25397 - Thursday, 27 February 2020

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 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 26:00 Teach Day	
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/pullouts	
1,050	1x{1 x 200 on 3:40 Breast Kick w/board	
	{2 x 175 on 3:10 Breast Kick w/board	
	{1 x 150 on 2:40 Breast Kick w/board	
	{2 x 125 on 2:10 Breast Kick w/board	
	{1 x 100 on 1:40 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,725 Yards - Stress Value = 89	

Workout #25402 - Thursday, 27 February 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	
5:15 PM	Start	
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	
	1 on 26:00 TEACH DAY-Breast	
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	
	1 on 10:00 Racing Skills-starts/pullouts	
500	1x{1 x 200 on 8:00 Breast Kick w/board	
	{1 x 150 on 6:00 Breast Kick w/board	
	{1 x 100 on 4:00 Breast Kick w/board	
	{1 x 50 on 2:00 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	
	7:31 PM 1,800 Yards - Stress Value = 66	

Workout #25398 - Thursday, 27 February 2020

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 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 26:00 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/pullouts	
850	1x{1 x 200 on 4:20 Breast Kick w/board	
	{2 x 175 on 3:45 Breast Kick w/board	
	{1 x 150 on 3:10 Breast Kick w/board	
	{1 x 100 on 2:05 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 2,475 Yards - Stress Value = 85	

Workout #25399 - Thursday, 27 February 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	
5:15 PM	Start	
500	1 on 35:00 DS/Dryland	
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 26:00 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/pullouts	
800	1x{1 x 200 on 4:40 Breast Kick w/board	
	{2 x 175 on 4:00 Breast Kick w/board	
	{1 x 150 on 3:25 Breast Kick w/board	
	{1 x 100 on 2:15 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,300 Yards - Stress Value = 77	

Workout #25401 - Thursday, 27 February 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	
5:15 PM	Start	
400	1 on 35:00 DS/Dryland	
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
	1 on 26:00 TEACH DAY-Breast	
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	
	1 on 10:00 Racing Skills-starts/pullouts	
700	1x{1 x 200 on 5:30 Breast Kick w/board	
	{2 x 175 on 4:45 Breast Kick w/board	
	{1 x 150 on 4:00 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,050 Yards - Stress Value = 70	

Workout #25400 - Thursday, 27 February 2020

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
	1 on 26:00 TEACH DAY-Breast
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
	1 on 10:00 Racing Skills-starts/pullouts
800	1x{1 x 200 on 5:00 Breast Kick w/board {2 x 175 on 4:20 Breast Kick w/board {1 x 150 on 3:40 Breast Kick w/board {1 x 100 on 2:25 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,200 Yards - Stress Value = 72

Workout #25407 - Thursday, 27 February 2020

Group 2 - Taper-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
	1 on 26:00 TEACH DAY-Breast
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/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 1,100 Yards - Stress Value = 31

Workout #25404 - Thursday, 27 February 2020

Group 2 - Taper-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
	1 on 26:00 TEACH DAY-Breast
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/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 1,325 Yards - Stress Value = 38

Workout #25403 - Thursday, 27 February 2020

Group 2 - Taper-Platinum

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 on 26:00 Teach Day
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/pullouts

200 1 x 200 on 4:00 Stroke Drills
7:03 PM 1,375 Yards - Stress Value = 38

Workout #25405 - Thursday, 27 February 2020

Group 2 - Taper-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
	1 on 26:00 TEACH DAY-Breast
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 Breast Pace
	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 1,225 Yards - Stress Value = 34

Workout #25408 - Thursday, 27 February 2020

Group 2 - Taper-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
	1 on 26:00 TEACH DAY-Breast
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/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 1,050 Yards - Stress Value = 31

Workout #25406 - Thursday, 27 February 2020

Group 2 - Taper SilverBronze

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
	1 on 26:00 TEACH DAY-Breast
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/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 1,150 Yards - Stress Value = 31

Workout #25392 - Thursday, 27 February 2020

HighSchl - USRPT

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch		REC
225	15 x 15 on :45 Racing Skills-#1 Shooters		SP3
750	15 x 50 on :50 #2 200 Pace		SP2
	1 on 15:00 Racing Skills-Starts		REC
375	15 x 25 on :30 #1 100 Pace		SP2
150	1 x 150 on 4:00 Choice		REC
	5:55 PM 1,500 Yards - Stress Value = 122		

Workout #25409 - Monday, 01 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 10:00 Team Meeting/Lane assignments	F
500	1 x 500 on 8:00 Social Distancing Orientation	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Free Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	S
150	1 x 150 on 4:00 Scullilng Drills w/snorkels Lane organization	F
750	30 x 25 on :30 100 Breast Pace Same format as above	S
150	1 x 150 on 4:00 Sculling Drills w/snorkels lane organization	F
750	30 x 25 on :30 100 Back Pace	S
	8:25 AM 3,200 Yards - Stress Value = 231	

Workout #25410 - Monday, 01 June 2020

Group 3 - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 10:00 Team Meeting/Lane assignments	
500	1 x 500 on 8:00 Social Distancing Orientatic	
150	10 x 15 on :45 Racing Skills-Free Shooters	
800	8 x 100 on 1:45 Kick w/snorkels	
900	1x{3 x 50 on :45 Freestyle {3 x 100 on 1:30 Freestyle {3 x 150 on 2:15 Freestyle	
675	1x{3 x 25 on :30 Freestyle {3 x 75 on 1:10 Freestyle {3 x 125 on 1:50 Freestyle	
600	24 x 25 on :30 USRPT-100 Free 1fast1ez/2fast2ez/3fast3ez X2	
150	1 x 150 on 2:00 Freestyle	
	8:25 AM 3,775 Yards - Stress Value = 44	

Workout #25411 - Monday, 01 June 2020

Group 2 - All

1 minute rest between sets

8:35 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 10:00 Team Meeting/Lane assignments	
300	1 x 300 on 7:00 Social Distancing Orientatic	
150	10 x 15 on :45 Racing Skills-Free Shooters	
600	12 x 50 on 1:15 Kick w/snorkels	
1,200	2x{2 x 50 on 1:00 Freestyle {2 x 100 on 2:00 Freestyle {2 x 150 on 3:00 Freestyle { Change positions	
750	30 x 25 on :35 USRPT-100 Free 1f1m1e/2f2m2e/3f3m3e/4f4e4m	
	10:00 AM 3,000 Yards - Stress Value = 38	

Workout #25412 - Tuesday, 02 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 5:00 Team Meeting/Lane assignments	F
250	1 x 250 on 5:00 Social Distancing Orientation	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Free Pace	S

1f1m1e/2f2m2e/3f3m3e/4f4m4e

150	1 x 150 on 4:00 Scullilng Drills	F
	Lane organization	
750	30 x 25 on :30 100 Breast Pace	S
	Same format as above	
	8:00 AM 2,125 Yards - Stress Value = 159	

Workout #25413 - Tuesday, 02 June 2020

Group 2 - All

1 minute rest between sets

8:05 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 4:00 Team Meeting/Lane assignments	
200	1 x 200 on 5:00 Social Distancing Orientatic	
150	10 x 15 on :45 Racing Skills-Free Shooters	
250	5 x 50 on 1:30 Kick w/snorkels	
900	2x{2 x 50 on 1:00 Freestyle {2 x 100 on 2:00 Freestyle {1 x 150 on 3:00 Freestyle {1 on :30 Change Poistions { 2nd Round: do the first 25 of each repeat r	
750	30 x 25 on :35 USRPT-100 Free 1f1m1e/2f2m2e/3f3m3e/4f4m4e	
	9:10 AM 2,250 Yards - Stress Value = 28	

Workout #25415 - Wednesday, 03 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 4:00 Lane Assignments	RE
225	15 x 15 on :45 Racing Skills-Choice Shooters	SE
750	30 x 25 on :30 100 Fly Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SE
150	1 x 150 on 4:00 Scllng Drills	RE
1,200	24 x 50 on :55 200 Free Pace 1fast1ez/2fast2ez/3fast3ez X2	SE
	8:00 AM 2,325 Yards - Stress Value = 204	

Workout #25414 - Wednesday, 03 June 2020

Group 3 - All

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 4:00 Lane Assignments	
375	1x{1 x 25 on :30 Freestyle {1 x 50 on 1:00 Freestyle {1 x 75 on 1:30 Freestyle {1 x 100 on 2:00 Freestyle {1 x 125 on 2:30 Freestyle West swims-closed fist, East swims DPS-cour	
150	10 x 15 on :45 Racing Skills-Choice Shooters	
900	3x{4 x 25 on :30 Kick no board BSLR {4 x 50 on 1:00 Free Kick/Snorkels-descend	
1,000	10 x 100 on 1:30 Free-descend in 3's	
200	1 x 200 on 3:00 Stroke Drills	
	8:00 AM 2,625 Yards - Stress Value = 45	

Workout #25416 - Wednesday, 03 June 2020

Group 2 - Freestylers

1 minute rest between sets

8:05 AM Start

Yards	Set Description
200	1 on 3:30 Lane Assignments
150	1 x 200 on 5:00 Free 3KOW+1
250	10 x 15 on :45 Racing Skills-Choice Shooters
100	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on :30 Free Kick w/snorkel-descend
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	1x{3 x 50 on 1:15 Freestyle L. one fast
200	{3 x 50 on 1:10 Freestyle L. one fast
200	{3 x 50 on 1:05 Freestyle L. one fast
200	{3 x 50 on 1:00 Freestyle L. one fast
200	{3 x 50 on :55 Freestyle L. one fast
600	24 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 3:00 Stroke Drills 1fast1ez/2fast2ez/3fast3ez X2

9:10 AM 2,250 Yards - Stress Value = 38

7:00 AM Start

Yards	Set Description
400	1 on 2:00 Lane Assignments
150	1 x 400 on 7:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Racing Skills-Crossover turns
200	2x{1 x 100 on 2:00 Kick w/ snorkel {1 x 100 on 1:55 Kick w/ snorkel {1 x 100 on 1:50 Kick w/ snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,900	1x{1 x 100 on 1:30 Individual Medley {1 x 100 on 1:30 Freestyle {2 x 125 on 1:50 IM w/50 Free {1 x 100 on 1:30 Freestyle {3 x 150 on 2:10 IM 50Br 50Fr {1 x 100 on 1:30 Freestyle {4 x 175 on 2:30 IM 50Bk 50Br 50Fr {1 x 100 on 1:30 Freestyle {5 x 200 on 2:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills

8:25 AM 4,450 Yards - Stress Value = 56

Workout #25421 - Friday, 05 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
1	1 on 5:00 Lane Assignments	RE
225	15 x 15 on :45 Racing Skills-Choice Shooters	SE
750	30 x 25 on :30 100 Back Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SE
150	1 x 150 on 5:00 Stroke Drills	RE
750	30 x 25 on :30 100 Fly Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SE
150	1 x 150 on 5:00 Scllng Drills	RE
750	15 x 50 on :55 200 Free Pace 1fast1ez/2fast2ez/3fast3ez X2 last one-100%	SE

8:15 AM 2,775 Yards - Stress Value = 234

8:35 AM Start

Yards	Set Description	EC
1	1 on 2:00 Lane Assignments	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,500	30 x 50 on 1:00 200 Back Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SE
150	1 x 150 on 4:00 Sculling Drills	RE
750	30 x 25 on :30 200 Fly Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SE
150	1 x 150 on 4:00 Sculling drills	RE
650	26 x 25 on :30 100 Free Pace 1f1e/2f2e/3f3e/4f4e/5f1e	SE

10:00 AM 3,425 Yards - Stress Value = 299

Workout #25420 - Friday, 05 June 2020

Group 3 - Gold

1 minute rest between sets

8:35 AM Start

Yards	Set Description
300	1 on 4:00 Lane Assignments
150	1 x 300 on 6:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Choice Shooters
100	2x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:30 Free Kick w/snorkel-descend
900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	1x{3 x 50 on 1:20 Freestyle L. one fast
200	{3 x 50 on 1:15 Freestyle L. one fast
200	{3 x 50 on 1:10 Freestyle L. one fast
200	{3 x 50 on 1:05 Freestyle L. one fast
200	{3 x 50 on 1:00 Freestyle L. one fast
200	{3 x 50 on :55 Freestyle L. one fast
750	30 x 25 on :35 USRPT-100 Free Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e
200	1 x 200 on 3:00 Stroke Drills

10:00 AM 2,900 Yards - Stress Value = 49

7:00 AM Start

Yards	Set Description
400	1 on 2:00 Lane Assignments
150	1 x 400 on 7:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Racing Skills-Crossover turns
200	2x{1 x 100 on 2:10 Kick w/ snorkel {1 x 100 on 2:05 Kick w/ snorkel {1 x 75 on 1:30 Kick w/ snorkel
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{1 x 100 on 1:40 Individual Medley {1 x 100 on 1:30 Freestyle {2 x 125 on 2:00 IM w/50 Free {1 x 100 on 1:30 Freestyle {3 x 150 on 2:20 IM 50Br 50Fr {1 x 100 on 1:30 Freestyle {4 x 175 on 2:40 IM 50Bk 50Br 50Fr {1 x 100 on 1:30 Freestyle {4 x 200 on 3:00 Individual Medley
200	1 x 200 on 3:00 Stroke Drills

8:25 AM 4,200 Yards - Stress Value = 51

Workout #25419 - Friday, 05 June 2020

Group 3 - IM'ers

1 minute rest between sets

Workout #25424 - Monday, 08 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	1 on 2:00 Lane Assignments	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Breast Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SP2
150	1 x 150 on 4:00 Sculling Drills	REC
1,500	30 x 50 on 1:00 200 Back Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SP2
150	1 x 150 on 4:00 Sculling drills	REC
650	26 x 25 on :30 100 Fly Pace 1f1m1e/2f2m2e/3f3m3e/4f4m	SP2
8:25 AM 3,425 Yards - Stress Value = 299		

Workout #25422 - Monday, 08 June 2020

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	1 on 2:00 Lane assignments	
600	1 x 600 on 9:00 Swim-Kick-Drill-Swim	
150	10 x 15 on :45 Racing Skills-Free Shooters	
1,000	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:45 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:15 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:45 Kick w/snorkel	
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{3 x 300 on 4:05 Freestyle-descend {1 x 100 on 1:30 Freestyle {3 x 250 on 3:20 Freestyle-descend {1 x 100 on 1:30 Freestyle {3 x 200 on 2:35 Freestyle-descend	
200	1 x 200 on 3:00 Stroke Drills	
8:25 AM 4,600 Yards - Stress Value = 73		

Workout #25423 - Monday, 08 June 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	1 on 2:00 Lane assignments	
600	1 x 600 on 9:00 Swim-Kick-Drill-Swim	
150	10 x 15 on :45 Racing Skills-Free Shooters	
900	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 3:10 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:35 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:00 Kick w/snorkel	
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{3 x 300 on 4:30 Freestyle-descend {1 x 100 on 1:40 Freestyle {3 x 250 on 3:40 Freestyle-descend {1 x 100 on 1:40 Freestyle {3 x 200 on 1:25 Freestyle-descend	
200	1 x 200 on 3:00 Stroke Drills	
8:25 AM 4,500 Yards - Stress Value = 71		

Workout #25425 - Monday, 08 June 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
8:00 AM Start		
=====	=====	=====
	1 on 2:00 Lane Assignments	
300	1 x 300 on 6:00 Swim-Kick-Drill-Swim	
150	10 x 15 on :45 Shooters	
400	2x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Kick w/snorkel	
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
900	9 x 100 on 1:45 Free-descend in 3's	
200	1 x 200 on 3:00 Stroke Drills	
8:56 AM 2,050 Yards - Stress Value = 32		

Workout #25426 - Tuesday, 09 June 2020

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	1 on 2:00 Lane Assignments	
600	1 x 600 on 9:00 Underwtr Turn Drill-Deep end Shallow end walls 5KOW EBO	
150	10 x 15 on :45 Racing Skills-Back Shooters	
1,000	1x{2 x 50 on 1:00 Steamline Kick on Back {2 x 100 on 1:50 Kick w/snorkels {2 x 50 on 1:00 Kick on Rt Side {2 x 100 on 1:45 Kick w/snorkels {2 x 50 on 1:00 Kick on Lt Side {2 x 100 on 1:40 Kick w/snorkels {2 x 50 on 1:00 Steamline Kick on Back	
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{4 x 100 on 1:35 Backstroke {3 x 100 on 1:30 Backstroke {2 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 50 on 2:00 Back-100% {1 x 100 on 1:20 Backstroke {2 x 100 on 1:25 Backstroke {3 x 100 on 1:30 Backstroke {4 x 100 on 1:35 Backstroke	
250	1 x 250 on 4:00 Stroke Drills	
8:25 AM 4,250 Yards - Stress Value = 69		

Workout #25428 - Tuesday, 09 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
=====	=====	=====
	1 on 2:00 Lane Assignments	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Free Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	15 x 50 on 1:05 200 Breast Pace 1f1m1e/2f2m2e/3f3m	SP2
150	1 x 150 on 4:00 Sculling drills	REC
650	26 x 25 on :30 100 Back Pace 1f1m1e/2f2m2e/3f3m3e/4f4m	SP2
8:25 AM 3,425 Yards - Stress Value = 299		

Workout #25427 - Tuesday, 09 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 2:00 Lane Assignments 1 x 600 on 9:00 Undrwtr Turn Drill-Deep end Shallow end walls 5KOW EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
900	1x{2 x 50 on 1:05 Steamline Kick on Back {2 x 100 on 2:05 Kick w/snorkels {2 x 50 on 1:05 Kick on Rt Side {2 x 100 on 2:00 Kick w/snorkels {2 x 50 on 1:05 Kick on Lt Side {2 x 100 on 1:55 Kick w/snorkels
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,850	1x{4 x 100 on 1:45 Backstroke {3 x 100 on 1:40 Backstroke {2 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 50 on 2:00 Back-100% {1 x 100 on 1:30 Backstroke {2 x 100 on 1:35 Backstroke {3 x 100 on 1:40 Backstroke {2 x 100 on 1:45 Backstroke
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 3,950 Yards - Stress Value = 63	

Workout #25429 - Tuesday, 09 June 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 on 2:00 Lane Assignments 1 x 400 on 8:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
500	5 x 100 on 2:45 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 1:45 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,610 Yards - Stress Value = 41	

Workout #25430 - Wednesday, 10 June 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters Kick Set: hands by side
1,000	1x{1 x 100 on 1:55 Breast Kick w/snorkel {2 x 100 on 2:00 Breast Kick w/snorkel {3 x 100 on 2:05 Breast Kick w/snorkel {4 x 100 on 2:10 Breast Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{1 x 150 on 2:30 Breaststroke {6 x 25 on :30 Breaststroke-odds 100% {1 x 150 on 2:25 Breaststroke {3 x 50 on :55 Breast 2x pullouts {1 x 150 on 2:20 Breaststroke {2 x 75 on 1:10 Breaststroke

250 1 x 250 on 4:00 Stroke Drills
8:25 AM 3,900 Yards - Stress Value = 55

Workout #25432 - Wednesday, 10 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
1,000	40 x 25 on :30 200 Fly Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e/5f5m	SI
150	1 x 150 on 4:00 Sculling Drills	RE
750	30 x 25 on :30 100 Free Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SI
150	1 x 150 on 4:00 Stroke Drills	RE
750	30 x 25 on :35 100 Breast Pace 1f1m1e/2f2m2e/3f3m3e/4f4m4e	SI
50	1 x 50 on 6:00 Your Choice off the blocks	SI
8:25 AM 3,075 Yards - Stress Value = 261		

Workout #25431 - Wednesday, 10 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters Kick Set: hands by side
900	1x{1 x 100 on 2:05 Breast Kick w/snorkel {2 x 100 on 2:10 Breast Kick w/snorkel {3 x 100 on 2:15 Breast Kick w/snorkel {3 x 100 on 2:20 Breast Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	2x{1 x 150 on 2:40 Breaststroke {6 x 25 on :30 Breaststroke-odds 100% {1 x 150 on 2:35 Breaststroke {3 x 50 on :55 Breast 2x pullouts {1 x 150 on 2:30 Breaststroke {2 x 75 on 1:15 Breaststroke last set only do 2X50's
250	1 x 250 on 4:00 Stroke Drills
8:26 AM 3,800 Yards - Stress Value = 53	

Workout #25433 - Wednesday, 10 June 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
250	1 on 2:00 Lane Assignments	F
250	10 x 25 on :30 Wednesday Warm-up 1-14, 2-15, 3-16, 4-17	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
300	1 x 300 on 7:00 Breast Kick w/snorkel hands by side	E
1,100	1x{2 x 100 on 2:00 75 free 25 breast {4 x 25 on :40 Breaststroke-descend {2 x 100 on 2:10 50 free 50 breast {4 x 25 on :40 Breaststroke-descend {2 x 100 on 2:20 25 free 75 breast {4 x 25 on :40 Breaststroke-descend {2 x 100 on 2:30 Breaststroke	E
150	1 x 150 on 3:00 Stroke Drills	F
8:55 AM 1,950 Yards - Stress Value = 34		

Workout #25434 - Thursday, 11 June 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Underwater Turn Drill Shallow wall-5KOW EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,050	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Fly Kick-no snorkel hands by {6 x 25 on :30 Kick no board BSLRBS {2 x 100 on 1:55 Fly Kick-no snorkel hands by {8 x 25 on :30 Kick no board BSLR {3 x 100 on 1:55 Fly Kick-no snorkel hands by
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
8:26 AM 3,700 Yards - Stress Value = 61	

300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:20 Fly Kick-no snorkel hands by
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 25 on :40 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :40 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :40 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :40 Butterfly {1 x 25 on :30 Freestyle {5 x 25 on :40 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :40 Butterfly {1 x 25 on :30 Freestyle {7 x 25 on :40 Butterfly {1 x 100 on 2:00 Stroke Drills
8:55 AM 1,750 Yards - Stress Value = 25	

Workout #25436 - Thursday, 11 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,000	20 x 50 on 1:05 200 Breast Pace 1 fast leasy	EN2
150	1 x 150 on 4:00 Sculling Drill	REC
1,250	25 x 50 on :55 200 Free Pace 1 fast 1 easy	SP2
150	1 x 150 on 4:00 Sculling Drill	REC
750	30 x 25 on :30 100 Fly Pace 1 fast 1 easy	SP2
8:25 PM 3,525 Yards - Stress Value = 229		

Workout #25438 - Friday, 12 June 2020

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
600	1 x 600 on 12:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4 min fly 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next positior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
3,000	1x{4 x 300 on 4:15 Individual Medley {4 x 225 on 3:10 Individual Medley {4 x 150 on 2:05 Individual Medley {4 x 75 on 1:05 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,650 Yards - Stress Value = 80	

Workout #25435 - Thursday, 11 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Underwater Turn Drill Shallow wall-5KOW EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:05 Fly Kick-no snorkel hands by {6 x 25 on :30 Kick no board BSLRBS {2 x 100 on 2:05 Fly Kick-no snorkel hands by {8 x 25 on :30 Kick no board BSLR {2 x 100 on 2:00 Fly Kick-no snorkel hands by {1 x 50 on :55 Fly Kick-no snorkel hands by f
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 3,450 Yards - Stress Value = 56	

Workout #25440 - Friday, 12 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EG
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
750	30 x 25 on :30 100 Free Pace 1 fast 1 easy	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace 1 fast 1 easy	SE
150	1 x 150 on 4:00 Sculling drills	RE
1,800	18 x 100 on 1:30 1650 Free Pace 1 fast 1 easy or 16 @1:40, or 15@1:50	SE
8:25 AM 3,825 Yards - Stress Value = 339		

Workout #25437 - Thursday, 11 June 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
1	1 on 2:00 Lane Assignments

Workout #25439 - Friday, 12 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
600	1 x 600 on 12:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4 min fly 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next posistior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
2,800	1x{4 x 300 on 4:35 Individual Medley {4 x 225 on 3:25 Individual Medley {4 x 150 on 2:15 Individual Medley {1 x 100 on 1:25 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,450 Yards - Stress Value = 76	

	{1 x 100 on 1:50 Free Kick w/snorkel
	{1 x 100 on 1:40 Free Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	15 x 150 on 2:05 Free-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 4,425 Yards - Stress Value = 74	

Workout #25443 - Monday, 15 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Swim-kick-drill-swim
225	15 x 15 on :45 Racing Skills-Free Shooters
825	3x{1 x 100 on 2:05 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 75 on 1:25 Free Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	14 x 150 on 2:15 Free-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 4,200 Yards - Stress Value = 69	

Workout #25441 - Friday, 12 June 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description
	1 on 2:00 Lane Assignments
400	1 x 400 on 8:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
500	5 x 100 on 2:45 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 1:45 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,610 Yards - Stress Value = 41	

Workout #25445 - Monday, 15 June 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 x 400 on 8:00 Swim-kick-drill-swim
225	15 x 15 on :45 Racing Skills-Free Shooters
400	2x{1 x 50 on 1:30 Free Kick w/snorkel {1 x 50 on 1:25 Free Kick w/snorkel {1 x 50 on 1:20 Free Kick w/snorkel {1 x 50 on 1:15 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 50 on :55 Freestyle {1 x 25 on :40 Free Closed Fist {2 x 50 on :55 Freestyle {1 x 25 on :40 Free Closed Fist {3 x 50 on :55 Freestyle {1 x 25 on :40 Free Closed Fist {4 x 50 on :55 Freestyle {1 x 25 on :40 Free Closed Fist
200	1 x 200 on 4:00 Stroke Drills
8:56 AM 1,925 Yards - Stress Value = 27	

Workout #25444 - Monday, 15 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Fly Pace 1 at pace 1 recovery speed	SP2
150	1 x 150 on 4:00 Sculling Drills	REC
1,500	30 x 50 on :55 200 Back Pace 1 at pace 1 recovery speed	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
8:26 AM 3,525 Yards - Stress Value = 309		

Workout #25442 - Monday, 15 June 2020

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Swim-kick-drill-swim
225	15 x 15 on :45 Racing Skills-Free Shooters
900	3x{1 x 100 on 2:00 Free Kick w/snorkel

Workout #25446 - Tuesday, 16 June 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Undrwtr Turn Drill-Deep end Shallow end walls 5KOW EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,150	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:15 Kick w/snorkels {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:10 Kick w/snorkels {4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:05 Kick w/snorkels {4 x 25 on :30 Kick no board BSLR
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 1:30 Backstroke {2 x 50 on :50 Backstroke-descend {1 x 150 on 2:10 Backstroke {3 x 50 on :50 Backstroke-descend {1 x 200 on 2:50 Backstroke {4 x 50 on :50 Backstroke-descend {1 x 250 on 3:30 Backstroke {5 x 50 on :50 Backstroke-descend {1 x 300 on 4:10 Backstroke {6 x 50 on :50 Backstroke-descend
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 4,350 Yards - Stress Value = 71	

{1 x 250 on 3:55 Backstroke
{5 x 50 on :55 Backstroke-descend
{1 x 300 on 4:40 Backstroke
{2 x 50 on :55 Backstroke-descend
250 1 x 250 on 4:00 Stroke Drills
8:25 AM 4,050 Yards - Stress Value = 65

Workout #25449 - Tuesday, 16 June 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 on 2:00 Lane Assignments
150	1 x 400 on 8:00 SunYangFree-Count strokes
600	10 x 15 on :45 Racing Skills-Breast Shooters
600	1x{2 x 100 on 2:40 Streamline Breast Kick on Ba {2 x 100 on 2:35 Streamline Breast Kick on Ba {2 x 100 on 2:30 Streamline Breast Kick on Ba
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 150 on 3:30 Breaststroke {3 x 50 on 1:10 Breaststroke-descend {2 x 150 on 3:25 Breaststroke {3 x 50 on 1:10 Breaststroke-descend {2 x 150 on 3:20 Breaststroke {3 x 50 on 1:10 Breaststroke-descend
150	1 x 150 on 3:00 Stroke Drills
9:14 AM 2,600 Yards - Stress Value = 42	

Workout #25448 - Tuesday, 16 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,000	20 x 50 on :55 200 Fly Pace 1 at pace 1 recovery speed 2L2R2B	SP2
150	1 x 150 on 4:00 Sculling Drills	REC
750	30 x 25 on :30 100 Free Pace 1 at pace 1 recovery speed-closed fist	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,250	25 x 50 on 1:00 200 Breast Pace 1 at pace 1 recovery speed 2K1P	SP2
8:24 AM 3,525 Yards - Stress Value = 309		

Workout #25450 - Wednesday, 17 June 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,000	1x{2 x 150 on 2:55 Fly Kick-hands by hips/on ba {2 x 125 on 2:25 Fly Kick-hands by hips/on ba {2 x 100 on 1:55 Fly Kick-hands by hips/on ba {2 x 75 on 1:25 Fly Kick-hands by hips/on bac {2 x 50 on :55 Fly Kick-hands by hips/on back
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{2 x 100 on 1:30 3 strokes fly off walls {2 x 100 on 1:25 3 strokes fly off walls {3 x 100 on 1:20 3 strokes fly off walls {1 x 100 on 1:40 Freestyle {2 x 100 on 1:30 4 strokes fly off walls {2 x 100 on 1:25 4 strokes fly off walls {3 x 100 on 1:20 4 strokes fly off walls {1 x 100 on 1:40 Freestyle {2 x 100 on 1:30 5 strokes fly off walls {2 x 100 on 1:25 5 strokes off walls {3 x 100 on 1:20 5 strokes off walls
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,350 Yards - Stress Value = 70	

Workout #25447 - Tuesday, 16 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Undrwtr Turn Drill-Deep end Shallow end walls 5KOW EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:30 Kick w/snorkels {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:25 Kick w/snorkels {4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:20 Kick w/snorkels
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 100 on 1:40 Backstroke {2 x 50 on :55 Backstroke-descend {1 x 150 on 2:25 Backstroke {3 x 50 on :55 Backstroke-descend {1 x 200 on 3:10 Backstroke {4 x 50 on :55 Backstroke-descend

Workout #25452 - Wednesday, 17 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
7:00 AM Start		
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,250	25 x 50 on :55 200 Free Pace 1 at pace 1 recovery speed closed fist	SF
150	1 x 150 on 4:00 Sculling Drills	RE
750	30 x 25 on :30 100 Fly Pace 1 at pace 1 recovery speed-2R2L2B	SF
150	1 x 150 on 4:00 Sculling drills	RE
1,250	25 x 50 on :55 200 Back Pace 1 at pace 1 recovery speed cheater/closed fist	SF
8:25 AM 3,775 Yards - Stress Value = 334		

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill Shallow wall 5KOW EBO
150	10 x 15 on :45 Racing Skill-Breast Shooters Kick Set: hands by side
750	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:50 Breast Kick w/snorkel {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:45 Breast Kick w/snorkel {8 x 25 on :30 Kick no board BSLRX2
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	2x{2 x 100 on 1:45 75-2k1p+1to4 25 TODrill w/fr {2 x 75 on 1:10 Breast 2/3/4 PO {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
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,400 Yards - Stress Value = 73	

Workout #25451 - Wednesday, 17 June 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skills-Fly Shooters
950	1x{2 x 150 on 3:05 Fly Kick-hands by hips/on ba {2 x 125 on 2:35 Fly Kick-hands by hips/on ba {2 x 100 on 2:05 Fly Kick-hands by hips/on ba {2 x 75 on 1:35 Fly Kick-hands by hips/on bac {1 x 50 on 1:00 Fly Kick-hands by hips/on bac
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,075	1x{2 x 100 on 1:35 3 strokes fly off walls {2 x 100 on 1:30 3 strokes fly off walls {3 x 75 on 1:05 3 strokes fly off walls {1 x 100 on 2:05 Freestyle {2 x 100 on 1:35 4 strokes fly off walls {2 x 100 on 1:30 4 strokes fly off walls {3 x 75 on 1:05 4 strokes fly off walls {1 x 100 on 1:45 Freestyle {2 x 100 on 1:35 5 strokes fly off walls {2 x 100 on 1:30 5 strokes off walls {3 x 75 on 1:05 5 strokes off walls
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,075 Yards - Stress Value = 63	

Workout #25456 - Thursday, 18 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
7:00 AM Start		
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
725	29 x 25 on :30 100 Back Pace 5 at pace 3 recovery speed-choice of drill	SP2
1,450	29 x 50 on 1:05 200 Breast Pace 5 at pace 3 recovery speed 2k1p	SP2
150	1 x 150 on 4:00 Sculling Drills	REC
725	29 x 25 on :30 100 Free Pace 5 at pace 3 recovery speed-DPS	SP2
8:21 AM 3,275 Yards - Stress Value = 298		

Workout #25455 - Thursday, 18 June 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
600	1 x 600 on 9:00 Underwater trn drill Shallow wall 5KOW EBO
150	10 x 15 on :45 Racing Skill-Breast Shooters Kick Set: hands by side
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 3:05 Breast Kick w/snorkel {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 3:00 Breast Kick w/snorkel {6 x 25 on :30 Kick no board BSLRBS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	2x{2 x 100 on 1:45 75-2k1p+1to4 25 TODrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:45 75-2k1p+1to4 25 TODrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:40 75-2k1p+1to4 25 TODrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {1 x 100 on 1:40 75-2k1p+1to4 25 TODrill w/fr
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,150 Yards - Stress Value = 68	

Workout #25454 - Thursday, 18 June 2020

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
8:00 AM Start	
250	10 x 25 on :40 Wednesday Warm-up 1-14, 2-15, 3-16, 4-17
150	10 x 15 on :45 Racing Skills-Back Shooters
400	8 x 50 on 1:20 Odds streamline kick on back evens alt righl/left side face up-per 25
100	1x{4 x 25 on 1:00 Odds face in sculling drills {Evens-underwaters, count kicks
700	1x{1 x 200 on 4:00 Backstroke {4 x 50 on 1:10 Back-descend {1 x 150 on 3:00 Backstroke {3 x 50 on 1:10 Back-descend
200	1 x 200 on 4:00 Stroke Drills
8:55 AM 1,800 Yards - Stress Value = 28	

Workout #25457 - Thursday, 18 June 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
	1 on 2:00 Lane assignments
400	1 x 400 on 8:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
600	1x{2 x 100 on 2:40 Streamline Breast Kick on Bæ {2 x 100 on 2:35 Streamline Breast Kick on Bæ {2 x 100 on 2:30 Streamline Breast Kick on Bæ
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 150 on 3:30 Breaststroke {3 x 50 on 1:10 Breaststroke-descend {2 x 150 on 3:25 Breaststroke {3 x 50 on 1:10 Breaststroke-descend {2 x 150 on 3:20 Breaststroke {3 x 50 on 1:10 Breaststroke-descend
150	1 x 150 on 3:00 Stroke Drills
	9:14 AM 2,600 Yards - Stress Value = 42

Workout #25458 - Friday, 19 June 2020

Group 3 - IM's

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next posistior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
2,100	1x{6 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {5 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:15 Individual Medley
100	1 x 100 on 5:00 Choice off the blocks
200	1 x 200 on 3:00 Stroke Drills
	8:25 AM 4,150 Yards - Stress Value = 76

Workout #25460 - Friday, 19 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
725	29 x 25 on :30 100 Free Pace	SE
	5 at pace 3 recovery speed-DPS	
150	1 x 150 on 4:00 Sculling drills	RE
725	29 x 25 on :35 100 Breast Pace	SE
	5 at pace 3 recovery speed	
150	1 x 150 on 4:00 Sculling drills	RE
1,800	18 x 100 on 1:30 1650 Free Pace	SE
	4 at pace 2 recovery speed-DPS	

or 16 @1:40, or 15@1:50

8:24 AM 3,775 Yards - Stress Value = 333

Workout #25459 - Friday, 19 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next posistior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
2,000	1x{6 x 100 on 1:20 Individual Medley {1 on 1:00 Rest {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
100	1 x 100 on 5:00 Choice off the blocks
200	1 x 200 on 3:00 Stroke Drills
	8:24 AM 4,050 Yards - Stress Value = 74

Workout #25461 - Friday, 19 June 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:20 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{2 x 100 on 2:00 3 strokes fly off walls {2 x 100 on 1:55 3 strokes fly off walls {2 x 100 on 1:50 3 strokes fly off walls {1 x 50 on 1:30 Freestyle {2 x 100 on 2:00 4 strokes fly off walls {2 x 100 on 1:55 4 strokes fly off walls {2 x 100 on 1:50 4 strokes fly off walls {1 x 100 on 2:00 EZ free
	8:55 AM 2,150 Yards - Stress Value = 35

Workout #25464 - Monday, 22 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,200	24 x 50 on :55 200 Fly Pace	SP2
	5 at pace 3 recovery speed 2R2L2B	
150	1 x 150 on 4:00 Sculling drills	REC
725	29 x 25 on :30 100 Free Pace	SP2
	5 at pace 3 recovery speed DPS	
150	1 x 150 on 4:00 Sculling drills	REC
1,200	24 x 50 on 1:00 200 Breast Pace	SP2
	5 at pace 3 recovery speed 2klp	
8:26 AM	3,650 Yards - Stress Value = 321	

Workout #25462 - Monday, 22 June 2020

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 9:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
1,100	1x{1 x 100 on 1:55 Free Kick w/snorkel
	{1 x 100 on 2:00 Free Kick w/snorkel
	{1 x 100 on 1:50 Free Kick w/snorkel
	{1 x 100 on 2:00 Free Kick w/snorkel
	{1 x 100 on 1:45 Free Kick w/snorkel
	{1 x 100 on 2:00 Free Kick w/snorkel
	{1 x 100 on 1:40 Free Kick w/snorkel
	{1 x 100 on 2:00 Free Kick w/snorkel
	{1 x 100 on 1:35 Free Kick w/snorkel
	{1 x 100 on 2:00 Free Kick w/snorkel
	{1 x 100 on 1:30 Free Kick w/snorkel
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 5:20 Freestyle
	{1 x 100 on 1:30 Freestyle
	400's drop 5 seconds each round
200	1 x 200 on 3:00 Stroke Drills
8:27 AM	4,750 Yards - Stress Value = 96

Workout #25463 - Monday, 22 June 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 9:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
1,000	1x{1 x 100 on 2:05 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/snorkel
	{1 x 100 on 2:00 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/snorkel
	{1 x 100 on 1:55 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/snorkel
	{1 x 100 on 1:50 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/snorkel
	{1 x 100 on 1:45 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	5x{1 x 350 on 5:10 Freestyle
	{1 x 100 on 1:40 Freestyle
	350's drop 5 seconds each round
200	1 x 200 on 3:00 Stroke Drills
8:27 AM	4,400 Yards - Stress Value = 91

Workout #25465 - Monday, 22 June 2020

Group 2 - Back

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Back Shooters
600	6 x 100 on 2:20 Odds-Streamline Kick on back
	evens flutter kick on stomach with snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{4 x 75 on 1:30 Backstroke
	{4 x 75 on 1:25 Backstroke
	{4 x 75 on 1:20 Backstroke
100	1 x 100 on 2:00 Stroke Drills
8:56 AM	2,150 Yards - Stress Value = 36

Workout #25466 - Tuesday, 23 June 2020

Group 3 - Back

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
	1 on 2:00 Lane Assignments
600	1 x 600 on 9:00 Undrwrtr Turn Drill-Deep end
	Shallow end walls 5KOW EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,150	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:15 Kick w/snorkels
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:10 Kick w/snorkels
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:05 Kick w/snorkels
	{4 x 25 on :30 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,225	1x{3 x 125 on 1:50 Backstroke
	{3 x 125 on 1:45 Backstroke
	{3 x 125 on 1:40 Backstroke
	{2 x 125 on 1:45 Backstroke
	{2 x 125 on 1:40 Backstroke
	{2 x 125 on 1:35 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 125 on 1:35 Backstroke
	{1 x 125 on 1:30 Backstroke
200	1 x 200 on 3:00 Stroke Drills
8:25 AM	4,525 Yards - Stress Value = 76

Workout #25468 - Tuesday, 23 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,200	24 x 50 on :50 200 Free Pace	SP2
	5 at pace 3 recovery speed DPS	
150	1 x 150 on 4:00 Sculling drills	REC
725	29 x 25 on :35 100 Breast Pace	SP2
	5 at pace 3 recovery speed DPS	
150	1 x 150 on 4:00 Sculling drills	REC
1,200	24 x 50 on :55 200 Back Pace	SP2
	5 at pace 3 recovery speed 2klp	
8:24 AM	3,650 Yards - Stress Value = 321	

Workout #25467 - Tuesday, 23 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 on 2:00 Lane Assignments
150	1 x 600 on 9:00 Undrwtr Turn Drill-Deep end Shallow end walls 5KOW EBO
1,100	10 x 15 on :45 Racing Skills-Back Shooters
1,100	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Kick w/snorkels
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Kick w/snorkels
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:15 Kick w/snorkels
	{6 x 25 on :30 Kick no board BSLRBS
200	4x{1 x 25 on :50 Sculling drills
2,075	1x{3 x 125 on 2:00 Backstroke
	{3 x 125 on 1:55 Backstroke
	{3 x 125 on 1:50 Backstroke
	{2 x 125 on 1:55 Backstroke
	{2 x 125 on 1:50 Backstroke
	{2 x 125 on 1:45 Backstroke
	{1 x 75 on 1:05 Backstroke
	{1 x 75 on 1:00 Backstroke
	{1 x 50 on :40 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	8:25 AM 4,325 Yards - Stress Value = 74

Workout #25469 - Tuesday, 23 June 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	2x{1 x 50 on 1:20 Fly kick w/snorkel-hands by f
	{1 x 100 on 2:30 Fly kick w/snorkel-hands by
	{1 x 150 on 3:30 Fly kick w/snorkel-hands by
100	1x{4 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
150	1 x 150 on 3:00 Stroke Drills
	9:16 AM 2,700 Yards - Stress Value = 46

Workout #25470 - Wednesday, 24 June 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
	2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters
900	1x{1 x 150 on 2:50 Streamline Kick on Back
	{1 x 150 on 2:50 Breast Kick w/snorkel
	{1 x 150 on 2:45 Streamline Kick on Back
	{1 x 150 on 2:45 Breast Kick w/snorkel
	{1 x 150 on 2:40 Streamline Kick on Back
	{1 x 150 on 2:40 Breast Kick w/snorkel
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{5 x 100 on 1:30 Breaststroke
	{1 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{4 x 100 on 1:30 Breaststroke
	{2 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{3 x 100 on 1:30 Breaststroke

	{3 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{2 x 100 on 1:30 Breaststroke
	{4 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{1 x 100 on 1:30 Breaststroke
	{5 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
200	1 x 200 on 3:00 Stroke Drills
	8:26 AM 4,150 Yards - Stress Value = 71

Workout #25472 - Wednesday, 24 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
1,500	30 x 50 on 1:00 200 Breast Pace	SI
	modified G2 protocol	
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SI
	modified G2 protocol	
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SI
	modified G2 protocol	
	8:25 AM 3,525 Yards - Stress Value = 309	

Workout #25471 - Wednesday, 24 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
	2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters
850	1x{1 x 150 on 3:05 Streamline Kick on Back
	{1 x 150 on 3:05 Breast Kick w/snorkel
	{1 x 150 on 3:00 Streamline Kick on Back
	{1 x 150 on 3:00 Breast Kick w/snorkel
	{1 x 125 on 2:25 Streamline Kick on Back
	{1 x 125 on 2:25 Breast Kick w/snorkel
150	3x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{5 x 100 on 1:40 Breaststroke
	{1 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{4 x 100 on 1:40 Breaststroke
	{2 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{3 x 100 on 1:40 Breaststroke
	{2 x 100 on 1:40 Breaststroke
	{4 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
	{1 x 100 on 1:40 Breaststroke
	{2 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
200	1 x 200 on 3:00 Stroke Drills
	8:25 AM 3,950 Yards - Stress Value = 66

Workout #25473 - Wednesday, 24 June 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :40 Wednesday Warm-up 1-14, 2-15, 3-16, 4-17
150	10 x 15 on :45 Racing Skills-Breast Shooters
600	1x{1 x 100 on 2:40 Streamline Breast Kick on Ba {1 x 100 on 2:40 Kick w/snorkel-hands by hips {1 x 100 on 2:35 Streamline Breast Kick on Ba {1 x 100 on 2:35 Kick w/snorkel-hands by hips {1 x 100 on 2:30 Streamline Breast Kick on Ba {1 x 100 on 2:30 Kick w/snorkel-hands by hips
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 100 on 2:00 75 Breast 25 free {1 x 100 on 1:55 75 Breast 25 free {2 x 75 on 1:30 50 Breast 25 Free {2 x 75 on 1:25 50 Breast 25 Free {3 x 50 on 1:00 25 Breast 25 Free {3 x 50 on :55 25 Breast 25 Free
8:55 AM 1,900 Yards - Stress Value = 34	

Workout #25474 - Thursday, 25 June 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow wall 5KOW EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,200	1x{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 40 {1 x 50 on :55 Fly w/free kick 35 {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 {1 x 50 on :40 Fly w/free kick 25 {1 x 50 on :40 Fly w/free kick 30 {1 x 50 on :40 Fly w/free kick 35 {1 x 50 on :40 Fly w/free kick 40 {1 x 50 on :40 Fly w/free kick 45 {1 x 50 on :40 Fly w/free kick 50
975	1x{4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Fly Kick-w/snorkel-descend {4 x 25 on :30 Kick no board BSLR {3 x 75 on 1:20 Fly Kick-w/snorkel-descend {4 x 25 on :30 Kick no board BSLR {3 x 50 on :50 Fly Kick-w/snorkel-descend
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 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 40 {1 x 50 on :55 Fly w/free kick 35 {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
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{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
{1 x 50 on :40 Fly w/free kick 25
{1 x 50 on :40 Fly w/free kick 30
{1 x 50 on :40 Fly w/free kick 35
{1 x 50 on :40 Fly w/free kick 40
{1 x 50 on :40 Fly w/free kick 45
{1 x 50 on :40 Fly w/free kick 50
200 1 x 200 on 3:00 Stroke Drills
8:25 AM 4,325 Yards - Stress Value = 75

Workout #25476 - Thursday, 25 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY W
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Back Pace modified G2 protocol	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace modified G2 protocol	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :55 200 Back Pace modified G2 protocol	SP2
8:25 AM 3,525 Yards - Stress Value = 309		

Workout #25475 - Thursday, 25 June 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow wall 5KOW EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,050	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 {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 40 {1 x 50 on :45 Fly w/free kick 45 {1 x 50 on :45 Fly w/free kick 50
875	1x{4 x 25 on :30 Kick no board BSLR {3 x 100 on 2:00 Fly Kick-w/snorkel-descend {4 x 25 on :30 Kick no board BSLR {3 x 75 on 1:30 Fly Kick-w/snorkel-descend {4 x 25 on :30 Kick no board BSLR {1 x 50 on 1:00 Fly Kick-w/snorkel-descend
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 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 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
8:25 AM 3,925 Yards - Stress Value = 67	

Workout #25477 - Thursday, 25 June 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	2x{1 x 50 on 1:20 Fly kick w/snorkel-hands by f {1 x 100 on 2:30 Fly kick w/snorkel-hands by {1 x 150 on 3:30 Fly kick w/snorkel-hands by

100	1x{4 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
150	1 x 150 on 3:00 Stroke Drills
9:16 AM 2,700 Yards - Stress Value = 46	

Workout #25478 - Friday, 26 June 2020

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next positior
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{2 x 200 on 2:30 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:10 Freestyle {2 x 100 on 2:35 Individual Medley {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:10 Freestyle {2 x 200 on 2:40 Individual Medley {1 x 100 on 1:20 Individual Medley {1 x 100 on 1:10 Freestyle {2 x 200 on 2:45 Individual Medley {1 x 100 on 1:15 Individual Medley {1 x 100 on 1:10 Freestyle {2 x 200 on 2:50 Individual Medley {1 x 100 on 1:10 Individual Medley {1 x 100 on 1:10 Freestyle
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,650 Yards - Stress Value = 80	

Workout #25480 - Friday, 26 June 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,500	30 x 50 on :50 200 Free Pace modified G2 protocol	SE
150	1 x 150 on 4:00 Sculling drills	RE
1,000	40 x 25 on :30 200 Fly Pace modified G2 protocol	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace modified G2 protocol	SE
8:25 AM 3,775 Yards - Stress Value = 334		

Workout #25477 - Thursday, 25 June 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	2x{1 x 50 on 1:20 Fly kick w/snorkel-hands by f {1 x 100 on 2:30 Fly kick w/snorkel-hands by {1 x 150 on 3:30 Fly kick w/snorkel-hands by

Workout #25479 - Friday, 26 June 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Well 4min free, 4min breast. 4min fly, 4min eb 1min each: hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flip to dolphin kick streamline into next position
200	4x{1 x 25 on :50 Sculling drills
2,600	1x{2 x 200 on 2:40 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:15 Freestyle {2 x 100 on 2:45 Individual Medley {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:15 Freestyle {2 x 200 on 2:50 Individual Medley {1 x 100 on 1:20 Individual Medley {1 x 100 on 1:15 Freestyle {2 x 200 on 2:55 Individual Medley {1 x 100 on 1:15 Individual Medley {1 x 100 on 1:15 Freestyle {2 x 200 on 3:00 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,450 Yards - Stress Value = 76	

Workout #25481 - Friday, 26 June 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{1 x 200 on 5:00 Free Kick w/snorkel {1 x 150 on 3:40 Free Kick w/snorkel {1 x 100 on 2:25 Free Kick w/snorkel {1 x 50 on 1:10 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{3 x 100 on 1:45 Freestyle {3 x 100 on 1:40 Freestyle {3 x 100 on 1:35 Freestyle {1 x 100 on 1:30 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills
8:56 AM 2,250 Yards - Stress Value = 36	

Workout #25484 - Monday, 29 June 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
200	1 x 200 on 13:00 Timed 200 Fly	SP1
750	30 x 25 on :30 100 Back Pace Modified G2 protocol	SP2
150	1 x 150 on 4:00 Sculling Drill	REC
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 10:00 Diving well kick set	EN2
8:25 AM 2,825 Yards - Stress Value = 250		

Workout #25482 - Monday, 29 June 2020

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 x 400 on 7:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
Hold ALL 75's faster than fastest interval	
1,000	1x{4 x 25 on :30 Kick no board B {2 x 75 on 1:10 Free Kick w/snorkel {4 x 25 on :30 Kick no board S {2 x 75 on 1:15 Free Kick w/snorkel {4 x 25 on :30 Kick no board L {2 x 75 on 1:20 Free Kick w/snorkel {4 x 25 on :30 Kick no board R {2 x 75 on 1:25 Free Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills
3,000	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 1st 25 of each repeat alt between 12.5 yds under+EBO & 6bk
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,950 Yards - Stress Value = 88	

Workout #25483 - Monday, 29 June 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 x 400 on 7:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
Hold ALL 75's faster than fastest interval	
950	1x{4 x 25 on :30 Kick no board B {2 x 75 on 1:20 Free Kick w/snorkel {4 x 25 on :30 Kick no board S {2 x 75 on 1:25 Free Kick w/snorkel {4 x 25 on :30 Kick no board L {2 x 75 on 1:30 Free Kick w/snorkel {4 x 25 on :30 Kick no board R {2 x 50 on 1:00 Free Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills
2,800	1x{4 x 150 on 2:05 Freestyle {1 x 600 on 8:00 Freestyle {4 x 125 on 1:45 Freestyle {1 x 500 on 6:40 Freestyle {3 x 100 on 1:20 Freestyle {1 x 300 on 4:00 Freestyle 1st 25 of each repeat alt between 12.5 yds under+EBO & 6bk
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,700 Yards - Stress Value = 83	

Workout #25487 - Monday, 29 June 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
250	1 x 250 on 6:00 Closed Fist Progression	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
200	4 x 50 on 1:45 Fly Kick w/snorkel hands by hips	E
1,100	1x{1 x 100 on 2:15 75 Free 25 Fly w/free kick {4 x 25 on :40 Fly 8/9/10/11 KOW {2 x 100 on 2:15 75 Free 25 Fly w/free kick {4 x 25 on :40 Fly 9/10/11/12 KOW {3 x 100 on 2:15 75 Free 25 Fly w/free kick {4 x 25 on :40 Fly 10/11/12/13 KOW {2 x 100 on 2:15 75 Free 25 Fly w/free kick	E E E E E E E
200	1 x 200 on 4:00 Stroke Drills	F

8:55 AM 1,900 Yards - Stress Value = 32

Shallow wall 5+1 KOW & EBO
Deep wall underwater turns

150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{3 x 50 on 1:00 Kick rght/lft/strmln {3 x 75 on 1:25 Kick rght/lft/strmln {3 x 100 on 1:50 Kick rght/lft/strmln {3 x 125 on 2:15 Kick rght/lft/strmln
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{3 x 150 on 2:00 Backstroke {2 x 75 on 1:30 Back-100% {3 x 150 on 1:55 Backstroke {2 x 75 on 1:30 Back-100% {3 x 150 on 1:50 Backstroke {2 x 75 on 1:30 Back-100% {3 x 150 on 1:45 Backstroke {2 x 75 on 1:30 Back-100%
200	1 x 200 on 3:00 Stroke Drills

8:26 AM 4,600 Yards - Stress Value = 77

Workout #25490 - Tuesday, 30 June 2020

Group 3 - USRPT

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	1 x 300 on 6:00 Closed Fist Progression	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
300	6 x 50 on 1:15 Fly Kick w/snorkel hands by hips	E
1,450	1x{1 x 100 on 1:35 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 8/9/10/11 KOW {2 x 100 on 1:35 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 9/10/11/12 KOW {3 x 100 on 1:35 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 10/11/12/13 KOW {4 x 100 on 1:35 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 11/12/13/14 KOW {1 x 50 on 1:00 Butterfly	E E E E E E E E
200	1 x 200 on 4:00 Stroke Drills	F

8:55 AM 2,400 Yards - Stress Value = 41

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
200	1 x 200 on 10:00 Timed 200 Back	SP1
750	30 x 25 on :35 100 Breast Pace Modified G2 protocol	SP2
150	1 x 150 on 4:00 Sculling Drill	REC
1,500	30 x 50 on :55 200 Back Pace Modified G2 protocol	SP2
	1 on 10:00 Diving well kick set	EN2

8:25 AM 2,825 Yards - Stress Value = 250

Workout #25489 - Tuesday, 30 June 2020

Group 3 - Gold

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	1 x 300 on 6:00 Closed Fist Progression	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
250	5 x 50 on 1:25 Fly Kick w/snorkel hands by hips	E
1,300	1x{1 x 100 on 1:45 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 8/9/10/11 KOW {2 x 100 on 1:45 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 9/10/11/12 KOW {3 x 100 on 1:45 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 10/11/12/13 KOW {4 x 100 on 1:45 75 Free 25 Fly w/free kick	E E E E E E E
200	1 x 200 on 4:00 Stroke Drills	F

8:55 AM 2,200 Yards - Stress Value = 37

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill Shallow wall 5+1 KOW & EBO Deep wall underwater turns
150	10 x 15 on :45 Racing Skills-Back Shooters
925	1x{3 x 50 on 1:05 Kick rght/lft/strmln {3 x 75 on 1:35 Kick rght/lft/strmln {3 x 100 on 2:05 Kick rght/lft/strmln {2 x 125 on 2:30 Kick rght/lft/strmln
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{3 x 150 on 2:15 Backstroke {2 x 75 on 1:30 Back-100% {3 x 150 on 2:10 Backstroke {2 x 75 on 1:30 Back-100% {3 x 150 on 2:05 Backstroke {2 x 75 on 1:30 Back-100% {1 x 150 on 2:00 Backstroke {2 x 75 on 1:30 Back-100%
200	1 x 200 on 3:00 Stroke Drills

8:25 AM 4,175 Yards - Stress Value = 68

Workout #25488 - Tuesday, 30 June 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill

Workout #25491 - Tuesday, 30 June 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	9 x 100 on 2:30 Breast Kick w/snorkel All hands by hips, odds 100%
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 2klp {2 x 75 on 1:30 Breast L.25 2klp {3 x 100 on 2:00 Breast L.25 2klp {10 x 25 on :30 Breast 2X Pullouts {3 x 100 on 1:55 Breast L.25 2klp {2 x 75 on 1:25 Breast L.25 2klp {1 x 50 on :55 Breast 2klp
200	1 x 200 on 4:00 Stroke Drills
9:15 AM 2,900 Yards - Stress Value = 49	

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skills-Fly Shooters BSLR's underwater as far as possible
900	1x{4 x 25 on :40 Kick no board BSLR {1 x 200 on 3:30 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 150 on 2:35 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 100 on 1:40 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 50 on :45 Fly Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	8x{3 x 50 on :45 Fly 3-4-5-6 strokes off walls {1 x 100 on 2:00 Fly Stroke Drills 3rd one of each set whole stroke fly
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 3,950 Yards - Stress Value = 50	

Workout #25496 - Wednesday, 01 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	8 x 100 on 3:00 Breast Kick w/snorkel All hands by hips, odds 100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 50 on 1:15 Breast L.25 2klp {2 x 75 on 1:50 Breast L.25 2klp {2 x 100 on 2:25 Breast L.25 2klp {8 x 25 on :40 Breast 2X Pullouts {2 x 100 on 2:20 Breast L.25 2klp {2 x 75 on 1:45 Breast L.25 2klp {1 x 50 on 1:10 Breast 2klp
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,500 Yards - Stress Value = 42	

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
200	1 x 200 on 10:00 Timed 200 Breast	SE
750	30 x 25 on :30 100 Free Pace Modified G2 protocol	SE
150	1 x 150 on 4:00 Sculling Drill	RE
1,500	30 x 50 on 1:00 200 Breast Pace Modified G2 protocol	SE
1	on 10:00 Diving well kick set	EN
8:25 AM 2,825 Yards - Stress Value = 250		

Workout #25495 - Wednesday, 01 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	8 x 100 on 2:45 Breast Kick w/snorkel All hands by hips, odds 100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:05 Breast L.25 2klp {2 x 75 on 1:40 Breast L.25 2klp {3 x 100 on 2:10 Breast L.25 2klp {10 x 25 on :35 Breast 2X Pullouts {2 x 100 on 2:05 Breast L.25 2klp {2 x 75 on 1:35 Breast L.25 2klp
200	1 x 200 on 4:00 Stroke Drills
9:14 AM 2,650 Yards - Stress Value = 44	

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skills-Fly Shooters BSLR's underwater as far as possible
850	1x{4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:00 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:00 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:00 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	7x{3 x 50 on :50 Fly 3-4-5-6 strokes off walls {1 x 100 on 2:00 Fly Stroke Drills 3rd one of each set whole stroke fly
200	1 x 200 on 3:00 Stroke Drills
8:24 AM 3,650 Yards - Stress Value = 46	

Workout #25494 - Wednesday, 01 July 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Workout #25499 - Wednesday, 01 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,200	6x{3 x 50 on 1:15 Free HB 3/4/5 SOW {1 x 50 on 2:00 Freestyle 3rd one of each set 100% on the 6th round don't do the 3rd or 4th	S
200	1 x 200 on 4:00 Stroke Drills	F

8:58 AM 1,850 Yards - Stress Value = 24

Workout #25497 - Wednesday, 01 July 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,600	8x{3 x 50 on :50 Free HB 3/4/5 SOW {1 x 50 on 1:30 Freestyle 3rd one of each set 100%	S
200	1 x 200 on 4:00 Stroke Drills	F

8:55 AM 2,250 Yards - Stress Value = 30

Workout #25498 - Wednesday, 01 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
1,400	7x{3 x 50 on 1:00 Free HB 3/4/5 SOW {1 x 50 on 1:30 Freestyle 3rd one of each set 100%	S
200	1 x 200 on 4:00 Stroke Drills	F

8:55 AM 2,050 Yards - Stress Value = 27

Workout #25500 - Thursday, 02 July 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
600	1 x 600 on 9:00 Underwater trn drill Shallow end wall 5+1 KOW EBO	
150	10 x 15 on :45 Racing Skills-Breast Shooters	S
1,200	1x{3 x 100 on 2:00 Streamline Kick on Back {3 x 100 on 1:55 Streamline Kick on Back {3 x 100 on 1:50 Streamline Kick on Back {3 x 100 on 1:45 Streamline Kick on Back	S
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	S
1,750	1x{1 x 200 on 3:10 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:15 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:20 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:15 Breaststroke {3 x 50 on 1:00 Breaststroke-descend	S

	{1 x 200 on 3:10 Breaststroke
	{3 x 50 on 1:00 Breaststroke-descend
200	1 x 200 on 3:00 Stroke Drills
8:26 AM	4,100 Yards - Stress Value = 67

Workout #25502 - Thursday, 02 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
200	1 x 200 on 10:00 Timed 200 Free	SP1
750	30 x 25 on :30 100 Fly Pace Modified G2 protocol	SP2
150	1 x 150 on 4:00 Sculling Drill	REC
1,500	30 x 50 on :50 200 Free Pace Modified G2 protocol	SP2
	1 on 15:00 Diving well kick set	EN2

8:25 AM 2,825 Yards - Stress Value = 250

Workout #25501 - Thursday, 02 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
600	1 x 600 on 9:00 Underwater trn drill Shallow end wall 5+1 KOW EBO	
150	10 x 15 on :45 Racing Skills-Breast Shooters	S
1,100	1x{2 x 100 on 2:10 Streamline Kick on Back {3 x 100 on 2:05 Streamline Kick on Back {3 x 100 on 2:00 Streamline Kick on Back {3 x 100 on 1:55 Streamline Kick on Back	S
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	S
1,750	1x{1 x 200 on 3:20 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 3:30 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:25 Breaststroke {3 x 50 on 1:00 Breaststroke-descend {1 x 200 on 3:20 Breaststroke {3 x 50 on 1:00 Breaststroke-descend	S
200	1 x 200 on 3:00 Stroke Drills	F

8:26 AM 4,000 Yards - Stress Value = 65

Workout #25503 - Thursday, 02 July 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Racing Skills-Back Shooters	S
500	1x{10 x 25 on :30 Kick no board B {5 x 50 on 1:15 Streamline Kick on Back	S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	S
1,000	1x{4 x 75 on 1:20 Back L.25 7KOW {3 x 100 on 1:45 Back L.25 7KOW {2 x 125 on 2:05 Back L.25 7KOW {1 x 150 on 2:25 Back L.25 7KOW	S
150	1 x 150 on 3:00 Stroke Drills	F

8:56 AM 2,200 Yards - Stress Value = 42

Workout #25505 - Thursday, 02 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
350	1x{6 x 25 on :45 Kick no board B {4 x 50 on 1:40 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{2 x 75 on 1:55 Back L.25 7KOW {3 x 100 on 2:30 Back L.25 7KOW {2 x 125 on 2:55 Back L.25 7KOW
150	1 x 150 on 3:00 Stroke Drills
8:56 AM 1,700 Yards - Stress Value = 32	

Workout #25504 - Thursday, 02 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
450	1x{8 x 25 on :35 Kick no board B {5 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
900	1x{4 x 75 on 1:30 Back L.25 7KOW {3 x 100 on 2:00 Back L.25 7KOW {2 x 125 on 2:30 Back L.25 7KOW {1 x 50 on 1:00 Back L.25 7KOW
150	1 x 150 on 3:00 Stroke Drills
8:56 AM 2,050 Yards - Stress Value = 39	

Workout #25506 - Friday, 03 July 2020

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turr
800	1 x 800 on 16:00 Vertical Kicking Diving We 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers loc behind head, streamline after each min swim to bottom do a flilp t dolphin kick streamline into next positior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	12x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous s
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,750 Yards - Stress Value = 80	

Workout #25508 - Friday, 03 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF
175	7 x 25 on 3:00 50 Free Pace OTB-touch finish	SF
750	30 x 25 on :35 100 Breast Pace	SF

Modified G2 protocol

150	1 x 150 on 4:00 Sculling drills	RE
1,800	18 x 100 on 1:30 1650 Free Pace	SF
Modified G2 protocol or 16 @1:40, or 15@1:50		
8:26 AM 3,100 Yards - Stress Value = 282		

Workout #25507 - Friday, 03 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turr
800	1 x 800 on 16:00 Vertical Kicking Diving We 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers loc behind head, streamline after each min swim to bottom do a flilp t dolphin kick streamline into next positior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	10x{1 x 100 on 1:25 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous s
200	1 x 200 on 3:00 Stroke Drills
8:24 AM 4,350 Yards - Stress Value = 72	

Workout #25509 - Friday, 03 July 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	9 x 100 on 2:30 Breast Kick w/snorkel All hands by hips, odds 100%
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
200	1 x 200 on 4:00 Stroke Drills
9:15 AM 2,900 Yards - Stress Value = 49	

Workout #25511 - Friday, 03 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	8 x 100 on 3:00 Breast Kick w/snorkel All hands by hips, odds 100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 50 on 1:15 Breast L.25 2klp {2 x 75 on 1:50 Breast L.25 2klp {2 x 100 on 2:25 Breast L.25 2klp {8 x 25 on :40 Breast 2X Pullouts {2 x 100 on 2:20 Breast L.25 2klp {2 x 75 on 1:45 Breast L.25 2klp {1 x 50 on 1:10 Breast 2klp
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,500 Yards - Stress Value = 42	

Workout #25510 - Friday, 03 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	8 x 100 on 2:45 Breast Kick w/snorkel All hands by hips, odds 100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:05 Breast L.25 2klp {2 x 75 on 1:40 Breast L.25 2klp {3 x 100 on 2:10 Breast L.25 2klp {10 x 25 on :35 Breast 2X Pullouts {2 x 100 on 2:05 Breast L.25 2klp {2 x 75 on 1:35 Breast L.25 2klp
200	1 x 200 on 4:00 Stroke Drills
9:14 AM 2,650 Yards - Stress Value = 44	

Workout #25514 - Monday, 06 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
100	1 x 100 on 15:00 Timed 100 Fly	SP1
1,500	30 x 50 on :55 100 Back Pace Modified G2 protocol-sit out misses	SP2
100	1 x 100 on 1:30 Sculling Drill	REC
750	30 x 25 on :30 100 Fly Pace Modified G2 protocol-2 rec after miss, 3rd mis	SP2
100	1 x 100 on 3:00 Sculling Drill	REC
250	10 x 25 on :30 100 Free Pace	SP2
8:26 AM 3,025 Yards - Stress Value = 267		

Workout #25512 - Monday, 06 July 2020

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters

1,100	1x{4 x 25 on :30 Kick no board B {1 x 150 on 2:30 Free Kick w/snorkel {4 x 25 on :30 Kick no board S {2 x 125 on 2:05 Free Kick w/snorkel {4 x 25 on :30 Kick no board L {3 x 100 on 1:40 Free Kick w/snorkel {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
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
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,950 Yards - Stress Value = 80	

Workout #25513 - Monday, 06 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
1,000	1x{4 x 25 on :30 Kick no board B {1 x 150 on 2:50 Free Kick w/snorkel {4 x 25 on :30 Kick no board S {2 x 125 on 2:20 Free Kick w/snorkel {4 x 25 on :30 Kick no board L {2 x 100 on 1:50 Free Kick w/snorkel {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
2,400	1x{1 x 500 on 6:40 Free HB 3 SOW {1 x 50 on 1:00 Freestyle-EZ {1 x 400 on 5:20 Free HB 3 SOW {1 x 100 on 1:20 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 300 on 4:00 Free HB 3 SOW {2 x 100 on 1:20 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 200 on 2:40 Free HB 3 SOW {3 x 100 on 1:20 Free NBIFoF {1 x 50 on 1:00 Freestyle-EZ {1 x 100 on 1:20 Free HB 3 SOW {1 x 100 on 1:20 Free NBIFoF
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,550 Yards - Stress Value = 72	

Workout #25515 - Monday, 06 July 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Closed fist progression
150	10 x 15 on :45 Racing Skills-Breast Shooters All hands by hips
500	1x{1 x 50 on 1:15 Breast Kick w/snorkel {1 x 100 on 2:25 Breast Kick w/snorkel {1 x 150 on 3:35 Breast Kick w/snorkel {1 x 200 on 4:40 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 250 on 5:00 Breaststroke {1 x 200 on 3:55 Breaststroke {1 x 150 on 2:55 Breaststroke {1 x 100 on 1:55 Breaststroke
200	{1 x 50 on :55 Breaststroke 1 x 200 on 4:00 Stroke Drills
8:54 AM 2,000 Yards - Stress Value = 31	

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill Shallow wall 5+1 KOW & EBO Deep wall underwater turns
150	10 x 15 on :45 Racing Skills-Back Shooters
1,200	1x{2 x 50 on 1:00 Streamline Kick on back {3 x 100 on 1:45 Free Kick w/snorkel {2 x 50 on 1:00 Streamline Kick on back {3 x 100 on 1:40 Free Kick w/snorkel {2 x 50 on 1:00 Streamline Kick on Back {3 x 100 on 1:35 Free Kick w/snorkel
200	4x{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 {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
8:25 AM 4,050 Yards - Stress Value = 59	

Workout #25520 - Tuesday, 07 July 2020

Group 3 - USRPT

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 Closed fist progression
150	10 x 15 on :45 Racing Skills-Breast Shooters All hands by hips
400	1x{1 x 50 on 1:30 Breast Kick w/snorkel {2 x 100 on 2:55 Breast Kick w/snorkel {1 x 150 on 4:20 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{1 x 250 on 6:15 Breaststroke {1 x 200 on 5:00 Breaststroke {1 x 150 on 3:45 Breaststroke {1 x 50 on 1:15 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
8:56 AM 1,750 Yards - Stress Value = 27	

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
100	1 x 100 on 15:00 Timed 100 Back 200 time trial make-ups go first	SP1
1,500	30 x 50 on :55 200 Breast Pace Modified G2 protocol-sit out misses	SP2
100	1 x 100 on 1:30 Sculling Drill	REC
750	30 x 25 on :30 100 Back Pace Modified G2 protocol-2 rec after miss, 3rd mis	SP2
100	1 x 100 on 3:00 Sculling Drill	REC
250	10 x 25 on :30 100 Fly Pace	SP2
8:26 AM 3,025 Yards - Stress Value = 267		

Workout #25519 - Tuesday, 07 July 2020

Group 3 - Gold

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Closed fist progression
150	10 x 15 on :45 Racing Skills-Breast Shooters All hands by hips
450	1x{1 x 50 on 1:20 Breast Kick w/snorkel {1 x 100 on 2:40 Breast Kick w/snorkel {2 x 150 on 4:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 250 on 5:30 Breaststroke {1 x 200 on 4:20 Breaststroke {1 x 150 on 3:10 Breaststroke {1 x 100 on 2:05 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
8:55 AM 1,900 Yards - Stress Value = 29	

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill Shallow wall 5+1 KOW & EBO Deep wall underwater turns
150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{2 x 50 on 1:05 Streamline Kick on back {3 x 100 on 1:55 Free Kick w/snorkel {2 x 50 on 1:05 Streamline Kick on back {3 x 100 on 1:50 Free Kick w/snorkel {2 x 50 on 1:05 Streamline Kick on Back {2 x 75 on 1:20 Free Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:30 Backstroke-7KOW {1 x 100 on 1:25 Backstroke-5KOW {1 x 100 on 1:20 Backstroke-3KOW {1 x 50 on 1:15 Freestyle {1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 3,750 Yards - Stress Value = 56	

Workout #25518 - Tuesday, 07 July 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Workout #25523 - Tuesday, 07 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 Kick no board BSLR Minimum 15 KOW
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{4 x 75 on 2:00 Fly 25R, 25L, 25B {3 x 50 on 1:20 Fly lupldown+1 to 3 down {4 x 75 on 1:55 Fly 25R, 25L, 25B {3 x 50 on 1:20 Fly lupldown+1 to 3 down {4 x 75 on 1:50 Fly 25R, 25L, 25B {1 x 50 on 1:20 Fly lupldown+1 to 3 down
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 2,550 Yards - Stress Value = 41	

Workout #25521 - Tuesday, 07 July 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 Kick no board BSLR Minimum 15 KOW
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{4 x 75 on 1:30 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lupldown+1 to 3 down {4 x 75 on 1:25 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lupldown+1 to 3 down {4 x 75 on 1:20 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lupldown+1 to 3 down {4 x 75 on 1:15 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lupldown+1 to 3 down
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 3,150 Yards - Stress Value = 52	

Workout #25522 - Tuesday, 07 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 Kick no board BSLR Minimum 15 KOW
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{4 x 75 on 1:45 Fly 25R, 25L, 25B {3 x 50 on 1:05 Fly lupldown+1 to 3 down {4 x 75 on 1:40 Fly 25R, 25L, 25B {3 x 50 on 1:05 Fly lupldown+1 to 3 down {4 x 75 on 1:35 Fly 25R, 25L, 25B {3 x 50 on 1:05 Fly lupldown+1 to 3 down {2 x 75 on 1:30 Fly 25R, 25L, 25B
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 2,850 Yards - Stress Value = 46	

Workout #25524 - Wednesday, 08 July 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
300	12 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	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
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 200 Pace {1 x 150 on 2:30 Breaststroke {3 x 50 on :55 Breast hold 200 pace {2 x 125 on 2:00 Breaststroke {3 x 50 on :55 Breast hold 200 pace {3 x 100 on 1:35 Breaststroke {3 x 50 on :55 Breast hold 200 pace {1 x 150 on 2:25 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
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,050 Yards - Stress Value = 99	

Workout #25526 - Wednesday, 08 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
100	1 x 100 on 15:00 Timed 100 Breast	SE
1,500	30 x 50 on :50 200 Free Pace Modified G2 protocol-sit out misses	SE
100	1 x 100 on 1:30 Sculling Drill	RE
750	30 x 25 on :35 100 Breast Pace Modified G2 protocol-2 rec after miss, 3rd mis	SE
100	1 x 100 on 3:00 Sculling Drill	RE
250	10 x 25 on :30 100 Back Pace	SE
8:26 AM 3,025 Yards - Stress Value = 267		

Workout #25525 - Wednesday, 08 July 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
300	12 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	1x{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 x 100 on 1:50 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 1:55 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
2,100	1x{3 x 50 on 1:00 Breast hold 200 Pace {1 x 150 on 2:45 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {2 x 125 on 2:15 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {3 x 100 on 1:45 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {1 x 150 on 2:40 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {2 x 125 on 2:10 Breaststroke {3 x 50 on :55 Breast hold 200 pace {1 x 100 on 1:40 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 3,850 Yards - Stress Value = 95	

Workout #25527 - Wednesday, 08 July 2020

Group 2 - Back

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16
150	10 x 15 on :45 Racing Skills-Back Shooters
500	1x{10 x 25 on :30 Kick no board B {5 x 50 on 1:15 Streamline Kick on Back
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 Back L.25 7KOW {3 x 100 on 1:45 Back L.25 7KOW {2 x 125 on 2:05 Back L.25 7KOW {1 x 150 on 2:25 Back L.25 7KOW
150	1 x 150 on 3:00 Stroke Drills
8:58 AM 2,200 Yards - Stress Value = 36	

Workout #25529 - Wednesday, 08 July 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16
150	10 x 15 on :45 Racing Skills-Back Shooters
350	1x{6 x 25 on :45 Kick no board B {4 x 50 on 1:40 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{2 x 75 on 1:55 Back L.25 7KOW {3 x 100 on 2:30 Back L.25 7KOW {2 x 125 on 2:55 Back L.25 7KOW

150 1 x 150 on 3:00 Stroke Drills
8:58 AM 1,750 Yards - Stress Value = 27

Workout #25528 - Wednesday, 08 July 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16
150	10 x 15 on :45 Racing Skills-Back Shooters
450	1x{8 x 25 on :35 Kick no board B {5 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
900	1x{4 x 75 on 1:30 Back L.25 7KOW {3 x 100 on 2:00 Back L.25 7KOW {2 x 125 on 2:30 Back L.25 7KOW {1 x 50 on 1:00 Back L.25 7KOW
150	1 x 150 on 3:00 Stroke Drills
8:58 AM 2,050 Yards - Stress Value = 33	

Workout #25530 - Thursday, 09 July 2020

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 9:00 Underwater trn drill Odd 100's free even 100's back Deep end-turn drill, shallow end 5KOW+1 EBC
150	10 x 15 on :45 Racing Skills-Fly Shooters
800	2x{4 x 25 on :45 7KOW+1/3BOS/SpFrKick {1 x 100 on 1:30 Kick w/snorkel {1 x 100 on 1:40 Kick w/snorkel {1 x 100 on 1:50 Kick w/snorkel
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{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 {1 x 150 on 3:00 Freestyle
8:25 AM 4,350 Yards - Stress Value = 70	

Workout #25532 - Thursday, 09 July 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
7:00 AM	Start	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
100	1 x 100 on 13:00 Timed 100 Free	SP1
1,500	200 time trial make-ups go first 30 x 50 on :55 200 Fly Pace Modified G2 protocol-sit out misses	SP2
100	1 x 100 on 1:30 Sculling Drill	REC
750	30 x 25 on :30 100 Free Pace Modified G2 protocol-2 rec after miss, 3rd mis	SP2
100	1 x 100 on 3:00 Sculling Drill	REC
250	10 x 25 on :35 100 Breast Pace	SP2
8:25 AM 3,025 Yards - Stress Value = 267		

Workout #25531 - Thursday, 09 July 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
600	1 x 600 on 9:00 Underwater trn drill Odd 100's free even 100's back Deep end-turn drill, shallow end 5KOW+1 EBC
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	2x{4 x 25 on :45 7KOW+1/3BOS/SpFrKick {1 x 100 on 1:45 Kick w/snorkel {1 x 100 on 1:50 Kick w/snorkel {1 x 75 on 1:25 Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	2x{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 {1 x 150 on 3:00 Freestyle
8:25 AM	4,000 Yards - Stress Value = 63

Workout #25535 - Thursday, 09 July 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 Kick no board BSLR Minimum 15 KOW
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{4 x 75 on 2:00 Fly 25R, 25L, 25B {3 x 50 on 1:20 Fly lup1down+1 to 3 down {4 x 75 on 1:55 Fly 25R, 25L, 25B {3 x 50 on 1:20 Fly lup1down+1 to 3 down {4 x 75 on 1:50 Fly 25R, 25L, 25B {1 x 50 on 1:20 Fly lup1down+1 to 3 down
200	1 x 200 on 3:00 Stroke Drills
9:15 AM	2,550 Yards - Stress Value = 41

Workout #25533 - Thursday, 09 July 2020

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 Kick no board BSLR Minimum 15 KOW
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{4 x 75 on 1:30 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lup1down+1 to 3 down {4 x 75 on 1:25 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lup1down+1 to 3 down {4 x 75 on 1:20 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lup1down+1 to 3 down {4 x 75 on 1:15 Fly 25R, 25L, 25B {3 x 50 on :55 Fly lup1down+1 to 3 down
200	1 x 200 on 3:00 Stroke Drills
9:15 AM	3,150 Yards - Stress Value = 52

Workout #25534 - Thursday, 09 July 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
8:00 AM	Start
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 Kick no board BSLR Minimum 15 KOW
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{4 x 75 on 1:45 Fly 25R, 25L, 25B {3 x 50 on 1:05 Fly lup1down+1 to 3 down {4 x 75 on 1:40 Fly 25R, 25L, 25B {3 x 50 on 1:05 Fly lup1down+1 to 3 down {4 x 75 on 1:35 Fly 25R, 25L, 25B {3 x 50 on 1:05 Fly lup1down+1 to 3 down {2 x 75 on 1:30 Fly 25R, 25L, 25B
200	1 x 200 on 3:00 Stroke Drills
9:15 AM	2,850 Yards - Stress Value = 46

Workout #25536 - Friday, 10 July 2020

Group 3 - IM's

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
400	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Wel 4min free, 4min breast, 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next position
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{4 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {4 x 125 on 1:30 IM w/50 free {1 on 1:00 Rest {4 x 150 on 1:50 IM 25,25 50, 50 {1 on 1:00 Rest {4 x 175 on 2:10 IM 25, 50, 50, 50 {1 on 1:00 Rest {4 x 200 on 2:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:25 AM	4,750 Yards - Stress Value = 84

Workout #25538 - Friday, 10 July 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE
150	1 x 150 on 4:00 Sculling drills	RE
2,800	28 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE
8:25 AM	3,375 Yards - Stress Value = 309	

Workout #25537 - Friday, 10 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next position
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {4 x 125 on 1:45 IM w/50 free {1 on 1:00 Rest {4 x 150 on 2:05 IM 25,25 50, 50 {1 on 1:00 Rest {4 x 175 on 2:20 IM 25, 50, 50, 50 {1 on 1:00 Rest {2 x 200 on 2:40 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:24 AM 4,350 Yards - Stress Value = 76	

Workout #25541 - Friday, 10 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
500	2x{4 x 25 on :45 7KOW+1/3BOS/SpFrKick {1 x 50 on 1:20 Kick w/snorkel {1 x 100 on 1:30 Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	24 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 3:00 Stroke Drills
8:54 AM 1,850 Yards - Stress Value = 76	

Workout #25539 - Friday, 10 July 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
700	2x{4 x 25 on :45 7KOW+1/3BOS/SpFrKick {1 x 50 on 1:05 Kick w/snorkel {1 x 100 on 1:10 Kick w/snorkel {1 x 100 on 1:15 Kick w/snorkel
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
200	1 x 200 on 3:00 Stroke Drills
8:54 AM 2,200 Yards - Stress Value = 95	

Workout #25540 - Friday, 10 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
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300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
700	2x{4 x 25 on :45 7KOW+1/3BOS/SpFrKick {1 x 50 on 1:10 Kick w/snorkel {1 x 100 on 1:15 Kick w/snorkel {1 x 100 on 1:20 Kick w/snorkel
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
200	1 x 200 on 3:00 Stroke Drills
8:56 AM 2,100 Yards - Stress Value = 85	

Workout #25544 - Monday, 13 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
1 on 15:00 Team Meeting		
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
250	10 x 25 on :30 100 Back Pace	SP2
8:26 AM 2,925 Yards - Stress Value = 259		

Workout #25542 - Monday, 13 July 2020

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
1 on 15:00 Team Meeting	
400	1 x 400 on 6:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
800	1x{2 x 100 on 1:30 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {2 x 100 on 1:35 Free Kick w/workel {1 x 100 on 2:00 Free Kick w/snorkel {2 x 100 on 1:40 Free Kick w/snorkel
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 2:20 Freestyle {4 x 50 on :35 Free-HB2SOWor5KOW {2 x 175 on 2:00 Freestyle {3 x 50 on :35 Free-HB2SOWor5KOW {3 x 150 on 1:40 Freestyle {2 x 50 on :35 Free-HB2SOWor5KOW {4 x 125 on 1:25 Freestyle {1 x 50 on :35 Free-HB2SOWor5KOW {5 x 100 on 1:10 Freestyle
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,250 Yards - Stress Value = 72	

Workout #25543 - Monday, 13 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Team Meeting
400	1 x 400 on 6:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
700	1x{2 x 100 on 1:45 Free Kick w/snorkel
	{1 x 50 on 1:15 Free Kick w/snorkel
	{2 x 100 on 1:50 Free Kick w/snorkel
	{1 x 50 on 1:15 Free Kick w/snorkel
	{2 x 100 on 1:55 Free Kick w/snorkel
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 200 on 2:40 Freestyle
	{4 x 50 on :40 Free-HB2SOWor5KOW
	{2 x 175 on 2:15 Freestyle
	{3 x 50 on :40 Free-HB2SOWor5KOW
	{3 x 150 on 1:55 Freestyle
	{2 x 50 on :40 Free-HB2SOWor5KOW
	{4 x 125 on 1:35 Freestyle
	{1 x 50 on :40 Free-HB2SOWor5KOW
	{2 x 100 on 1:15 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:26 AM 3,850 Yards - Stress Value = 64

Workout #25547 - Monday, 13 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
250	1 x 250 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{2 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{3 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{4 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{5 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{6 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{3 x 25 on :40 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	8:54 AM 1,700 Yards - Stress Value = 23

Workout #25545 - Monday, 13 July 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:05 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{1 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :30 Butterfly

{1 x 25 on :30 Freestyle
{3 x 25 on :30 Butterfly
{1 x 25 on :30 Freestyle
{4 x 25 on :30 Butterfly
{1 x 25 on :30 Freestyle
{5 x 25 on :30 Butterfly
{1 x 25 on :30 Freestyle
{6 x 25 on :30 Butterfly
{1 x 25 on :30 Freestyle
{7 x 25 on :30 Butterfly
{1 x 25 on :30 Freestyle
{4 x 25 on :30 Butterfly

200 1 x 200 on 4:00 Stroke Drills
8:55 AM 2,025 Yards - Stress Value = 28

Workout #25546 - Monday, 13 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:10 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{3 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{5 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{7 x 25 on :35 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	8:55 AM 1,900 Yards - Stress Value = 26

Workout #25548 - Tuesday, 14 July 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
600	1 x 600 on 9:00 Underwater trn drill
	Shallow wall 5KOW+1 and EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,300	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Snorkel Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 150 on 2:25 Snorkel Kick
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:20 Snorkel Kick
	{4 x 25 on :30 Kick no board BSLR
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{2 x 150 on 2:00 Backstroke
	{2 x 125 on 1:50 Back 1st and last 25-12yds u
	{2 x 150 on 1:55 Backstroke
	{2 x 125 on 1:50 Back 1st and last 25-12yds u
	{2 x 150 on 1:50 Backstroke
	{2 x 125 on 1:50 Back 1st and last 25-12yds u
	{2 x 150 on 1:45 Backstroke
	{2 x 125 on 1:50 Back 1st and last 25-12yds u
200	1 x 200 on 3:00 Stroke Drills
	8:24 AM 4,650 Yards - Stress Value = 78

Workout #25550 - Tuesday, 14 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
8:25 AM 3,525 Yards - Stress Value = 309		

Workout #25549 - Tuesday, 14 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill Shallow wall 5KOW+1 and EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:50 Snorkel Kick {4 x 25 on :30 Kick no board BSLR {2 x 150 on 2:45 Snorkel Kick {4 x 25 on :30 Kick no board BSLR {3 x 125 on 2:15 Snorkel Kick {3 x 25 on :30 Kick no board BSL
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{2 x 150 on 2:15 Backstroke {2 x 100 on 1:35 Back 1st and last 25-12yds u {2 x 150 on 2:10 Backstroke {2 x 100 on 1:35 Back 1st and last 25-12yds u {2 x 150 on 2:05 Backstroke {2 x 100 on 1:35 Back 1st and last 25-12yds u {2 x 150 on 2:00 Backstroke {2 x 100 on 1:35 Back 1st and last 25-12yds u
200	1 x 200 on 3:00 Stroke Drills
8:24 AM 4,350 Yards - Stress Value = 73	

Workout #25551 - Tuesday, 14 July 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
600	6 x 100 on 2:15 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	5x{3 x 100 on 1:35 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,910 Yards - Stress Value = 49	

Workout #25553 - Tuesday, 14 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters

60	6 x 10 on :45 Cross Pool Underwater Fly Kick
500	5 x 100 on 2:55 Kick w/snorkel Odds VERY fast #5 only do a 50
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 2:00 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,510 Yards - Stress Value = 41	

Workout #25552 - Tuesday, 14 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
500	5 x 100 on 2:35 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	5x{3 x 100 on 1:45 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:18 AM 2,810 Yards - Stress Value = 47	

Workout #25554 - Wednesday, 15 July 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,000	1x{1 x 200 on 3:30 Fly Kick w/snorkel {1 x 200 on 3:25 Fly Kick w/snorkel {1 x 200 on 3:20 Fly Kick w/snorkel {1 x 200 on 3:15 Fly Kick w/snorkel {1 x 200 on 3:10 Fly Kick w/snorkel
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 200 on 2:40 Butterfly {1 x 100 on 1:30 Freestyle {2 x 150 on 2:00 Butterfly {1 x 100 on 1:30 Freestyle {3 x 100 on 1:20 Butterfly {1 x 100 on 1:30 Freestyle {3 x 100 on 1:15 Butterfly {1 x 100 on 1:30 Freestyle {2 x 150 on 1:50 Butterfly {1 x 100 on 1:30 Freestyle {1 x 200 on 2:25 Butterfly
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 4,600 Yards - Stress Value = 68	

Workout #25556 - Wednesday, 15 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	40 x 25 on :30 200 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
8:23 AM 3,175 Yards - Stress Value = 259		

8:00 AM Start

Yards	Set Description
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{1 x 100 on 2:30 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:30 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	9 x 100 on 1:35 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 2,150 Yards - Stress Value = 34	

Workout #25555 - Wednesday, 15 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
900	1x{1 x 200 on 3:50 Fly Kick w/snorkel {1 x 200 on 3:45 Fly Kick w/snorkel {1 x 200 on 3:40 Fly Kick w/snorkel {1 x 200 on 3:35 Fly Kick w/snorkel {1 x 100 on 1:45 Fly Kick w/snorkel
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 3:00 Butterfly {1 x 100 on 1:40 Freestyle {2 x 150 on 2:15 Butterfly {1 x 100 on 1:40 Freestyle {3 x 100 on 1:30 Butterfly {1 x 100 on 1:40 Freestyle {1 x 100 on 1:25 Butterfly {1 x 100 on 1:40 Freestyle {1 x 150 on 2:10 Butterfly {1 x 100 on 1:40 Freestyle {1 x 200 on 2:50 Butterfly
400	4 x 100 on 1:30 Freestyle-descend to ludicrous speed
250	1 x 250 on 4:00 Stroke Drills
8:24 AM 4,150 Yards - Stress Value = 59	

Workout #25558 - Wednesday, 15 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16
150	10 x 15 on :45 Racing Skills-Free Shooters
450	1x{1 x 100 on 2:45 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:45 Kick w/snorkel-100% {2 x 50 on 1:10 Kick w/snorkel-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{8 x 100 on 1:45 Free-descend in 3's {1 x 50 on :50 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 2,050 Yards - Stress Value = 32	

Workout #25560 - Thursday, 16 July 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill shallow end 5KOW+1 & EBO odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Breast Shooters Alt 1-25 each set of 4 to 15M
700	28 x 25 on :30 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 25's descend/longer swims 2X pullouts last 2 walls
2,600	1x{6 x 25 on :25 Breaststroke {1 x 250 on 3:45 Breaststroke {1 x 100 on 1:15 Freestyle {6 x 25 on :25 Breaststroke {2 x 200 on 3:05 Breaststroke {1 x 100 on 1:15 Freestyle {6 x 25 on :25 Breaststroke {3 x 150 on 2:20 Breaststroke {1 x 100 on 1:15 Freestyle {6 x 25 on :25 Breaststroke {4 x 125 on 2:00 Breaststroke {1 x 100 on 1:15 Freestyle
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,450 Yards - Stress Value = 74	

Workout #25559 - Wednesday, 15 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	12 x 25 on :40 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15, 2-16
150	10 x 15 on :45 Racing Skills-Free Shooters
400	1x{1 x 100 on 3:00 Kick w/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-descend {1 x 100 on 3:00 Kick w/snorkel-100% {1 x 50 on 1:20 Kick w/snorkel-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{7 x 100 on 2:00 Free-descend in 3's {1 x 50 on 1:00 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 1,900 Yards - Stress Value = 29	

Workout #25557 - Wednesday, 15 July 2020

Group 2 - Freestylers

1 minute rest between sets

Workout #25562 - Thursday, 16 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :55 200 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
8:23 AM 3,525 Yards - Stress Value = 309		

Workout #25561 - Thursday, 16 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Underwater trn drill shallow end 5KOW+1 & EBO odd 100's free even 100's back
150	10 x 15 on :45 Racing Skills-Breast Shooters Alt 1-25 each set of 4 to 15M
700	28 x 25 on :30 Kick no board BSLR
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 25's descend/longer swims 2X pullouts last 2 walls
2,300	1x{6 x 25 on :30 Breaststroke {1 x 250 on 4:05 Breaststroke {1 x 100 on 1:20 Freestyle {6 x 25 on :30 Breaststroke {2 x 200 on 3:20 Breaststroke {1 x 100 on 1:20 Freestyle {6 x 25 on :30 Breaststroke {3 x 150 on 2:35 Breaststroke {1 x 100 on 1:20 Freestyle {6 x 25 on :30 Breaststroke {3 x 100 on 1:45 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,150 Yards - Stress Value = 68	

Workout #25563 - Thursday, 16 July 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
600	6 x 100 on 2:15 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	5x{3 x 100 on 1:35 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,910 Yards - Stress Value = 49	

Workout #25565 - Thursday, 16 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3

150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
500	5 x 100 on 2:55 Kick w/snorkel Odds VERY fast #5 only do a 50
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 2:00 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:16 AM 2,510 Yards - Stress Value = 41	

Workout #25564 - Thursday, 16 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
60	6 x 10 on :45 Cross Pool Underwater Fly Kick
500	5 x 100 on 2:35 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	5x{3 x 100 on 1:45 Backstroke-Descend {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
9:18 AM 2,810 Yards - Stress Value = 47	

Workout #25566 - Friday, 17 July 2020

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Wel 4min free, 4min breast. 4min fly, 4min eb 1min each: hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next position
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 400 on 5:15 Individual Medley {3 x 100 on 1:15 Freestyle {1 x 400 on 5:10 Individual Medley {3 x 100 on 1:25 Backstroke {1 x 400 on 5:05 Individual Medley {3 x 100 on 1:35 Breaststroke {1 x 400 on 5:00 Individual Medley {3 x 100 on 1:20 Butterfly
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,750 Yards - Stress Value = 71	

Workout #25568 - Friday, 17 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE
150	1 x 150 on 4:00 Sculling drills	RE
2,800	28 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE
8:25 AM 3,375 Yards - Stress Value = 309		

300	1 x 300 on 8:00 Breast Kick w/snorkel hands by side	E
1,000	1x{2 x 100 on 2:10 75 free 25 breast {4 x 25 on :40 Breaststroke-descend {2 x 100 on 2:15 50 free 50 breast {4 x 25 on :40 Breaststroke-descend {2 x 100 on 2:20 25 free 75 breast {4 x 25 on :40 Breaststroke-descend {1 x 100 on 2:25 Breaststroke	E E E E E E
200	1 x 200 on 4:00 Stroke Drills	F
8:54 AM 1,900 Yards - Stress Value = 32		

Workout #25570 - Friday, 17 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	1 x 300 on 6:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
350	1 x 350 on 8:00 Breast Kick w/snorkel hands by side	E
1,150	1x{2 x 100 on 1:55 75 free 25 breast {6 x 25 on :35 Breaststroke-descend {2 x 100 on 2:00 50 free 50 breast {4 x 25 on :35 Breaststroke-descend {2 x 100 on 2:05 25 free 75 breast {4 x 25 on :35 Breaststroke-descend {2 x 100 on 2:10 Breaststroke	E E E E E E
200	1 x 200 on 4:00 Stroke Drills	F
8:55 AM 2,150 Yards - Stress Value = 36		

Workout #25567 - Friday, 17 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
600	1 x 600 on 9:00 Reverse IM drill	
150	10 x 15 on :45 Racing Skills-Crossover Turns	
800	1 x 800 on 16:00 Vertical Kicking Diving Well 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next position	
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,600	1x{1 x 400 on 5:40 Individual Medley {2 x 100 on 1:20 Freestyle {1 x 400 on 5:35 Individual Medley {2 x 100 on 1:30 Backstroke {1 x 400 on 5:30 Individual Medley {3 x 100 on 1:40 Breaststroke {1 x 400 on 5:25 Individual Medley {3 x 100 on 1:30 Butterfly	
200	1 x 200 on 3:00 Stroke Drills	
8:25 AM 4,550 Yards - Stress Value = 69		

Workout #25574 - Monday, 20 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,250	25 x 50 on :55 200 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on 1:00 200 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
8:26 AM 3,675 Yards - Stress Value = 334		

Workout #25569 - Friday, 17 July 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
300	1 x 300 on 6:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
400	1 x 400 on 8:00 Breast Kick w/snorkel hands by side	E
1,200	1x{2 x 100 on 1:45 75 free 25 breast {6 x 25 on :35 Breaststroke-descend {2 x 100 on 1:50 50 free 50 breast {6 x 25 on :35 Breaststroke-descend {2 x 100 on 1:55 25 free 75 breast {4 x 25 on :35 Breaststroke-descend {2 x 100 on 2:00 Breaststroke	E E E E E E
200	1 x 200 on 4:00 Stroke Drills	F
8:55 AM 2,250 Yards - Stress Value = 38		

Workout #25571 - Friday, 17 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
250	1 x 250 on 6:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S

Workout #25572 - Monday, 20 July 2020

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
1,000	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:05 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:40 Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,850	1x{3 x 300 on 3:50 Freestyle-descend {1 x 100 on 1:30 Freestyle {3 x 250 on 3:05 Freestyle-descend {1 x 100 on 1:30 Freestyle {3 x 200 on 2:25 Freestyle-descend {1 x 100 on 1:30 Freestyle {3 x 100 on 1:10 Freestyle-descend
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 5,000 Yards - Stress Value = 79	

Workout #25573 - Monday, 20 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
900	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:50 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:20 Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,650	1x{3 x 300 on 4:05 Freestyle-descend {1 x 100 on 1:35 Freestyle {3 x 250 on 3:20 Freestyle-descend {1 x 100 on 1:35 Freestyle {3 x 200 on 2:35 Freestyle-descend {1 x 100 on 1:35 Freestyle {1 x 100 on 1:15 Freestyle-FAST!
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,700 Yards - Stress Value = 73	

Workout #25575 - Monday, 20 July 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
400	4 x 100 on 2:15 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 1:30 Backstroke-Descend {1 on :30 Rest
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 2,350 Yards - Stress Value = 38	

Workout #25577 - Monday, 20 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
300	3 x 100 on 2:55 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	3x{3 x 100 on 2:00 Backstroke-Descend {1 on :30 Rest
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 1,950 Yards - Stress Value = 30	

Workout #25576 - Monday, 20 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
350	1x{3 x 100 on 2:25 Kick w/snorkel {1 x 50 on 1:00 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 1:40 Backstroke-Descend {1 on :30 Rest only do 2 on the 4th round
200	1 x 200 on 4:00 Stroke Drills
8:58 AM 2,300 Yards - Stress Value = 37	

Workout #25578 - Tuesday, 21 July 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Undrwtr Turn Drill-Deep end Shallow end walls 5KOW+1 EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,000	1x{2 x 50 on :55 Steamline Kick on Back {2 x 100 on 1:40 Kick w/snorkels {2 x 50 on :55 Kick on Rt Side {2 x 100 on 1:35 Kick w/snorkels {2 x 50 on :55 Kick on Lt Side {2 x 100 on 1:30 Kick w/snorkels {2 x 50 on :55 Streamline Kick on Back
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 1:25 Backstroke {3 x 100 on 1:20 Backstroke {2 x 100 on 1:15 Backstroke {1 x 100 on 1:10 Backstroke {1 on :30 Rest {4 x 50 on 2:00 Back-100% {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
8:25 AM 4,400 Yards - Stress Value = 72	

Workout #25580 - Tuesday, 21 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :55 200 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2

8:26 AM 3,925 Yards - Stress Value = 359

8:00 AM Start

Yards	Set Description	E
400	1 x 400 on 10:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
450	1x{1 x 250 on 6:50 Breast Kick w/snorkel	E
	{1 x 150 on 4:05 Breast Kick w/snorkel	E
	{1 x 50 on 1:20 Breast Kick w/snorkel	E
	hands by side	
1,500	1x{3 x 100 on 2:10 75 free 25 breast	E
	{8 x 25 on :40 Breast-descend in 4s	E
	{3 x 100 on 2:15 50 free 50 breast	E
	{8 x 25 on :40 Breast-descend in 4s	E
	{3 x 100 on 2:20 25 free 75 breast	E
	{8 x 25 on :40 Breast-descend in 4s	E
200	1 x 200 on 3:00 Stroke Drills	F

9:15 AM 2,700 Yards - Stress Value = 45

Workout #25579 - Tuesday, 21 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Undrwrtr Turn Drill-Deep end Shallow end walls 5KOW+1 EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
900	1x{2 x 50 on 1:00 Steamline Kick on Back
	{2 x 100 on 1:55 Kick w/snorkels
	{2 x 50 on 1:00 Kick on Rt Side
	{2 x 100 on 1:50 Kick w/snorkels
	{2 x 50 on 1:00 Kick on Lt Side
	{2 x 100 on 1:45 Kick w/snorkels
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{4 x 100 on 1:35 Backstroke
	{3 x 100 on 1:30 Backstroke
	{2 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 on :30 Rest
	{4 x 50 on 2:00 Back-100%
	{1 x 100 on 1:20 Backstroke
	{2 x 100 on 1:25 Backstroke
	{3 x 100 on 1:30 Backstroke
	{3 x 100 on 1:35 Backstroke
200	1 x 200 on 3:00 Stroke Drills

8:25 AM 4,150 Yards - Stress Value = 68

Workout #25582 - Tuesday, 21 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
500	1 x 500 on 10:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
550	1x{1 x 300 on 7:00 Breast Kick w/snorkel	E
	{1 x 200 on 4:40 Breast Kick w/snorkel	E
	{1 x 50 on 1:10 Breast Kick w/snorkel	E
	hands by side	
1,800	1x{3 x 100 on 1:45 75 free 25 breast	E
	{8 x 25 on :35 Breast-descend in 4s	E
	{3 x 100 on 1:50 50 free 50 breast	E
	{8 x 25 on :35 Breast-descend in 4s	E
	{3 x 100 on 1:55 25 free 75 breast	E
	{8 x 25 on :35 Breast-descend in 4s	E
	{3 x 100 on 2:00 Breaststroke	E
200	1 x 200 on 3:00 Stroke Drills	F

9:15 AM 3,200 Yards - Stress Value = 53

Workout #25584 - Wednesday, 22 July 2020

Group 3 - Breast

1 minute rest between sets

Workout #25581 - Tuesday, 21 July 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description	E
500	1 x 500 on 10:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
600	1x{1 x 300 on 6:30 Breast Kick w/snorkel	E
	{1 x 200 on 4:20 Breast Kick w/snorkel	E
	{1 x 100 on 2:10 Breast Kick w/snorkel	E
	hands by side	
2,000	1x{3 x 100 on 1:35 75 free 25 breast	F
	{8 x 25 on :30 Breast-descend in 4s	E
	{3 x 100 on 1:40 50 free 50 breast	E
	{8 x 25 on :30 Breast-descend in 4s	E
	{3 x 100 on 1:45 25 free 75 breast	E
	{8 x 25 on :30 Breast-descend in 4s	E
	{3 x 100 on 1:50 Breaststroke	E
	{8 x 25 on :30 Breast-descend in 4s	E
200	1 x 200 on 3:00 Stroke Drills	F

9:15 AM 3,450 Yards - Stress Value = 58

7:00 AM Start

Yards	Set Description	E
500	20 x 25 on :30 Wednesday Warm-up	
	2-11/12, 4-12/13, 6-13/14, 8-14/15	
150	10 x 15 on :45 Racing Skill-Breast Shooters	
	Kick Set: hands by side	
1,000	1x{1 x 100 on 1:35 Breast Kick w/snorkel	
	{2 x 100 on 1:40 Breast Kick w/snorkel	
	{3 x 100 on 1:45 Breast Kick w/snorkel	
	{4 x 100 on 1:50 Breast Kick w/snorkel	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,100	2x{1 x 150 on 2:15 Breaststroke	
	{6 x 25 on :30 Breaststroke-odds 100%	
	{1 x 150 on 2:15 Breaststroke	
	{3 x 50 on :55 Breast 2x pullouts	
	{1 x 150 on 2:15 Breaststroke	
	{4 x 75 on 1:15 Breast-descend	
200	1 x 200 on 3:00 Stroke Drills	

8:25 AM 4,150 Yards - Stress Value = 61

Workout #25583 - Tuesday, 21 July 2020

Group 2 - Copper

1 minute rest between sets

Workout #25586 - Wednesday, 22 July 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
7:00 AM Start		
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,250	25 x 50 on 1:00 200 Breast Pace	SF
100	1 x 100 on 3:00 Sculling drills	RE
1,250	25 x 50 on :55 200 Back Pace	SF
100	1 x 100 on 3:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SF
8:26 AM 3,675 Yards - Stress Value = 334		

Yards	Set Description
8:00 AM Start	
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :45 Kick no board BSLR
100	1x{4 x 50 on 1:05 Fly Kick-w/snorkel hands by h
975	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{1 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{3 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{5 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
	{7 x 25 on :30 Butterfly
	{1 x 25 on :30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
8:55 AM 2,025 Yards - Stress Value = 28	

Workout #25585 - Wednesday, 22 July 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
7:00 AM Start	
500	20 x 25 on :30 Wednesday Warm-up
	2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters
	Kick Set: hands by side
900	1x{1 x 100 on 1:45 Breast Kick w/snorkel
	{2 x 100 on 1:50 Breast Kick w/snorkel
	{3 x 100 on 1:55 Breast Kick w/snorkel
	{3 x 100 on 2:05 Breast Kick w/snorkel
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	2x{1 x 150 on 2:25 Breaststroke
	{6 x 25 on :30 Breaststroke-odds 100%
	{1 x 150 on 2:25 Breaststroke
	{3 x 50 on :55 Breast 2x pullouts
	{1 x 150 on 2:25 Breaststroke
	{3 x 75 on 1:20 Breast-descend
200	1 x 200 on 3:00 Stroke Drills
8:24 AM 3,900 Yards - Stress Value = 56	

Workout #25588 - Wednesday, 22 July 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
8:00 AM Start	
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :45 Kick no board BSLR
100	1x{4 x 50 on 1:10 Fly Kick-w/snorkel hands by h
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{2 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{3 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{4 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{5 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{6 x 25 on :35 Butterfly
	{1 x 25 on :30 Freestyle
	{7 x 25 on :35 Butterfly
200	1 x 200 on 4:00 Stroke Drills
8:55 AM 1,900 Yards - Stress Value = 26	

Workout #25589 - Wednesday, 22 July 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
8:00 AM Start	
250	1 x 250 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick-w/snorkel hands by h
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{2 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{3 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{4 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{5 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{6 x 25 on :40 Butterfly
	{1 x 25 on :35 Freestyle
	{3 x 25 on :40 Butterfly
200	1 x 200 on 4:00 Stroke Drills
8:54 AM 1,700 Yards - Stress Value = 23	

Workout #25587 - Wednesday, 22 July 2020

Group 2 - Fly

1 minute rest between sets

Workout #25590 - Thursday, 23 July 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater Turn Drill Odd 100s free evens back Shallow wall-5KOW+1 EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,450	1x{1 x 150 on 2:15 Kick {4 x 25 on :30 Alt 2nd and 3rd kicks {2 x 125 on 1:55 Kick {6 x 25 on :30 Alt 2nd and 3rd kicks {3 x 100 on 1:35 Kick {8 x 25 on :30 Alt 2nd and 3rd kicks {4 x 75 on 1:15 Kick
150	3x{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 { L.2 of each round @;20 {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
8:27 AM 3,950 Yards - Stress Value = 69	

Workout #25592 - Thursday, 23 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY V
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
8:26 AM 3,675 Yards - Stress Value = 334		

Workout #25591 - Thursday, 23 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater Turn Drill Odd 100's free evens back Shallow wall-5KOW+1 EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,300	1x{1 x 150 on 2:40 Kick {4 x 25 on :30 Alt 2nd and 3rd kicks {2 x 125 on 2:15 Kick {6 x 25 on :30 Alt 2nd and 3rd kicks {3 x 100 on 1:50 Kick {8 x 25 on :30 Alt 2nd and 3rd kicks {2 x 75 on 1:25 Kick
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	7x{8 x 25 on :30 Butterfly { L.3 of each round @:25 {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
8:27 AM 3,600 Yards - Stress Value = 62	

Workout #25593 - Thursday, 23 July 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description

Yards	Set Description
500	1 x 500 on 10:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{1 x 300 on 6:30 Breast Kick w/snorkel {1 x 200 on 4:20 Breast Kick w/snorkel {1 x 100 on 2:10 Breast Kick w/snorkel hands by side
2,000	1x{3 x 100 on 1:35 75 free 25 breast {8 x 25 on :30 Breast-descend in 4s {3 x 100 on 1:40 50 free 50 breast {8 x 25 on :30 Breast-descend in 4s {3 x 100 on 1:45 25 free 75 breast {8 x 25 on :30 Breast-descend in 4s {3 x 100 on 1:50 Breaststroke
200	{8 x 25 on :30 Breast-descend in 4s 1 x 200 on 3:00 Stroke Drills
9:15 AM 3,450 Yards - Stress Value = 58	

Workout #25595 - Thursday, 23 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 x 400 on 10:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	1x{1 x 250 on 6:50 Breast Kick w/snorkel {1 x 150 on 4:05 Breast Kick w/snorkel {1 x 50 on 1:20 Breast Kick w/snorkel hands by side
1,500	1x{3 x 100 on 2:10 75 free 25 breast {8 x 25 on :40 Breast-descend in 4s {3 x 100 on 2:15 50 free 50 breast {8 x 25 on :40 Breast-descend in 4s {3 x 100 on 2:20 25 free 75 breast {8 x 25 on :40 Breast-descend in 4s
200	{1 x 200 on 3:00 Stroke Drills
9:15 AM 2,700 Yards - Stress Value = 45	

Workout #25594 - Thursday, 23 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
500	1 x 500 on 10:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
550	1x{1 x 300 on 7:00 Breast Kick w/snorkel {1 x 200 on 4:40 Breast Kick w/snorkel {1 x 50 on 1:10 Breast Kick w/snorkel hands by side
1,800	1x{3 x 100 on 1:45 75 free 25 breast {8 x 25 on :35 Breast-descend in 4s {3 x 100 on 1:50 50 free 50 breast {8 x 25 on :35 Breast-descend in 4s {3 x 100 on 1:55 25 free 75 breast {8 x 25 on :35 Breast-descend in 4s {3 x 100 on 2:00 Breaststroke
200	{1 x 200 on 3:00 Stroke Drills
9:15 AM 3,200 Yards - Stress Value = 53	

Workout #25596 - Friday, 24 July 2020

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Well 4m free/4m breast/4m fly/4m eggbeater 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next posistior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
3,000	1x{4 x 300 on 3:55 Individual Medley {4 x 225 on 2:50 Individual Medley {4 x 150 on 1:50 Individual Medley {4 x 75 on :55 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 4,900 Yards - Stress Value = 84	

Workout #25598 - Friday, 24 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SF
150	1 x 150 on 4:00 Sculling drills	RF
2,800	28 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SF
8:25 AM 3,375 Yards - Stress Value = 309		

Workout #25597 - Friday, 24 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 8:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Well 4m free/4m breast/4m fly/4m eggbeater 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next posistior
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
2,700	1x{4 x 300 on 4:15 Individual Medley {4 x 225 on 3:10 Individual Medley {3 x 150 on 2:05 Individual Medley {2 x 75 on 1:20 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
8:26 AM 4,600 Yards - Stress Value = 78	

Workout #25601 - Friday, 24 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
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350	1 x 350 on 8:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
400	1x{1 x 100 on 3:00 Kick w/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-descend {1 x 100 on 3:00 Kick w/snorkel-100% {1 x 50 on 1:20 Kick w/snorkel-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{7 x 100 on 2:00 Free-descend in 3's {1 x 50 on 1:00 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 1,950 Yards - Stress Value = 29	

Workout #25599 - Friday, 24 July 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 x 400 on 8:00 Underwater Turn Drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{1 x 100 on 2:30 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:30 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	10 x 100 on 1:30 Free-descend in 3's #10 as fast/faster as #9
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 2,350 Yards - Stress Value = 36	

Workout #25600 - Friday, 24 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
450	1x{1 x 100 on 2:45 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:45 Kick w/snorkel-100% {2 x 50 on 1:10 Kick w/snorkel-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{8 x 100 on 1:40 Free-descend in 3's {1 x 50 on :50 Freestyle-100%
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 2,150 Yards - Stress Value = 32	

Workout #25604 - Monday, 27 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on 1:00 200 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :55 200 Back Pace	SP2
8:26 AM 3,675 Yards - Stress Value = 334		

Workout #25602 - Monday, 27 July 2020

Group 3 - Freestylers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Swim-kick-drill-swim
225	15 x 15 on :45 Racing Skills-Free Shooters
900	3x{1 x 100 on 1:45 Free Kick w/snorkel {1 x 100 on 1:40 Free Kick w/snorkel {1 x 100 on 1:35 Free Kick w/snorkel
300	6 x 50 on 2:00 Freestyle-OTB
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 Free-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 4,075 Yards - Stress Value = 89	

Workout #25603 - Monday, 27 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Swim-kick-drill-swim
225	15 x 15 on :45 Racing Skills-Free Shooters
800	1x{1 x 100 on 1:55 Free Kick w/snorkel {1 x 100 on 1:50 Free Kick w/snorkel {1 x 100 on 1:45 Free Kick w/snorkel {1 x 100 on 1:55 Free Kick w/snorkel {1 x 100 on 1:50 Free Kick w/snorkel {1 x 100 on 1:45 Free Kick w/snorkel {1 x 100 on 1:55 Free Kick w/snorkel {1 x 100 on 1:50 Free Kick w/snorkel
300	6 x 50 on 2:00 Freestyle-OTB
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	11 x 150 on 2:10 Free-descend in 3's
250	1 x 250 on 4:00 Stroke Drills
8:25 AM 3,825 Yards - Stress Value = 84	

Workout #25605 - Monday, 27 July 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 5:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{1 x 300 on 6:30 Breast Kick w/snorkel {1 x 200 on 4:20 Breast Kick w/snorkel {1 x 100 on 2:10 Breast Kick w/snorkel hands by side
1,300	1x{3 x 100 on 1:35 75 free 25 breast {8 x 25 on :30 Breast-descend in 4s {3 x 100 on 1:40 50 free 50 breast {8 x 25 on :30 Breast-descend in 4s {3 x 100 on 1:45 25 free 75 breast
100	1 x 100 on 2:00 Stroke Drills
8:55 AM 2,450 Yards - Stress Value = 44	

Workout #25607 - Monday, 27 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 5:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Free Shooters

450	1x{1 x 250 on 6:50 Breast Kick w/snorkel {1 x 150 on 4:05 Breast Kick w/snorkel {1 x 50 on 1:20 Breast Kick w/snorkel hands by side
1,000	1x{3 x 100 on 2:10 75 free 25 breast {8 x 25 on :40 Breast-descend in 4s {3 x 100 on 2:15 50 free 50 breast {8 x 25 on :40 Breast-descend in 4s
100	1 x 100 on 2:00 Stroke Drills
8:56 AM 1,950 Yards - Stress Value = 35	

Workout #25606 - Monday, 27 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 5:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Free Shooters
550	1x{1 x 300 on 7:00 Breast Kick w/snorkel {1 x 200 on 4:40 Breast Kick w/snorkel {1 x 50 on 1:10 Breast Kick w/snorkel hands by side
1,200	1x{3 x 100 on 1:45 75 free 25 breast {8 x 25 on :35 Breast-descend in 4s {3 x 100 on 1:50 50 free 50 breast {8 x 25 on :35 Breast-descend in 4s {2 x 100 on 1:55 25 free 75 breast
100	1 x 100 on 2:00 Stroke Drills
8:56 AM 2,300 Yards - Stress Value = 41	

Workout #25608 - Tuesday, 28 July 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 7:00 Undrwtr Turn Drill-Deep end Shallow end walls 5KOW+1 EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,150	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:15 Kick w/snorkels {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:10 Kick w/snorkels {4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:05 Kick w/snorkels {4 x 25 on :30 Kick no board BSLR
100	1 x 100 on 3:00 Your #1 OTB for Time
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 1:30 Backstroke {2 x 50 on :45 Backstroke-descend {1 x 150 on 2:10 Backstroke {3 x 50 on :45 Backstroke-descend {1 x 200 on 2:50 Backstroke {4 x 50 on :45 Backstroke-descend {1 x 250 on 3:30 Backstroke {5 x 50 on :45 Backstroke-descend {1 x 300 on 4:10 Backstroke {6 x 50 on :45 Backstroke-descend
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,300 Yards - Stress Value = 81	

Workout #25610 - Tuesday, 28 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :35 100 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :55 200 Fly Pace	SP2
8:25 AM 3,675 Yards - Stress Value = 334		

Yards	Set Description
500	1 x 500 on 10:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
950	1x{1 x 100 on 2:30 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:25 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:20 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:15 Kick w/snorkel-100% {2 x 50 on 1:05 Kick w/snorkel-100%
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 3's
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 3,400 Yards - Stress Value = 55	

Workout #25609 - Tuesday, 28 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	1 x 500 on 7:00 Undrwrtr Turn Drill-Deep end Shallow end walls 5KOW+1 EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:30 Kick w/snorkels {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:25 Kick w/snorkels {4 x 25 on :45 Kick no board BSLR {2 x 125 on 2:20 Kick w/snorkels
100	1 x 100 on 3:00 Your #1 OTB for time
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 100 on 1:40 Backstroke {2 x 50 on :50 Backstroke-descend {1 x 150 on 2:25 Backstroke {3 x 50 on :50 Backstroke-descend {1 x 200 on 3:10 Backstroke {4 x 50 on :50 Backstroke-descend {1 x 250 on 3:55 Backstroke {5 x 50 on :50 Backstroke-descend {1 x 300 on 4:30 Backstroke {2 x 50 on :50 Backstroke-descend
200	1 x 200 on 4:00 Stroke Drills
8:25 AM 4,000 Yards - Stress Value = 75	

Workout #25612 - Tuesday, 28 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
500	1 x 500 on 10:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
900	1x{1 x 100 on 2:45 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:40 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:35 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:30 Kick w/snorkel-100% {1 x 50 on 1:00 Kick w/snorkel-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	13 x 100 on 1:45 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 3,150 Yards - Stress Value = 50	

Workout #25614 - Wednesday, 29 July 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
300	12 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	1x{1 x 150 on 2:55 Fly Kick-hands by hips/on ba {1 x 125 on 2:25 Fly Kick-hands by hips/on ba {1 x 100 on 1:55 Fly Kick-hands by hips/on ba {1 x 75 on 1:25 Fly Kick-hands by hips/on bac {1 x 50 on :55 Fly Kick-hands by hips/on back
500	5 x 100 on 3:00 Freestyle-OTB
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{2 x 100 on 1:30 3 strokes fly off walls {2 x 100 on 1:25 3 strokes fly off walls {3 x 100 on 1:20 3 strokes fly off walls {1 x 100 on 1:40 Freestyle {2 x 100 on 1:30 4 strokes fly off walls {2 x 100 on 1:25 4 strokes fly off walls {3 x 100 on 1:20 4 strokes fly off walls {1 x 100 on 1:40 Freestyle {2 x 100 on 1:30 5 strokes fly off walls {2 x 100 on 1:25 5 strokes off walls {3 x 100 on 1:20 5 strokes off walls
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,100 Yards - Stress Value = 110	

Workout #25613 - Tuesday, 28 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
450	1 x 450 on 10:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	1x{1 x 100 on 3:00 Kick w/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-descend {1 x 100 on 2:55 Kick w/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-descend {1 x 100 on 2:50 Kick 2/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	12 x 100 on 2:00 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 2,850 Yards - Stress Value = 45	

Workout #25611 - Tuesday, 28 July 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

Workout #25616 - Wednesday, 29 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
8:23 AM 3,525 Yards - Stress Value = 309		

Workout #25615 - Wednesday, 29 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
300	12 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	1x{1 x 150 on 3:05 Fly Kick-hands by hips/on ba {1 x 125 on 2:35 Fly Kick-hands by hips/on ba {1 x 100 on 2:05 Fly Kick-hands by hips/on ba {1 x 75 on 1:35 Fly Kick-hands by hips/on bac
500	5 x 100 on 3:00 Freestyle-OTB
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,075	1x{2 x 100 on 1:35 3 strokes fly off walls {2 x 100 on 1:30 3 strokes fly off walls {3 x 75 on 1:05 3 strokes fly off walls {1 x 100 on 2:05 Freestyle {2 x 100 on 1:35 4 strokes fly off walls {2 x 100 on 1:30 4 strokes fly off walls {3 x 75 on 1:05 4 strokes fly off walls {1 x 100 on 1:45 Freestyle {2 x 100 on 1:35 5 strokes fly off walls {2 x 100 on 1:30 5 strokes off walls {3 x 75 on 1:05 5 strokes off walls
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 3,825 Yards - Stress Value = 63	

Workout #25617 - Wednesday, 29 July 2020

Group 2 - Back

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
400	4 x 100 on 2:15 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 1:30 Backstroke-Descend {1 on :30 Rest
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 2,300 Yards - Stress Value = 38	

Workout #25619 - Wednesday, 29 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters

300	3 x 100 on 2:55 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	3x{3 x 100 on 2:00 Backstroke-Descend {1 on :30 Rest
200	1 x 200 on 3:00 Stroke Drills
8:55 AM 1,900 Yards - Stress Value = 30	

Workout #25618 - Wednesday, 29 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
350	1x{3 x 100 on 2:25 Kick w/snorkel {1 x 50 on 1:00 Kick w/snorkel Odds VERY fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	4x{3 x 100 on 1:40 Backstroke-Descend {1 on :30 Rest only do 2 on the 4th round
200	1 x 200 on 4:00 Stroke Drills
8:57 AM 2,250 Yards - Stress Value = 37	

Workout #25620 - Thursday, 30 July 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow wall 5KOW+1 EBO Odd 100's free even 100's back
150	10 x 15 on :45 Racing Skill-Breast Shooters Kick Set: hands by side
750	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:50 Breast Kick w/snorkel {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:45 Breast Kick w/snorkel {8 x 25 on :30 Kick no board BSLRX2
100	1 x 100 on 3:00 Your #2 OTB for time
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	2x{2 x 100 on 1:45 75-2k1p+1to4 25 TODrill w/fr {2 x 75 on 1:10 Breast 2/3/4 PO {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
200	1 x 200 on 3:00 Stroke Drills
8:27 AM 4,300 Yards - Stress Value = 83	

Workout #25622 - Thursday, 30 July 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,250	25 x 50 on :55 200 Back Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
750	30 x 25 on :35 200 Fly Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
1,250	25 x 50 on :50 200 Free Pace	SE
8:25 AM 3,675 Yards - Stress Value = 334		

500	1 x 500 on 10:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
950	1x{1 x 100 on 2:30 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:25 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:20 Kick w/snorkel-100% {3 x 50 on 1:05 Kick w/snorkel-descend {1 x 100 on 2:15 Kick w/snorkel-100% {2 x 50 on 1:05 Kick w/snorkel-100%
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 3's
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 3,400 Yards - Stress Value = 55	

Workout #25621 - Thursday, 30 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow wall 5KOW+1 EBO odd 100's free even 100's back
150	10 x 15 on :45 Racing Skill-Breast Shooters Kick Set: hands by side
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 3:05 Breast Kick w/snorkel {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 3:00 Breast Kick w/snorkel {6 x 25 on :30 Kick no board BSLRBS
100	1 x 100 on 3:00 Your #2 stroke OTB for time
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	2x{2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {1 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
200	1 x 200 on 3:00 Stroke Drills
8:26 AM 4,050 Yards - Stress Value = 78	

Workout #25624 - Thursday, 30 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
500	1 x 500 on 10:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
900	1x{1 x 100 on 2:45 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:40 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:35 Kick w/snorkel-100% {3 x 50 on 1:10 Kick w/snorkel-descend {1 x 100 on 2:30 Kick w/snorkel-100% {1 x 50 on 1:00 Kick w/snorkel-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	13 x 100 on 1:45 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 3,150 Yards - Stress Value = 50	

Workout #25626 - Friday, 31 July 2020

Group 3 - IM's

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
600	1 x 600 on 12:00 Vertical Kicking Diving Wel 4min free, 4min breast, 4min fly, 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next positior
300	6 x 50 on 2:00 Freestyle-OTB
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd nc 3rd no breast, 4th no free
2,100	1x{6 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {5 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:15 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 3,950 Yards - Stress Value = 86	

Workout #25625 - Thursday, 30 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
450	1 x 450 on 10:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	1x{1 x 100 on 3:00 Kick w/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-descend {1 x 100 on 2:55 Kick w/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-descend {1 x 100 on 2:50 Kick 2/snorkel-100% {3 x 50 on 1:20 Kick w/snorkel-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	12 x 100 on 2:00 Free-descend in 3's
200	1 x 200 on 3:00 Stroke Drills
9:15 AM 2,850 Yards - Stress Value = 45	

Workout #25623 - Thursday, 30 July 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

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

Workout #25628 - Friday, 31 July 2020

8:54 AM 1,700 Yards - Stress Value = 23

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SF
150	1 x 150 on 4:00 Sculling drills	RE
2,800	28 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE

8:25 AM 3,375 Yards - Stress Value = 309

Workout #25627 - Friday, 31 July 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
600	1 x 600 on 12:00 Vertical Kicking Diving Well 4min free, 4min breast. 4min fly, 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next posistior
300	6 x 50 on 2:00 Freestyle-OTB
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes IM Set: 1st one of each line no fly, 2nd no 3rd no breast, 4th no free
2,100	1x{6 x 100 on 1:20 Individual Medley {1 on 1:00 Rest {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 {3 x 100 on 1:20 Individual Medley
200	1 x 200 on 3:00 Stroke Drills

8:25 AM 3,950 Yards - Stress Value = 86

Workout #25631 - Friday, 31 July 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{4 x 25 on :45 Kick no board BSLR {3 x 50 on 1:20 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 25 on :40 Butterfly {1 x 25 on :35 Freestyle {2 x 25 on :40 Butterfly {1 x 25 on :35 Freestyle {3 x 25 on :40 Butterfly {1 x 25 on :35 Freestyle {4 x 25 on :40 Butterfly {1 x 25 on :35 Freestyle {5 x 25 on :40 Butterfly {1 x 25 on :35 Freestyle {6 x 25 on :40 Butterfly {1 x 25 on :35 Freestyle {3 x 25 on :40 Butterfly
200	1 x 200 on 4:00 Stroke Drills

Workout #25629 - Friday, 31 July 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:05 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{1 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {5 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {7 x 25 on :30 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :30 Butterfly
200	1 x 200 on 4:00 Stroke Drills

8:55 AM 2,025 Yards - Stress Value = 28

Workout #25630 - Friday, 31 July 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:10 Fly Kick-w/snorkel hands by f
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 25 on :35 Butterfly {1 x 25 on :30 Freestyle {2 x 25 on :35 Butterfly {1 x 25 on :30 Freestyle {3 x 25 on :35 Butterfly {1 x 25 on :30 Freestyle {4 x 25 on :35 Butterfly {1 x 25 on :30 Freestyle {5 x 25 on :35 Butterfly {1 x 25 on :30 Freestyle {6 x 25 on :35 Butterfly {1 x 25 on :30 Freestyle {7 x 25 on :35 Butterfly
200	1 x 200 on 4:00 Stroke Drills

8:55 AM 1,900 Yards - Stress Value = 26

Workout #25634 - Monday, 03 August 2020

Group 3 - USRPT

1 minute rest between sets

6:45 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :55 200 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :55 200 Breast Pace	SP2
8:09 AM 3,675 Yards - Stress Value = 334		

Workout #25632 - Monday, 03 August 2020

Group 3 - Freestylers

1 minute rest between sets

6:45 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
700	7 x 100 on 1:35 Kick w/board
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes Get split at each break. Each swim should faster then split from previous
3,400	2x{1 x 500 on 6:30 Free break at 400 for 5 secc {1 x 400 on 5:10 Free break at 300 for 5 secc {1 x 300 on 3:55 Free break at 200 for 5 secc {1 x 200 on 2:40 Free break at 100 for 5 secc {3 x 100 on 1:30 Free-all faster then 100 spl
200	1 x 200 on 3:00 Stroke Drills
8:11 AM 5,050 Yards - Stress Value = 90	

Workout #25633 - Monday, 03 August 2020

Group 3 - Gold

1 minute rest between sets

6:45 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
600	6 x 100 on 1:45 Kick w/board
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes Get split at each break. Each swim should faster then split from previous
3,200	2x{1 x 500 on 7:05 Free break at 400 for 5 secc {1 x 400 on 5:40 Free break at 300 for 5 secc {1 x 300 on 4:15 Free break at 200 for 5 secc {1 x 200 on 2:50 Free break at 100 for 5 secc {2 x 100 on 1:40 Free-all faster then 100 spl
200	1 x 200 on 3:00 Stroke Drills
8:11 AM 4,750 Yards - Stress Value = 84	

Workout #25637 - Monday, 03 August 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Shooters
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 400 on 7:40 Freestyle {3 x 100 on 1:55 Freestyle

{1 x 300 on 5:45 Freestyle

{2 x 100 on 1:55 Freestyle

{1 x 50 on :55 Freestyle

200 8 x 25 on :35 USRPT-100 Free

150 1 x 150 on 3:00 Stroke Drills

8:55 AM 2,100 Yards - Stress Value = 35

Workout #25635 - Monday, 03 August 2020

Group 2 - Freestylers

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Shooters
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 1:25 Freestyle {1 x 300 on 4:15 Freestyle {3 x 100 on 1:25 Freestyle {1 x 200 on 2:50 Freestyle {2 x 100 on 1:20 Freestyle
250	10 x 25 on :30 USRPT-100 Free
150	1 x 150 on 3:00 Stroke Drills
8:55 AM 2,650 Yards - Stress Value = 45	

Workout #25636 - Monday, 03 August 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Closed Fist Progression
150	10 x 15 on :45 Shooters
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 400 on 6:20 Freestyle {3 x 100 on 1:35 Freestyle {1 x 300 on 4:45 Freestyle {3 x 100 on 1:35 Freestyle {1 x 200 on 3:10 Freestyle
250	10 x 25 on :30 USRPT-100 Free
150	1 x 150 on 3:00 Stroke Drills
8:55 AM 2,450 Yards - Stress Value = 41	

Workout #25638 - Tuesday, 04 August 2020

Group 3 - Back

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 x 400 on 6:00 Undrwtr Turn Drill-Deep end
 Shallow end walls 5KOW+1 EBO
 150 10 x 15 on :45 Racing Skills-Back Shooters
 800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:00 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
 300 6 x 50 on 2:00 Freestyle OTB
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,225 1x{3 x 125 on 1:50 Backstroke
 {3 x 125 on 1:45 Backstroke
 {3 x 125 on 1:40 Backstroke
 {2 x 125 on 1:45 Backstroke
 {2 x 125 on 1:40 Backstroke
 {2 x 125 on 1:35 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 125 on 1:35 Backstroke
 {1 x 125 on 1:30 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 8:25 AM 4,225 Yards - Stress Value = 93

Workout #25640 - Tuesday, 04 August 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 750 30 x 25 on :35 100 Breast Pace SP2
 100 1 x 100 on 3:00 Sculling drills REC
 1,250 25 x 50 on :50 200 Free Pace SP2
 100 1 x 100 on 3:00 Sculling drills REC
 1,250 25 x 50 on :55 200 Fly Pace SP2
 8:25 AM 3,675 Yards - Stress Value = 334

Workout #25639 - Tuesday, 04 August 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 400 1 x 400 on 6:00 Undrwtr Turn Drill-Deep end
 Shallow end walls 5KOW+1 EBO
 150 10 x 15 on :45 Racing Skills-Back Shooters
 750 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 300 6 x 50 on 2:00 Freestyle
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,075 1x{3 x 125 on 2:00 Backstroke
 {3 x 125 on 1:55 Backstroke
 {3 x 125 on 1:50 Backstroke
 {2 x 125 on 1:55 Backstroke
 {2 x 125 on 1:50 Backstroke
 {2 x 125 on 1:45 Backstroke
 {1 x 75 on 1:05 Backstroke
 {1 x 75 on 1:00 Backstroke
 {1 x 50 on :40 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 8:25 AM 4,025 Yards - Stress Value = 91

Workout #25643 - Tuesday, 04 August 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start
 Yards Set Description
 =====
 250 1 x 250 on 6:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:15 Fly Kick w/snorkel
 {4 x 25 on :40 Kick no board BSLR
 {4 x 50 on 1:15 Fly Kick w/snorkel
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{4 x 75 on 1:35 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lup1down+1
 {3 x 100 on 2:10 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lup1down+1
 {2 x 125 on 2:45 Fly 25R-25L-75B
 300 12 x 25 on :40 USRPT-100 Fly Pace
 150 1 x 150 on 3:00 Stroke Drills
 9:14 AM 2,550 Yards - Stress Value = 68

Workout #25641 - Tuesday, 04 August 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start
 Yards Set Description
 =====
 300 1 x 300 on 6:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 750 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/snorkel
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:25 Fly Kick w/snorkel
 {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
 1,550 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lup1down+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lup1down+1
 {4 x 125 on 1:50 Fly 25R-25L-75B
 {6 x 25 on :30 Fly lup1down+1
 375 15 x 25 on :30 USRPT-100 Fly Pace
 150 1 x 150 on 3:00 Stroke Drills
 9:15 AM 3,375 Yards - Stress Value = 90

Workout #25642 - Tuesday, 04 August 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
650	1x{4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:05 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:35 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,325	1x{4 x 75 on 1:20 Fly 25R-25L-25B {4 x 25 on :35 Fly lupldown+1 {4 x 100 on 1:45 Fly 25R-25L-50B {4 x 25 on :35 Fly lupldown+1 {3 x 125 on 2:15 Fly 25R-25L-75B {2 x 25 on :30 Fly lupldown+1
325	13 x 25 on :35 USRPT-100 Fly Pace
150	1 x 150 on 3:00 Stroke Drills
9:15 AM 3,000 Yards - Stress Value = 78	

Workout #25644 - Wednesday, 05 August 2020

Group 3 - Breast

1 minute rest between sets

7:00 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters
1,200	8 x 150 on 2:00 Lungbuster pulls By the 50: evens br 4-6-8, odds 3-5-7
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{5 x 100 on 1:30 Breaststroke {1 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {4 x 100 on 1:30 Breaststroke {2 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {3 x 100 on 1:25 Breaststroke {3 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {2 x 100 on 1:25 Breaststroke {4 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {1 x 100 on 1:25 Breaststroke {5 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,500 Yards - Stress Value = 77	

Workout #25646 - Wednesday, 05 August 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
8:25 AM 3,525 Yards - Stress Value = 309		

Workout #25645 - Wednesday, 05 August 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
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Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skill-Breast Shooters
1,050	7 x 150 on 2:15 Lungbuster pulls By the 50: evens br 4-6-8, odds 3-5-7
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{5 x 100 on 1:40 Breaststroke {1 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {4 x 100 on 1:40 Breaststroke {2 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {3 x 100 on 1:35 Breaststroke {3 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {2 x 100 on 1:35 Breaststroke {4 x 50 on 1:00 25BR w/fly kick/25 Free Sprir {1 x 100 on 1:35 Breaststroke {2 x 50 on 1:00 25BR w/fly kick/25 Free Sprir
200	1 x 200 on 3:00 Stroke Drills
8:25 AM 4,200 Yards - Stress Value = 71	

Workout #25647 - Wednesday, 05 August 2020

Group 2 - Breast

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	1 x 300 on 6:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{1 x 200 on 3:50 Breast 2K1P {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast-3-4-5-6 sec glide {3 x 50 on :55 Breast-descend {1 x 200 on 3:50 Breast-2k1p {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast 3-4-5-6 glide
150	1 x 150 on 3:00 Stroke Drills
8:55 AM 2,200 Yards - Stress Value = 29	

Workout #25649 - Wednesday, 05 August 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	1 x 250 on 6:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 150 on 3:45 Breast 2K1P {3 x 50 on 1:15 Breast-descend {1 x 150 on 3:45 Breast-3-4-5-6 sec glide {3 x 50 on 1:15 Breast-descend {1 x 150 on 3:45 Breast-2k1p {3 x 50 on 1:15 Breast-descend {1 x 50 on 1:15 Breast 3-4-5-6 glide
150	1 x 150 on 3:00 Stroke Drills
8:55 AM 1,850 Yards - Stress Value = 26	

Workout #25648 - Wednesday, 05 August 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	1 x 300 on 6:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:10 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 1:05 Breast-descend {1 x 150 on 3:10 Breast-2k1p {3 x 50 on 1:05 Breast-descend {1 x 100 on 2:10 Breast 3-4-5-6 glide
150	1 x 150 on 3:00 Stroke Drills
8:55 AM 2,050 Yards - Stress Value = 28	

{1 x 50 on :45 Fly w/free kick 45
{1 x 50 on :45 Fly w/free kick 50
{1 x 50 on :40 Fly w/free kick 25
{1 x 50 on :40 Fly w/free kick 30
{1 x 50 on :40 Fly w/free kick 35
{1 x 50 on :40 Fly w/free kick 40
{1 x 50 on :40 Fly w/free kick 45
{1 x 50 on :40 Fly w/free kick 50
200 1 x 200 on 3:00 Stroke Drills

8:25 AM 3,950 Yards - Stress Value = 98

Workout #25652 - Thursday, 06 August 2020

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY W
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
100	1 x 100 on 5:00 Timed 100-your choice	SP1
8:24 AM 3,125 Yards - Stress Value = 267		

Workout #25650 - Thursday, 06 August 2020

Group 3 - Fly

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow wall 5KOW EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,200	1x{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 40 {1 x 50 on :55 Fly w/free kick 35 {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 {1 x 50 on :40 Fly w/free kick 25 {1 x 50 on :40 Fly w/free kick 30 {1 x 50 on :40 Fly w/free kick 35 {1 x 50 on :40 Fly w/free kick 40 {1 x 50 on :40 Fly w/free kick 45 {1 x 50 on :40 Fly w/free kick 50
500	5 x 100 on 3:00 Freestyle-OTB
300	6x{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 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 40 {1 x 50 on :55 Fly w/free kick 35 {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

Workout #25651 - Thursday, 06 August 2020

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow wall 5KOW EBO
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,050	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 {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 40 {1 x 50 on :45 Fly w/free kick 45 {1 x 50 on :45 Fly w/free kick 50
500	5 x 100 on 3:00 Freestyle-OTB
300	6x{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 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 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
8:25 AM 3,650 Yards - Stress Value = 92	

Workout #25655 - Thursday, 06 August 2020

Group 2 - Copper

1 minute rest between sets

8:00 AM Start

Yards	Set Description
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	1x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:15 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {4 x 50 on 1:15 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{4 x 75 on 1:35 Fly 25R-25L-25B {4 x 25 on :40 Fly lupldown+1

{3 x 100 on 2:10 Fly 25R-25L-50B

{4 x 25 on :40 Fly lupldown+1

{2 x 125 on 2:45 Fly 25R-25L-75B

300 12 x 25 on :40 USRPT-100 Fly Pace

150 1 x 150 on 3:00 Stroke Drills

9:14 AM 2,550 Yards - Stress Value = 68

Workout #25653 - Thursday, 06 August 2020

Group 2 - Fly

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	1x{4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:25 Fly Kick w/snorkel {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
1,550	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 {6 x 25 on :30 Fly lupldown+1
375	15 x 25 on :30 USRPT-100 Fly Pace
150	1 x 150 on 3:00 Stroke Drills
9:15 AM 3,375 Yards - Stress Value = 90	

Workout #25654 - Thursday, 06 August 2020

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
650	1x{4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:05 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:35 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,325	1x{4 x 75 on 1:20 Fly 25R-25L-25B {4 x 25 on :35 Fly lupldown+1 {4 x 100 on 1:45 Fly 25R-25L-50B {4 x 25 on :35 Fly lupldown+1 {3 x 125 on 2:15 Fly 25R-25L-75B {2 x 25 on :30 Fly lupldown+1
325	13 x 25 on :35 USRPT-100 Fly Pace
150	1 x 150 on 3:00 Stroke Drills
9:15 AM 3,000 Yards - Stress Value = 78	

Workout #25662 - Monday, 10 August 2020

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
1,000	1x{1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 1:45 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 1:40 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 1:35 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 1:30 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 1:25 Free Kick w/snorkel
150	3x{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 5:20 Freestyle {1 x 100 on 1:30 Freestyle 400's drop 5 seconds each round
200	1 x 200 on 3:00 Stroke Drills
7:50 AM	4,400 Yards - Stress Value = 94

Workout #25663 - Monday, 10 August 2020

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
900	1x{1 x 100 on 2:10 Free Kick w/snorkel {1 x 100 on 1:55 Free Kick w/snorkel {1 x 100 on 2:10 Free Kick w/snorkel {1 x 100 on 1:50 Free Kick w/snorkel {1 x 100 on 2:10 Free Kick w/snorkel {1 x 100 on 1:45 Free Kick w/snorkel {1 x 100 on 2:10 Free Kick w/snorkel {1 x 100 on 1:40 Free Kick w/snorkel {1 x 100 on 2:10 Free Kick w/snorkel
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	5x{1 x 350 on 5:10 Freestyle {1 x 100 on 1:40 Freestyle 350's drop 5 seconds each round
200	1 x 200 on 3:00 Stroke Drills
7:50 AM	4,050 Yards - Stress Value = 89

Workout #25665 - Monday, 10 August 2020

Group 2 - Breast

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	1 x 300 on 5:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	1 x 300 on 6:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{1 x 200 on 3:50 Breast 2K1P {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast-3-4-5-6 sec glide {3 x 50 on :55 Breast-descend {1 x 200 on 3:50 Breast-2k1p {3 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast 3-4-5-6 glide
150	1 x 150 on 3:00 Stroke Drills
10:05 AM	2,250 Yards - Stress Value = 29

Workout #25667 - Monday, 10 August 2020

Group 2 - Copper

1 minute rest between sets

9:10 AM Start

Yards	Set Description
250	1 x 250 on 5:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	1 x 250 on 6:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 150 on 3:45 Breast 2K1P {3 x 50 on 1:15 Breast-descend {1 x 150 on 3:45 Breast-3-4-5-6 sec glide {3 x 50 on 1:15 Breast-descend {1 x 150 on 3:45 Breast-2k1p {3 x 50 on 1:15 Breast-descend {1 x 50 on 1:15 Breast 3-4-5-6 glide
150	1 x 150 on 3:00 Stroke Drills
10:05 AM	1,850 Yards - Stress Value = 26

Workout #25666 - Monday, 10 August 2020

Group 2 - Silver

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	1 x 300 on 5:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	1 x 300 on 6:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:10 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 1:05 Breast-descend {1 x 150 on 3:10 Breast-2k1p {3 x 50 on 1:05 Breast-descend {1 x 100 on 2:10 Breast 3-4-5-6 glide
150	1 x 150 on 3:00 Stroke Drills
10:05 AM	2,100 Yards - Stress Value = 28

Workout #25668 - Tuesday, 11 August 2020

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	1 x 500 on 7:00 Underwater trn drill Shallow wall 5+1 KOW & EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{3 x 50 on 1:00 Kick rght/lft/strmln {3 x 75 on 1:25 Kick rght/lft/strmln {3 x 100 on 1:50 Kick rght/lft/strmln {3 x 125 on 2:15 Kick rght/lft/strmln
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{3 x 150 on 2:00 Backstroke {2 x 50 on 1:00 Back-100% {3 x 150 on 1:55 Backstroke {2 x 50 on 1:00 Back-100% {3 x 150 on 1:50 Backstroke {2 x 50 on 1:00 Back-100% {3 x 150 on 1:45 Backstroke {2 x 50 on 1:00 Back-100%
200	1 x 200 on 3:00 Stroke Drills
7:50 AM	4,300 Yards - Stress Value = 73

Workout #25670 - Tuesday, 11 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,350	27 x 50 on 1:00 200 Breast Pace	SP2
7:50 AM 3,275 Yards - Stress Value = 294		

Workout #25669 - Tuesday, 11 August 2020

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	1 x 500 on 7:00 Underwater trn drill Shallow wall 5+1 KOW & EBO
150	10 x 15 on :45 Racing Skills-Back Shooters
925	1x{3 x 50 on 1:05 Kick rght/lft/strmln {3 x 75 on 1:35 Kick rght/lft/strmln {3 x 100 on 2:05 Kick rght/lft/strmln {2 x 125 on 2:30 Kick rght/lft/strmln
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{3 x 150 on 2:15 Backstroke {2 x 50 on 1:00 Back-100% {3 x 150 on 2:10 Backstroke {2 x 50 on 1:00 Back-100% {3 x 150 on 2:05 Backstroke {2 x 50 on 1:00 Back-100% {2 x 150 on 2:00 Backstroke {1 x 50 on 1:00 Back-100%
200	1 x 200 on 3:00 Stroke Drills
7:50 AM 3,975 Yards - Stress Value = 66	

Workout #25671 - Tuesday, 11 August 2020

Group 2 - Back

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
750	1x{5 x 50 on 1:05 Streamline Kick on Back {5 x 50 on 1:00 Streamline Kick on Back {5 x 50 on :55 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 1:15 Backstroke {6 x 75 on 1:10 Backstroke {4 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
10:15 AM 2,950 Yards - Stress Value = 51	

Workout #25673 - Tuesday, 11 August 2020

Group 2 - Copper

1 minute rest between sets

9:10 AM Start

Yards	Set Description
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
500	1x{4 x 50 on 1:30 Streamline Kick on Back

{4 x 50 on 1:25 Streamline Kick on Back
{2 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
1,125 1x{6 x 75 on 1:40 Backstroke {6 x 75 on 1:35 Backstroke {3 x 75 on 1:30 Backstroke
150 1 x 150 on 3:00 Stroke Drills
10:15 AM 2,275 Yards - Stress Value = 38

Workout #25672 - Tuesday, 11 August 2020

Group 2 - Silver

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
600	1x{4 x 50 on 1:15 Streamline Kick on Back {5 x 50 on 1:10 Streamline Kick on Back {3 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
1,275	1x{8 x 75 on 1:25 Backstroke {6 x 75 on 1:20 Backstroke {3 x 75 on 1:15 Backstroke
150	1 x 150 on 3:00 Stroke Drills
10:15 AM 2,575 Yards - Stress Value = 43	

Workout #25674 - Wednesday, 12 August 2020

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	16 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 4-14/15
150	10 x 15 on :45 Racing Skills-Fly Shooters BSLR's underwater as far as possible
900	1x{4 x 25 on :30 Kick no board BSLR {1 x 200 on 3:30 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:35 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:40 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 50 on :45 Fly Kick w/snorkel
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	8x{3 x 50 on :45 Fly 3-4-5-6 strokes off walls {1 x 100 on 2:00 Fly Stroke Drills 3rd one of each set whole stroke fly
200	1 x 200 on 3:00 Stroke Drills
7:50 AM 3,800 Yards - Stress Value = 50	

Workout #25676 - Wednesday, 12 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EG
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
750	30 x 25 on :35 100 Breast Pace	SI
100	1 x 100 on 3:00 Sculling drills	RE
750	30 x 25 on :30 100 Free Pace	SI
100	1 x 100 on 3:00 Sculling drills	RE
1,300	26 x 50 on :55 200 Fly Pace	SI
7:50 AM 3,225 Yards - Stress Value = 289		

Workout #25675 - Wednesday, 12 August 2020

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	16 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 4-14/15
150	10 x 15 on :45 Racing Skills-Fly Shooters BSLR's underwater as far as possible
850	1x{4 x 25 on :30 Kick no board BSLR {1 x 200 on 4:00 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 150 on 3:00 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	8x{3 x 50 on :50 Fly 3-4-5-6 strokes off walls {1 x 100 on 2:00 Fly Stroke Drills 3rd one of each set whole stroke fly only do the 50's on the 8th round
200	1 x 200 on 3:00 Stroke Drills

7:52 AM 3,750 Yards - Stress Value = 49

Workout #25679 - Wednesday, 12 August 2020

Group 2 - Copper

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
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 400 on 7:40 Freestyle {3 x 100 on 1:55 Freestyle {1 x 300 on 5:45 Freestyle {2 x 100 on 1:55 Freestyle {1 x 50 on :55 Freestyle
200	8 x 25 on :35 USRPT-100 Free
150	1 x 150 on 3:00 Stroke Drills

10:05 AM 2,150 Yards - Stress Value = 35

Workout #25677 - Wednesday, 12 August 2020

Group 2 - Freestylers

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
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 1:25 Freestyle {1 x 300 on 4:15 Freestyle {3 x 100 on 1:25 Freestyle {1 x 200 on 2:50 Freestyle {2 x 100 on 1:20 Freestyle
250	10 x 25 on :30 USRPT-100 Free
150	1 x 150 on 3:00 Stroke Drills

10:05 AM 2,650 Yards - Stress Value = 45

Workout #25678 - Wednesday, 12 August 2020

Group 2 - Silver

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
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 400 on 6:20 Freestyle {3 x 100 on 1:35 Freestyle {1 x 300 on 4:45 Freestyle {3 x 100 on 1:35 Freestyle {1 x 200 on 3:10 Freestyle
250	10 x 25 on :30 USRPT-100 Free
150	1 x 150 on 3:00 Stroke Drills

10:05 AM 2,450 Yards - Stress Value = 41

Workout #25680 - Thursday, 13 August 2020

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow end wall 5+1 KOW EBO
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,100	1x{3 x 100 on 2:00 Streamline Kick on Back {3 x 100 on 1:55 Streamline Kick on Back {3 x 100 on 1:50 Streamline Kick on Back {2 x 100 on 1:45 Streamline Kick on Back
150	3x{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 3:10 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:15 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:20 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:15 Breaststroke {3 x 50 on 1:00 Breaststroke-descend {1 x 200 on 3:10 Breaststroke {3 x 50 on 1:00 Breaststroke-descend
200	1 x 200 on 3:00 Stroke Drills

7:50 AM 3,750 Yards - Stress Value = 65

Workout #25682 - Thursday, 13 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY W
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2

7:50 AM 3,525 Yards - Stress Value = 309

Workout #25678 - Wednesday, 12 August 2020

Group 2 - Silver

1 minute rest between sets

Workout #25681 - Thursday, 13 August 2020

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 x 400 on 6:00 Underwater trn drill Shallow end wall 5+1 KOW EBO
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,000	1x{2 x 100 on 2:10 Streamline Kick on Back {3 x 100 on 2:05 Streamline Kick on Back {3 x 100 on 2:00 Streamline Kick on Back {2 x 100 on 1:55 Streamline Kick on Back
150	3x{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 3:20 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 3:30 Breaststroke {3 x 50 on 1:00 Breaststroke-desend {1 x 200 on 3:25 Breaststroke {3 x 50 on 1:00 Breaststroke-descend {1 x 200 on 3:20 Breaststroke {3 x 50 on 1:00 Breaststroke-descend
200	1 x 200 on 3:00 Stroke Drills
7:50 AM 3,650 Yards - Stress Value = 63	

Workout #25683 - Thursday, 13 August 2020

Group 2 - Back

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
750	1x{5 x 50 on 1:05 Streamline Kick on Back {5 x 50 on 1:00 Streamline Kick on Back {5 x 50 on :55 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 1:15 Backstroke {6 x 75 on 1:10 Backstroke {4 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
10:15 AM 2,950 Yards - Stress Value = 51	

Workout #25685 - Thursday, 13 August 2020

Group 2 - Copper

1 minute rest between sets

9:10 AM Start

Yards	Set Description
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
500	1x{4 x 50 on 1:30 Streamline Kick on Back {4 x 50 on 1:25 Streamline Kick on Back {2 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
1,125	1x{6 x 75 on 1:40 Backstroke {6 x 75 on 1:35 Backstroke {3 x 75 on 1:30 Backstroke
150	1 x 150 on 3:00 Stroke Drills
10:15 AM 2,275 Yards - Stress Value = 38	

Workout #25684 - Thursday, 13 August 2020

Group 2 - Silver

1 minute rest between sets

9:10 AM Start

Yards	Set Description
300	1 x 300 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
600	1x{4 x 50 on 1:15 Streamline Kick on Back {5 x 50 on 1:10 Streamline Kick on Back {3 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
1,275	1x{8 x 75 on 1:25 Backstroke {6 x 75 on 1:20 Backstroke {3 x 75 on 1:15 Backstroke
150	1 x 150 on 3:00 Stroke Drills
10:15 AM 2,575 Yards - Stress Value = 43	

Workout #25686 - Friday, 14 August 2020

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turr
800	1 x 800 on 12:00 Vertical Kicking Diving We 4min free, 4min breast. 4min fly 1min each:hands in, hands out, fingers loc behind head, streamline after each min swim to bottom do a flilp t dolphin kick streamline into next positior
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	12x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous S
200	1 x 200 on 3:00 Stroke Drills
7:50 AM 4,700 Yards - Stress Value = 80	

Workout #25688 - Friday, 14 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE
150	1 x 150 on 4:00 Sculling drills	RE
2,500	25 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE
7:50 AM 3,075 Yards - Stress Value = 279		

Workout #25684 - Thursday, 13 August 2020

Group 2 - Silver

1 minute rest between sets

Workout #25687 - Friday, 14 August 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turr
600	1 x 600 on 12:00 Vertical Kicking Diving We 4min free, 4min breast. 4min fly 1min each:hands in, hands out, fingers loc behind head, streamline after each min swim to bottom do a flilp t dolphin kick streamline into next positior
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	10x{1 x 100 on 1:25 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle
400	4 x 100 on 1:30 Free-Descend to Ludicrous &
200	1 x 200 on 3:00 Stroke Drills
7:49 AM	4,100 Yards - Stress Value = 68

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:10 AM	Start
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
400	1x{4 x 25 on :35 Kick no board BSLR {2 x 50 on 1:05 Fly Kick w/snorkel {2 x 25 on :35 Kick no board BSLR {2 x 75 on 1:35 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,025	1x{2 x 75 on 1:20 Fly 25R-25L-25B {4 x 25 on :35 Fly lupldown+1 {2 x 100 on 1:45 Fly 25R-25L-50B {4 x 25 on :35 Fly lupldown+1 {3 x 125 on 2:15 Fly 25R-25L-75B {4 x 25 on :35 Fly lupldown+1
150	1 x 150 on 3:00 Stroke Drills
10:05 AM	2,125 Yards - Stress Value = 35

Workout #25694 - Monday, 17 August 2020

Group 3 - USRPT

1 minute rest between sets

Workout #25691 - Friday, 14 August 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
9:10 AM	Start
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{4 x 25 on :40 Kick no board BSLR {2 x 50 on 1:15 Fly Kick w/snorkel {2 x 25 on :40 Kick no board BSLR {2 x 50 on 1:15 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{2 x 75 on 1:35 Fly 25R-25L-25B {4 x 25 on :40 Fly lupldown+1 {2 x 100 on 2:10 Fly 25R-25L-50B {4 x 25 on :40 Fly lupldown+1 {2 x 125 on 2:45 Fly 25R-25L-75B {4 x 25 on :40 Fly lupldown+1
100	1 x 100 on 2:00 Stroke Drills
10:05 AM	1,850 Yards - Stress Value = 31

Yards	Set Description	EGY
6:30 AM	Start	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,250	25 x 50 on :55 200 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :55 200 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
625	25 x 25 on :30 100 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
625	25 x 25 on :35 100 Breast Pace	SP2
8:12 AM	4,275 Yards - Stress Value = 383	

Workout #25692 - Monday, 17 August 2020

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 x 600 on 9:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters Hold ALL 75's faster then fastest interval
1,100	1x{4 x 25 on :30 Kick no board B {2 x 75 on 1:10 Free Kick w/snorkel {4 x 25 on :30 Kick no board S {2 x 75 on 1:15 Free Kick w/snorkel {4 x 25 on :30 Kick no board L {2 x 75 on 1:20 Free Kick w/snorkel {4 x 25 on :30 Kick no board R {2 x 75 on 1:25 Free Kick w/snorkel {4 x 25 on :30 Kick no board BSLR
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{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 1st 25 of each repeat alt between 12.5 yds under+EBO & 6bk
200	1 x 200 on 3:00 Stroke Drills
8:00 AM	5,250 Yards - Stress Value = 90

Workout #25689 - Friday, 14 August 2020

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
9:10 AM	Start
300	1 x 300 on 6:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	1x{4 x 25 on :30 Kick no board BSLR {2 x 50 on :55 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 75 on 1:25 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{2 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 {4 x 125 on 1:50 Fly 25R-25L-75B {4 x 25 on :30 Fly lupldown+1
100	1 x 100 on 2:00 Stroke Drills
10:05 AM	2,350 Yards - Stress Value = 40

Workout #25690 - Friday, 14 August 2020

Workout #25693 - Monday, 17 August 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 x 600 on 9:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	Hold ALL 75's faster then fastest interval
1,050	1x{4 x 25 on :30 Kick no board B
	{2 x 75 on 1:20 Free Kick w/snorkel
	{4 x 25 on :30 Kick no board S
	{2 x 75 on 1:25 Free Kick w/snorkel
	{4 x 25 on :30 Kick no board L
	{2 x 75 on 1:30 Free Kick w/snorkel
	{6 x 25 on :30 Kick no board R
	{2 x 75 on 1:35 Free Kick w/snorkel
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{4 x 150 on 2:05 Freestyle
	{1 x 600 on 8:00 Freestyle
	{4 x 125 on 1:45 Freestyle
	{1 x 500 on 6:40 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 300 on 4:00 Freestyle
	1st 25 of each repeat alt between
	12.5 yds under+EBO & 6bk
200	1 x 200 on 3:00 Stroke Drills
	8:00 AM 5,000 Yards - Stress Value = 85

Workout #25695 - Monday, 17 August 2020

Group 2 - Back

1 minute rest between sets

Yards	Set Description
1:00 PM	Start
400	1 x 400 on 8:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{8 x 50 on 1:05 Streamline Kick on Back
	{7 x 50 on 1:00 Streamline Kick on Back
	{6 x 50 on :55 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,500	2x{4 x 75 on 1:15 Backstroke
	{4 x 75 on 1:10 Backstroke
	{4 x 75 on 1:05 Backstroke
	{4 x 75 on 1:00 Backstroke
	{1 x 50 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	2:30 PM 4,400 Yards - Stress Value = 75

Workout #25697 - Monday, 17 August 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
1:00 PM	Start
350	1 x 350 on 8:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Back Shooters
750	1x{8 x 50 on 1:30 Streamline Kick on Back
	{4 x 50 on 1:25 Streamline Kick on Back
	{3 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
1,750	2x{4 x 75 on 1:40 Backstroke
	{4 x 75 on 1:35 Backstroke
	{3 x 75 on 1:30 Backstroke
	{1 x 50 on 2:00 Freestyle
150	1 x 150 on 3:00 Stroke Drills
	2:29 PM 3,250 Yards - Stress Value = 54

Workout #25696 - Monday, 17 August 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
1:00 PM	Start
400	1 x 400 on 8:00 Closed Fist Progression
150	10 x 15 on :45 Racing Skills-Back Shooters
900	1x{8 x 50 on 1:15 Streamline Kick on Back
	{6 x 50 on 1:10 Streamline Kick on Back
	{4 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
2,050	2x{5 x 75 on 1:25 Backstroke
	{4 x 75 on 1:20 Backstroke
	{4 x 75 on 1:15 Backstroke
	{1 x 50 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	2:29 PM 3,800 Yards - Stress Value = 63

Workout #25698 - Tuesday, 18 August 2020

Group 3 - Back

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
500	1 x 500 on 7:00 Underwater trn drill
	Shallow wall 5+1 KOW & EBO
	Deep wall underwater turns
150	10 x 15 on :45 Racing Skills-Back Shooters
900	1x{2 x 50 on 1:00 Streamline Kick on back
	{2 x 100 on 1:45 Free Kick w/snorkel
	{2 x 50 on 1:00 Streamline Kick on back
	{2 x 100 on 1:40 Free Kick w/snorkel
	{2 x 50 on 1:00 Streamline Kick on Back
	{2 x 100 on 1:35 Free Kick w/snorkel
300	6 x 50 on 2:00 Freestyle-From a Push
200	4x{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
	{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
200	1 x 200 on 3:00 Stroke Drills
	8:00 AM 3,900 Yards - Stress Value = 83

Workout #25700 - Tuesday, 18 August 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,250	25 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on 1:00 200 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
625	25 x 25 on :30 100 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
625	25 x 25 on :30 100 Fly Pace	SP2
	8:10 AM 4,275 Yards - Stress Value = 383	

Workout #25699 - Tuesday, 18 August 2020

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	1 x 500 on 7:00 Underwater trn drill Shallow wall 5+1 KOW & EBO Deep wall underwater turns
150	10 x 15 on :45 Racing Skills-Back Shooters
800	1x{2 x 50 on 1:05 Streamline Kick on back {2 x 100 on 1:55 Free Kick w/snorkel {2 x 50 on 1:05 Streamline Kick on back {2 x 100 on 1:50 Free Kick w/snorkel {2 x 50 on 1:05 Streamline Kick on Back {1 x 100 on 1:45 Free Kick w/snorkel
300	6 x 50 on 2:00 Freestyle-From a Push
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{4 x 25 on :45 Bathtub Drill with fins {1 x 100 on 1:30 Backstroke-7KOW {1 x 100 on 1:25 Backstroke-5KOW {1 x 100 on 1:20 Backstroke-3KOW {1 x 50 on 1:15 Freestyle {1 x 50 on 2:00 Back-100%, min 8 KOW
200	1 x 200 on 3:00 Stroke Drills
8:00 AM 3,650 Yards - Stress Value = 81	

Workout #25701 - Tuesday, 18 August 2020

Group 2 - Breast

1 minute rest between sets

1:00 PM Start

Yards	Set Description
400	1 x 400 on 8:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,200	6 x 200 on 4:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,000	1x{1 x 200 on 3:50 Breast 2K1P {4 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast-3-4-5-6 sec glide {4 x 50 on :55 Breast-descend {1 x 200 on 3:50 Breast-2k1p {4 x 50 on :55 Breast-descend {1 x 200 on 3:55 Breast 3-4-5-6 glide {4 x 50 on :55 Breast-descend {1 x 200 on 3:50 Breast 2K1P {4 x 50 on :55 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
2:31 PM 4,050 Yards - Stress Value = 62	

Workout #25703 - Tuesday, 18 August 2020

Group 2 - Copper

1 minute rest between sets

1:00 PM Start

Yards	Set Description
350	1 x 350 on 8:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	6 x 150 on 4:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 200 on 5:00 Breast 2K1P {4 x 50 on 1:15 Breast-descend {1 x 200 on 5:00 Breast-3-4-5-6 sec glide {4 x 50 on 1:15 Breast-descend {1 x 200 on 5:00 Breast-2k1p {4 x 50 on 1:15 Breast-descend {1 x 200 on 5:00 Breast 3-4-5-6 glide {1 x 50 on 1:15 Breast-FAST

200 1 x 200 on 4:00 Stroke Drills
2:30 PM 3,150 Yards - Stress Value = 45

Workout #25702 - Tuesday, 18 August 2020

Group 2 - Silver

1 minute rest between sets

1:00 PM Start

Yards	Set Description
400	1 x 400 on 8:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,050	6 x 175 on 4:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 200 on 4:10 Breast 2K1P {4 x 50 on 1:05 Breast-descend {1 x 200 on 4:15 Breast-3-4-5-6 sec glide {4 x 50 on 1:05 Breast-descend {1 x 200 on 4:10 Breast-2k1p {4 x 50 on 1:05 Breast-descend {1 x 200 on 4:15 Breast 3-4-5-6 glide {4 x 50 on 1:05 Breast-descend {1 x 100 on 2:05 Breast 2K1P
200	1 x 200 on 4:00 Stroke Drills
2:30 PM 3,600 Yards - Stress Value = 53	

Workout #25704 - Wednesday, 19 August 2020

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	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
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 200 Pace {1 x 150 on 2:30 Breaststroke {3 x 50 on :55 Breast hold 200 pace {2 x 125 on 2:00 Breaststroke {3 x 50 on :55 Breast hold 200 pace {3 x 100 on 1:35 Breaststroke {3 x 50 on :55 Breast hold 200 pace {1 x 150 on 2:25 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
8:00 AM 4,300 Yards - Stress Value = 99	

Workout #25706 - Wednesday, 19 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
625	25 x 25 on :30 100 Free Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
625	25 x 25 on :35 100 Breast Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
1,250	25 x 50 on :55 200 Back Pace	SE
100	1 x 100 on 3:00 Sculling Drills	RE
750	30 x 25 on :30 200 Fly Pace	SE

8:04 AM 3,775 Yards - Stress Value = 333

Workout #25705 - Wednesday, 19 August 2020

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-11/12, 4-12/13, 6-13/14, 8-14/15
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	1x{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 x 100 on 1:50 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 1:55 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
2,100	1x{3 x 50 on 1:00 Breast hold 200 Pace {1 x 150 on 2:45 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {2 x 125 on 2:15 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {3 x 100 on 1:45 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {1 x 150 on 2:40 Breaststroke {3 x 50 on 1:00 Breast hold 200 pace {2 x 125 on 2:10 Breaststroke {3 x 50 on :55 Breast hold 200 pace {1 x 100 on 1:40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills

8:00 AM 4,100 Yards - Stress Value = 95

Workout #25709 - Wednesday, 19 August 2020

Group 2 - Copper

1 minute rest between sets

1:00 PM Start

Yards	Set Description
350	14 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
650	1x{4 x 25 on :40 Kick no board BSLR {4 x 50 on 1:15 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {4 x 50 on 1:15 Fly Kick w/snorkel {2 x 25 on :40 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	2x{2 x 75 on 1:35 Fly 25R-25L-25B {4 x 25 on :40 Fly lupldown+1 {2 x 100 on 2:10 Fly 25R-25L-50B {4 x 25 on :40 Fly lupldown+1 {2 x 125 on 2:45 Fly 25R-25L-75B

{4 x 25 on :40 Fly lupldown+1

{1 on 1:00 Rest

200 1 x 200 on 4:00 Stroke Drills

2:31 PM 3,250 Yards - Stress Value = 55

Workout #25707 - Wednesday, 19 August 2020

Group 2 - Fly

1 minute rest between sets

1:00 PM Start

Yards	Set Description
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
900	1x{4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {4 x 75 on 1:25 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:55 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,600	2x{2 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 {4 x 125 on 1:50 Fly 25R-25L-75B {4 x 25 on :30 Fly lupldown+1 {1 x 50 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills

2:31 PM 4,350 Yards - Stress Value = 74

Workout #25708 - Wednesday, 19 August 2020

Group 2 - Silver

1 minute rest between sets

1:00 PM Start

Yards	Set Description
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
800	1x{4 x 25 on :35 Kick no board BSLR {4 x 50 on 1:05 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {4 x 75 on 1:35 Fly Kick w/snorkel {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
2,150	2x{2 x 75 on 1:20 Fly 25R-25L-25B {4 x 25 on :35 Fly lupldown+1 {2 x 100 on 1:45 Fly 25R-25L-50B {4 x 25 on :35 Fly lupldown+1 {3 x 125 on 2:15 Fly 25R-25L-75B {4 x 25 on :35 Fly lupldown+1 {1 x 50 on 2:00 Freestyle
200	1 x 200 on 4:00 Stroke Drills

2:31 PM 3,800 Yards - Stress Value = 63

Workout #25710 - Thursday, 20 August 2020

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
500	1 x 500 on 8:00 Underwater trn drill Odd 100's free even 100's back Deep end-turn drill, shallow end 5KOW+1 EBC
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	1x{8 x 25 on :40 7KOW+1/3BOS/SpFrKick {1 x 100 on 1:30 Kick w/snorkel {1 x 100 on 1:40 Kick w/snorkel {1 x 100 on 1:50 Kick w/snorkel
500	5 x 100 on 3:00 Freestyle-From a Push
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	2x{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 {1 x 150 on 3:00 Freestyle
8:00 AM	4,100 Yards - Stress Value = 108

Workout #25712 - Thursday, 20 August 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
625	25 x 25 on :30 100 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
625	25 x 25 on :30 100 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,250	25 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling Drills	REC
1,250	25 x 50 on 1:00 200 Breast Pace	SP2
8:10 AM	4,275 Yards - Stress Value = 383	

Workout #25711 - Thursday, 20 August 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
500	1 x 500 on 8:00 Underwater trn drill Odd 100's free even 100's back Deep end-turn drill, shallow end 5KOW+1 EBC
150	10 x 15 on :45 Racing Skills-Fly Shooters
475	1x{8 x 25 on :40 7KOW+1/3BOS/SpFrKick {1 x 100 on 1:45 Kick w/snorkel {1 x 100 on 1:50 Kick w/snorkel {1 x 75 on 1:25 Kick w/snorkel
500	5 x 100 on 3:00 Freestyle-From a Push
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	2x{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 {2 x 50 on :50 Butterfly 2-5 {1 x 150 on 3:00 Freestyle
8:00 AM	3,825 Yards - Stress Value = 102

Workout #25715 - Thursday, 20 August 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
1:00 PM	Start
400	1 x 400 on 8:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	7 x 100 on 3:00 Free Kick w/snorkel-100%
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 400 on 7:40 Freestyle {3 x 100 on 1:55 Freestyle {1 x 300 on 5:45 Freestyle {2 x 100 on 1:55 Freestyle {1 x 50 on :55 Freestyle
550	22 x 25 on :40 USRPT-100 Free
200	1 x 200 on 4:00 Stroke Drills
2:30 PM	3,350 Yards - Stress Value = 56

Workout #25713 - Thursday, 20 August 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
1:00 PM	Start
400	1 x 400 on 8:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
900	9 x 100 on 2:15 Free Kick w/snorkel-odds 10C
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 1:25 Freestyle {1 x 300 on 4:15 Freestyle {3 x 100 on 1:25 Freestyle {1 x 200 on 2:50 Freestyle {2 x 100 on 1:20 Freestyle
750	30 x 25 on :30 USRPT-100 Free
200	1 x 200 on 4:00 Stroke Drills
2:30 PM	4,200 Yards - Stress Value = 73

Workout #25714 - Thursday, 20 August 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
1:00 PM	Start
400	1 x 400 on 8:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
800	8 x 100 on 2:30 Free kick w/snorkel-odds 10C
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 400 on 6:20 Freestyle {3 x 100 on 1:35 Freestyle {1 x 300 on 4:45 Freestyle {3 x 100 on 1:35 Freestyle {1 x 200 on 3:10 Freestyle
650	26 x 25 on :35 USRPT-100 Free
200	1 x 200 on 4:00 Stroke Drills
2:30 PM	3,800 Yards - Stress Value = 65

Workout #25716 - Friday, 21 August 2020

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Well 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next position
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{4 x 100 on 1:15 Individual Medley {1 on 1:00 Rest {4 x 125 on 1:30 IM w/50 free {1 on 1:00 Rest {4 x 150 on 1:50 IM 25,25 50, 50 {1 on 1:00 Rest {4 x 175 on 2:10 IM 25, 50, 50, 50 {1 on 1:00 Rest {4 x 200 on 2:30 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
7:59 AM	5,000 Yards - Stress Value = 84

Workout #25719 - Friday, 21 August 2020

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	WORK	S
1:00 PM	Start			
500	4 x 125 on 2:15 SwimUSS	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
800	1 x 800 on 16:00 Vertical Kick	EN2	K	C
3,050	1x{1 x 200 on 3:00 Individual Medley {8 x 25 on :30 Fly lup+1down {2 x 100 on 1:40 Individual Medley {2 x 100 on 1:35 Individual Medley {2 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Easy Free	REC	S	
	{1 x 200 on 2:55 Individual Medley	EN2	S	
	{8 x 25 on :30 Back 5KOW+2	EN2	S	
	{2 x 100 on 1:35 Individual Medley	EN2	S	
	{2 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Easy Free	REC	S	
	{1 x 200 on 2:50 Individual Medley	EN2	S	
	{6 x 25 on :30 Breast 2X Pullouts	EN2	S	
	{2 x 100 on 1:30 Individual Medley	EN2	S	
	{2 x 100 on 1:25 Individual Medley	EN2	S	
	{2 x 100 on 1:20 Individual Medley	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
2:30 PM	4,700 Yards - Stress Value = 81			

Workout #25718 - Friday, 21 August 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM	Start	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE
150	1 x 150 on 4:00 Sculling drills	RE
3,000	30 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE
7:58 AM	3,575 Yards - Stress Value = 329	

Workout #25720 - Friday, 21 August 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	W
1:00 PM	Start		
400	4 x 100 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
800	1 x 800 on 16:00 Vertical Kicking	EN2	
2,500	1x{1 x 200 on 3:40 Individual Medley {8 x 25 on :35 Fly lup+1down {2 x 100 on 1:55 Individual Medley {2 x 100 on 1:50 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:35 Individual Medley {8 x 25 on :35 Back 5KOW+2 {2 x 100 on 1:50 Individual Medley {2 x 100 on 1:45 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:30 Individual Medley {8 x 25 on :35 Breaststroke 2X Pullouts {2 x 100 on 1:45 Individual Medley {2 x 100 on 1:40 Individual Medley	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
2:30 PM	4,050 Yards - Stress Value = 70		

Workout #25717 - Friday, 21 August 2020

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 16:00 Vertical Kicking Diving Well 4min free, 4min breast. 4min fly, 4min eb 1min each:hands in, hands out, fingers lock behind head, streamline after each min swim to bottom do a flilp tu dolphin kick streamline into next position
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	1x{4 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {4 x 125 on 1:45 IM w/50 free {1 on 1:00 Rest {4 x 150 on 2:05 IM 25,25 50, 50 {1 on 1:00 Rest {4 x 175 on 2:20 IM 25, 50, 50, 50 {1 on 1:00 Rest {2 x 200 on 2:40 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
7:58 AM	4,600 Yards - Stress Value = 76

Workout #25721 - Friday, 21 August 2020

Group 2 - Bronze

1 minute rest between sets

1:00 PM Start

Yards	Set Description	EGY	WORK	SE
300	4 x 75 on 2:15 SwimUSS	REC	S	
150	10 x 15 on :45 Shooters	SP3	S	
800	1 x 800 on 16:00 Vertical Kicking	EN2	K C	
1,900	1x{1 x 200 on 5:00 Individual Medley	EN2	S	
	{8 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	
	{8 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	
	{1 x 50 on 1:30 Easy Free	REC	S	
	{1 x 200 on 4:50 Individual Medley	EN2	S	
	{1 x 100 on 2:20 Individual Medley	EN2	S	
	{1 x 100 on 2:15 Individual Medley	EN2	S	
	{8 x 25 on :40 Breast 2X pullouts	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
2:29 PM 3,350 Yards - Stress Value = 58				

Workout #25722 - Monday, 24 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3	
1,250	25 x 50 on :55 200 Back Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,250	25 x 50 on :55 200 Fly Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
625	25 x 25 on :30 100 Free Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
625	25 x 25 on :35 100 Breast Pace	SP2	
8:12 AM 4,275 Yards - Stress Value = 383			

Workout #25723 - Tuesday, 25 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3	
1,250	25 x 50 on :50 200 Free Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,250	25 x 50 on 1:00 200 Breast Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
625	25 x 25 on :30 100 Back Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
625	25 x 25 on :30 100 Fly Pace	SP2	
8:10 AM 4,275 Yards - Stress Value = 383			

Workout #25724 - Wednesday, 26 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE	
625	25 x 25 on :30 100 Free Pace	SE	
100	1 x 100 on 3:00 Sculling drills	RE	
625	25 x 25 on :35 100 Breast Pace	SE	
100	1 x 100 on 3:00 Sculling drills	RE	

1,250	25 x 50 on :55 200 Back Pace	SE
100	1 x 100 on 3:00 Sculling Drills	RE
750	30 x 25 on :30 200 Fly Pace	SE
8:04 AM 3,775 Yards - Stress Value = 333		

Workout #25725 - Thursday, 27 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
625	25 x 25 on :30 100 Back Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
625	25 x 25 on :30 100 Fly Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,250	25 x 50 on :50 200 Free Pace	SP2	
100	1 x 100 on 3:00 Sculling Drills	REC	
1,250	25 x 50 on 1:00 200 Breast Pace	SP2	
8:10 AM 4,275 Yards - Stress Value = 383			

Workout #25726 - Friday, 28 August 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE	
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE	
150	1 x 150 on 4:00 Sculling drills	RE	
3,000	30 x 100 on 1:30 1650 Free Pace	SE	
Modified G2 protocol or 25 @1:40, or 23@1:50			
7:58 AM 3,575 Yards - Stress Value = 329			

Workout #25727 - Tuesday, 08 September 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
750	30 x 25 on :35 100 Breast Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
8:01 AM 3,525 Yards - Stress Value = 309			

Workout #25728 - Tuesday, 08 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	SE
225	15 x 15 on :45 Racing Skills-IM Turns	SE	
1,000	10 x 100 on 2:00 Kick on fastest interval	EN	
breast kick unless injured, no board,			
1,500	1x{10 x 50 on :55 400 IM Pace	SE	
	{1 on 1:00 Rest	RE	
	{10 x 50 on :55 400 IM Pace	SE	
	{1 on 1:00 Rest	RE	
	{10 x 50 on :55 400 IM Pace	SE	
	1 on 12:00 Lane Line Game	RE	
5:45 PM 2,725 Yards - Stress Value = 179			

Workout #25733 - Tuesday, 08 September 2020

Group 2 - Copper

1 minute rest between sets

5:45 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
250	5 x 50 on 1:45 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
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
325	13 x 25 on :45 USRPT-Free
200	1 x 200 on 5:00 Stroke Drills
6:45 PM 1,675 Yards - Stress Value = 52	

Workout #25729 - Tuesday, 08 September 2020

Group 2 - Freestylers

1 minute rest between sets

5:45 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	9 x 50 on 1:00 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
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
500	20 x 25 on :30 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
6:45 PM 2,650 Yards - Stress Value = 83	

Workout #25730 - Tuesday, 08 September 2020

Group 2 - Gold

1 minute rest between sets

5:45 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	8 x 50 on 1:05 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
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
500	20 x 25 on :30 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
6:46 PM 2,600 Yards - Stress Value = 82	

Workout #25731 - Tuesday, 08 September 2020

Group 2 - Silver

1 minute rest between sets

5:45 PM Start

Yards	Set Description
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	7 x 50 on 1:10 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
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
400	16 x 25 on :35 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
6:46 PM 2,300 Yards - Stress Value = 69	

Workout #25732 - Tuesday, 08 September 2020

Group 2 - Bronze

1 minute rest between sets

5:45 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	6 x 50 on 1:30 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
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
325	13 x 25 on :45 USRPT-Free
200	1 x 200 on 5:00 Stroke Drills
6:45 PM 1,875 Yards - Stress Value = 56	

Workout #25734 - Wednesday, 09 September 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Turns	SE
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE
150	1 x 150 on 4:00 Sculling drills	RE
3,000	30 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE
7:58 AM 3,575 Yards - Stress Value = 329		

Workout #25735 - Wednesday, 09 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :55 200 Back Pace	SP2
6:18 PM 5,025 Yards - Stress Value = 459		

Workout #25736 - Wednesday, 09 September 2020

Group 2 - Back

1 minute rest between sets

6:15 PM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 8-15
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
500	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 {3 x 50 on 1:00 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
850	1x{1 x 200 on 3:10 Backstroke {4 x 50 on :55 Back-descend {1 x 150 on 2:25 Backstroke {4 x 50 on :55 Back-descend {1 x 100 on 1:40 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 3,100 Yards - Stress Value = 108	

Workout #25740 - Wednesday, 09 September 2020

Group 2 - Copper

1 minute rest between sets

6:15 PM Start

Yards	Set Description
250	10 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22, 4-23
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 5 yds minimum
200	1x{2 x 25 on 1:30 Kick no board B {3 x 50 on 3:00 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
450	1x{1 x 150 on 5:00 Backstroke {2 x 50 on 1:45 Back-descend {1 x 100 on 3:30 Backstroke {2 x 50 on 1:45 Back-descend
375	15 x 25 on 1:00 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:31 PM 1,775 Yards - Stress Value = 57	

Workout #25737 - Wednesday, 09 September 2020

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description
425	17 x 25 on :35 Wednesday Warm-up 2-13, 4-14, 6-15, 5-16
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
450	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {4 x 25 on :45 Kick no board B {2 x 50 on 1:05 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
800	1x{1 x 200 on 3:20 Backstroke {3 x 50 on 1:00 Back-descend

	{1 x 150 on 2:35 Backstroke
	{4 x 50 on 1:00 Back-descend
	{1 x 100 on 1:45 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 2,800 Yards - Stress Value = 93	

Workout #25738 - Wednesday, 09 September 2020

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description
375	15 x 25 on :40 Wednesday Warm-up 2-14, 4-15, 6-16, 1-17
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 10 yds minimum
450	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:10 Kick no board L/R/S {4 x 25 on :45 Kick no board B {2 x 50 on 1:10 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
650	1x{1 x 200 on 4:10 Backstroke {3 x 50 on 1:10 Back-descend {1 x 150 on 3:15 Backstroke {3 x 50 on 1:10 Back-descend
550	22 x 25 on :40 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 2,525 Yards - Stress Value = 83	

Workout #25739 - Wednesday, 09 September 2020

Group 2 - Bronze

1 minute rest between sets

6:15 PM Start

Yards	Set Description
250	10 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22, 4-23
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 5 yds minimum
250	1x{3 x 25 on 1:15 Kick no board B {2 x 50 on 2:00 Kick no board L/R {3 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
450	1x{1 x 150 on 4:30 Backstroke {2 x 50 on 1:45 Back-descend {1 x 100 on 3:15 Backstroke {2 x 50 on 1:45 Back-descend
375	15 x 25 on 1:00 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 1,825 Yards - Stress Value = 59	

Workout #25741 - Thursday, 10 September 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
225	15 x 15 on :45 Racing Skills-Choice Shooters	SE
750	30 x 25 on :35 100 Breast Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
750	30 x 25 on :30 100 Free Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
8:01 AM 3,525 Yards - Stress Value = 309		

Workout #25742 - Thursday, 10 September 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:30 PM Start			
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	
1,500	1x{10 x 50 on 1:00 400 IM Pace	SP2	
	{1 on 1:00 Rest	REC	
	{10 x 50 on 1:00 400 IM Pace	SP2	
	{1 on 1:00 Rest	REC	
	{10 x 50 on 1:00 400 IM Pace	SP2	
150	1 x 150 on 4:00 Sculling Drills	REC	
750	30 x 25 on :30 Your #1 100 Pace	SP2	
	1 on 10:00 Lane Line Game	REC	
5:46 PM 2,625 Yards - Stress Value = 234			

Workout #25743 - Thursday, 10 September 2020

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:45 PM Start	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 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
	1 on 15:00 Teach Day-Breast
400	16 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
6:45 PM 1,600 Yards - Stress Value = 54	

Workout #25747 - Thursday, 10 September 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:45 PM Start	
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 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
250	10 x 25 on 1:00 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 1,150 Yards - Stress Value = 36	

Workout #25744 - Thursday, 10 September 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:45 PM Start	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 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
	1 on 15:00 Teach Day-Breast
400	16 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
6:45 PM 1,550 Yards - Stress Value = 53	

Workout #25745 - Thursday, 10 September 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:45 PM Start	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 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
	1 on 15:00 Teach Day-Breast
375	15 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
6:44 PM 1,375 Yards - Stress Value = 50	

Workout #25746 - Thursday, 10 September 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:45 PM Start	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 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
325	13 x 25 on :45 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 1,325 Yards - Stress Value = 44	

Workout #25748 - Friday, 11 September 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
150	1 x 150 on 4:00 Sculling Drills	RE
2,250	30 x 75 on 1:10 500 Free Pace	SE
150	1 x 150 on 4:00 Sculling Drills	RE
200	8 x 25 on 3:00 50 Free Pace	SE
	1 on 6:00 DW Scullilng Drills	RE
7:59 AM 2,975 Yards - Stress Value = 254		

Workout #25749 - Friday, 11 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WORK
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	S
1,000	40 x 25 on :30 200 Fly Pace	SP2	S
150	1 x 150 on 4:00 Sculling drills	REC	D
1,500	30 x 50 on :50 200 Back Pace	SP2	S
150	1 x 150 on 4:00 Sculling Drills	REC	D
1,500	30 x 50 on :55 200 Breast Pace	SP2	S
800	1 x 800 on 16:00 Vertical Kicking	EN2	K

6:25 PM 5,325 Yards - Stress Value = 425

Workout #25754 - Friday, 11 September 2020

Group 2 - Copper

1 minute rest between sets

6:15 PM Start

Yards	Set Description
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1 x 600 on 12:00 Vertical Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	4x{8 x 25 on 1:00 Butterfly {1 on 1:00 Rest Only do 6 on the 4th round
200	1 x 200 on 3:00 Stroke Drills

7:32 PM 2,150 Yards - Stress Value = 34

Workout #25750 - Friday, 11 September 2020

Group 2 - Fly

1 minute rest between sets

6:15 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1 x 600 on 12:00 Vertical Kicking
100	1x{4 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
200	1 x 200 on 3:00 Stroke Drills

7:31 PM 2,950 Yards - Stress Value = 46

Workout #25751 - Friday, 11 September 2020

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1 x 600 on 12:00 Vertical Kicking
100	1x{4 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
200	1 x 200 on 3:00 Stroke Drills

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

Workout #25752 - Friday, 11 September 2020

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1 x 600 on 12:00 Vertical Kicking
100	1x{4 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 do 9 on rounds 4 and 5
200	1 x 200 on 3:00 Stroke Drills

7:28 PM 2,450 Yards - Stress Value = 38

Workout #25753 - Friday, 11 September 2020

Group 2 - Bronze

1 minute rest between sets

6:15 PM Start

Yards	Set Description
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1 x 600 on 12:00 Vertical Kicking
100	1x{4 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 Only do 6 on the 4th round
200	1 x 200 on 3:00 Stroke Drills

7:31 PM 2,350 Yards - Stress Value = 38

Workout #25755 - Monday, 14 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,500	30 x 50 on 1:00 200 Breast Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,500	30 x 50 on :55 200 Fly Pace	SP2	

6:49 PM 6,525 Yards - Stress Value = 609

Workout #25756 - Monday, 14 September 2020

Group 2 - Breast

1 minute rest between sets

6:15 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater Turn Drill add additional turn mid pool
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	1x{6 x 75 on 1:35 Breast Kick w/snorkel {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
900	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
750	30 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills

7:30 PM 2,950 Yards - Stress Value = 109

Workout #25760 - Monday, 14 September 2020

Group 2 - Copper

1 minute rest between sets

6:15 PM Start

Yards	Set Description
150	1 x 150 on 5:00 Underwater trn drill add turn mid pool
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	1x{4 x 50 on 2:15 Breast Kick w/snorkel {1 x 50 on 1:30 Breast Kick-100%
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
475	1x{2 x 150 on 5:20 Breast w/2X pullots bhw {1 x 100 on 4:00 Breast w/2X pullots bhw {1 x 75 on 2:40 Breast w/2X pullots bhw
450	18 x 25 on 1:00 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 1,825 Yards - Stress Value = 66	

Workout #25764 - Monday, 14 September 2020

Group 2 - Gold

1 minute rest between sets

5:45 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 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
650	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 50 on 1:00 Backstroke
450	18 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 2,175 Yards - Stress Value = 71	

Workout #25757 - Monday, 14 September 2020

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater trn drill add turn mid pool
150	10 x 15 on :45 Racing Skills-Breast Shooters
425	1x{5 x 75 on 1:45 Breast Kick w/snorkel {1 x 50 on 1:10 Breast Kick 100%
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
800	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
650	26 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:29 PM 2,675 Yards - Stress Value = 96	

Workout #25758 - Monday, 14 September 2020

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Underwater trn drill add turn mid pool
150	10 x 15 on :45 Racing Skills-Breast Shooters
425	1x{5 x 75 on 1:55 Breast Kick w/snorkel {1 x 50 on 1:15 Breast-100%
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
750	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 50 on 1:10 Breast w/2X pullots bhw
650	26 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 2,575 Yards - Stress Value = 95	

Workout #25759 - Monday, 14 September 2020

Group 2 - Bronze

1 minute rest between sets

6:15 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Underwater trn drill add turn mid pool
150	10 x 15 on :45 Racing Skills-Breast Shooters
350	1x{4 x 75 on 2:15 Breast Kick w/snorkel {1 x 50 on 1:20 Breast Kick-100%
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
650	1x{1 x 200 on 5:20 Breast w/2X pullots bhw {2 x 150 on 4:00 Breast w/2X pullots bhw {2 x 75 on 2:00 Breast w/2X pullots bhw
575	23 x 25 on :45 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 2,275 Yards - Stress Value = 84	

Workout #25761 - Tuesday, 15 September 2020

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Back Turns	SE
3,000	30 x 100 on 1:30 1650 Free Pace Modified G2 protocol or 25 @1:40, or 23@1:50	SE
150	1 x 150 on 4:00 Sculling drills	RE
200	8 x 25 on 3:00 50 Free Pace OTB-touch finish	SE
7:58 AM 3,575 Yards - Stress Value = 329		

Workout #25762 - Tuesday, 15 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WC
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	
1,500	1x{10 x 50 on 1:00 400 IM Pace {1 on 1:00 Rest {10 x 50 on 1:00 400 IM Pace {1 on 1:00 Rest {10 x 50 on 1:00 400 IM Pace	SP2	REC
150	1 x 150 on 4:00 Sculling Drills	REC	
750	30 x 25 on :30 Your #1 100 Pace 1 on 10:00 Lane Line Game	SP2	REC
5:46 PM 2,625 Yards - Stress Value = 234			

Workout #25763 - Tuesday, 15 September 2020

Group 2 - Back

1 minute rest between sets

5:45 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-CountStrokes
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
350	1x{4 x 25 on :45 Kick no board B {4 x 50 on 1:00 Kick no board L/R/S/C {2 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 3:10 Backstroke {4 x 50 on :55 Back-descend {1 x 150 on 2:25 Backstroke {3 x 50 on :55 Back-descend {1 x 50 on :50 Backstroke
550	22 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 2,400 Yards - Stress Value = 83	

Workout #25767 - Tuesday, 15 September 2020

Group 2 - Copper

1 minute rest between sets

5:45 PM Start

Yards	Set Description
150	1 x 150 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 5 yds minimum
200	1x{4 x 25 on 1:15 Kick no board B {2 x 50 on 2:00 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
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 1:00 Back-fast
350	14 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 1,500 Yards - Stress Value = 52	

Workout #25765 - Tuesday, 15 September 2020

Group 2 - Silver

1 minute rest between sets

5:45 PM Start

Yards	Set Description
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 10 yds minimum
300	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:20 Kick no board L/R/S {2 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
550	1x{1 x 200 on 4:30 Backstroke {3 x 50 on 1:15 Back-descend {1 x 150 on 3:30 Backstroke {1 x 50 on 1:15 Back-descend
450	18 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 2,000 Yards - Stress Value = 68	

Workout #25766 - Tuesday, 15 September 2020

Group 2 - Bronze

1 minute rest between sets

5:45 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 5 yds minimum
200	1x{4 x 25 on 1:15 Kick no board B {2 x 50 on 2:00 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 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
350	14 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 1,600 Yards - Stress Value = 53	

Workout #25768 - Wednesday, 16 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	WC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :30 100 Free Pace	SP2	
150	1 x 150 on 4:00 Sculling Drills	REC	
1,500	30 x 50 on 1:00 200 Breast Pace	SP2	
150	1 x 150 on 4:00 Sculling drills	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
150	1 x 150 on 4:00 Sculling Drills	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
6:21 PM 4,675 Yards - Stress Value = 409			

Workout #25773 - Wednesday, 16 September 2020

Group 2 - Copper

1 minute rest between sets

6:15 PM Start

Yards	Set Description
250	10 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22, 4-23
150	10 x 15 on :45 Racing Skills-Free Shooters
350	7 x 50 on 1:40 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repee
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
450	1x{2 x 75 on 2:25 Freestyle {2 x 75 on 2:30 Freestyle {2 x 75 on 2:35 Freestyle
500	20 x 25 on :45 USRPT-Free
200	1 x 200 on 5:00 Stroke Drills
7:30 PM 2,000 Yards - Stress Value = 72	

Workout #25769 - Wednesday, 16 September 2020

Group 2 - Freestylers

1 minute rest between sets

6:15 PM Start

Yards	Set Description
500	20 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 8-15
150	10 x 15 on :45 Racing Skills-Free Shooters
600	12 x 50 on 1:00 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,000	1x{2 x 125 on 1:40 Freestyle {2 x 125 on 1:45 Freestyle {2 x 125 on 1:50 Freestyle {2 x 125 on 1:55 Freestyle
750	30 x 25 on :30 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 3,350 Yards - Stress Value = 113	

Workout #25770 - Wednesday, 16 September 2020

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description
425	17 x 25 on :35 Wednesday Warm-up 2-13, 4-14, 6-15, 5-16
150	10 x 15 on :45 Racing Skills-Free Shooters
550	11 x 50 on 1:05 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
950	1x{2 x 125 on 1:50 Freestyle {2 x 125 on 1:55 Freestyle {2 x 125 on 2:00 Freestyle {2 x 100 on 1:40 Freestyle
750	30 x 25 on :30 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 3,175 Yards - Stress Value = 111	

Workout #25771 - Wednesday, 16 September 2020

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description
375	15 x 25 on :40 Wednesday Warm-up 2-14, 4-15, 6-16, 3-17
150	10 x 15 on :45 Racing Skills-Free Shooters
500	10 x 50 on 1:10 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
825	1x{2 x 125 on 2:05 Freestyle {2 x 125 on 2:10 Freestyle {2 x 125 on 2:15 Freestyle {1 x 75 on 1:20 Freestyle
625	25 x 25 on :35 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 2,825 Yards - Stress Value = 95	

Workout #25772 - Wednesday, 16 September 2020

Group 2 - Bronze

1 minute rest between sets

6:15 PM Start

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

325	13 x 25 on :45 Wednesday Warm-up 2-20, 4-21, 6-22, 1-23
150	10 x 15 on :45 Racing Skills-Free Shooters
400	8 x 50 on 1:30 Kick #1 Fast Turn, #2 no board , #3 Fast!!-Repea
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	1x{2 x 100 on 2:25 Freestyle {2 x 100 on 2:30 Freestyle {2 x 100 on 2:35 Freestyle
500	20 x 25 on :45 USRPT-Free
200	1 x 200 on 5:00 Stroke Drills
7:30 PM 2,275 Yards - Stress Value = 76	

Workout #25774 - Thursday, 17 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,500	30 x 50 on :55 200 Back Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
5:54 PM 3,425 Yards - Stress Value = 309		

Workout #25779 - Thursday, 17 September 2020

Group 2 - Copper

1 minute rest between sets

5:45 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters 1 on 15:00 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
6:45 PM 1,125 Yards - Stress Value = 48	

Workout #25775 - Thursday, 17 September 2020

Group 2 - Fly

1 minute rest between sets

5:45 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters 1 on 15:00 TEACH DAY-Fly
100	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
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
6:45 PM 1,600 Yards - Stress Value = 87	

Workout #25776 - Thursday, 17 September 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:45 PM	Start
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
650	26 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
6:46 PM	1,500 Yards - Stress Value = 77

Workout #25777 - Thursday, 17 September 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:45 PM	Start
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
575	23 x 25 on :40 USRPT-100 Fly Pace
	Evens-underwaters, count kicks
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:35 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
6:46 PM	1,425 Yards - Stress Value = 70

Workout #25778 - Thursday, 17 September 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:45 PM	Start
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
525	21 x 25 on :45 USRPT-100 Fly Pace
250	1x{4 x 25 on 1:00 Kick no board S
	{1 x 100 on 2:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
6:46 PM	1,325 Yards - Stress Value = 63

Workout #25780 - Friday, 18 September 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:30 PM	Start		
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
1,500	30 x 50 on 1:00 200 Breast Pace	SP2	
150	1 x 150 on 4:00 Sculling Drills	REC	
750	30 x 25 on :30 100 Back Pace	EN2	
150	1 x 150 on 4:00 Sculling Drills	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
150	1 x 150 on 4:00 Sculling drills	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
6:21 PM	4,675 Yards - Stress Value = 349		

Workout #25785 - Friday, 18 September 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
6:15 PM	Start
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
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 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 100 on 2:50 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
7:29 PM	2,450 Yards - Stress Value = 38

Workout #25781 - Friday, 18 September 2020

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
6:15 PM	Start
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	1x{1 x 300 on 4:30 Individual Medley
	{4 x 25 on :30 Fly lup+ldown
	{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 4:20 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 4:10 Individual Medley
	{4 x 25 on :30 Breaststroke 2X Pullouts
250	1 x 250 on 5:00 Stroke Drills
7:29 PM	3,500 Yards - Stress Value = 54

Workout #25782 - Friday, 18 September 2020

Group 2 - Gold

1 minute rest between sets

6:15 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 300 on 4:45 Individual Medley {4 x 25 on :30 Fly lup+1down {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 4:40 Individual Medley {4 x 25 on :30 Back 5KOW+2 {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:25 Individual Medley {1 x 50 on 1:00 Easy Free {1 x 300 on 4:35 Individual Medley {1 x 100 on 1:25 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 3,500 Yards - Stress Value = 54	

Workout #25783 - Friday, 18 September 2020

Group 2 - Silver

1 minute rest between sets

6:15 PM Start

Yards	Set Description
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 300 on 5:30 Individual Medley {4 x 25 on :35 Fly lup+1down {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 200 on 3:30 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
7:30 PM 3,150 Yards - Stress Value = 50	

Workout #25784 - Friday, 18 September 2020

Group 2 - Bronze

1 minute rest between sets

6:15 PM Start

Yards	Set Description
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 200 on 5:00 Individual Medley {4 x 25 on :40 Fly lup+1down {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 {2 x 25 on :45 Breaststroke

250 1 x 250 on 5:00 Stroke Drills
7:30 PM 2,700 Yards - Stress Value = 43

Workout #25786 - Monday, 21 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25795 - Monday, 21 September 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{4 x 25 on 1:00 Kick no board S {1 x 100 on 3:00 Fly Kick w/snorkel {4 x 25 on 1:00 Kick no board S {1 x 50 on 2:00 Fly Kick w/snorkel
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B {1 x 50 on 2:00 Fly lup+1down+1 to 3 down {2 x 75 on 2:35 Fly 25R, 25L, 25B {1 x 50 on 2:00 Fly lup+1down+1 to 3 down {2 x 75 on 2:30 Fly 25R, 25L, 25B
375	15 x 25 on 1:00 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:16 PM 1,975 Yards - Stress Value = 62	

Workout #25791 - Monday, 21 September 2020

Group 2 - Fly

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1x{4 x 25 on :30 Kick no board S {1 x 200 on 4:20 Fly Kick w/snorkel {4 x 25 on :30 Kick no board S {1 x 200 on 4:10 Fly Kick w/snorkel
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 lup+1down+1 to 3 down {2 x 75 on 1:25 Fly 25R, 25L, 25B {2 x 50 on :50 Fly lup+1down+1 to 3 down {2 x 75 on 1:20 Fly 25R, 25L, 25B {2 x 50 on :55 Fly lup+1down+1 to 3 down {2 x 75 on 1:15 Fly 25R, 25L, 25B {3 x 50 on 1:00 Fly lup+1down+1 to 3 down
750	30 x 25 on :30 USRPT-100 Fly Pace
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 3,200 Yards - Stress Value = 114	

Workout #25792 - Monday, 21 September 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	1x{4 x 25 on :35 Kick no board S {1 x 200 on 4:35 Fly Kick w/snorkel {4 x 25 on :35 Kick no board S {1 x 150 on 3:20 Fly Kick w/snorkel
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
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,925 Yards - Stress Value = 98	

Workout #25793 - Monday, 21 September 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	1x{4 x 25 on :40 Kick no board S {1 x 200 on 4:50 Fly Kick w/snorkel {4 x 25 on :40 Kick no board S {1 x 100 on 2:20 Fly Kick w/snorkel
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
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,625 Yards - Stress Value = 88	

Workout #25794 - Monday, 21 September 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	1x{4 x 25 on :45 Kick no board S {1 x 150 on 4:00 Fly Kick w/snorkel {4 x 25 on :45 Kick no board S {1 x 100 on 2:35 Fly Kick w/snorkel
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

250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 2,200 Yards - Stress Value = 72

Workout #25787 - Tuesday, 22 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
100	1 x 100 on 5:00 100 Free for Time OTB	SP2
150	1 x 150 on 4:00 Sculling drills	REC
6:00 PM 3,775 Yards - Stress Value = 319		

Workout #25796 - Tuesday, 22 September 2020

Group 2 - Breast

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
600	1x{2 x 75 on 1:35 Breast Kick w/snorkel {2 x 100 on 2:05 Breast Kick w/snorkel {2 x 125 on 2:35 Breast Kick w/snorkel
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
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,975 Yards - Stress Value = 99	

Workout #25800 - Tuesday, 22 September 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
350	1x{2 x 75 on 3:00 Breast Kick w/snorkel {1 x 100 on 3:55 Breast Kick w/board {1 x 100 on 3:00 Breast Kick w/snorkel
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
250	1 x 250 on 5:00 Stroke Drills
7:14 PM 1,925 Yards - Stress Value = 61	

Workout #25797 - Tuesday, 22 September 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	1x{2 x 75 on 1:45 Breast Kick w/snorkel {2 x 100 on 2:15 Breast Kick w/snorkel {1 x 125 on 2:50 Breast Kick w/snorkel {1 x 75 on 1:40 Breast Kick w/snorkel
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
625	25 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,825 Yards - Stress Value = 96	

Workout #25798 - Tuesday, 22 September 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	1x{2 x 75 on 1:55 Breast Kick w/snorkel {2 x 100 on 2:30 Breast Kick w/snorkel {1 x 125 on 3:00 Breast Kick w/snorkel {1 x 25 on :35 Breast Kick w/snorkel
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
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,600 Yards - Stress Value = 86	

Workout #25799 - Tuesday, 22 September 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
475	1x{2 x 75 on 2:05 Breast Kick w/snorkel {2 x 100 on 2:40 Breast Kick w/snorkel {1 x 125 on 3:15 Breast Kick w/snorkel
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
500	20 x 25 on :45 USRPT-100 Breast Pace
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 2,325 Yards - Stress Value = 78	

Workout #25788 - Wednesday, 23 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

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

225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Free Pace	SE
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25805 - Wednesday, 23 September 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
250	10 x 25 on 1:00 Wednesday Warm-up 2-20, 4-21, 4-22
150	10 x 15 on :45 Racing Skills-Crossover Turns
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 {1 x 100 on 4:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
On the last round only do the IM	
1,000	5x{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 4:00 Stroke Drills
7:18 PM 2,100 Yards - Stress Value = 28	

Workout #25801 - Wednesday, 23 September 2020

Group 2 - IM'ers

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
500	20 x 25 on :30 Wednesday Warm-up 2-13, 4-14, 6-15, 8-16
150	10 x 15 on :45 Racing Skills-Crossover Turns
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
1,800	9x{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
7:16 PM 3,350 Yards - Stress Value = 44	

Workout #25802 - Wednesday, 23 September 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
6:00 PM Start	
425	17 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 6-16, 5-17
150	10 x 15 on :45 Racing Skills-Crossover Turns
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
1,600	8x{1 x 100 on 1:40 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle
250	1 x 250 on 5:00 Stroke Drills
7:15 PM 3,025 Yards - Stress Value = 40	

Workout #25803 - Wednesday, 23 September 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
6:00 PM Start	
375	15 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 3-18
150	10 x 15 on :45 Racing Skills-Crossover Turns
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 do two fast 50's	
1,400	7x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle
250	1 x 250 on 5:00 Stroke Drills
7:14 PM 2,775 Yards - Stress Value = 37	

Workout #25804 - Wednesday, 23 September 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 PM Start	
325	13 x 25 on :45 Wednesday Warm-up 2-20, 4-21, 6-22, 1-23
150	10 x 15 on :45 Racing Skills-Crossover Turns
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 only do the IM	
1,200	6x{1 x 100 on 2:30 Individual Medley {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Freestyle
250	1 x 250 on 5:00 Stroke Drills
7:18 PM 2,425 Yards - Stress Value = 32	

Workout #25789 - Thursday, 24 September 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
4:30 PM Start		
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :55 200 Back Pace	SP2
150	1 x 150 on 4:00 Sculling Drills	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP2
6:07 PM 3,225 Yards - Stress Value = 279		

Workout #25810 - Thursday, 24 September 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
6:00 PM Start	
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
350	7 x 50 on 1:45 Free Kick #1 fast turn, #2 no board, #3 FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{2 x 75 on 2:15 Freestyle {2 x 50 on 1:30 Freestyle-100% {2 x 75 on 2:20 Freestyle {2 x 50 on 1:30 Freestyle-100% {2 x 75 on 2:25 Freestyle
500	20 x 25 on :45 USRPT 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills
7:16 PM 2,200 Yards - Stress Value = 76	

Workout #25806 - Thursday, 24 September 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
6:00 PM Start	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
600	12 x 50 on 1:00 Free Kick w/snorkel #1 fast turn, #2 build, #3 FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{2 x 125 on 1:40 Freestyle {2 x 50 on 1:00 Freestyle-100% {2 x 125 on 1:45 Freestyle {2 x 50 on 1:00 Freestyle 100% {2 x 125 on 1:50 Freestyle {2 x 50 on 1:00 Freestyle 100% {2 x 125 on 1:55 Freestyle
750	30 x 25 on :30 USRPT 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills
7:16 PM 3,450 Yards - Stress Value = 119	

Workout #25807 - Thursday, 24 September 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
550	11 x 50 on 1:05 Free Kick #1 fast turn, #2 no board, #3 FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{2 x 125 on 1:50 Freestyle { 2 x 50 on 1:00 Free-100% { 2 x 125 on 1:55 Freestyle { 2 x 50 on 1:00 Freestyle-100% { 2 x 125 on 2:00 Freestyle { 2 x 50 on 1:00 Freestyle-100% { 2 x 100 on 1:40 Freestyle
750	30 x 25 on :30 USRPT 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills

7:16 PM 3,350 Yards - Stress Value = 117

Workout #25808 - Thursday, 24 September 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
500	10 x 50 on 1:10 Free Kick #1 fast turn, #2 no board, #3 FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{2 x 125 on 2:05 Freestyle { 2 x 50 on 1:10 Freestyle-100% { 2 x 125 on 2:10 Freestyle { 2 x 50 on 1:10 Freestyle-100% { 2 x 125 on 2:15 Freestyle { 2 x 50 on 1:10 Freestyle-100%
625	25 x 25 on :35 USRPT 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills

7:15 PM 2,925 Yards - Stress Value = 99

Workout #25809 - Thursday, 24 September 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
400	8 x 50 on 1:30 Free Kick #1 fast turn, #2 no board, #3 FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{2 x 100 on 2:05 Freestyle { 2 x 50 on 1:10 Freestyle-100% { 2 x 100 on 2:10 Freestyle { 2 x 50 on 1:10 Freestyle-100% { 2 x 100 on 2:15 Freestyle { 2 x 50 on 1:10 Freestyle-100%
550	22 x 25 on :40 USRPT 100 Free Pace
250	1 x 250 on 5:00 Stroke Drills

7:15 PM 2,550 Yards - Stress Value = 87

Workout #25790 - Friday, 25 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
750	30 x 25 on :30 100 Free Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SE

6:04 PM 3,675 Yards - Stress Value = 309

Workout #25811 - Friday, 25 September 2020

Group 2 - Back

1 minute rest between sets

6:00 PM Start

Yards	Set Description
500	4 x 125 on 2:15 Swim USS 50 swim, 25 underwater 25 scull 25 back
150	10 x 15 on :45 Racing Skills-Back Shooters
500	1 x 500 on 10:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,475	1x{1 x 200 on 3:00 Backstroke { 3 x 75 on 1:20 Back alt 25's 12yds under { 1 x 200 on 2:55 Backstroke { 3 x 75 on 1:20 Back alt 25's 12yds under { 1 x 200 on 2:50 Backstroke { 3 x 75 on 1:20 Back alt 25's 12yds under { 1 x 200 on 2:45 Backstroke
500	20 x 25 on :30 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills

7:16 PM 3,475 Yards - Stress Value = 94

Workout #25815 - Friday, 25 September 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	4 x 75 on 2:15 Swim USS 25 swim, 25 scull, 25 back
150	10 x 15 on :45 Racing Skills-Back Shooters
300	1 x 300 on 10:00 Streamline Kick on Back
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 Backstroke { 3 x 50 on 1:45 Back alt 25's 7 KOW { 1 x 100 on 2:55 Backstroke { 3 x 50 on 1:45 Back alt 25's 7 KOW { 1 x 100 on 2:50 Backstroke { 3 x 50 on 1:45 Back alt 25's 7 KOW
300	12 x 25 on :45 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills

7:16 PM 2,150 Yards - Stress Value = 57

Workout #25812 - Friday, 25 September 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
500	4 x 125 on 2:15 Swim USS 50 swim, 25 underwater 25 scull 25 back
150	10 x 15 on :45 Racing Skills-Back Shooters
450	1 x 450 on 10:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,425	1x{1 x 200 on 3:15 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 200 on 3:10 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 200 on 3:05 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 150 on 2:15 Backstroke
400	16 x 25 on :35 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:16 PM	3,275 Yards - Stress Value = 82

Workout #25813 - Friday, 25 September 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
400	4 x 100 on 2:15 Swim USS 25 swim, 25 underwater 25 scull 25 back
150	10 x 15 on :45 Racing Skills-Back Shooters
400	1 x 400 on 10:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,275	1x{1 x 150 on 2:45 Backstroke {3 x 75 on 1:30 Back alt 25's 10 yds under {1 x 150 on 2:40 Backstroke {3 x 75 on 1:30 Back alt 25's 10yds under {1 x 150 on 2:35 Backstroke {3 x 75 on 1:30 Back alt 25's 10yds under {1 x 150 on 2:30 Backstroke
400	16 x 25 on :35 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:16 PM	2,975 Yards - Stress Value = 78

Workout #25814 - Friday, 25 September 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
300	4 x 75 on 2:15 Swim USS 25 swim, 25 scull, 25 back
150	10 x 15 on :45 Racing Skills-Back Shooters
350	1 x 350 on 10:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 100 on 2:45 Backstroke {3 x 50 on 1:30 Back alt 25's 7 KOW {1 x 100 on 2:40 Backstroke {3 x 50 on 1:30 Back alt 25's 7 KOW {1 x 100 on 2:35 Backstroke {3 x 50 on 1:30 Back alt 25's 7 KOW {1 x 100 on 2:30 Backstroke
350	14 x 25 on :40 USRPT-100 Back Pace
250	1 x 250 on 5:00 Stroke Drills
7:16 PM	2,350 Yards - Stress Value = 65

Workout #25816 - Monday, 28 September 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:30 PM	Start	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :35 100 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
6:04 PM	3,675 Yards - Stress Value = 309	

Workout #25825 - Monday, 28 September 2020

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
400	1x{ #1 on right side, #2 on left side {2 x 100 on 3:00 Kick {2 x 100 on 2:55 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	1x{ HB 2 SOW-L.25 of each 7KOW {3 x 75 on 2:25 Freestyle {3 x 75 on 2:30 Freestyle {2 x 50 on 1:50 Freestyle
500	20 x 25 on :45 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
7:14 PM	2,150 Yards - Stress Value = 74

Workout #25821 - Monday, 28 September 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{ #1 on right side, #2 on left side {2 x 100 on 2:00 Kick {2 x 100 on 1:55 Kick {2 x 100 on 1:50 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,350	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 75 on 1:05 Freestyle
750	30 x 25 on :30 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills
7:14 PM	3,500 Yards - Stress Value = 121

Workout #25822 - Monday, 28 September 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
550	1x{ #1 on right side, #2 on left side { 2 x 100 on 2:10 Kick { 2 x 100 on 2:05 Kick { 2 x 75 on 1:30 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,200	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 { 1 x 75 on 1:15 Freestyle
750	30 x 25 on :30 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills

7:14 PM 3,300 Yards - Stress Value = 118

Workout #25823 - Monday, 28 September 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{ #1 on right side, #2 on left side { 2 x 100 on 2:20 Kick { 2 x 100 on 2:15 Kick { 1 x 100 on 2:10 Kick-FAST
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,050	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 100 on 1:50 Freestyle
625	25 x 25 on :35 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills

7:14 PM 2,925 Yards - Stress Value = 100

Workout #25824 - Monday, 28 September 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Racing Skills-Free Shooters
450	1x{ #1 on right side, #2 on left side { 2 x 100 on 2:45 Kick { 2 x 75 on 2:00 Kick { 2 x 50 on 1:15 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
750	1x{ HB 2 SOW-L.25 of each 7KOW { 3 x 100 on 2:25 Freestyle { 3 x 100 on 2:30 Freestyle { 1 x 100 on 2:35 Freestyle { 1 x 50 on 1:20 Freestyle
550	22 x 25 on :40 USRPT-Free
250	1 x 250 on 5:00 Stroke Drills

7:14 PM 2,450 Yards - Stress Value = 85

Workout #25817 - Tuesday, 29 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
100	1 x 100 on 5:00 100 Back For Time OTB	SP2
150	1 x 150 on 4:00 Sculling drills	REC

6:00 PM 3,775 Yards - Stress Value = 319

Workout #25830 - Tuesday, 29 September 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
425	1x{ 4 x 25 on :45 Kick no board S { 1 x 150 on 5:15 Fly Kick w/snorkel { 3 x 25 on :45 Kick no board S { 1 x 100 on 3:15 Fly Kick w/snorkel
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	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
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 1,950 Yards - Stress Value = 63

Workout #25826 - Tuesday, 29 September 2020

Group 2 - Fly

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
700	1x{ 4 x 25 on :30 Kick no board S { 1 x 150 on 3:00 Fly Kick w/snorkel { 4 x 25 on :30 Kick no board S { 1 x 150 on 2:55 Fly Kick w/snorkel { 4 x 25 on :30 Kick no board S { 1 x 100 on 1:50 Fly Kick w/snorkel
100	1x{ 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
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 3,250 Yards - Stress Value = 116

Workout #25827 - Tuesday, 29 September 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
650	1x{4 x 25 on :30 Kick no board S {1 x 150 on 3:15 Fly Kick w/snorkel {4 x 25 on :30 Kick no board S {1 x 150 on 3:10 Fly Kick w/snorkel {4 x 25 on :30 Kick no board S {1 x 50 on 1:00 Fly Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,975 Yards - Stress Value = 100	

Workout #25828 - Tuesday, 29 September 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1x{4 x 25 on :35 Kick no board S {1 x 150 on 3:30 Fly Kick w/snorkel {4 x 25 on :35 Kick no board S {1 x 150 on 3:25 Fly Kick w/snorkel {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
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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,675 Yards - Stress Value = 90	

Workout #25829 - Tuesday, 29 September 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	1x{4 x 25 on :45 Kick no board S {1 x 150 on 4:30 Fly Kick w/snorkel {4 x 25 on :45 Kick no board S {1 x 100 on 2:55 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
575	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

{1 x 75 on 2:10 Fly 25R, 25L, 25B

500 20 x 25 on :45 USRPT-100 Fly Pace

200 1 x 200 on 4:00 Stroke Drills

7:14 PM 2,175 Yards - Stress Value = 77

Workout #25818 - Wednesday, 30 September 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Free Pace	SE
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25831 - Wednesday, 30 September 2020

Group 2 - Breast

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	10 x 20 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
650	1x{2 x 125 on 2:30 Breast Kick w/snorkel {3 x 100 on 2:00 Breast Kick w/snorkel {2 x 50 on 1:00 Breast Kick w/snorkel
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
650	26 x 25 on :35 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,900 Yards - Stress Value = 103	

Workout #25835 - Wednesday, 30 September 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
140	7 x 20 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	1x{1 x 125 on 4:25 Breast Kick w/snorkel {2 x 100 on 3:30 Breast Kick w/snorkel {1 x 50 on 1:45 Breast Kick w/snorkel
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	1x{1 x 200 on 7:00 Breast 2X pullouts start wal {2 x 100 on 3:30 Breast 2X pullouts start wal {3 x 50 on 1:15 Breast 2X pullouts start wall
375	15 x 25 on 1:00 USRPT-100 Breast Pace
200	1 x 200 on 5:00 Stroke Drills
7:15 PM 1,890 Yards - Stress Value = 62	

Workout #25832 - Wednesday, 30 September 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	10 x 20 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
600	1x{2 x 125 on 2:40 Breast Kick w/snorkel {2 x 100 on 2:10 Breast Kick w/snorkel {3 x 50 on 1:05 Breast Kick w/snorkel
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
600	24 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,700 Yards - Stress Value = 95	

Workout #25833 - Wednesday, 30 September 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
160	8 x 20 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	1x{2 x 125 on 2:55 Breast Kick w/snorkel {2 x 100 on 2:20 Breast Kick w/snorkel {2 x 50 on 1:10 Breast Kick w/snorkel
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 100 on 2:20 Breast 2X pullouts start wal {1 x 50 on 1:10 Breast 2X pullouts start wal
600	24 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,560 Yards - Stress Value = 93	

Workout #25834 - Wednesday, 30 September 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
140	7 x 20 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	1x{2 x 125 on 3:45 Breast Kick w/snorkel {2 x 75 on 2:15 Breast Kick w/snorkel {1 x 50 on 1:30 Breast Kick w/snorkel
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	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
500	20 x 25 on :45 USRPT-100 Breast Pace
200	1 x 200 on 5:00 Stroke Drills
7:15 PM 2,140 Yards - Stress Value = 77	

Workout #25819 - Thursday, 01 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	V
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	

150	1 x 150 on 4:00 Sculling Drills	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP2
6:07 PM 3,225 Yards - Stress Value = 279		

Workout #25836 - Thursday, 01 October 2020

Group 2 - Back

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
600	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 200 on 3:00 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 200 on 2:55 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 200 on 2:50 Backstroke {2 x 75 on 1:20 Back alt 25's 12yds under
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,300 Yards - Stress Value = 116	

Workout #25840 - Thursday, 01 October 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
300	1x{4 x 25 on 1:00 Kick no board B {3 x 50 on 2:00 Kick no board L/R/S {2 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
650	1x{1 x 100 on 3:00 Backstroke {3 x 50 on 1:45 Back alt 25's 7 KOW {1 x 100 on 2:55 Backstroke {3 x 50 on 1:45 Back alt 25's 7 KOW {1 x 100 on 2:50 Backstroke {1 x 50 on 1:45 Back alt 25's 7 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,975 Yards - Stress Value = 63	

Workout #25837 - Thursday, 01 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
550	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 {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 200 on 3:15 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 200 on 3:10 Backstroke {3 x 75 on 1:20 Back alt 25's 12yds under {1 x 200 on 3:05 Backstroke {2 x 50 on :50 Back alt 25's 12yds under
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,200 Yards - Stress Value = 114	

Workout #25838 - Thursday, 01 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
500	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{1 x 150 on 2:45 Backstroke {3 x 75 on 1:30 Back alt 25's 10 yds under {1 x 150 on 2:40 Backstroke {3 x 75 on 1:30 Back alt 25's 10yds under {1 x 150 on 2:35 Backstroke {2 x 75 on 1:30 Back alt 25's 10yds under
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,875 Yards - Stress Value = 98	

Workout #25839 - Thursday, 01 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters All BLSR's 12.5 yds minimum
400	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 {1 x 50 on 1:45 Kick no board L/R
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 100 on 2:45 Backstroke {3 x 50 on 1:30 Back alt 25's 7 KOW {1 x 100 on 2:40 Backstroke {3 x 50 on 1:30 Back alt 25's 7 KOW {1 x 100 on 2:35 Backstroke

{2 x 50 on 1:30 Back alt 25's 7 KOW

550 22 x 25 on :40 USRPT-100 Back Pace

200 1 x 200 on 4:00 Stroke Drills

7:15 PM 2,300 Yards - Stress Value = 83

Workout #25820 - Friday, 02 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
750	30 x 25 on :30 100 Free Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SE
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25845 - Friday, 02 October 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
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 {1 x 100 on 4:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
On the last round only do the IM	
1,000	5x{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 4:00 Stroke Drills
7:17 PM 2,150 Yards - Stress Value = 28	

Workout #25841 - Friday, 02 October 2020

Group 2 - IM's

1 minute rest between sets

6:00 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
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
1,800	9x{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
7:15 PM 3,350 Yards - Stress Value = 44	

Workout #25842 - Friday, 02 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
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
1,600	8x{1 x 100 on 1:40 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle
250	1 x 250 on 5:00 Stroke Drills
7:14 PM 3,100 Yards - Stress Value = 40	

Workout #25843 - Friday, 02 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
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 do two fast 50's	
1,400	7x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle
250	1 x 250 on 5:00 Stroke Drills
7:13 PM 2,800 Yards - Stress Value = 37	

Workout #25844 - Friday, 02 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
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 only do the IM	
1,200	6x{1 x 100 on 2:30 Individual Medley {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Freestyle
250	1 x 250 on 5:00 Stroke Drills
7:17 PM 2,400 Yards - Stress Value = 32	

Workout #25876 - Monday, 05 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :35 100 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25851 - Monday, 05 October 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{1 x 50 on 1:45 Fly Kick w/snorkel {2 x 100 on 3:30 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	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 {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
375	15 x 25 on 1:00 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,975 Yards - Stress Value = 33	

Workout #25846 - Monday, 05 October 2020

Group 2 - Fly

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
425	1x{1 x 50 on 1:00 Fly Kick w/snorkel {1 x 100 on 2:00 Fly Kick w/snorkel {1 x 125 on 2:30 Fly Kick w/snorkel {1 x 150 on 3:00 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{3 x 100 on 1:30 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 8/9/10/11 KOW {3 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 {2 x 100 on 1:30 75 Free 25 Fly w/free kick {2 x 25 on :30 Fly 13/14 KOW
750	30 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,375 Yards - Stress Value = 58	

Workout #25847 - Monday, 05 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
400	1x{1 x 25 on :35 Fly Kick w/snorkel {1 x 50 on 1:05 Fly Kick w/snorkel {1 x 75 on 1:40 Fly Kick w/snorkel {1 x 100 on 2:10 Fly Kick w/snorkel {1 x 150 on 3:15 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{3 x 100 on 1:40 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 8/9/10/11 KOW {3 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
625	25 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,075 Yards - Stress Value = 52	

Workout #25848 - Monday, 05 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{1 x 50 on 1:10 Fly Kick w/snorkel {1 x 75 on 1:45 Fly Kick w/snorkel {1 x 100 on 2:20 Fly Kick w/snorkel {1 x 125 on 2:55 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{3 x 100 on 1:55 75 Free 25 Fly w/free kick {4 x 25 on :40 Fly 8/9/10/11 KOW {3 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 12/13 KOW
550	22 x 25 on :40 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,700 Yards - Stress Value = 46	

Workout #25850 - Monday, 05 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{1 x 50 on 1:30 Fly Kick w/snorkel {1 x 100 on 3:00 Fly Kick w/snorkel {1 x 150 on 4:30 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	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 {2 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 {1 x 50 on 1:15 25 Free 25 Fly w/free kick
450	18 x 25 on :50 USRPT 100 Fly Pace

200 1 x 200 on 4:00 Stroke Drills
7:15 PM 2,250 Yards - Stress Value = 38

Workout #25849 - Monday, 05 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{1 x 50 on 1:15 Fly Kick w/snorkel {1 x 75 on 1:55 Fly Kick w/snorkel {1 x 100 on 2:30 Fly Kick w/snorkel {1 x 125 on 3:10 Fly Kick w/snorkel
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 {2 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
7:15 PM 2,550 Yards - Stress Value = 43	

Workout #25877 - Tuesday, 06 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
100	1 x 100 on 5:00 100 Back For Time OTB	SP2
150	1 x 150 on 4:00 Sculling drills	REC
6:00 PM 3,775 Yards - Stress Value = 319		

Workout #25857 - Tuesday, 06 October 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
350	1x{2 x 25 on 1:00 Kick no board BS {1 x 50 on 2:00 Fly Kick w/snorkel {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/snorkel {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
500	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
375	15 x 25 on 1:00 USRPT-Your #1-100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,875 Yards - Stress Value = 61	

Workout #25852 - Tuesday, 06 October 2020

Group 2 - IM'ers

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Fly Kick w/snorkel {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/snorkel {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
1,050	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
750	30 x 25 on :30 USRPT-Your #1-100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,250 Yards - Stress Value = 116	

Workout #25853 - Tuesday, 06 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
600	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:10 Fly Kick w/snorkel {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/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{1 x 200 on 3:20 Individual Medley {4 x 25 on :35 Fly lup2down {1 x 200 on 3:15 Individual Medley {6 x 25 on :35 Back 5KOW+1 {1 x 200 on 3:10 Individual Medley {5 x 25 on :35 Breast 2K1P
625	25 x 25 on :35 USRPT-Your #1-100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,950 Yards - Stress Value = 99	

Workout #25854 - Tuesday, 06 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:30 Fly Kick w/snorkel {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/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	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
550 22 x 25 on :40 USRPT-Your #1 100 Pace
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 2,700 Yards - Stress Value = 90

Workout #25856 - Tuesday, 06 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
400	1x{2 x 25 on 1:00 Kick no board BS {1 x 50 on 1:30 Fly Kick w/snorkel {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/snorkel {2 x 25 on 1:00 Kick no board LR {1 x 50 on 1:30 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	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 150 on 3:40 IM w/out the free
375	15 x 25 on 1:00 USRPT-Your #1-100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,125 Yards - Stress Value = 66	

Workout #25855 - Tuesday, 06 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:45 Fly Kick w/snorkel {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/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	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 {2 x 25 on :40 Breast 2K1P
500	20 x 25 on :45 USRPT-Your #1 100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,550 Yards - Stress Value = 83	

Workout #25878 - Wednesday, 07 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Free Pace	SE
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25863 - Wednesday, 07 October 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
300	1x{1 x 100 on 3:00 Free Kick w/snorkel {1 x 100 on 3:05 Free Kick w/snorkel {1 x 100 on 3:10 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,900 Yards - Stress Value = 62	

Workout #25858 - Wednesday, 07 October 2020

Group 2 - Freestylers

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{1 x 100 on 1:50 Free Kick w/snorkel {2 x 100 on 1:55 Free Kick w/snorkel {2 x 100 on 2:00 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	9 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
7:15 PM 3,300 Yards - Stress Value = 118	

Workout #25859 - Wednesday, 07 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{1 x 100 on 1:55 Free Kick w/snorkel {2 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 2:05 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{8 x 150 on 2:40 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

7:15 PM 3,200 Yards - Stress Value = 116

Workout #25860 - Wednesday, 07 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
450	1x{1 x 100 on 2:05 Free Kick w/snorkel {2 x 100 on 2:10 Free Kick w/snorkel {1 x 100 on 2:15 Free Kick w/snorkel {1 x 50 on 1:10 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{7 x 150 on 2:55 Free descend in sets of 3 {1 x 100 on 1:55 Freestyle-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
7:15 PM 2,875 Yards - Stress Value = 100	

Workout #25862 - Wednesday, 07 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
350	1x{1 x 100 on 2:40 Free Kick w/snorkel {1 x 100 on 2:45 Free Kick w/snorkel {1 x 100 on 2:50 Free Kick w/snorkel {1 x 50 on 1:30 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{6 x 150 on 3:45 Free descend in sets of 3 Each set of three descends
500	20 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,375 Yards - Stress Value = 81	

Workout #25861 - Wednesday, 07 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
400	1x{1 x 100 on 2:20 Free Kick w/snorkel {2 x 100 on 2:25 Free Kick w/board {1 x 100 on 2:30 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{7 x 150 on 3:15 Free descend in sets of 3
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,650 Yards - Stress Value = 90	

Workout #25879 - Thursday, 08 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	V
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	
150	1 x 150 on 4:00 Sculling Drills	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
150	1 x 150 on 4:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP2	
6:07 PM 3,225 Yards - Stress Value = 279			

Workout #25864 - Thursday, 08 October 2020

Group 2 - Back

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,200 Yards - Stress Value = 95	

Workout #25869 - Thursday, 08 October 2020

Group 2 - Copper

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,375 Yards - Stress Value = 51	

Workout #25865 - Thursday, 08 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 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
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 1,975 Yards - Stress Value = 80

Workout #25866 - Thursday, 08 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 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
525	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
	{1 x 25 on :40 Kick no board B
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,775 Yards - Stress Value = 71	

Workout #25868 - Thursday, 08 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 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 Streamline Kick on Back
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,500 Yards - Stress Value = 59	

Workout #25867 - Thursday, 08 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 1,700 Yards - Stress Value = 66	

Workout #25880 - Friday, 09 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF
750	30 x 25 on :30 100 Free Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SF
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SE
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25870 - Friday, 09 October 2020

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1 x 800 on 16:00 Vertical Kicking
1,500	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 {4 x 125 on 2:25 Breast L.25 2k1P {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
750	30 x 25 on :35 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 3,900 Yards - Stress Value = 127	

Workout #25875 - Friday, 09 October 2020

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1 x 800 on 16:00 Vertical Kicking
750	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 125 on 5:00 Breast L.25 2k1p
575	23 x 25 on :45 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 2,775 Yards - Stress Value = 95	

Workout #25871 - Friday, 09 October 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1 x 800 on 16:00 Vertical Kicking
1,450	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 {4 x 125 on 2:30 Breast L.25 2k1p {3 x 100 on 2:00 Breast L.25 2k1p {2 x 75 on 1:30 Breast L.25 2k1p
750	30 x 25 on :35 USRPT-100 Breast Pace

200 1 x 200 on 4:00 Stroke Drills
7:00 PM 3,850 Yards - Stress Value = 126

Workout #25872 - Friday, 09 October 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1 x 800 on 16:00 Vertical Kicking
1,300	1x{1 x 50 on 1:10 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {3 x 100 on 2:20 Breast L.25 2k1p {2 x 125 on 2:50 Breast L.25 2k1p {3 x 100 on 2:15 Breast L.25 2k1p {2 x 75 on 1:40 Breast L.25 2k1p {2 x 50 on 1:05 Breast L.25 2k1p
650	26 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 3,500 Yards - Stress Value = 113	

Workout #25874 - Friday, 09 October 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	4 x 75 on 2:30 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1 x 800 on 16:00 Vertical Kicking
1,000	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 {3 x 100 on 2:55 Breast L.25 2k1p {2 x 75 on 2:00 Breast L.25 2k1p {1 x 50 on 1:00 Breast L.25 2k1p
575	23 x 25 on :45 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 3,025 Yards - Stress Value = 100	

Workout #25873 - Friday, 09 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1 x 800 on 16:00 Vertical Kicking
1,200	1x{1 x 50 on 1:15 Breast L.25 2k1p {2 x 75 on 1:50 Breast L.25 2k1p {3 x 100 on 2:30 Breast L.25 2k1p {2 x 125 on 3:00 Breast L.25 2k1p {3 x 100 on 2:25 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p
650	26 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 3,400 Yards - Stress Value = 111	

Workout #25906 - Monday, 12 October 2020

7:30 PM 3,175 Yards - Stress Value = 104

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:30 PM	Start	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
100	4 x 25 on 3:00 50 Free Pace	SP2
	up to 8 if there is time	
6:00 PM	3,525 Yards - Stress Value = 319	

Workout #25881 - Monday, 12 October 2020

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
300	1 on 12:00 Dynamic Stretch/Shower
150	1 x 300 on 5:00 Underwater trn drill
700	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Fly Kick w/snorkel
	{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/snorkel
	{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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,450 Yards - Stress Value = 120

Workout #25882 - Monday, 12 October 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
300	1 on 12:00 Dynamic Stretch/Shower
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
600	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Fly Kick w/snorkel
	{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/snorkel
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
200	1 x 200 on 4:00 Stroke Drills

Workout #25883 - Monday, 12 October 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
250	1 on 12:00 Dynamic Stretch/Shower
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/snorkel
	{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/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,850 Yards - Stress Value = 93

Workout #25885 - Monday, 12 October 2020

Group 2 - Bronze

1 minute rest between sets

Meters	Set Description
6:00 PM	Start
200	1 on 12:00 Dynamic Stretch/Shower
150	1 x 200 on 5:00 Underwater trn drill
400	10 x 15 on :45 Shooters
	1x{2 x 25 on 1:00 Kick no board BS
	{1 x 50 on 1:30 Fly Kick w/snorkel
	{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/snorkel
	{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
375	15 x 25 on 1:00 USRPT-Your #1 100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,225 Meters - Stress Value = 73

Workout #25884 - Monday, 12 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
250	1 x 250 on 5:00 Underwater trn drill
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/snorkel
	{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/snorkel
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
500	20 x 25 on :45 USRPT-Your #1 100 Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,725 Yards - Stress Value = 86

Workout #25907 - Tuesday, 13 October 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:30 PM	Start	
=====	=====	=====
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
6:04 PM	3,675 Yards - Stress Value = 309	

Workout #25886 - Tuesday, 13 October 2020

Group 2 - Back

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,600 Yards - Stress Value = 123

Workout #25887 - Tuesday, 13 October 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,125 Yards - Stress Value = 103

Workout #25888 - Tuesday, 13 October 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,850 Yards - Stress Value = 93

Workout #25890 - Tuesday, 13 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 83

=====

	1 on 12:00 Dynamic Stretch/Shower
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
675	1x{1 x 50 on 1:00 Fly Kick w/snorkel
	{1 x 75 on 1:30 Fly Kick w/snorkel
	{1 x 100 on 2:00 Fly Kick w/snorkel
	{1 x 125 on 2:30 Fly Kick w/snorkel
	{1 x 150 on 3:00 Fly Kick w/snorkel
	{1 x 175 on 3:30 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	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
750	30 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,525 Yards - Stress Value = 63

Workout #25889 - Tuesday, 13 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 91

Workout #25892 - Wednesday, 14 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 12:00 Dynamic Stretch/Shower	F
200	8 x 25 on :35 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
600	1x{1 x 50 on 1:05 Fly Kick w/snorkel	E
	{1 x 75 on 1:40 Fly Kick w/snorkel	E
	{1 x 100 on 2:10 Fly Kick w/snorkel	E
	{1 x 125 on 2:45 Fly Kick w/snorkel	E
	{1 x 150 on 3:15 Fly Kick w/snorkel	E
	{1 x 100 on 2:10 Fly Kick w/board	E
100	1x{4 x 25 on 1:00 Fly Kick w/snorkel	F
	{ Evens-underwaters, count kicks	
1,150	1x{2 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{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	E
	{4 x 25 on :35 Fly 9/10/11/12 KOW	E
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{4 x 25 on :35 Fly 10/11/12/13 KOW	E
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{2 x 25 on :35 Fly /13/14 KOW	E
650	26 x 25 on :35 USRPT-100 Fly Pace	S
200	1 x 200 on 4:00 Stroke Drills	F
	7:31 PM 3,050 Yards - Stress Value = 106	

Workout #25908 - Wednesday, 14 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
=====	=====	==
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
1,500	30 x 50 on :55 200 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
100	1 x 100 on 5:00 100 #1 non free OTB	SE
150	1 x 150 on 4:00 Sculling drills	RE
	6:01 PM 3,775 Yards - Stress Value = 319	

Workout #25891 - Wednesday, 14 October 2020

Group 2 - Fly

1 minute rest between sets

6:00 PM Start

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

Workout #25893 - Wednesday, 14 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
550 1x	{1 x 50 on 1:15 Fly Kick w/snorkel
	{1 x 75 on 1:55 Fly Kick w/snorkel
	{1 x 100 on 2:30 Fly Kick w/snorkel
	{1 x 125 on 3:05 Fly Kick w/snorkel
	{1 x 150 on 3:45 Fly Kick w/snorkel
	{1 x 50 on 1:15 Fly Kick w/snorkel
100 1x	{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100 1x	{2 x 100 on 1:50 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
550	22 x 25 on :40 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,825 Yards - Stress Value = 50

Workout #25895 - Wednesday, 14 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
450 1x	{1 x 50 on 1:30 Fly Kick w/snorkel
	{1 x 100 on 3:00 Fly Kick w/snorkel
	{1 x 150 on 4:30 Fly Kick w/snorkel
	{1 x 100 on 3:00 Fly Kick w/snorkel
	{1 x 50 on 1:30 Fly Kick w/snorkel
100 1x	{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800 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
450	18 x 25 on :50 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,300 Yards - Stress Value = 40

Workout #25894 - Wednesday, 14 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
525 1x	{1 x 50 on 1:20 Fly Kick w/snorkel
	{1 x 75 on 2:00 Fly Kick w/snorkel
	{1 x 100 on 2:40 Fly Kick w/snorkel
	{1 x 125 on 3:20 Fly Kick w/snorkel
	{1 x 150 on 4:00 Fly Kick w/snorkel
	{1 x 25 on :40 Fly Kick w/snorkel
100 1x	{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
950 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
	{2 x 25 on :45 Fly 10/11 KOW
500	20 x 25 on :45 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,575 Yards - Stress Value = 45

Workout #25909 - Thursday, 15 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
=====	=====	==
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
750	30 x 25 on :30 100 Free Pace	SI
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SI
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SI
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SI
	6:04 PM 3,675 Yards - Stress Value = 309	

Workout #25896 - Thursday, 15 October 2020

Group 2 - Breast

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast 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
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,125 Yards - Stress Value = 82

Workout #25897 - Thursday, 15 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast 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
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,000 Yards - Stress Value = 74

Workout #25898 - Thursday, 15 October 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast 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
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	1,800 Yards - Stress Value = 67

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Free Shooters
700	1x{1 x 100 on 1:50 Free Kick w/snorkel
	{ 2 x 100 on 1:55 Free Kick w/snorkel
	{ 3 x 100 on 2:00 Free Kick w/snorkel
	{ 1 x 100 on 2:05 Free Kick w/snorkel
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
500	20 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,650 Yards - Stress Value = 100

Workout #25900 - Thursday, 15 October 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast 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
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	1,600 Yards - Stress Value = 60

Workout #25902 - Friday, 16 October 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Free Shooters
650	1x{1 x 100 on 1:55 Free Kick w/snorkel
	{ 2 x 100 on 2:00 Free Kick w/snorkel
	{ 3 x 100 on 2:05 Free Kick w/snorkel
	{ 1 x 50 on 1:05 Free Kick w/snorkel
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
500	20 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,400 Yards - Stress Value = 95

Workout #25899 - Thursday, 15 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast 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
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	1,700 Yards - Stress Value = 61

Workout #25903 - Friday, 16 October 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
6:00 PM	Start
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{1 x 100 on 2:05 Free Kick w/snorkel
	{ 2 x 100 on 2:10 Free Kick w/snorkel
	{ 3 x 100 on 2:15 Free Kick w/snorkel
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
450	18 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,100 Yards - Stress Value = 87

Workout #25910 - Friday, 16 October 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:30 AM	Start	
=====	=====	==
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
500	1 x 500 on 10:00 Sculling Drills	RE
150	1 x 150 on 4:00 Sculling Drills	RE
750	30 x 25 on :30 Your #1 100 Pace	SE
5:50 AM	3,875 Yards - Stress Value = 309	

Workout #25901 - Friday, 16 October 2020

Group 2 - Freestylers

Workout #25905 - Friday, 16 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Free Shooters
500	1x{1 x 100 on 2:40 Free Kick w/snorkel {2 x 100 on 2:45 Free Kick w/snorkel {2 x 100 on 2:50 Free Kick w/snorkel
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
400	16 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,550 Yards - Stress Value = 74

Workout #25904 - Friday, 16 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Free Shooters
550	1x{1 x 100 on 2:20 Free Kick w/snorkel {2 x 100 on 2:25 Free Kick w/snorkel {2 x 100 on 2:30 Free Kick w/snorkel {1 x 50 on 1:20 Free Kick w/snorkel
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
400	16 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 79

Workout #25936 - Monday, 19 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :35 100 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
	6:04 PM 3,675 Yards - Stress Value = 309	

Workout #25911 - Monday, 19 October 2020

Group 2 - Breast

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
300	1 x 300 on 5:00 Underwater Turn Drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	5 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

1,150	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 {1 x 50 on :55 Breast L.25 2k1p
750	30 x 25 on :35 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 114

Workout #25912 - Monday, 19 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	1x{4 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
1,100	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 {4 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 {1 x 50 on 1:00 Breast L.25 2k1p
650	26 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 102

Workout #25913 - Monday, 19 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	1x{4 x 100 on 2:15 Breast Kick-odds fast {1 x 50 on :55 Breast Kick-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	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 {4 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 {1 x 50 on 1:05 Breast L.25 2k1p
650	26 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 100

Workout #25915 - Monday, 19 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
350	1x{3 x 100 on 2:45 Breast Kick-odds fast {1 x 50 on 1:20 Breast Kick-FAST
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 Breast L.25 2klp {2 x 75 on 2:15 Breast L.25 2klp {2 x 100 on 3:00 Breast L.25 2klp {4 x 25 on :45 Breast 2X Pullouts {2 x 100 on 2:55 Breast L.25 2klp {1 x 50 on 1:25 Breast L.25 2klp
600	24 x 25 on :45 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 88

Workout #25914 - Monday, 19 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
400	1x{4 x 100 on 2:25 Breast Kick-odds fast
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 Breast L.25 2klp {2 x 75 on 1:50 Breast L.25 2klp {3 x 100 on 2:25 Breast L.25 2klp {4 x 25 on :45 Breast 2X Pullouts {1 x 100 on 2:20 Breast L.25 2klp {2 x 75 on 1:45 Breast L.25 2klp {1 x 50 on 1:10 Breast L.25 2klp
600	24 x 25 on :45 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 92

Workout #25937 - Tuesday, 20 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
100	1 x 100 on 5:00 100 IM For Time OTB	SP2
150	1 x 150 on 4:00 Sculling drills	REC
	6:00 PM 3,775 Yards - Stress Value = 319	

Workout #25916 - Tuesday, 20 October 2020

Group 2 - IM'ers

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes

150	10 x 15 on :45 Racing Skills-Crossover Turns
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:50 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:55 Streamline Kick on back {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:55 Breast Kick w/snorkel {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
1,400	1x{1 x 200 on 3:10 Individual Medley {4 x 25 on :30 Fly lup2down {1 x 200 on 3:05 Individual Medley {4 x 25 on :30 Back 5KOW+1 {1 x 200 on 3:00 Individual Medley {4 x 25 on :30 Breast 2K1P {1 x 200 on 2:55 Individual Medley {4 x 25 on :30 Free-no breath L.10 yards {1 x 200 on 2:50 Individual Medley
750	30 x 25 on :30 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 123

Workout #25917 - Tuesday, 20 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
600	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:05 Fly Kick w/snorkel {4 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 {1 x 100 on 2:05 Breast 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 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 {4 x 25 on :35 Breast 2K1P {1 x 200 on 3:05 Individual Medley {6 x 25 on :30 Free-no breath L.10 yds
625	25 x 25 on :35 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 105

Workout #25918 - Tuesday, 20 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch>Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Fly Kick w/snorkel
 {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
 {1 x 50 on 1:10 Breast Kick w/snorkel
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 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 100 on 1:40 Individual Medley
 {4 x 25 on :30 Free-no breath L.10 yds
 550 22 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 94

Workout #25920 - Tuesday, 20 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch>Showers
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/snorkel
 {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/snorkel
 {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
 850 1x{1 x 200 on 5:00 Individual Medley
 {4 x 25 on :45 Fly lup2down
 {1 x 100 on 2:35 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 100 on 2:30 Individual Medley
 {4 x 25 on :45 Breast 2K1P
 {1 x 100 on 2:25 Individual Medley
 {2 x 25 on :45 Freestyle
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 100 1 x 100 on 3:00 Stroke Drills
 7:30 PM 2,175 Yards - Stress Value = 69

Workout #25919 - Tuesday, 20 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch>Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/snorkel

{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
 {1 x 50 on 1:00 Breast Kick w/snorkel
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:55 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 100 on 1:50 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:45 Individual Medley
 {6 x 25 on :35 Free-no breath L.10 yds
 550 22 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 93

Workout #25938 - Wednesday, 21 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start
 Yards Set Description EG
 =====
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 750 30 x 25 on :30 100 Fly Pace SF
 150 1 x 150 on 4:00 Sculling drills RE
 750 30 x 25 on :30 100 Back Pace SF
 150 1 x 150 on 4:00 Sculling drills RE
 750 30 x 25 on :35 100 Breast Pace SF
 150 1 x 150 on 4:00 Sculling drills RE
 750 30 x 25 on :30 100 Free Pace SF
 6:04 PM 3,675 Yards - Stress Value = 309

Workout #25921 - Wednesday, 21 October 2020

Group 2 - Back

1 minute rest between sets

6:00 PM Start
 Yards Set Description
 =====
 1 on 12:00 Dynamic Stretch>Showers
 225 9 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Back Shooters
 600 1x{4 x 25 on :30 Kick no board B
 {1 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :30 Kick no board B
 {1 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 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 3:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 125

Workout #25922 - Wednesday, 21 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
1	on 12:00 Dynamic Stretch/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	1x{4 x 25 on :35 Kick no board B {1 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 {4 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 3:00 Stroke Drills
7:30 PM 3,150 Yards - Stress Value = 105	

Workout #25923 - Wednesday, 21 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
1	on 12:00 Dynamic Stretch/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
450	1x{4 x 25 on :40 Kick no board B {1 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks {4 x 25 on :40 Kick no board B {1 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 3:00 Stroke Drills
7:30 PM 2,900 Yards - Stress Value = 95	

Workout #25925 - Wednesday, 21 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
1	on 12:00 Dynamic Stretch/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
400	1x{4 x 25 on :45 Kick no board B {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks {4 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 2:30 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
7:30 PM 2,400 Yards - Stress Value = 82

Workout #25924 - Wednesday, 21 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
1	on 12:00 Dynamic Stretch/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
450	1x{4 x 25 on :40 Kick no board B {1 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 {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
1,150	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 3:00 Stroke Drills
7:30 PM 2,800 Yards - Stress Value = 93	

Workout #25939 - Thursday, 22 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	W
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	
150	1 x 150 on 4:00 Sculling Drills	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
150	1 x 150 on 4:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP2	
6:07 PM 3,225 Yards - Stress Value = 279			

Workout #25926 - Thursday, 22 October 2020

Group 2 - Freestylers

1 minute rest between sets

6:00 PM Start

Yards	Set Description
1	on 12:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
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
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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,200 Yards - Stress Value = 95	

Workout #25927 - Thursday, 22 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch>Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 94

Workout #25928 - Thursday, 22 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch>Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,925 Yards - Stress Value = 80

Workout #25930 - Thursday, 22 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch>Showers
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,650 Yards - Stress Value = 66

Workout #25929 - Thursday, 22 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch>Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 72

Workout #25940 - Friday, 23 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
=====	=====	==
225	15 x 15 on :45 Racing Skills-Crossover Turns	SI
750	30 x 25 on :30 100 Free Pace	SI
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SI
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SI
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SI
	6:04 PM 3,675 Yards - Stress Value = 309	

Workout #25931 - Friday, 23 October 2020

Group 2 - Fly

1 minute rest between sets

6:00 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 Dynamic Stretch/Shower
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	1x{1 x 50 on 1:00 Fly Kick w/snorkel
	{1 x 75 on 1:30 Fly Kick w/snorkel
	{1 x 100 on 2:00 Fly Kick w/snorkel
	{1 x 125 on 2:30 Fly Kick w/snorkel
	{1 x 150 on 3:00 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	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
750	30 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 59

Workout #25932 - Friday, 23 October 2020

Group 2 - Gold

1 minute rest between sets

6:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 12:00 Dynamic Stretch/Shower	F
500	4 x 125 on 2:15 SwimUSS	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
450	1x{1 x 50 on 1:05 Fly Kick w/snorkel	E
	{1 x 75 on 1:40 Fly Kick w/snorkel	E
	{1 x 100 on 2:10 Fly Kick w/snorkel	E
	{1 x 125 on 2:45 Fly Kick w/snorkel	E
	{1 x 100 on 2:10 Fly Kick w/board	E
100	1x{4 x 25 on 1:00 Fly Kick w/snorkel	F
	{ Evens-underwaters, count kicks	
1,150	1x{2 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{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	E
	{4 x 25 on :35 Fly 9/10/11/12 KOW	E
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{4 x 25 on :35 Fly 10/11/12/13 KOW	E
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{2 x 25 on :35 Fly /13/14 KOW	E
650	26 x 25 on :35 USRPT-100 Fly Pace	S
200	1 x 200 on 3:00 Stroke Drills	F
	7:30 PM 3,200 Yards - Stress Value = 103	

Workout #25933 - Friday, 23 October 2020

Group 2 - Silver

1 minute rest between sets

6:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 12:00 Dynamic Stretch/Shower	
400	4 x 100 on 2:15 SwimUSS	
150	10 x 15 on :45 Racing Skills-Fly Shooters	
400	1x{1 x 50 on 1:15 Fly Kick w/snorkel	
	{1 x 75 on 1:55 Fly Kick w/snorkel	
	{1 x 100 on 2:30 Fly Kick w/snorkel	
	{1 x 125 on 3:05 Fly Kick w/snorkel	
	{1 x 50 on 1:15 Fly Kick w/snorkel	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,100	1x{2 x 100 on 1:50 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	
550	22 x 25 on :40 USRPT 100 Fly Pace	
200	1 x 200 on 3:00 Stroke Drills	
	7:30 PM 2,900 Yards - Stress Value = 47	

Workout #25935 - Friday, 23 October 2020

Group 2 - Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 12:00 Dynamic Stretch/Shower	
300	4 x 75 on 2:15 SwimUS	
150	10 x 15 on :45 Racing Skills-Fly Shooters	
300	1x{1 x 50 on 1:30 Fly Kick w/snorkel	
	{1 x 100 on 3:00 Fly Kick w/snorkel	
	{1 x 150 on 4:30 Fly Kick w/snorkel	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
800	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
18 x 25 on :50 USRPT 100 Fly Pace
1 x 200 on 4:00 Stroke Drills
7:30 PM 2,300 Yards - Stress Value = 37

Workout #25934 - Friday, 23 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

6:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 12:00 Dynamic Stretch/Shower	
400	4 x 100 on 2:15 SwimUSS	
150	10 x 15 on :45 Racing Skills-Fly Shooters	
375	1x{1 x 50 on 1:20 Fly Kick w/snorkel	
	{1 x 75 on 2:00 Fly Kick w/snorkel	
	{1 x 100 on 2:40 Fly Kick w/snorkel	
	{1 x 125 on 3:20 Fly Kick w/snorkel	
	{1 x 25 on :40 Fly Kick w/snorkel	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
950	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	
	{2 x 25 on :45 Fly 10/11 KOW	
500	20 x 25 on :45 USRPT 100 Fly Pace	
200	1 x 200 on 3:00 Stroke Drills	
	7:30 PM 2,675 Yards - Stress Value = 42	

Workout #25966 - Monday, 26 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
100	4 x 25 on 3:00 50 Free Pace	SP2
	up to 8 if there is time	
	6:00 PM 3,525 Yards - Stress Value = 319	

Workout #25941 - Monday, 26 October 2020

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 850 1x{1 x 125 on 2:20 Fly Kick w/snorkel
 {2 x 100 on 1:50 Fly Kick w/snorkel
 {3 x 75 on 1:25 Fly Kick w/snorkel
 {6 x 50 on :55 Fly Kick w/snorkel
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,650 Yards - Stress Value = 120

Workout #25942 - Monday, 26 October 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 750 1x{1 x 125 on 2:35 Fly Kick w/snorkel
 {2 x 100 on 2:05 Fly Kick w/board
 {3 x 75 on 1:35 Fly Kick w/board
 {4 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 101

Workout #25943 - Monday, 26 October 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 650 1x{1 x 125 on 2:55 Fly Kick w/snorkel
 {2 x 100 on 2:20 Fly Kick w/snorkel

{3 x 75 on 1:45 Fly Kick w/snorkel
 {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
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 89

Workout #25945 - Monday, 26 October 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 200 1 x 200 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 525 1x{1 x 125 on 3:45 Fly Kick w/snorkel
 {1 x 100 on 3:00 Fly Kick w/board
 {2 x 75 on 2:15 Fly Kick w/board
 {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
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 73

Workout #25944 - Monday, 26 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1x{1 x 125 on 3:10 Fly Kick w/snorkel
	{2 x 100 on 2:30 Fly Kick w/board
	{3 x 75 on 1:55 Fly Kick w/board
	{1 x 50 on 1:15 Fly Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 82

Workout #25947 - Tuesday, 27 October 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
700	1x{1 x 200 on 4:10 Breast Kick w/snorkel
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 200 on 4:15 Breast Kick w/snorkel
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 100 on 2:10 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:50 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,125 Yards - Stress Value = 100

Workout #25967 - Tuesday, 27 October 2020

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:30 PM Start	
	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
	6:04 PM 3,675 Yards - Stress Value = 309	

Workout #25948 - Tuesday, 27 October 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 4:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
700	1x{1 x 200 on 4:35 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 200 on 4:40 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 100 on 2:15 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	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 2:00 Breaststroke
	{1 on :30 Rest
	{1 x 50 on 1:00 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 92

Workout #25946 - Tuesday, 27 October 2020

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1x{1 x 200 on 3:40 Breast Kick w/snorkel
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 200 on 3:45 Breast Kick w/snorkel
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 200 on 3:50 Breast Kick w/snorkel
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
700	28 x 25 on :35 USRPT-100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,250 Yards - Stress Value = 110

Workout #25950 - Tuesday, 27 October 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	1 x 200 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Breast Shooters
1x	{1 x 150 on 4:00 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 150 on 4:05 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 50 on 1:25 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{4 x 100 on 2:45 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:45 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:45 Breaststroke
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 74

Workout #25949 - Tuesday, 27 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Breast Shooters
1x	{1 x 200 on 4:55 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 200 on 5:00 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 25 on :40 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	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 75 on 1:40 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,775 Yards - Stress Value = 88

Workout #25968 - Wednesday, 28 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Fly Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
1,500	30 x 50 on :55 200 Back Pace	SE
150	1 x 150 on 4:00 Sculling drills	RE
100	1 x 100 on 5:00 100 #1 non free OTB	SE
150	1 x 150 on 4:00 Sculling drills	RE
	6:01 PM 3,775 Yards - Stress Value = 319	

Workout #25951 - Wednesday, 28 October 2020

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 40:00 Train Heroic/Showers
150	9 x 25 on :30 Wednesday Warm-up
850	10 x 15 on :45 Racing Skills-Free Shooters
1x	{2 x 150 on 2:45 Free Kick w/snorkel
	{2 x 125 on 2:20 Free Kick w/snorkel
	{2 x 100 on 1:50 Free Kick w/snorkel
	{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
1,500	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
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,775 Yards - Stress Value = 128

Workout #25952 - Wednesday, 28 October 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 40:00 Train Heroic
150	9 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Free Shooters
1x	{2 x 150 on 3:05 Free Kick w/snorkel
	{2 x 125 on 2:35 Free Kick w/snorkel
	{2 x 100 on 2:05 Free Kick w/snorkel
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 6:00 Freestyle
	{3 x 100 on 1:40 Freestyle
	{1 x 300 on 4:30 Freestyle
	{2 x 100 on 1:40 Freestyle
	{1 x 200 on 3:00 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,575 Yards - Stress Value = 124

Workout #25953 - Wednesday, 28 October 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	8 x 25 on :35 Wednesday Warm-up
700	10 x 15 on :45 Shooters
1x	{2 x 150 on 3:20 Free Kick w/snorkel
	{2 x 125 on 2:45 Free Kick w/snorkel
	{1 x 100 on 2:15 Free Kick w/snorkel
	{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 5:00 Freestyle
	{3 x 100 on 1:50 Freestyle
	{1 x 200 on 3:20 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 3,225 Yards - Stress Value = 107

Workout #25955 - Wednesday, 28 October 2020

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 Racing Skills-Free Shooters
550	1x{2 x 150 on 4:05 Free Kick w/snorkel {2 x 100 on 2:45 Free Kick w/snorkel {1 x 50 on 1:30 Free Kick w/snorkel
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
900	1x{1 x 300 on 7:00 Freestyle {3 x 100 on 2:30 Freestyle {1 x 200 on 4:40 Freestyle {1 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 2,600 Yards - Stress Value = 90	

Workout #25954 - Wednesday, 28 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{2 x 150 on 3:45 Free Kick w/snorkel {2 x 125 on 3:10 Free Kick w/snorkel {1 x 50 on 1:15 Free Kick w/snorkel
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 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
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,025 Yards - Stress Value = 103	

Workout #25971 - Wednesday, 28 October 2020

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY
	1 on 6:00 Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2
3,000	30 x 100 on 1:25 1650 Free Pace Make one subtract one	SP2
150	1 x 150 on 4:00 Sculling Drills	REC
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 15:00 Lane Line Survivor	SP2 REC SP2 REC SP2 EN2
150	1 x 150 on 4:00 Sculling drills	REC
7:58 AM 5,025 Yards - Stress Value = 459		

Workout #25969 - Thursday, 29 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EG
225	15 x 15 on :45 Racing Skills-Breast Shooters	SP
750	30 x 25 on :30 100 Free Pace	SP
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :35 100 Breast Pace	SP
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Back Pace	SP
150	1 x 150 on 4:00 Sculling drills	RE
750	30 x 25 on :30 100 Fly Pace	SP
6:04 PM 3,675 Yards - Stress Value = 309		

Workout #25956 - Thursday, 29 October 2020

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns 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 Back Pace
800	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:50 Fly Kick w/snorkel {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 Breast Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:50 Free Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,300 Yards - Stress Value = 97	

Workout #25957 - Thursday, 29 October 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns 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
700	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:05 Fly Kick w/snorkel {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 Breast Kick w/snorkel {4 x 25 on :35 Kick no board BSLR
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,075 Yards - Stress Value = 82	

Workout #25958 - Thursday, 29 October 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
	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
675	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:15 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:15 Stremline Kick on Back {4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:15 Breast Kick w/snorkel
200	{3 x 25 on :35 Kick no board BSL 1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,000 Yards - Stress Value = 82

Workout #25960 - Thursday, 29 October 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
	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
525	1x{4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:25 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:30 Stremline Kick on Back {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:25 Breast Kick w/snorkel
200	{3 x 25 on :45 Kick no board BSL 1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,675 Yards - Stress Value = 17

Workout #25959 - Thursday, 29 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
	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
600	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:30 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:30 Stremline Kick on Back {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:30 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 18

Workout #25972 - Thursday, 29 October 2020

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY WC
=====	=====	=====
	1 on 6:00 Showers	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
2,250	30 x 75 on 1:10 1000 Free Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on :55 #1 non free 200 Pace	SP2
150	1 x 150 on 4:00 Stroke Drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Timed 100 IM OTB	SP2
	7:59 AM 5,025 Yards - Stress Value = 459	

Workout #25970 - Friday, 30 October 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EG
=====	=====	=====
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
500	1 x 500 on 10:00 Sculling Drills	RE
150	1 x 150 on 4:00 Sculling Drills	RE
750	30 x 25 on :30 Your #1 100 Pace	SE
	5:50 PM 3,875 Yards - Stress Value = 309	

Workout #25961 - Friday, 30 October 2020

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
500	4 x 125 on 2:15 SwimUSS 50swim 25underwater 25scull 25back
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 Racing Skills-Video/Starts
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1 on 1:00 Switch Groups
1,500	1x{8 x 75 on 1:15 Backstroke {6 x 75 on 1:10 Backstroke {4 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,450 Yards - Stress Value = 36

Workout #25962 - Friday, 30 October 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
500	4 x 125 on 2:15 SwimUSS 50swim 25underwater 25scull 25back
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 Racing Skills-Video/Starts
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1 on 1:00 Switch Groups
1,500	1x{8 x 75 on 1:20 Backstroke {6 x 75 on 1:15 Backstroke {4 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 36

Workout #25963 - Friday, 30 October 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
400	4 x 100 on 2:15 SwimUSS 25swim 25underwater 25scull 25back
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 Racing Skills-Video Starts
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1 on 1:00 Switch Grou
1,200	1x{7 x 75 on 1:35 Backstroke {6 x 75 on 1:30 Backstroke {3 x 75 on 1:25 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,050 Yards - Stress Value = 29

Workout #25965 - Friday, 30 October 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	4 x 75 on 2:15 SwimUSS 25swim 25scull 25back
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 Racing Skills-Video Starts
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1 on 1:00 Switch Groups
975	1x{6 x 75 on 1:55 Backstroke {4 x 75 on 1:50 Backstroke {3 x 75 on 1:45 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,725 Yards - Stress Value = 25

Workout #25964 - Friday, 30 October 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
400	4 x 100 on 2:15 SwimUSS 25swim 25underwater 25scull 25back
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 Racing Skills-Video/Starts
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1 on 1:00 Switch Groups
1,125	1x{6 x 75 on 1:40 Backstroke {5 x 75 on 1:35 Backstroke {4 x 75 on 1:30 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,975 Yards - Stress Value = 29

Workout #25993 - Monday, 02 November 2020

Group 3 - USRP

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 5:00 Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace	SP2

150	1 x 150 on 4:00 Sculling drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 4:00 Sculling drills	REC
1,500	30 x 50 on 1:00 200 Breast Pace	SP2
	6:13 PM 4,275 Yards - Stress Value = 384	

Workout #25973 - Monday, 02 November 2020

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1x{1 x 200 on 3:50 Breast Kick w/snorkel {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:55 Breast Kick w/snorkel {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 4:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:40 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
625	25 x 25 on :35 USRP-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,425 Yards - Stress Value = 106

Workout #25974 - Monday, 02 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
700	1x{1 x 200 on 4:10 Breast Kick w/snorkel {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:15 Breast Kick w/snorkel {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 100 on 2:10 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	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 {2 x 100 on 1:50 Breaststroke
625	25 x 25 on :35 USRP-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 3,225 Yards - Stress Value = 102

Workout #25975 - Monday, 02 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
650	1x{1 x 200 on 4:35 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 200 on 4:40 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 50 on 1:05 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	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 2:00 Breaststroke
	{1 on 1:00 Rest
	{1 x 50 on 1:05 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,900 Yards - Stress Value = 91

Workout #25977 - Monday, 02 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	1x{1 x 150 on 4:00 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 150 on 4:05 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 50 on 1:20 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	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 50 on 1:20 Breaststroke
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 75

Workout #25976 - Monday, 02 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
600	1x{1 x 200 on 4:55 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 200 on 5:00 Breast Kick w/snorkel
	{4 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
900	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
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,800 Yards - Stress Value = 89

Workout #25981 - Monday, 02 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
650	1x{2 x 150 on 3:45 Free Kick w/board
	{2 x 125 on 3:05 Free Kick w/board
	{1 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
1,150	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
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,125 Yards - Stress Value = 104

Workout #25994 - Tuesday, 03 November 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 5:00 Showers	REC
225	15 x 15 on :45 Racing Skills-#1 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
150	1 x 150 on 4:00 Sculling drills	REC
2,250	30 x 75 on 1:10 500 Free Pace	SP2
	5:59 PM 4,125 Yards - Stress Value = 384	

Workout #25978 - Tuesday, 03 November 2020

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
850	1x{2 x 150 on 2:50 Free Kick w/snorkel
	{2 x 125 on 2:25 Free Kick w/snorkel
	{2 x 100 on 1:55 Free Kick w/snorkel
	{2 x 50 on :55 Free Kick w/snorkel
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 400 on 5:40 Freestyle
	{3 x 100 on 1:30 Freestyle
	{1 x 300 on 4:15 Freestyle
	{3 x 100 on 1:25 Freestyle
	{1 x 200 on 2:45 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,850 Yards - Stress Value = 128

Workout #25979 - Tuesday, 03 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
800	1x{2 x 150 on 3:05 Free Kick w/snorkel
	{2 x 125 on 2:35 Free Kick w/snorkel
	{2 x 100 on 2:00 Free Kick w/snorkel
	{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
1,350	1x{1 x 400 on 5:50 Freestyle
	{3 x 100 on 1:40 Freestyle
	{1 x 300 on 4:20 Freestyle
	{3 x 50 on :50 Freestyle
	{1 x 200 on 2:50 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 124

Workout #25980 - Tuesday, 03 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
750	1x{2 x 150 on 3:20 Free Kick w/snorkel
	{2 x 125 on 2:45 Free Kick w/snorkel
	{2 x 100 on 2:15 Free Kick w/snorkel
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 5:00 Freestyle
	{3 x 100 on 1:50 Freestyle
	{1 x 200 on 3:20 Freestyle
	{3 x 100 on 1:50 Freestyle
	{1 x 150 on 2:15 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,325 Yards - Stress Value = 108

Workout #25982 - Tuesday, 03 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Train Heroic/Showers
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{2 x 150 on 4:05 Free Kick w/snorkel
	{2 x 100 on 2:45 Free Kick w/snorkel
	{2 x 50 on 1:30 Free Kick w/snorkel
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
900	1x{1 x 300 on 7:00 Freestyle
	{3 x 100 on 2:30 Freestyle
	{1 x 200 on 4:40 Freestyle
	{1 x 100 on 2:30 Free-100%
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,700 Yards - Stress Value = 91

Workout #25995 - Wednesday, 04 November 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 5:00 Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Free Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
1,500	30 x 50 on :55 100 Breast Pace	SE
100	1 x 100 on 3:00 Sculling drills	RE
2,000	20 x 100 on 1:25 1650 Free Pace	EN
	6:10 PM 4,675 Yards - Stress Value = 274	

Workout #25983 - Wednesday, 04 November 2020

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
700	1x{4 x 25 on :30 Kick no board BSLR
	{1 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
	{4 x 25 on :30 Kick no board BSLR
	{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
1,500	1x{8 x 75 on 1:15 Backstroke
	{6 x 75 on 1:10 Backstroke
	{6 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 3,625 Yards - Stress Value = 125

Workout #25984 - Wednesday, 04 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
600	1x{4 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
	{1 x 100 on 2:05 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{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
1,500	1x{8 x 75 on 1:20 Backstroke
	{6 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
	7:31 PM 3,400 Yards - Stress Value = 110

Workout #25985 - Wednesday, 04 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	8 x 25 on :35 Wednesday Warm-up
525	10 x 15 on :45 Racing Skills-Back Shooters
1,200	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 {1 x 100 on 2:20 Streamline Kick on Back {5 x 25 on :40 Kick no board BSLRB
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 Backstroke {5 x 75 on 1:30 Backstroke {4 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 3,000 Yards - Stress Value = 102	

Workout #25990 - Wednesday, 04 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
100	1 on 23:00 Teach Day-Fly
550	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	22 x 25 on :40 USRPT-100 Fly Pace
200	1x{3 x 100 on 2:20 Fly Kick w/board {4 x 75 on 1:45 Fly Kick w/board {1 x 50 on 1:10 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,900 Yards - Stress Value = 74	

Workout #25987 - Wednesday, 04 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up
450	10 x 15 on :45 Racing Skills-Back Shooters
100	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on Back {4 x 25 on :45 Kick no board BSLR {2 x 75 on 2:05 Streamline Kick on Back
975	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{6 x 75 on 1:55 Backstroke {4 x 75 on 1:50 Backstroke {3 x 75 on 1:45 Backstroke
200	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,525 Yards - Stress Value = 34	

Workout #25986 - Wednesday, 04 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	8 x 25 on :35 Wednesday Warm-up
525	10 x 15 on :45 Racing Skills-Back Shooters
1,125	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 {1 x 100 on 2:30 Streamline Kick on Back {5 x 25 on :40 Kick no board BSLRB
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{6 x 75 on 1:40 Backstroke {5 x 75 on 1:35 Backstroke {4 x 75 on 1:30 Backstroke
200	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,850 Yards - Stress Value = 94	

Workout #25998 - Wednesday, 04 November 2020

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY	W
1	on 10:00 Dynamic Stretch	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
8:01 AM 5,025 Yards - Stress Value = 459			

Workout #25996 - Thursday, 05 November 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY	W
1	on 5:00 Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :50 200 Free Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
100	1 x 100 on 3:00 Sculling drills	REC	
1,500	30 x 50 on :55 200 Back Pace	SP2	
6:06 PM 4,175 Yards - Stress Value = 384			

Workout #25988 - Thursday, 05 November 2020

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
100	1 on 23:00 Teach Day-Fly
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	30 x 25 on :30 USRPT-100 Fly Pace
200	1x{4 x 100 on 1:50 Fly Kick w/snorkel {4 x 75 on 1:25 Fly Kick w/snorkel {4 x 50 on :55 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 2,400 Yards - Stress Value = 99	

Workout #25989 - Thursday, 05 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly 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
625	25 x 25 on :35 USRPT-100 Fly Pace
800	1x{4 x 100 on 2:05 Fly Kick w/snorkel
	{4 x 75 on 1:35 Fly Kick w/snorkel
	{2 x 50 on 1:05 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,175 Yards - Stress Value = 84

Workout #25992 - Thursday, 05 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Racing Skills-Fly 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
550	1x{2 x 100 on 3:00 Fly Kick w/board
	{4 x 75 on 2:15 Fly Kick w/board
	{1 x 50 on 1:30 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 1,700 Yards - Stress Value = 67

Workout #25991 - Thursday, 05 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly 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
600	1x{2 x 100 on 2:30 Fly Kick w/snorkel
	{4 x 75 on 1:55 Fly Kick w/snorkel
	{2 x 50 on 1:15 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 73

Workout #25997 - Friday, 06 November 2020

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description
=====	=====
	1 on 5:00 Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
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
 150 1 x 150 on 4:00 Sculling drills
 2,250 30 x 75 on 1:10 500 Free Pace
 5:59 PM 4,125 Yards - Stress Value = 384

Workout #25999 - Friday, 06 November 2020

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,000	40 x 25 on :30 200 Fly Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
750	30 x 25 on :35 100 Breast Pace	SP2
100	1 x 100 on 3:00 Sculling drills	REC
1,500	30 x 50 on :55 200 Back Pace	SP2
	7:59 AM 4,525 Yards - Stress Value = 409	

Workout #26000 - Monday, 09 November 2020

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
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 Streamline Kick on Back
	{4 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
	{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
1,500	1x{8 x 75 on 1:15 Back L.25 7 KOW
	{6 x 75 on 1:10 Back L.25 6 KOW
	{4 x 75 on 1:05 Back L.25 5 KOW
	{2 x 75 on 1:00 Back L.25 4 KOW
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,700 Yards - Stress Value = 125

Workout #26001 - Monday, 09 November 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Underwater trn drill
750	10 x 15 on :45 Racing Skills-Back Shooters
600	30 x 25 on :30 USRPT-100 Back Pace
1x{4	4 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
	{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
1,425	1x{8 x 75 on 1:20 Back L.25 7 KOW
	{6 x 75 on 1:15 Back L.25 6 KOW
	{3 x 75 on 1:10 Back L.25 5 KOW
	{2 x 75 on 1:05 Back L.25 4 KOW
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,525 Yards - Stress Value = 121

Workout #26003 - Monday, 09 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
1x{4	4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:25 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:25 Streamline Kick on Back
	{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
1,125	1x{6 x 75 on 1:40 Back L.25 7 KOW
	{5 x 75 on 1:35 Back L.25 6 KOW
	{4 x 75 on 1:30 Back L.25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,925 Yards - Stress Value = 95

Workout #26002 - Monday, 09 November 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 Underwater trn drill
750	10 x 15 on :45 Racing Skills-Back Shooters
550	30 x 25 on :30 USRPT-100 Back Pace
1x{4	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
	{1 x 100 on 2:15 Streamline Kick on Back
	{6 x 25 on :40 Kick no board BSLRBS
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 7 KOW
	{5 x 75 on 1:30 Back L.25 6 KOW
	{2 x 75 on 1:25 Back L.25 5 KOW
	{2 x 75 on 1:20 Back L.25 4 KOW
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,200 Yards - Stress Value = 116

Workout #26025 - Monday, 09 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 45:00 Train Heroic/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 5:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
1	on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Breast Pace	SP2
1	on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
1	on 10:00 Racing Skills-UW Racing	EN2
8:16 AM	4,725 Yards - Stress Value = 459	

Workout #26026 - Monday, 09 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1	on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	30 x 25 on :35 Your #4 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Fly Breakouts	SP3	
	ALFA: Do 12XBuckest@2:00-record times		
5:30 PM	1,245 Yards - Stress Value = 89		

Workout #26004 - Monday, 09 November 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 40:00 Train Heroic/Showers
150	1 x 200 on 5:00 Underwater trn drill
500	10 x 15 on :45 Racing Skills-Back Shooters
475	20 x 25 on :45 USRPT-100 Back Pace
1x{4	4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{3 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
975	1x{6 x 75 on 1:55 Back L.25 6 KOW
	{4 x 75 on 1:50 Back L.25 5 KOW
	{3 x 75 on 1:45 Back L.25 4 KOW
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,600 Yards - Stress Value = 35

Workout #26005 - Tuesday, 10 November 2020

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 750 30 x 25 on :30 USRPT-100 Fly Pace
 725 1x{4 x 100 on 1:50 Fly Kick w/snorkel
 {3 x 75 on 1:25 Fly Kick w/snorkel
 {2 x 50 on :55 Fly Kick w/snorkel
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,575 Yards - Stress Value = 118

{1 x 50 on 1:15 Fly Kick w/snorkel
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,900 Yards - Stress Value = 90

Workout #26009 - Tuesday, 10 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 450 18 x 25 on :50 USRPT-100 Fly Pace
 450 1x{2 x 100 on 3:00 Fly Kick w/board
 {2 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
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,450 Yards - Stress Value = 74

Workout #26006 - Tuesday, 10 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 625 25 x 25 on :35 USRPT-100 Fly Pace
 650 1x{3 x 100 on 2:05 Fly Kick w/snorkel
 {4 x 75 on 1:35 Fly Kick w/snorkel
 {1 x 50 on 1:05 Fly Kick w/snorkel
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,275 Yards - Stress Value = 103

Workout #26007 - Tuesday, 10 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 550 22 x 25 on :40 USRPT-100 Fly Pace
 550 1x{2 x 100 on 2:25 Fly Kick w/snorkel
 {4 x 75 on 1:50 Fly Kick w/snorkel

Workout #26008 - Tuesday, 10 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
500	1x{3 x 100 on 2:40 Fly Kick w/snorkel
	{2 x 75 on 2:00 Fly Kick w/snorkel
	{1 x 50 on 1:20 Fly Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,800 Yards - Stress Value = 88

Workout #26027 - Tuesday, 10 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/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 5:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Back Pace	SP2
100	1 x 100 on 5:00 Timed Swim Off the Blocks	SP2
	8:15 AM 4,825 Yards - Stress Value = 469	

Workout #26028 - Tuesday, 10 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :35 Your #3 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	BRAVO: Do 12XBuckest@2:00-record times		
	5:30 PM 1,325 Yards - Stress Value = 92		

Workout #26010 - Wednesday, 11 November 2020

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
225	9 x 25 on :30 Wednesday Warm-up

150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
700	1x{1 x 150 on 2:45 Breast Kick w/snorkel
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 150 on 2:50 Breast Kick w/snorkel
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 200 on 4:00 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 1:35 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,300 Yards - Stress Value = 106

Workout #26011 - Wednesday, 11 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
600	1x{1 x 150 on 3:05 Breast Kick w/snorkel
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 150 on 3:10 Breast Kick w/snorkel
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 100 on 2:10 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:45 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 102

Workout #26012 - Wednesday, 11 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 175 7 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 550 22 x 25 on :40 USRPT-100 Breast Pace
 550 1x{1 x 150 on 3:20 Breast Kick w/snorkel
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:25 Breast Kick w/snorkel
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 50 on 1:10 Breast Kick w/snorkel
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:55 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,825 Yards - Stress Value = 92

Workout #26014 - Wednesday, 11 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 150 6 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 450 18 x 25 on :50 USRPT-100 Breast Pace
 475 1x{1 x 100 on 2:45 Breast Kick w/snorkel
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 100 on 2:50 Breast Kick w/snorkel
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 75 on 2:15 Breast Kick w/snorkel
 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
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 75

Workout #26013 - Wednesday, 11 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 175 7 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 550 22 x 25 on :40 USRPT-100 Breast Pace
 525 1x{1 x 150 on 3:40 Breast Kick w/snorkel
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:45 Breast Kick w/board
 {5 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
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,650 Yards - Stress Value = 88

Workout #26029 - Wednesday, 11 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 3,000 30 x 100 on 1:25 1650 Free Pace
 1 on 6:00 Recovery #1
 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 9:00 Recovery #2
 1 on 9:00 Recovery #3
 1 on 40:00 Yoga
 8:15 AM 4,725 Yards - Stress Value = 459

Workout #26015 - Thursday, 12 November 2020

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Free 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
 800 1x{2 x 150 on 2:55 Free Kick w/snorkel
 {2 x 125 on 2:25 Free Kick w/snorkel
 {2 x 100 on 1:55 Free Kick w/snorkel
 {1 x 50 on :55 Free Kick w/snorkel
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,300 Yards - Stress Value = 97

Workout #26016 - Thursday, 12 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Free 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
 750 1x{2 x 150 on 3:05 Free Kick w/snorkel
 {2 x 125 on 2:35 Free Kick w/snorkel
 {2 x 100 on 2:05 Free Kick w/snorkel
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,250 Yards - Stress Value = 96

Workout #26017 - Thursday, 12 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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
700	1x{2 x 150 on 3:20 Free Kick w/snorkel {2 x 125 on 2:45 Free Kick w/snorkel {1 x 100 on 2:15 Free Kick w/snorkel {1 x 50 on 1:05 Free Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,025 Yards - Stress Value = 82

Workout #26019 - Thursday, 12 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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{2 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,750 Yards - Stress Value = 72

Workout #26018 - Thursday, 12 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free 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
650	1x{2 x 150 on 3:35 Free Kick w/snorkel {2 x 125 on 2:55 Free Kick w/snorkel {1 x 100 on 2:20 Free Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,975 Yards - Stress Value = 81

Workout #26030 - Thursday, 12 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 Train Heroic/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 8:00 Recovery #1	RE
1,000	40 x 25 on :30 200 Fly Pace	SE

	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 8:00 Recovery #3	RE
750	30 x 25 on :30 100 Breast Pace	SE
100	1 x 100 on 5:00 Timed Swim Off the Blocks	SE
	8:16 AM 4,325 Yards - Stress Value = 419	

Workout #26031 - Thursday, 12 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Back Breakouts	SP3	
	CHARLIE: Do 12XBuckest@2:00-record times		
	5:27 PM 1,245 Yards - Stress Value = 89		

Workout #26020 - Friday, 13 November 2020

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
850	1x{4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Kick-1fly 1brst 1free {4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Kick-1fly 1brst 1free {4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Kick-1fly 1brst 1free {4 x 25 on :30 Kick no board BSLR {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
1,900	1x{1 x 200 on 3:00 Individual Medley {4 x 25 on :30 Fly lup+1down {1 x 100 on 1:40 Mystery Medley {1 x 100 on 1:35 Mystery Medley {1 x 100 on 1:30 Mystery Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 2:55 Individual Medley {4 x 25 on :30 Back 5KOW+2 {1 x 100 on 1:35 Mystery Medley {1 x 100 on 1:30 Mystery Medley {1 x 100 on 1:25 Mystery Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 2:50 Individual Medley {4 x 25 on :30 Breaststroke 2X Pullouts {1 x 100 on 1:30 Mystery Medley {1 x 100 on 1:25 Mystery Medley {1 x 100 on 1:20 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,750 Yards - Stress Value = 59

Workout #26021 - Friday, 13 November 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 40:00 Train Heroic/Showers
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:00 Kick-1fly 1brst 1free
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:00 Kick-1fly 1brst 1free
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:00 Kick-1 fly 1brst 1 free
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{1 x 200 on 3:20 Individual Medley
	{4 x 25 on :30 Fly lup+1down
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:40 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 200 on 3:15 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{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 200 on 3:10 Individual Medley
	{4 x 25 on :35 Breast 2X pullouts
	{1 x 100 on 1:40 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,550 Yards - Stress Value = 55

Workout #26022 - Friday, 13 November 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 40:00 Train Heroic/Showers
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
650	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Kick-1fly 1brst 1free
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Kick-1fly 1brst 1free
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Kick-your choice
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :35 Fly lup+1down
	{1 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Mystery Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 3:35 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 1:50 Mystery Medley
	{1 x 100 on 1:45 Mystery Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 3:30 Individual Medley
	{4 x 25 on :35 Breaststroke 2X Pullouts
	{1 x 100 on 1:45 Mystery Medley
	{1 x 100 on 1:40 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,150 Yards - Stress Value = 49

Workout #26024 - Friday, 13 November 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 40:00 Train Heroic/Showers
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:30 Kick-1fly 1brst 1 free
	{4 x 25 on :45 Kick no board BSLR
	{4 x 50 on 1:30 Kick-1fly 1brst 2 free
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :40 Fly lup+1down
	{1 x 100 on 2:30 Mystery 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 Mystery Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:50 Individual Medley
	{4 x 25 on :40 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	2,600 Yards - Stress Value = 39

Workout #26023 - Friday, 13 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 40:00 Train Heroic/Showers
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Kick-1fly 1brst 1free
	{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Kick-1fly 1brst 1free
	{5 x 25 on :40 Kick no board BSLRC
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 200 on 4:20 Individual Medley
	{4 x 25 on :35 Fly lup+1down
	{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
	{4 x 25 on :40 Breast 2X pullouts
	{1 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,925 Yards - Stress Value = 44

Workout #26032 - Friday, 13 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :50 200 Free Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	200
	1 on 5:00 Recovery #2	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 5:00 Recovery #3	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 10:00 Tic Tac Toe Relay	EN2	
	8:20 AM 4,725 Yards - Stress Value = 459		

{3 x 50 on :55 Butterfly
{1 x 50 on :50 Freestyle
{4 x 50 on :55 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 :50 Butterfly
{1 x 50 on :50 Freestyle
{1 x 50 on :50 Butterfly
1 x 200 on 4:00 Stroke Drills
7:30 PM 3,575 Yards - Stress Value = 117

Workout #26036 - Monday, 16 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
650	1x{3 x 100 on 2:05 Fly Kick w/snorkel
	{4 x 75 on 1:35 Fly Kick w/snorkel
	{1 x 50 on 1:00 Fly Kick w/snorkel
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
	{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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 102

Workout #26033 - Friday, 13 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
750	30 x 25 on :30 Your #1 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	BRAVO: Do 12XBuckest@2:00-record times		
	5:27 PM 1,325 Yards - Stress Value = 92		

Workout #26034 - Saturday, 14 November 2020

HighSchl - USRPT

1 minute rest between sets

7:45 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Fly Pace	SP2	
	1 on 6:00 Qswim or IP's	REC	
750	30 x 25 on :30 200 Back Pace	SP2	
	1 on 6:00 Qswim or IP's	REC	
750	30 x 25 on :30 200 Breast Pace	SP2	
	1 on 7:00 Qswim or IP's	REC	
750	30 x 25 on :30 200 Free Pace	SP2	
	1 on 10:00 Lane Line Survivor	EN2	
	10:15 AM 3,240 Yards - Stress Value = 310		

Workout #26035 - Monday, 16 November 2020

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
725	1x{4 x 100 on 1:50 Fly Kick w/snorkel
	{3 x 75 on 1:25 Fly Kick w/snorkel
	{2 x 50 on :50 Fly Kick w/snorkel
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

Workout #26037 - Monday, 16 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
550	1x{2 x 100 on 2:20 Fly Kick w/snorkel
	{4 x 75 on 1:50 Fly Kick w/snorkel
	{1 x 50 on 1:10 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 50 on 1:10 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
	{3 x 50 on 1:05 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 50 on 1:05 Butterfly
	{1 on :55 Freestyle
200	{1 x 50 on 1:05 Butterfly
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 89

Workout #26039 - Monday, 16 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Shooters
450	18 x 25 on :50 USRPT-100 Fly Pace
450	1x{2 x 100 on 3:00 Fly Kick w/board
	{2 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
875	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 25 on :35 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,425 Yards - Stress Value = 73

Workout #26038 - Monday, 16 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
550	1x{3 x 100 on 2:35 Fly Kick w/snorkel

	{3 x 75 on 1:55 Fly Kick w/snorkel
	{1 x 25 on :25 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 82

Workout #26050 - Monday, 16 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26051 - Monday, 16 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :35 Your #4 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Free Breakouts	SP3	
	DELTA: Do 12XBuckest@2:00-record times		
	5:30 PM 1,245 Yards - Stress Value = 89		

Workout #26052 - Tuesday, 17 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
100	1 x 100 on 6:00 Recovery #2	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
100	1 x 100 on 5:00 Timed Swim OTB-100 Breast	SP2
	8:15 AM 4,925 Yards - Stress Value = 469	

Workout #26053 - Tuesday, 17 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
1	on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :35 Your #3 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
ALFA: Do 12XBuckest@2:00-record times			
5:30 PM 1,325 Yards - Stress Value = 92			

Workout #26040 - Wednesday, 18 November 2020

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 40:00 Train Heroic>Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
750	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:45 Streamline Kick on Back {6 x 25 on :30 Kick no board BSLR {2 x 100 on 1:45 Streamline Kick on Back {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:45 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{8 x 75 on 1:15 Back 1st 25 8 KOW {6 x 75 on 1:10 Back 1st 25 7 KOW {4 x 75 on 1:05 Back 1st.25 6 KOW {2 x 75 on 1:00 Back 1st 25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,675 Yards - Stress Value = 126	

Workout #26041 - Wednesday, 18 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 40:00 Train Heroic>Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
650	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:00 Streamline Kick on Back {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:00 Streamline Kick on Back {2 x 25 on :35 Kick no board BS {1 x 100 on 1:55 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,425	1x{8 x 75 on 1:20 Back 1st 25 8 KOW {6 x 75 on 1:15 Back 1st 25 7 KOW {3 x 75 on 1:10 Back 1st 25 6 KOW {2 x 75 on 1:05 Back 1st 25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,350 Yards - Stress Value = 109	

Workout #26042 - Wednesday, 18 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
1	on 40:00 Train Heroic>Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT 100 Back Pace
550	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:15 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:15 Streamline Kick on Back {2 x 25 on :40 Kick no board BS
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 8 KOW {5 x 75 on 1:30 Back 1st.25 7 KOW {2 x 75 on 1:25 Back 1st 25 5 KOW {2 x 75 on 1:20 Back 1st 25 4 KOW
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 3,000 Yards - Stress Value = 103	

Workout #26044 - Wednesday, 18 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 40:00 Train Heroic>Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on 1:00 USRPT-100 Back Pace
475	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on Back {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on Back {3 x 25 on :45 Kick no board BSC
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{6 x 75 on 1:55 Back 1st 25 7 KOW {4 x 75 on 1:50 Back 1st 25 6 KOW {2 x 75 on 1:45 Back 1st 25 5 KOW {1 x 50 on 1:10 Back 1st 25 4 KOW
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,400 Yards - Stress Value = 35	

Workout #26043 - Wednesday, 18 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 40:00 Train Heroic>Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
500	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 {1 x 100 on 3:00 Streamline Kick on Back {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
1,125	1x{6 x 75 on 1:40 Back 1st 25 8 KOW {5 x 75 on 1:35 Back 1st 25 7 KOW {4 x 75 on 1:30 Back 1st 25 6 KOW
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,800 Yards - Stress Value = 94	

Workout #26054 - Wednesday, 18 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
2,250	30 x 75 on 1:10 1000 Free Pace
	1 on 9:00 Recovery #1
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 9:00 Recovery #2
	1 on 9:00 Recovery #3
	1 on 45:00 Yoga
8:15 AM	3,975 Yards - Stress Value = 384

Workout #26055 - Thursday, 19 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 Train Heroic>Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 5:00 Recovery #1	RE
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 5:00 Recovery #2	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Recovery #3	RE
750	30 x 25 on :30 100 Free Pace	SE
100	1 x 100 on 5:00 Timed Swim OTB-100 Free	SE
8:15 AM	4,825 Yards - Stress Value = 469	

Workout #26056 - Thursday, 19 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Free Breakouts	SP3	
	BRAVO: Do 12XBuckest@2:00-record times		
5:27 PM	1,245 Yards - Stress Value = 89		

Workout #26045 - Friday, 20 November 2020

Group 2 - Breast

1 minute rest between sets

5:30 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 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
450	1x{1 x 100 on 1:50 Breast Kick w/snorkel
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 100 on 1:55 Breast Kick w/snorkel
	{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 1:35 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,325 Yards - Stress Value = 101

Workout #26046 - Friday, 20 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
400	1x{1 x 100 on 2:05 Breast Kick w/snorkel
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 100 on 2:10 Breast Kick w/snorkel
	{4 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
1,250	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 :50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,225 Yards - Stress Value = 99

Workout #26047 - Friday, 20 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
350	1x{1 x 100 on 2:15 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 100 on 2:20 Breast Kick w/snorkel
	{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
1,100	1x{4 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:55 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,850 Yards - Stress Value = 88

Workout #26049 - Friday, 20 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	4 x 75 on 2:15 SwimUSS
450	10 x 15 on :45 Racing Skills-Breast Shooters
300	18 x 25 on :50 USRPT-100 Breast Pace
100	1x{1 x 50 on 1:20 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 50 on 1:20 Breast Kick w/snorkel
	{4 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
850	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
	{3 x 50 on 1:20 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,350 Yards - Stress Value = 72

Workout #26048 - Friday, 20 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
400	1 on 40:00 Train Heroic/Showers
150	4 x 100 on 2:15 SwimUSS
550	10 x 15 on :45 Racing Skills-Breast Shooters
350	22 x 25 on :40 USRPT-100 Breast Pace
100	1x{1 x 100 on 2:25 Breast Kick w/snorkel
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 100 on 2:30 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
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
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,700 Yards - Stress Value = 85

Workout #26057 - Friday, 20 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY	WC
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Recovery #1	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
	1 on 8:00 Recovery #2	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 8:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 5:00 Tic Tac Toe Relay	EN2	

8:15 AM 4,225 Meters - Stress Value = 451

Workout #26058 - Friday, 20 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
750	30 x 25 on :30 Your #1 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	

Charlie: Do 12XBuckest@2:00-record times
5:27 PM 1,325 Yards - Stress Value = 92

Workout #26059 - Saturday, 21 November 2020

HighSchl - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS/Showers	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Back Pace	SP2	
	1 on 7:00 Qswim or IP's	REC	
750	30 x 25 on :30 200 Breast Pace	SP2	
	1 on 7:00 Qswim or IP's	REC	
750	30 x 25 on :30 200 Free Pace	SP2	
	1 on 6:00 Qswim or IP's	REC	
750	30 x 25 on :30 200 Fly Pace	SP2	
	1 on 9:00 Lane Line Survivor	EN2	
	1 on 30:00 Train Heroic Yoga	REC	

9:00 AM 3,240 Yards - Stress Value = 310

Workout #26060 - Monday, 23 November 2020

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
700	1x{2 x 125 on 2:20 Free Kick w/snorkel
	{2 x 100 on 1:50 Free Kick w/snorkel
	{2 x 75 on 1:25 Free Kick w/snorkel
	{2 x 50 on :55 Free Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,950 Yards - Stress Value = 130

Workout #26061 - Monday, 23 November 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
650	1x{2 x 125 on 2:30 Free Kick w/snorkel {2 x 100 on 2:00 Free Kick w/snorkel {2 x 75 on 1:30 Free Kick w/snorkel {1 x 50 on 1:00 Free Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 127

Workout #26062 - Monday, 23 November 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
600	1x{2 x 125 on 2:45 Free Kick w/snorkel {2 x 100 on 2:10 Free Kick w/snorkel {2 x 50 on 1:05 Free Kick w/snorkel {1 x 50 on 1:00 Free Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,425 Yards - Stress Value = 109

Workout #26064 - Monday, 23 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
450	1x{1 x 125 on 3:20 Free Kick w/snorkel {2 x 100 on 2:45 Free Kick w/snorkel {1 x 75 on 2:05 Free Kick w/snorkel {1 x 50 on 1:25 Free Kick w/snorkel
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
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,650 Yards - Stress Value = 89

Workout #26063 - Monday, 23 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
550	1x{2 x 125 on 2:55 Free Kick w/snorkel {2 x 100 on 2:20 Free Kick w/board {2 x 50 on 1:10 Free Kick/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 5:40 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 {1 x 50 on :55 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 105

Workout #26075 - Monday, 23 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26076 - Monday, 23 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :35 Your #4 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Free Breakouts	SP3	
	DELTA: Do 12XBuckest@2:00-record times		
	5:30 PM 1,245 Yards - Stress Value = 89		

Workout #26077 - Tuesday, 24 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
1	on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
100	1 x 100 on 6:00 Recovery #2	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Timed Swim-OTB	SP2
8:15 AM	4,825 Yards - Stress Value = 459	

Workout #26078 - Tuesday, 24 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY WC
4:15 PM	Start	
1	on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
750	30 x 25 on :35 Your #3 100 Pace	SP2
150	1 x 150 on 3:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP3
	ECHO: Do 12XBuckest@2:00-record times	
5:30 PM	1,325 Yards - Stress Value = 92	

Workout #26065 - Wednesday, 25 November 2020

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
1	on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
1,200	1x{4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:55 Kick-1fly 1brst 1free {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Kick-1fly 1brst 1free {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:45 Kick-1fly 1brst 1free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{1 x 200 on 3:00 Individual Medley {4 x 25 on :30 Fly lup+1down {1 x 100 on 1:40 Mystery Medley {1 x 100 on 1:35 Mystery Medley {1 x 100 on 1:30 Mystery Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 2:55 Individual Medley {4 x 25 on :30 Back 5KOW+2 {1 x 100 on 1:35 Mystery Medley {1 x 100 on 1:30 Mystery Medley {1 x 100 on 1:25 Mystery Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 2:50 Individual Medley {4 x 25 on :30 Breaststroke 2X Pullouts {1 x 100 on 1:30 Mystery Medley {1 x 100 on 1:25 Mystery Medley {1 x 100 on 1:20 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	3,775 Yards - Stress Value = 66

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
1	on 40:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
1,050	1x{4 x 25 on :35 Kick no board BSLR {3 x 100 on 2:05 Kick-1fly 1brst 1free {4 x 25 on :35 Kick no board BSLR {3 x 100 on 2:00 Kick-1fly 1brst 1free {4 x 25 on :35 Kick no board BSLR {2 x 75 on 1:30 Kick 25fly 25brst 25free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,750	1x{1 x 200 on 3:20 Individual Medley {4 x 25 on :30 Fly lup+1down {1 x 100 on 1:50 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 3:15 Individual Medley {4 x 25 on :30 Back 5KOW+2 {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 200 on 3:10 Individual Medley {4 x 25 on :35 Breast 2X pullouts {1 x 100 on 1:40 Mystery Medley {2 x 25 on :30 Free 6bk
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	3,450 Yards - Stress Value = 60

Workout #26067 - Wednesday, 25 November 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
1	on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
950	1x{4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:15 Kick-1fly 1brst 1free {4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:10 Kick-1fly 1brst 1free {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:05 Kick-your choice
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	1x{1 x 200 on 3:40 Individual Medley {4 x 25 on :35 Fly lup+1down {1 x 100 on 1:55 Mystery Medley {1 x 100 on 1:50 Mystery Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:35 Individual Medley {4 x 25 on :35 Back 5KOW+2 {1 x 100 on 1:50 Mystery Medley {1 x 100 on 1:45 Mystery Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:30 Individual Medley {4 x 25 on :35 Breaststroke 2X Pullouts {1 x 100 on 1:45 Mystery Medley {1 x 100 on 1:40 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	3,175 Yards - Stress Value = 55

Workout #26066 - Wednesday, 25 November 2020

Workout #26069 - Wednesday, 25 November 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:45 Kick-1fly 1brst 1 free
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:45 Kick-1fly 1brst 1free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :40 Fly lup+1down
	{1 x 100 on 2:30 Mystery 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 Mystery Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:50 Individual Medley
	{4 x 25 on :40 Breast 2X pullouts
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 2,650 Yards - Stress Value = 44

Workout #26068 - Wednesday, 25 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
900	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:30 Kick-1fly 1brst 1free
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:25 Kick-1fly 1brst 1free
	{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
1,400	1x{1 x 200 on 4:20 Individual Medley
	{4 x 25 on :35 Fly lup+1down
	{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
	{4 x 25 on :40 Breast 2X pullouts
	{1 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Mystery Medley
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 2,950 Yards - Stress Value = 50

Workout #26079 - Wednesday, 25 November 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/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 8:00 Recovery #1	RE
1,500	30 x 50 on :55 200 Breast Pace	SE

1	on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Back Pace	SE
1	on 8:00 Recovery #3	RE
750	30 x 25 on :30 100 Fly Pace	SE
	9:18 AM 4,725 Yards - Stress Value = 459	

Workout #26080 - Wednesday, 25 November 2020

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	==	==
	1 on 15:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-#3 Shooters	SP3	
625	25 x 25 on :30 Your #2 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Back Breakouts	SP3	
	ALFA: Do 12XBuckest@2:00-record times		
	1 on 25:00 Yoga	REC	
	4:31 PM 1,045 Yards - Stress Value = 73		

Workout #26070 - Friday, 27 November 2020

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
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 1:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,575	1x{8 x 75 on 1:15 Back 1st 25 8 KOW
	{6 x 75 on 1:10 Back 1st 25 7 KOW
	{4 x 75 on 1:05 Back 1st.25 6 KOW
	{3 x 75 on 1:00 Back 1st 25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,775 Yards - Stress Value = 126

Workout #26071 - Friday, 27 November 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
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 2:00 Streamline Kick on Back
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Streamline Kick on Back
	{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
1,500	1x{8 x 75 on 1:20 Back 1st 25 8 KOW
	{6 x 75 on 1:15 Back 1st 25 7 KOW
	{4 x 75 on 1:10 Back 1st 25 6 KOW
	{2 x 75 on 1:05 Back 1st 25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,475 Yards - Stress Value = 110

Workout #26072 - Friday, 27 November 2020

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT 100 Back Pace
500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:15 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:15 Streamline Kick on Back
	{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
1,200	1x{7 x 75 on 1:35 Back 1st 25 8 KOW
	{5 x 75 on 1:30 Back 1st.25 7 KOW
	{2 x 75 on 1:25 Back 1st 25 6 KOW
	{2 x 75 on 1:20 Back 1st 25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,025 Yards - Stress Value = 102

Workout #26074 - Friday, 27 November 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
=====	=====
	1 on 35:00 Train Heroic/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on 1:00 USRPT-100 Back Pace
575	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
	{3 x 25 on 1:00 Kick no board BSC
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
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,575 Yards - Stress Value = 37

Workout #26073 - Friday, 27 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{2 x 25 on :45 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,175	1x{6 x 75 on 1:40 Back 1st 25 8 KOW
	{5 x 75 on 1:35 Back 1st 25 7 KOW
	{4 x 75 on 1:30 Back 1st 25 6 KOW
	{1 x 50 on :55 Back 1st 25 5 KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,775 Yards - Stress Value = 89

Workout #26081 - Friday, 27 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
	7:00 AM Start		
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :50 200 Back Pace*	SP2	
	1 on 5:00 IP's/Qswim	REC	
1,000	40 x 25 on :30 200 Fly Pace*	SP2	
	1 on 5:00 IP's/Qswim	REC	
750	30 x 25 on :30 100 Free Pace*	SP2	
	1 on 5:00 IP's/Qswim	REC	
750	30 x 25 on :30 100 Breast Pace*	SP2	
	9:31 AM 4,225 Yards - Stress Value = 409		

Workout #26082 - Friday, 27 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:00 PM Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
750	30 x 25 on :30 Your #1 100 Pace	SP2	
	1 on 8:00 Friday AM Recovery #1	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	BRAVO: Do 12XBuckest@2:00-record times		
	1 on 7:00 Friday AM Recovery #2	REC	
	1 on 7:00 Friday AM Recovery #3	REC	
	4:30 PM 1,175 Yards - Stress Value = 92		

Workout #26083 - Saturday, 28 November 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:45 AM Start		
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Breast Pace	SP2	
	1 on 8:00 Thursday AM Recovery #1	REC	
750	30 x 25 on :30 200 Free Pace	SP2	
	1 on 8:00 Thursday AM Recovery #2	REC	
750	30 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Thursday AM Recovery #3	REC	
750	30 x 25 on :30 200 Back Pace	SP2	
	1 on 5:00 Lane Line Survivor	EN2	
	10:15 AM 3,240 Yards - Stress Value = 310		

Workout #26084 - Monday, 30 November 2020

Group 2 - Silver

Group 2 - Fly

1 minute rest between sets

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Underwater trn drill
750	10 x 15 on :45 Racing Skills-Fly Shooters
900	30 x 25 on :30 USRPT 100 Fly Pace
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:50 Fly Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:45 Fly Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
100	{1 x 200 on 3:40 Fly Kick w/snorkel
1,200	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{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 150 on 2:40 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 strokes fly off walls
	{1 x 25 on :30 6 strokes fly off walls
	{1 x 150 on 2:35 Butterfly
	{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 150 on 2:30 Butterfly
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,600 Yards - Stress Value = 123

5:30 PM Start

Yards	Set Description
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Fly Shooters
700	22 x 25 on :40 USRPT-100 Fly Pace
1,200	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:40 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:35 Fly Kick w/snorkel
	{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
950	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 100 on 2:15 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 25 on :30 6 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,900 Yards - Stress Value = 94

Workout #26088 - Monday, 30 November 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Fly Shooters
850	25 x 25 on :35 USRPT-100 Fly Pace
1,050	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:05 Fly Kick w/snorkel
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/snorkel
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:40 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 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
	{1 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
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,275 Yards - Stress Value = 106

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	1 x 200 on 5:00 Underwater trn drill
500	10 x 15 on :45 Racing Skills-Fly Shooters
625	20 x 25 on :45 USRPT-100 Fly Pace
1,050	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:30 Fly Kick w/snorkel
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 4:00 Fly Kick w/snorkel
	{3 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
750	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 50 on 1:30 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 50 on 1:30 Butterfly
	{1 x 100 on 2:30 4 strokes fly off walls
	{1 x 50 on 1:15 6 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,525 Yards - Stress Value = 84

Workout #26086 - Monday, 30 November 2020

Workout #26087 - Monday, 30 November 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
700	1x{4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:55 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:50 Fly Kick w/snorkel {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
875	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 100 on 2:30 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 100 on 2:25 Butterfly {1 x 100 on 2:05 4 strokes fly off walls {1 x 75 on 1:35 5 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,825 Yards - Stress Value = 93

Workout #26094 - Monday, 30 November 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 7:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Recovery #2	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26095 - Monday, 30 November 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :35 Your #4 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Free Breakouts	SP3	
	BRAVO: Do 12XBuckest@2:00-record times		
	5:30 PM 1,245 Yards - Stress Value = 89		

Workout #26096 - Tuesday, 01 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

=====

Yards	Set Description	REC
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Fly Pace	SP2
100	1 x 100 on 5:00 Timed Swim-OTB	SP2
	8:16 AM 4,825 Yards - Stress Value = 469	

Workout #26089 - Wednesday, 02 December 2020

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
625	1x{1 x 200 on 3:50 Breast Kick w/snorkel {4 x 25 on :40 Breast Kick-streamline on back {1 x 175 on 3:20 Breast Kick w/snorkel {2 x 25 on :40 Breast Kick-streamline on back {1 x 100 on 1:50 Breast Kick w/snorkel
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 {2 x 100 on 1:40 Breaststroke {1 on :30 Put fins on {4 x 25 on :30 Breast TO Drill w/fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 107

Workout #26090 - Wednesday, 02 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	8 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
575	1x{1 x 200 on 4:10 Breast Kick w/snorkel {4 x 25 on :40 Breast Kick-streamline on back {1 x 175 on 3:35 Breast Kick w/snorkel {4 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
1,200	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 104

Workout #26091 - Wednesday, 02 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
500	1x{1 x 200 on 4:35 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick-streamline on back
	{1 x 175 on 4:00 Breast Kick w/snorkel
	{1 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
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,725 Yards - Stress Value = 92

Workout #26093 - Wednesday, 02 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
450	1x{1 x 200 on 5:30 Breast Kick w/snorkel
	{4 x 25 on :45 Breast Kick-streamline on back
	{1 x 150 on 4:10 Breast Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 82

Workout #26092 - Wednesday, 02 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
475	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
	{1 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 89

Workout #26097 - Wednesday, 02 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
2,250	30 x 75 on 1:10 500 Free Pace
	1 on 9:00 Recovery #1
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 9:00 Recovery #2
	1 on 9:00 Recovery #3
	1 on 45:00 Yoga
	8:15 AM 3,975 Yards - Stress Value = 384

Workout #26098 - Thursday, 03 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 Train Heroic/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,000	40 x 25 on :30 200 Fly Pace	SF
	1 on 7:00 Recovery #1	RE
1,500	30 x 50 on :50 200 Free Pace	SF
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Breast Pace	SF
	1 on 8:00 Recovery #3	RE
750	30 x 25 on :30 100 Back Pace	SF
100	1 x 100 on 5:00 Timed Swim-OTB	SF
	8:15 AM 4,325 Yards - Stress Value = 419	

Workout #26099 - Friday, 04 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY W
=====	=====	== =
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Tic Tac Toe Relay	EN2
	8:15 AM 4,725 Meters - Stress Value = 506	

Workout #26100 - Friday, 04 December 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :35 Your #3 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	DELTA: Do 12XBuckest@2:00-record times		
	5:30 PM 1,325 Yards - Stress Value = 92		

	{ 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
	{ 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
1,425	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,400 Yards - Stress Value = 108

Workout #26104 - Monday, 07 December 2020

Group 2 - Silver

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Free Pace	SP2	
	1 on 7:00 Recovery #1	REC	
750	30 x 25 on :30 200 Fly Pace	SP2	
	1 on 7:00 Recovery #2	REC	
750	30 x 25 on :30 200 Back Pace	SP2	
	1 on 7:00 Recovery #3	REC	
750	30 x 25 on :30 200 Breast Pace	SP2	
	1 on 8:00 Lane Line Survivor	EN2	
	1 on 30:00 Yoga	REC	
	9:00 AM 3,225 Yards - Stress Value = 309		

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
550	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
	{ 3 x 50 on 1:10 Alt 25 kick on each side
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 104

Workout #26102 - Monday, 07 December 2020

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
650	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
	{ 3 x 50 on 1:00 Alt 25 kick on each side
	{ 1 x 100 on 1:55 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,700 Yards - Stress Value = 124

Workout #26106 - Monday, 07 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
450	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
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 97

Workout #26103 - Monday, 07 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
600	1x{1 x 100 on 2:05 Streamline Kick on back

Workout #26105 - Monday, 07 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
550	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 {3 x 50 on 1:10 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
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,000 Yards - Stress Value = 101

Workout #26127 - Monday, 07 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26128 - Monday, 07 December 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Free Breakouts	SP3	
	ECHO: Do 12XBuckest@2:00-record times		
	5:27 PM 1,245 Yards - Stress Value = 89		

Workout #26107 - Tuesday, 08 December 2020

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
600	1x{1 x 200 on 3:50 Breast Kick w/snorkel {4 x 25 on :40 Breast Kick-streamline on back {1 x 150 on 2:55 Breast Kick w/snorkel {2 x 25 on :40 Breast Kick-streamline on back

	{1 x 100 on 1:50 Breast Kick w/snorkel
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 {2 x 100 on 1:40 Breaststroke {1 on :30 Put fins on {4 x 25 on :30 Breast TO Drill w/fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 106

Workout #26108 - Tuesday, 08 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
550	1x{1 x 200 on 4:10 Breast Kick w/snorkel {4 x 25 on :40 Breast Kick-streamline on back {1 x 150 on 3:05 Breast Kick w/snorkel {4 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
1,200	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,125 Yards - Stress Value = 103

Workout #26109 - Tuesday, 08 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Train Heroic/Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
500	1x{1 x 200 on 4:35 Breast Kick w/snorkel {4 x 25 on :45 Breast Kick-streamline on back {1 x 100 on 2:15 Breast Kick w/snorkel {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
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 92

Workout #26111 - Tuesday, 08 December 2020

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
450	1x{1 x 200 on 5:30 Breast Kick w/snorkel {4 x 25 on :45 Breast Kick-streamline on back {1 x 100 on 2:45 Breast Kick w/snorkel {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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 82

Workout #26110 - Tuesday, 08 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
500	1x{1 x 200 on 5:00 Breast Kick w/snorkel {4 x 25 on :45 Breast Kick-streamline on back {1 x 100 on 2:30 Breast Kick w/snorkel {2 x 25 on :45 Breast Kick-streamline on back {1 x 50 on 1:00 Breast Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 90

Workout #26129 - Tuesday, 08 December 2020

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 7:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Back Pace	SP2
50	1 x 50 on 5:00 Timed Swim-OTB	SP2
	8:15 AM 4,775 Yards - Stress Value = 464	

Workout #26112 - Wednesday, 09 December 2020

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up 1-12, 2-14, 3-16, 3-18
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
650	1x{1 x 100 on 1:40 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 1:45 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/board {1 x 100 on 1:50 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 50 on :55 Free Kick w/snorkel
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 1:20 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,875 Yards - Stress Value = 127

Workout #26113 - Wednesday, 09 December 2020

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 40:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up 1-14, 2-16, 3-18, 2-20
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
600	1x{1 x 100 on 1:50 Free Kick w/snorkel {1 x 100 on 2:15 Free Kick w/snorkel {1 x 100 on 1:55 Free Kick w/snorkel {1 x 100 on 2:15 Free Kick w/snorkel {1 x 100 on 2:00 Free Kick w/snorkel {1 x 100 on 2:10 Free Kick w/snorkel
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 {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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 122

Workout #26114 - Wednesday, 09 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up 1-15, 2-17, 3-19, 2-21
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
550	1x{1 x 100 on 2:05 Free Kick w/snorkel {1 x 100 on 2:30 Free Kick w/snorkel {1 x 100 on 2:10 Free Kick w/snorkel {1 x 100 on 2:30 Free Kick w/snorkel {1 x 100 on 2:15 Free Kick w/snorkel {1 x 50 on 1:15 Free Kick w/snorkel
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 {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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 105

Workout #26116 - Wednesday, 09 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up 1-20, 2-22, 3-24
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
450	1x{1 x 100 on 2:35 Free Kick w/snorkel {1 x 100 on 3:15 Free Kick w/snorkel {1 x 100 on 2:40 Free Kick w/snorkel {1 x 100 on 3:15 Free Kick w/snorkel {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
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 75 on 1:50 Free L.25 5 KOW-Sprint to fir {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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 90

Workout #26115 - Wednesday, 09 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up 1-18, 2-20, 3-22, 1-23
150	10 x 15 on :45 Racing Skills-Free Shooters

625	25 x 25 on :35 USRPT 100 Free Pace
500	1x{1 x 100 on 2:20 Free Kick w/snorkel {1 x 100 on 2:45 Free Kick w/snorkel {1 x 100 on 2:25 Free Kick w/snorkel {1 x 100 on 2:45 Free Kick w/snorkel {1 x 100 on 2:30 Free Kick w/snorkel
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 {3 x 50 on :55 Free L.25 5 KOW-Sprint to fini
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 103

Workout #26130 - Wednesday, 09 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
3,000	30 x 100 on 1:25 1650 Free Pace 1 on 8:00 Recovery #1
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 8:00 Recovery #2 1 on 8:00 Recovery #3 1 on 40:00 Yoga
	8:15 AM 4,725 Yards - Stress Value = 459

Workout #26117 - Thursday, 10 December 2020

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns 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
850	1x{4 x 25 on :30 Kick no board B {3 x 50 on :50 Kick 1fly 1brst 1 free {4 x 25 on :30 Kick no board S {3 x 50 on :50 Kick 1fly 1brst 1 free {4 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 98

Workout #26118 - Thursday, 10 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 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
 750 1x{4 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly 1brst 1 free
 {4 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,250 Yards - Stress Value = 96

Workout #26119 - Thursday, 10 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 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 Fly Pace
 650 1x{2 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly 1brst 1 free
 {2 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,975 Yards - Stress Value = 81

Workout #26121 - Thursday, 10 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 200 1 x 200 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 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 Fly Pace
 400 1x{2 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 {2 x 25 on :45 Kick no board S
 {3 x 50 on 1:30 Kick 1fly 1brst 1 free
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,550 Yards - Stress Value = 64

Workout #26120 - Thursday, 10 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description

=====

1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 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 Fly Pace
 600 1x{2 x 25 on :40 Kick no board B
 {3 x 50 on 1:15 Kick 1fly 1brst 1 free
 {2 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 1:10 Kick choice
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,850 Yards - Stress Value = 73

Workout #26131 - Thursday, 10 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 Train Heroic/Showers RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SE
 1,500 30 x 50 on :50 200 Back Pace SE
 1 on 5:00 Recovery #1 RE
 750 30 x 25 on :30 100 Fly Pace SE
 1 on 5:00 Recovery #2 RE
 750 30 x 25 on :30 100 Free Pace SE
 1 on 5:00 Recovery #3 RE
 1,500 30 x 50 on :55 200 Breast Pace SE
 100 1 x 100 on 5:00 Timed Swim-OTB SE
 8:15 AM 4,825 Yards - Stress Value = 469

Workout #26132 - Thursday, 10 December 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#4 Shooters SP3
 750 30 x 25 on :30 Your #1 100 Pace SP2
 150 1 x 150 on 3:00 Sculling drills REC
 200 8 x 25 on 3:00 50 Free Pace SP3
 ALFA: Do 12XBuckest@2:00-record times
 5:27 PM 1,325 Yards - Stress Value = 92

Workout #26122 - Friday, 11 December 2020

Group 2 - Silver

Group 2 - Fly

1 minute rest between sets

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Swim-kick-drill-swim
750	10 x 15 on :45 Racing Skills-Fly Shooters
900	30 x 25 on :30 USRPT 100 Fly Pace
1,150	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:55 Fly Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:50 Fly Kick w/snorkel
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:45 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:35 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 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
	{1 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
	{1 x 100 on 1:40 Fly
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,550 Yards - Stress Value = 122

5:30 PM Start

Yards	Set Description
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 Swim-kick-drill-swim
625	10 x 15 on :45 Racing Skills-Fly Shooters
700	25 x 25 on :35 USRPT 100 Fly Pace
1,150	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:40 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:35 Fly Kick w/snorkel
	{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
950	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 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
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,975 Yards - Stress Value = 101

Workout #26126 - Friday, 11 December 2020

Group 2 - Bronze

1 minute rest between sets

Workout #26123 - Friday, 11 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Swim-kick-drill-swim
625	10 x 15 on :45 Racing Skills-Fly Shooters
850	25 x 25 on :35 USRPT 100 Fly Pace
1,050	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:05 Fly Kick w/snorkel
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/snorkel
	{4 x 25 on :35 Kick no board BSLR
	{1 x 150 on 2:55 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:40 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 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
	{1 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
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,275 Yards - Stress Value = 106

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	1 x 200 on 5:00 Swim-kick-drill-swim
450	10 x 15 on :45 Racing Skills-Fly Shooters
650	18 x 25 on :45 USRPT 100 Fly Pace
1,050	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:30 Fly Kick w/snorkel
	{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 4:10 Fly Kick w/snorkel
	{4 x 25 on :45 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	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 3:15 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 3:15 Butterfly
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,450 Yards - Stress Value = 78

Workout #26124 - Friday, 11 December 2020

Workout #26125 - Friday, 11 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT 100 Fly Pace
700	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:55 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:50 Fly Kick w/snorkel
	{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
850	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 50 on 1:05 4 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 92

Workout #26133 - Friday, 11 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Meters	Set Description	EGY WC
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 6:00 Recovery #2	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #3	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	EN2
	8:16 AM 4,225 Meters - Stress Value = 451	

Workout #26134 - Friday, 11 December 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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
750	30 x 25 on :35 Your #4 100 Pace	SP2
150	1 x 150 on 3:00 Sculling drills	REC
120	8 x 15 on 3:00 Timed 15M Fly Breakouts	SP3
	BRAVO: Do 12XBuckest@2:00-record times	
	5:30 PM 1,245 Yards - Stress Value = 89	

Workout #26135 - Saturday, 12 December 2020

HighSchl - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY WC
=====	=====	=====

	1 on 15:00 DS/Showers	REC
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 6:00 Qswim or IP's	REC
750	30 x 25 on :30 200 Back Pace	SP2
	1 on 6:00 Qswim or IP's	REC
750	30 x 25 on :30 200 Breast Pace	SP2
	1 on 7:00 Qswim or IP's	REC
750	30 x 25 on :30 200 Free Pace	SP2
	1 on 10:00 Lane Line Survivor	EN2
	1 on 30:00 Yoga	REC
	9:00 AM 3,240 Yards - Stress Value = 310	

Workout #26136 - Monday, 14 December 2020

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
1,600	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
	{3 x 150 on 2:50 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{4 x 75 on 1:25 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Breast for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 110

Workout #26137 - Monday, 14 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
1,500	1x{1 x 200 on 4:10 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:35 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{3 x 150 on 3:00 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 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
100	1 x 100 on 5:00 Breast for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,975 Yards - Stress Value = 108

Workout #26138 - Monday, 14 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,350	1x{1 x 200 on 4:30 Breast Kick w/board
	{4 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
	{3 x 150 on 3:15 Breast Kick w/board
	{6 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
100	1 x 100 on 5:00 Breast for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 88

Workout #26140 - Monday, 14 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
1,200	1x{1 x 200 on 5:30 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:45 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{3 x 150 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Breast for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 80

Workout #26139 - Monday, 14 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,250	1x{1 x 200 on 5:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:20 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{3 x 150 on 3:40 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
100	1 x 100 on 5:00 Breast for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 86

Workout #26156 - Monday, 14 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26157 - Monday, 14 December 2020

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :35 Your #3 100 Pace	SP2	
	or Distance Group:DW 12X100@125-1650 pace		
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	CHARLIE: Do 12XBuckest@2:00-record times		
	5:30 PM 1,325 Yards - Stress Value = 92		

Workout #26158 - Tuesday, 15 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
50	1 x 50 on 5:00 Timed Swim-OTB	SP2
	8:15 AM 4,775 Yards - Stress Value = 464	

Workout #26141 - Wednesday, 16 December 2020

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up 1-12, 2-14, 3-16, 3-18
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT 100 Fly Pace
850	1x{4 x 25 on :30 Kick no board BSLR {1 x 200 on 3:55 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 200 on 3:50 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:50 Fly Kick w/snorkel
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 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 {1 x 150 on 2:45 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 {1 x 150 on 2:40 Fly {1 x 100 on 1:35 5 strokes fly off walls {1 x 75 on 1:10 6 strokes fly off walls {1 x 50 on :50 7 strokes fly off walls {1 x 25 on :30 8 strokes fly off walls {1 x 150 on 2:35 Fly
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,475 Yards - Stress Value = 122

Workout #26142 - Wednesday, 16 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up 1-14, 2-16, 3-18, 2-20
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT 100 Fly Pace
800	1x{4 x 25 on :35 Kick no board BSLR {1 x 200 on 4:05 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {1 x 200 on 4:00 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {1 x 100 on 1:55 Fly Kick w/snorkel
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 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 {1 x 150 on 3:00 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 2:55 Butterfly {1 x 100 on 1:40 5 strokes fly off walls {1 x 75 on 1:15 6 strokes fly off walls {1 x 50 on :55 7 strokes fly off walls {1 x 25 on :35 8 strokes fly off walls {1 x 100 on 1:50 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 107

Workout #26143 - Wednesday, 16 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up 1-15, 2-17, 3-19, 2-21
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT 100 Fly Pace
675	1x{4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:40 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:35 Fly Kick w/snorkel {3 x 25 on :40 Kick no board BSC
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{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 3:30 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 150 on 3:25 Butterfly {1 x 100 on 1:55 5 strokes fly off walls {1 x 75 on 1:25 6 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 102

Workout #26145 - Wednesday, 16 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up 1-20, 2-22, 3-24
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	18 x 25 on :45 USRPT 100 Fly Pace
600	1x{4 x 25 on :45 Kick no board BSLR {1 x 200 on 5:30 Fly Kick w/snorkel {4 x 25 on :45 Kick no board BSLR {1 x 150 on 4:10 Fly Kick w/snorkel {2 x 25 on :45 Kick no board BS
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 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 5 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 {1 x 100 on 3:00 Butterfly {1 x 50 on 1:15 5 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 78

Workout #26144 - Wednesday, 16 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up 1-16, 2-18, 3-20, 1-23
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT 100 Fly Pace
650	1x{4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:55 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:50 Fly Kick w/snorkel {2 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
900	1x{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 3:45 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 3:40 Butterfly {1 x 100 on 2:05 5 strokes fly off walls
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,725 Yards - Stress Value = 92

Workout #26159 - Wednesday, 16 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
2,250	30 x 75 on 1:10 500 Free Pace
	1 on 10:00 Recovery #1
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 10:00 Recovery #2 1 on 10:00 Recovery #3 1 on 40:00 Yoga
	8:13 AM 3,975 Yards - Stress Value = 384

Workout #26146 - Thursday, 17 December 2020

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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 USRPT-100 Back Pace
800	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 {6 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick on L/R/S

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,300 Yards - Stress Value = 97

Workout #26147 - Thursday, 17 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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 USRPT-100 Back Pace
700	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 {6 x 25 on :35 Kick no board B {1 x 50 on 1:05 Kick on S
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,075 Yards - Stress Value = 82

Workout #26148 - Thursday, 17 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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 USRPT-100 Back Pace
600	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 {4 x 25 on :40 Kick no board B
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 73

Workout #26150 - Thursday, 17 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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 :45 USRPT-100 Back Pace
500	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,600 Yards - Stress Value = 61

Workout #26149 - Thursday, 17 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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 USRPT-100 Back Pace
550	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 {2 x 25 on :45 Kick no board B
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 72

Workout #26160 - Thursday, 17 December 2020

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 45:00 Train Heroic/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 5:00 Recovery #1	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 5:00 Recovery #2	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Recovery #3	RE
1,500	30 x 50 on :50 200 Free Pace	SE
100	1 x 100 on 5:00 100 for Time -OTB	SE
	8:15 AM 4,825 Yards - Stress Value = 469	

Workout #26161 - Thursday, 17 December 2020

HighSchl - USRPT

1 minute rest between sets

4:15 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	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
	or Distance Group: DW 12X80@110-500Fr Pace		
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	DELTA: Do 12XBuckest@2:00-record times		
	5:27 PM 1,325 Yards - Stress Value = 92		

Workout #26151 - Friday, 18 December 2020

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Swim-kick-drill-swim
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
700	1x{1 x 150 on 2:30 Free Kick w/snorkel {2 x 50 on 1:00 Free Kick w/snorkel {2 x 125 on 2:10 Free Kick w/snorkel {2 x 50 on 1:00 Free Kick w/snorkel {1 x 100 on 1:45 Free Kick w/snorkel

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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,000 Yards - Stress Value = 129

Workout #26152 - Friday, 18 December 2020

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
650	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 {3 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,750 Yards - Stress Value = 124

Workout #26153 - Friday, 18 December 2020

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
600	1x{1 x 150 on 3:10 Free Kick w/snorkel {2 x 50 on 1:10 Free Kick w/snorkel {2 x 125 on 2:40 Free Kick w/snorkel {2 x 50 on 1:05 Free Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 106

Workout #26155 - Friday, 18 December 2020

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
450	1x{1 x 100 on 2:40 Free Kick w/snorkel
	{2 x 50 on 1:30 Free Kick w/snorkel
	{1 x 100 on 2:45 Free Kick w/snorkel
	{3 x 50 on 1:30 Free Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 90

Workout #26154 - Friday, 18 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
500	1x{1 x 150 on 3:30 Free Kick w/snorkel
	{2 x 50 on 1:20 Free Kick w/snorkel
	{2 x 125 on 3:00 Free Kick w/snorkel
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 102

Workout #26162 - Friday, 18 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Recovery #1	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 6:00 Recovery #2	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 5:00 Recovery #3	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 10:00 Tic Tac Toe Relay	EN2	
	9:45 AM 4,225 Meters - Stress Value = 451		

Workout #26163 - Friday, 18 December 2020

HighSchl - USRPT

1 minute rest between sets

3:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
750	30 x 25 on :30 Your #1 100 Pace	SP2	
	or Distance Group:DW 12X100@125-1650 pace		
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	ALFA: Do 12XBuckest@2:00-record times		
	4:27 PM 1,325 Yards - Stress Value = 92		

Workout #26164 - Saturday, 19 December 2020

HighSchl - USRPT

1 minute rest between sets

7:45 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 Yoga/showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Fly Pace*	SP2	
	1 on 7:00 Qswim/IP's	REC	
750	30 x 25 on :30 200 Back Pace*	SP2	
	1 on 7:00 Qswim/IP's	REC	
750	30 x 25 on :30 200 Breast Pace*	SP2	
	1 on 7:00 Qswim/IP's	REC	
750	30 x 25 on :30 200 Free Pace*	SP2	
	1 on 8:00 Lane Line Survivor	EN2	
	10:15 AM 3,225 Yards - Stress Value = 309		

Workout #26171 - Monday, 21 December 2020

Group 2 - Freestylers

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
1,500	1x{1 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:15 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:40 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 4:00 Free Kick w/board for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Timed 100 Free OTB
200	1 x 200 on 4:00 Stroke Drills
	11:28 AM 3,100 Yards - Stress Value = 116

Workout #26172 - Monday, 21 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
1,500	1x{1 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{2 x 125 on 2:30 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 3:00 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 4:00 Free Kick w/board for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Timed 100 Free OTB
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,100 Yards - Stress Value = 116

Workout #26173 - Monday, 21 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
1,300	1x{1 x 100 on 2:10 Free Kick w/board
	{1 x 100 on 2:25 Free Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:45 Free Kick w/board
	{1 x 100 on 2:25 Free Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 150 on 3:15 Free Kick w/board
	{1 x 50 on 1:15 Free Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 4:00 Free Kick w/board for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Timed 100 Free OTB
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,725 Yards - Stress Value = 99

Workout #26175 - Monday, 21 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT 100 Free Pace
1,050	1x{1 x 100 on 2:45 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 125 on 3:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:25 Free Kick w/board
	{1 x 50 on 1:40 Free Kick w/board
	{4 x 25 on :45 Kick no board BSLR

	{1 x 100 on 4:00 Free Kick w/board for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Timed 100 Free OTB
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,400 Yards - Stress Value = 87

Workout #26174 - Monday, 21 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
1,200	1x{1 x 100 on 2:20 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 2:55 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:30 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 4:00 Free Kick w/board for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Timed 100 Free OTB
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,625 Yards - Stress Value = 97

Workout #26165 - Monday, 21 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Back Pace	SP2
	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Underwater Rcing	EN2
	9:45 AM 4,725 Yards - Stress Value = 459	

Workout #26166 - Monday, 21 December 2020

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :35 Your #3 100 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	BRAVO: Do 12XBuckest@2:00-record times		
	4:15 PM 1,325 Yards - Stress Value = 92		

Workout #26176 - Tuesday, 22 December 2020

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,475	1x{6 x 150 on 2:20 Back alt 25's 10KOW { 3 x 50 on :50 Back-descend { 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 { 2 x 50 on :45 Back-descend { 2 x 75 on 1:10 Back L.25 10KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,975 Yards - Stress Value = 130

Workout #26177 - Tuesday, 22 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,325	1x{6 x 150 on 2:30 Back alst 25's 8KOW { 3 x 50 on :55 Back-descend { 5 x 125 on 2:05 Back alt 25's 8KOW { 3 x 50 on :50 Back-descend { 4 x 100 on 1:40 Back alt 25's 8KOW { 2 x 50 on :50 Back-descend
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,700 Yards - Stress Value = 114

Workout #26178 - Tuesday, 22 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,025	1x{6 x 150 on 2:50 Back alt 25's 7KOW { 3 x 50 on 1:00 Back-descend { 5 x 125 on 2:20 Back alt 25's 7KOW { 3 x 50 on 1:00 Back-descend { 2 x 100 on 1:50 Back alt 25's 7KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,350 Yards - Stress Value = 108

Workout #26180 - Tuesday, 22 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

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

	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,375	1x{5 x 125 on 3:20 Back alt 25's 4KOW { 3 x 50 on 1:20 Back-descend { 4 x 100 on 2:45 Back alt 25's 4KOW { 1 x 50 on 1:30 Back-descend { 2 x 75 on 2:00 Back alt 25's 4KOW
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,575 Yards - Stress Value = 88

Workout #26179 - Tuesday, 22 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{5 x 125 on 2:45 Back alt 25's 5KOW { 3 x 50 on 1:05 Back-descend { 4 x 100 on 2:10 Back alt 25's 5KOW { 3 x 50 on 1:05 Back-descend { 3 x 75 on 1:35 Back alt 25's 5KOW { 3 x 50 on 1:05 Back-descend { 2 x 50 on 1:00 Back alt 25's 5KOW
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,050 Yards - Stress Value = 96

Workout #26167 - Tuesday, 22 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 Train Heroic/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Recovery #1	RE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 4:00 Recovery #2	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 5:00 Recovery #3	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 7:00 lane line survivor	EN
	9:45 AM 4,725 Yards - Stress Value = 459	

Workout #26181 - Wednesday, 23 December 2020

Group 2 - IM'ers

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 Butterfly
850	1x{4 x 25 on :30 Kick no board B
	{3 x 50 on :50 Kick 1fly 1brst 1 free
	{4 x 25 on :30 Kick no board S
	{3 x 50 on :50 Kick 1fly 1brst 1 free
	{4 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:30 Individual Medley
	{1 on 1:00 Rest
	{4 x 100 on 1:25 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:20 Individual Medley
	{1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 3,550 Yards - Stress Value = 122

Workout #26182 - Wednesday, 23 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 Butterfly
750	1x{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:00 Kick 1fly 1brst 1 free
	{4 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 L
	{3 x 50 on 1:00 Kick 1fly 1brst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:35 Individual Medley
	{1 on 1:00 Rest
	{4 x 100 on 1:30 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:25 Individual Medley
	{1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,450 Yards - Stress Value = 120

Workout #26183 - Wednesday, 23 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 Butterfly
650	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 L
	{1 x 50 on 1:00 Kick choice

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:50 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:45 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 1:40 Individual Medley
	{1 on 1:00 Rest
	{1 x 100 on 1:35 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 3,150 Yards - Stress Value = 114

Workout #26185 - Wednesday, 23 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 Butterfly
500	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{4 x 100 on 3:00 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 3:00 Individual Medley
	{1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,700 Yards - Stress Value = 105

Workout #26184 - Wednesday, 23 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 Butterfly
600	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 L
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{4 x 100 on 2:00 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Individual Medley
	{1 on :30 Rest
	{1 x 100 on 1:45 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,100 Yards - Stress Value = 113

Workout #26168 - Wednesday, 23 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY	W
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	
	1 on 6:00 Recovery #1	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 5:00 Recovery #2	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 5:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 10:00 Sculling Drill Rela	EN2	
	9:45 AM 4,225 Meters - Stress Value = 451		

Workout #26169 - Thursday, 24 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 45:00 Train Heroic Yoga	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
1,000	40 x 25 on :30 Your #1 200 Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,800	18 x 100 on 2:01 Beat The Clock!	EN3	
	1 on 6:00 Recovery #2/Charlie Group Mtg	REC	
750	30 x 25 on :30 Non Free or non #1 100 Pace	SP2	
	1 on 6:00 Recover #3	REC	
	1 on 15:00 Tic Tac Toe Relay	EN2	
	9:45 AM 3,775 Yards - Stress Value = 292		

Workout #26170 - Saturday, 26 December 2020

HighSchl - USRPT

1 minute rest between sets

7:45 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Breast Pace	SP2	
	1 on 7:00 Recovery #1	REC	
750	30 x 25 on :30 200 Free Pace	SP2	
	1 on 6:00 Recovery #2	REC	
750	30 x 25 on :30 200 Fly Pace	SP2	
	1 on 6:00 Recovery #3	REC	
750	30 x 25 on :30 200 Back Pace	SP2	
	1 on 10:00 Brick Game	EN2	
	10:15 AM 3,225 Yards - Stress Value = 309		

Workout #26186 - Monday, 28 December 2020

Group 2 - Fly

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
1,500	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :55 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:55 Fly Kick w/board

	{4 x 25 on :30 Kick no board BSLR
	{4 x 125 on 2:25 Fly Kick w/board
	{1 x 100 on 5:00 Fly Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Fly for time-OTb
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,100 Yards - Stress Value = 121

Workout #26187 - Monday, 28 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
1,375	1x{4 x 25 on :35 Kick no board BSLR
	{1 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
	{4 x 25 on :35 Kick no board BSLRBS
	{3 x 100 on 2:05 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{3 x 125 on 2:35 Fly Kick w/board
	{1 x 100 on 5:00 kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Fly for time-otb
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,850 Yards - Stress Value = 106

Workout #26188 - Monday, 28 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
1,250	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
	{2 x 75 on 1:50 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 125 on 3:00 Fly Kick w/board
	{1 x 100 on 4:00 kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Fly for time otb
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,600 Yards - Stress Value = 96

Workout #26190 - Monday, 28 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
1,050	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 {2 x 75 on 2:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {3 x 100 on 3:00 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 4:00 kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Fly for time-OTb
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,300 Yards - Stress Value = 87

Workout #26189 - Monday, 28 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
1,150	1x{4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:20 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {2 x 75 on 2:00 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:40 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {2 x 75 on 2:00 Fly Kick w/board {1 x 100 on 4:00 kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Fly for time-OTb
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,500 Yards - Stress Value = 94

Workout #26191 - Tuesday, 29 December 2020

Group 2 - Freestylers

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1st 2 125's of each set are pull
2,650	1x{4 x 125 on 1:55 Freestyle {3 x 50 on :45 Free-descend to 5s obt {4 x 125 on 1:50 Freestyle {3 x 50 on :45 Free-descend to 5s obt {4 x 125 on 1:45 Freestyle {3 x 50 on :45 Free-descend to 5s obt {4 x 125 on 1:40 Freestyle {4 x 50 on :45 Free-descend to 5s obt

200 1 x 200 on 4:00 Stroke Drills
11:30 AM 4,150 Yards - Stress Value = 134

Workout #26192 - Tuesday, 29 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1st 2 125's of each set are pull
2,500	1x{4 x 125 on 2:00 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 125 on 1:55 Freestyle {3 x 50 on :50 Free-descend to 5s obt {4 x 125 on 1:50 Freestyle {4 x 50 on :50 Free-descend to 5s obt {4 x 125 on 1:45 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,000 Yards - Stress Value = 131

Workout #26193 - Tuesday, 29 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1st 2 125's of each set are pull
2,325	1x{4 x 125 on 2:10 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 125 on 2:05 Freestyle {3 x 50 on :55 Free-descend to 5s obt {4 x 125 on 2:00 Freestyle {3 x 50 on :55 Free-descend to 5s obt {3 x 125 on 1:55 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,650 Yards - Stress Value = 115

Workout #26195 - Tuesday, 29 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT 100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1st 2 100's of each set pull
1,700	1x{4 x 100 on 2:20 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {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 {4 x 50 on 1:10 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,900 Yards - Stress Value = 95

Workout #26194 - Tuesday, 29 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1st 2 125's of each set are pull
2,025	1x{4 x 125 on 2:25 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {4 x 125 on 2:20 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {4 x 125 on 2:15 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {1 x 75 on 1:20 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,350 Yards - Stress Value = 109

Workout #26211 - Tuesday, 29 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,500	30 x 50 on :50 200 Breast Pace	SP2	
	1 on 5:00 Recovery #2	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 5:00 Recovery #3	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Underwater trn drill	EN2	
	9:45 AM 4,725 Yards - Stress Value = 459		

Workout #26212 - Tuesday, 29 December 2020

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====

	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3
750	30 x 25 on :30 Your #1 100 Pace	SP2
	Distance crew do 12X100@125-1650 pace	
150	1 x 150 on 3:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP3
	DELTA: Do 12XBuckest@2:00-record times	
	4:12 PM 1,325 Yards - Stress Value = 92	

Workout #26196 - Wednesday, 30 December 2020

Group 2 - Breast

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up 1-12, 2-13, 3-14, 3-15
150	10 x 15 on :45 Racing Skills-Breast Shooters
950	1x{1 x 50 on :55 Breast Kick w/snorkel {4 x 50 on 1:10 Breast Pull {2 x 75 on 1:25 Breast Kick w/snorkel {3 x 50 on 1:10 Breast Pull {3 x 100 on 1:50 Breast Kick w/snorkel {2 x 50 on 1:10 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	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 1:00 Breast-descend {1 x 200 on 4:00 Breast-2K1P {3 x 50 on :55 Breast-descend {1 x 200 on 4:00 Breast 3-4-5-6 glide {4 x 50 on :55 Breast-descend 1 on 11:00 Underwater Racing-Breast Pullout
	11:30 AM 2,875 Yards - Stress Value = 48

Workout #26197 - Wednesday, 30 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up 1-14, 2-15, 3-16, 2-17
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	1x{1 x 50 on 1:05 Breast Kick w/snorkel {4 x 50 on 1:10 Breast Pull {2 x 75 on 1:35 Breast Kick w/board {3 x 50 on 1:10 Breast Pull {3 x 100 on 2:10 Breast Kick w/snorkel {1 x 50 on 1:00 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	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 1:05 Breast-descend {1 x 200 on 4:15 Breast-2K1P {3 x 50 on 1:00 Breast-descend {1 x 200 on 4:15 Breast 3-4-5-6 sec glide {2 x 50 on 1:00 Breast-descend 1 on 11:00 Underwater Racing-Breast Pullout
	11:30 AM 2,700 Yards - Stress Value = 45

Workout #26198 - Wednesday, 30 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up 1-15 2-16, 3-17, 1-18
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1x{1 x 50 on 1:10 Breast Kick w/snorkel {3 x 50 on 1:15 Breast Pull {2 x 75 on 1:45 Breast Kick w/snorkel {3 x 50 on 1:15 Breast Pull {3 x 100 on 2:20 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	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 1:10 Breast-descend {1 x 200 on 4:40 Breast-2K1P {3 x 50 on 1:05 Breast-descend {1 x 200 on 4:40 Breast 3-4-5-6 sec glide 1 on 11:00 Underwater Racing-Breast Pullout 11:30 AM 2,475 Yards - Stress Value = 39

Workout #26200 - Wednesday, 30 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up 1-18, 2-19, 3-20
150	10 x 15 on :45 Racing Skills-Breast Shooters
700	1x{1 x 50 on 1:25 Breast Kick w/snorkel {4 x 50 on 1:25 Breast Pull {2 x 75 on 2:05 Breast Kick w/snorkel {2 x 50 on 1:25 Breast Pull {2 x 100 on 2:45 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	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-2K1P {3 x 50 on 1:25 Breast-descend {1 x 100 on 3:00 Breast 3-4-5-6 sec glide 1 on 11:00 Underwater Racing-Breast Pullout 11:30 AM 2,100 Yards - Stress Value = 37

Workout #26199 - Wednesday, 30 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up 1-16, 2-17, 3-18, 1-19
150	10 x 15 on :45 Racing Skills-Breast Shooters
800	1x{1 x 50 on 1:15 Breast Kick w/snorkel {4 x 50 on 1:15 Breast Pull {2 x 75 on 1:55 Breast Kick w/snorkel {3 x 50 on 1:15 Breast Pull {2 x 100 on 2:30 Breast Kick w/snorkel {1 x 50 on 1:10 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
1,100	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-2K1P {4 x 50 on 1:15 Breast-descend {1 x 150 on 4:00 Breast 3-4-5-6 sec glide 1 on 11:00 Underwater Racing-Breast Pullout 11:30 AM 2,325 Yards - Stress Value = 41

Workout #26213 - Wednesday, 30 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 Yoga	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 7:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	9:45 AM 4,725 Yards - Stress Value = 459	

Workout #26214 - Wednesday, 30 December 2020

HighSchl - USRPT

1 minute rest between sets

3:00 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	
750	30 x 25 on :35 Your #4 100 Pace Distance crew do 12XBuckest@110-1000 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Fly Breakouts	SP3	
	ECHO: Do 12XBuckest@2:00-record times		
	4:15 PM 1,245 Yards - Stress Value = 89		

Workout #26201 - Thursday, 31 December 2020

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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
775	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 Streamline Kick on back {7 x 25 on :30 Kick no board B w/fins
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,275 Yards - Stress Value = 97

Workout #26202 - Thursday, 31 December 2020

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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
750	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
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,125 Yards - Stress Value = 83

Workout #26203 - Thursday, 31 December 2020

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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
650	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 {2 x 25 on :35 Kick no board B w/fins
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 1,900 Yards - Stress Value = 74

Workout #26205 - Thursday, 31 December 2020

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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
525	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 {1 x 25 on :45 Kick no board B w/fins
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 1,725 Yards - Stress Value = 71

Workout #26204 - Thursday, 31 December 2020

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

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

	1 on 40:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back 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
650	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
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 1,900 Yards - Stress Value = 74

Workout #26215 - Thursday, 31 December 2020

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 45:00 Train Heroic/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 5:00 Recovery #1	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 5:00 Recovery #2	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Recovery #3	RE
750	30 x 25 on :50 200 Back Pace	SE
	1 on 6:00 Sculling Drill Relays	RE
	9:45 AM 3,975 Yards - Stress Value = 384	

Workout #26216 - Thursday, 31 December 2020

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY WC
=====	=====	=== ==
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
750	30 x 25 on :35 Your #3 100 Pace	SP2
	Distance Crew do 12X100@125-1650 pace	
150	1 x 150 on 3:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP3
	ALFA: Do 12XBuckest@2:00-record times	
	4:15 PM 1,325 Yards - Stress Value = 92	