

Workout #26206 - Friday, 01 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast 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
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 3,425 Yards - Stress Value = 109

Workout #26207 - Friday, 01 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast 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 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 3,325 Yards - Stress Value = 107

Workout #26208 - Friday, 01 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
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 2,950 Yards - Stress Value = 94

Workout #26210 - Friday, 01 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT-100 Breast Pace
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 2,450 Yards - Stress Value = 80

Workout #26209 - Friday, 01 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
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 2,900 Yards - Stress Value = 93

Workout #26217 - Friday, 01 January 2021

HighSchl - USRPT

1 minute rest between sets

7:00 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	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
1	on 6:00 Recovery #1	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
1	on 6:00 Recovery #2	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
1	on 6:00 Recovery #3	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
1	on 11:00 Tic Tac Toe Relay	EN2	
9:45 AM 4,225 Yards - Stress Value = 409			

Workout #26218 - Friday, 01 January 2021

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-#3 Shooters	SP3	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
Distance Crew do 10X80@110-500 Pace			
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Back Breakouts	SP3	
Bravo: Do 12XBuckest@2:00-record times			
4:12 PM 1,245 Yards - Stress Value = 89			

Workout #26219 - Monday, 04 January 2021

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
1,950	1x{6 x 25 on :30 Kick no board B w/fins {4 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {3 x 150 on 2:55 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {2 x 150 on 2:50 Streamline Kick on back {6 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
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,450 Yards - Stress Value = 120	

Workout #26220 - Monday, 04 January 2021

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
1,800	1x{6 x 25 on :30 Kick no board B w/fins {4 x 150 on 3:20 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {3 x 150 on 3:15 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins

{2 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
625 25 x 25 on :35 USRPT-100 Back Pace
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,175 Yards - Stress Value = 104

Workout #26221 - Monday, 04 January 2021

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-Back Shooters
1,650	1x{6 x 25 on :35 Kick no board B w/fins {4 x 150 on 3:35 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {3 x 150 on 3:30 Streamline Kick on back {4 x 25 on :35 Kick no board B w/fins {2 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
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,900 Yards - Stress Value = 94	

Workout #26223 - Monday, 04 January 2021

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
1,300	1x{6 x 25 on :45 Kick no board B w/fins {4 x 100 on 3:00 Streamline Kick on back {6 x 25 on :45 Kick no board B w/fins {3 x 100 on 2:55 Streamline Kick on back {6 x 25 on :45 Kick no board B w/fins {1 x 150 on 4:30 Streamline Kick on 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,500 Yards - Stress Value = 87	

Workout #26222 - Monday, 04 January 2021

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
1,500	1x{6 x 25 on :35 Kick no board B w/fins {4 x 150 on 4:00 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {3 x 100 on 2:35 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {1 x 150 on 3:50 Streamline Kick on 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,750 Yards - Stress Value = 91	

Workout #26239 - Monday, 04 January 2021

HighSchl - USRPT

1 minute rest between sets

2:00 PM Start

Yards	Set Description
225	1 on 45:00 Train Heroic/Showers
1,500	15 x 15 on :45 Racing Skills-Crossover Turns
	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 #1
	1 on 10:00 Recovery #2
2,250	30 x 75 on 1:10 500 Free Pace
	1 on 10:00 Recovery #3
	4:34 PM 3,975 Yards - Stress Value = 384

Workout #26240 - Tuesday, 05 January 2021

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
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 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26241 - Tuesday, 05 January 2021

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	
	ECHO: Do 12XBuckest@2:00-record times		
	5:27 PM 1,325 Yards - Stress Value = 92		

Workout #26224 - Wednesday, 06 January 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 40:00 Train Heroic/Showers
	9 x 25 on :30 Wednesday Warm-up
	1-12, 2-13, 3-14, 3-15
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,100	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
	{3 x 100 on 1:55 Fly Kick w/snorkel
	{2 x 25 on :30 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
1,700	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
	1 on 10:00 Game-
	7:30 PM 3,275 Yards - Stress Value = 62

Workout #26225 - Wednesday, 06 January 2021

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
	1-13, 2-14, 3-15, 2-16
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,000	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
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Fly Kick w/snorkel
	{2 x 25 on :30 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	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
	1 on 10:00 Game
	7:30 PM 2,900 Yards - Stress Value = 55

Workout #26226 - Wednesday, 06 January 2021

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
	1-14, 2-15, 3-16, 1-17
150	10 x 15 on :45 Racing Skills-Fly Shooters
900	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:45 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Fly Kick w/snorkel
	{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
1,200	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
	1 on 10:00 Game
	7:30 PM 2,525 Yards - Stress Value = 48

Workout #26228 - Wednesday, 06 January 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
150	1 on 40:00 Train Heroic/Showers
	6 x 25 on :45 Wednesday Warm-up
	1-18, 2-19, 3-20,
150	10 x 15 on :45 Racing Skills-Fly Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick w/snorkel
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 Fly Kick w/snorkel
	{2 x 25 on :45 Kick no board BS
	{2 x 100 on 3:00 Fly Kick w/snorkel
100	1x{4 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
	1 on 10:00 Game
	7:29 PM 2,025 Yards - Stress Value = 38

Workout #26227 - Wednesday, 06 January 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
175	1 on 40:00 Train Heroic/Showers
	7 x 25 on :40 Wednesday Warm-up
	1-15, 2-16, 3-17, 1-18
150	10 x 15 on :45 Racing Skills-Fly Shooters
800	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 2:00 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{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
1,025	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
	1 on 10:00 Game
	7:30 PM 2,250 Yards - Stress Value = 42

Workout #26242 - Wednesday, 06 January 2021

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
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 5:00 Lane Line Survivor	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26243 - Wednesday, 06 January 2021

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	
	Distance Crew do 12X80@110-500 Pace		
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 #26229 - Thursday, 07 January 2021

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
800	1x{1 x 50 on :55 Breast Kick w/snorkel
	{4 x 50 on 1:00 Breast Pull
	{2 x 75 on 1:25 Breast Kick w/snorkel
	{3 x 50 on 1:00 Breast Pull
	{2 x 100 on 1:50 Breast Kick w/snorkel
	{1 x 50 on 1:00 Breast Pull
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,175 Yards - Stress Value = 84

Workout #26230 - Thursday, 07 January 2021

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
700	1x{1 x 50 on 1:05 Breast Kick w/snorkel
	{4 x 50 on 1:05 Breast Pull
	{2 x 75 on 1:35 Breast Kick w/snorkel
	{2 x 50 on 1:05 Breast Pull
	{2 x 100 on 2:10 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,075 Yards - Stress Value = 82

Workout #26231 - Thursday, 07 January 2021

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-Breast Shooters
	1 on 23:00 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
650	1x{1 x 50 on 1:10 Breast Kick w/snorkel {4 x 50 on 1:10 Breast Pull {2 x 75 on 1:45 Breast Kick w/snorkel {3 x 50 on 1:10 Breast Pull
	{1 x 100 on 2:20 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 74

Workout #26233 - Thursday, 07 January 2021

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-Breast Shooters
	1 on 23:00 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
550	1x{1 x 50 on 1:25 Breast Kick w/snorkel {3 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
	{1 x 100 on 2:50 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,700 Yards - Stress Value = 67

Workout #26232 - Thursday, 07 January 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM 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-Breast Shooters
	1 on 23:00 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
600	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 {2 x 50 on 1:15 Breast Pull
	{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 = 73

Workout #26244 - Thursday, 07 January 2021

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
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
	1 on 7:00 Sculling Drill Relays	SE
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26245 - Thursday, 07 January 2021

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
	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
	BRAVO: Do 12XBuckest@2:00-record times		
	5:30 PM 1,325 Yards - Stress Value = 92		

Workout #26234 - Friday, 08 January 2021

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
550	1x{1 x 100 on 1:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 100 on 1:50 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 100 on 1:45 Free Kick w/snorkel {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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 127

Workout #26235 - Friday, 08 January 2021

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
500	1x{1 x 100 on 2:05 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:00 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,550 Yards - Stress Value = 122

Workout #26236 - Friday, 08 January 2021

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
500	1x{1 x 100 on 2:10 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:05 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{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
1,400	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 106

Workout #26238 - Friday, 08 January 2021

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
375	1x{1 x 100 on 3:00 Free Kick w/snorkel
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 100 on 2:50 Free Kick w/snorkel
	{3 x 25 on 1:00 Tombstone Kicking
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 91

Workout #26237 - Friday, 08 January 2021

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
500	1x{1 x 100 on 2:20 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:15 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{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
1,300	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,125 Yards - Stress Value = 104

Workout #26246 - Friday, 08 January 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 Train Heroic/Showers	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 5:00 Tic Tac Toe Relay	EN2	
	8:15 AM 3,475 Yards - Stress Value = 334		

Workout #26247 - Friday, 08 January 2021

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	
	Distance Crew do 10X80@110-500 Pace		
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 #26248 - Saturday, 09 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
6:30 AM	Start		
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 6:00 Recovery #1	REC	
750	30 x 25 on :30 200 Back Pace	SP2	
1	on 6:00 Recovery #2	REC	
750	30 x 25 on :30 200 Breast Pace	SP2	
1	on 7:00 Recovery #3	REC	
750	30 x 25 on :30 200 Free Pace	SP2	
1	on 10:00 Brick Game	EN2	
9:00 AM	3,225 Yards - Stress Value = 309		

Workout #26249 - Monday, 11 January 2021

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT 100 Breast Pace
1,550	1x{1 x 50 on :55 Breast Kick w/board {4 x 50 on 1:00 Breast Pull {2 x 75 on 1:25 Breast Kick w/board {3 x 50 on 1:00 Breast Pull {3 x 100 on 1:55 Breast Kick w/board {2 x 50 on 1:00 Breast Pull {4 x 125 on 2:25 Breast Kick w/board {1 on :30 Rest-all groups start 100 togeth {1 x 100 on 4:00 100 Breast 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 Breast For Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,025 Yards - Stress Value = 107

Workout #26250 - Monday, 11 January 2021

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT 100 Breast Pace
1,425	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 {2 x 50 on 1:05 Breast Pull {3 x 125 on 2:40 Breast Kick w/board {1 x 100 on 4:00 100 Breast 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 Breast For Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,900 Yards - Stress Value = 105

Workout #26251 - Monday, 11 January 2021

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 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
1,300	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 {2 x 50 on 1:10 Breast Pull {2 x 125 on 2:55 Breast Kick w/board {1 on 1:00 Rest-all groups start 100 togeth {1 x 100 on 4:00 100 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 Breast For Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,650 Yards - Stress Value = 95

Workout #26253 - Monday, 11 January 2021

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT 100 Breast Pace
1,100	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 {1 x 100 on 4:00 100 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 Breast for Time!
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,350 Yards - Stress Value = 86

Workout #26252 - Monday, 11 January 2021

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-Breast Shooters
550	22 x 25 on :40 USRPT 100 Breast Pace
1,200	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 {2 x 75 on 1:55 Breast Kick w/board {1 on 1:00 Rest-all groups start 100 togeth {1 x 100 on 4:00 100 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 Breast For Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,550 Yards - Stress Value = 93

Workout #26269 - Monday, 11 January 2021

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
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 Fly Pace	SP2
	1 on 5:00 Racing Skills-UW Racing	EN2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26270 - Monday, 11 January 2021

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	
	Distance Crew do 12X80@110-500 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 #26254 - Tuesday, 12 January 2021

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,400	1x{4 x 75 on 1:10 Fly 25R-25L-25B
	{4 x 25 on :30 Fly lupldown+1
	{4 x 100 on 1:30 Fly 25R-25L-50B
	{4 x 25 on :30 Fly lupldown+1
	{4 x 125 on 1:50 Fly 25R-25L-75B
	{4 x 25 on :30 Fly lupldown+1
	{4 x 100 on 1:30 Fly 25R-25L-50B
	{4 x 25 on :30 lupldown+1
	{4 x 75 on 1:10 25R-25L-25B
	{4 x 25 on :30 lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,900 Yards - Stress Value = 129

Workout #26255 - Tuesday, 12 January 2021

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
2,000	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
	{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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 108

Workout #26256 - Tuesday, 12 January 2021

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,675	1x{4 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{4 x 100 on 2:15 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
	{4 x 125 on 2:45 Fly 25R-25L-75B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 75 on 1:40 25R-25L-25B
	{1 x 25 on :40 Fly lupldown
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,925 Yards - Stress Value = 94

Workout #26258 - Tuesday, 12 January 2021

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{4 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lupldown+1
	{4 x 100 on 3:00 Fly 25R-25L-50B
	{4 x 25 on :45 Fly lupldown+1
	{4 x 75 on 2:15 25R-25L-25B
	{4 x 25 on :45 Fly lupldown
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 82

Workout #26257 - Tuesday, 12 January 2021

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	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 {4 x 125 on 3:15 Fly 25R-25L-75B {2 x 25 on :40 Fly lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 90

Workout #26271 - Tuesday, 12 January 2021

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 5:00 Recovery #1	REC
750	30 x 25 on :30 100 Fly 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
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 7:00 Lane Line Survivor	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26272 - Tuesday, 12 January 2021

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 Team Meeting		
	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	
	Distance Crew do 12X100@125-1650 Pace		
	5:30 PM 975 Yards - Stress Value = 84		

Workout #26259 - Wednesday, 13 January 2021

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 1-12, 2-13, 3-14, 3-15
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
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 {8 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 Streamline Kick on back

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 150 on 2:15 Backstroke {2 x 125 on 1:50 Backstroke {3 x 100 on 1:25 Backstroke {4 x 75 on 1:05 Backstroke 1 on 10:00 Game
	7:30 PM 3,175 Yards - Stress Value = 120

Workout #26260 - Wednesday, 13 January 2021

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 1-13, 2-14, 3-15, 3-16
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
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
850	1x{1 x 150 on 2:30 Backstroke {2 x 125 on 2:05 Backstroke {3 x 100 on 1:40 Backstroke {2 x 75 on 1:15 Backstroke 1 on 10:00 Game
	7:30 PM 2,850 Yards - Stress Value = 103

Workout #26261 - Wednesday, 13 January 2021

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 1-14, 2-15, 3-16, 2-17
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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
750	1x{1 x 150 on 3:05 Backstroke {2 x 125 on 2:30 Backstroke {3 x 100 on 1:55 Backstroke {1 x 50 on :55 Backstroke 1 on 10:00 Game
	7:30 PM 2,550 Yards - Stress Value = 92

Workout #26263 - Wednesday, 13 January 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
150	1 on 40:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up 1-19, 2-20, 3-21
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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
450	1x{1 x 150 on 4:10 Backstroke {2 x 100 on 2:45 Backstroke {2 x 50 on 1:20 Backstroke
200	1 x 200 on 10:00 Game
7:29 PM 2,200 Yards - Stress Value = 82	

Workout #26262 - Wednesday, 13 January 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
175	1 on 40:00 Train Heroic/Showers
150	7 x 25 on :40 Wednesday Warm-up 1-16, 2-17, 3-18, 1-19
150	10 x 15 on :45 Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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
650	1x{1 x 150 on 3:30 Backstroke {2 x 125 on 2:50 Backstroke {2 x 100 on 2:15 Backstroke {1 x 50 on 1:10 Backstroke
1 on 10:00 Game	
7:30 PM 2,375 Yards - Stress Value = 89	

Workout #26273 - Wednesday, 13 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
225	1 on 49:00 Yoga
3,000	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	30 x 100 on 1:25 1650 Free Pace
1,500	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	
8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26274 - Thursday, 14 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
1	on 45:00 Yoga	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Breast Pace	SE
1	on 7:00 Recovery #1	RE
750	30 x 25 on :30 100 Back Pace	SE
1	on 7:00 Recovery #2	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
1	on 7:00 Recovery #3	RE
1,500	30 x 50 on :50 200 Free Pace	SE
8:07 AM 4,225 Yards - Stress Value = 409		

Workout #26264 - Friday, 15 January 2021

Group 2 - Freestylers

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
600	1x{1 x 200 on 3:40 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:40 Free Kick w/snorkel {4 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
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 3,850 Yards - Stress Value = 128	

Workout #26265 - Friday, 15 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
600	1x{1 x 200 on 3:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:55 Free Kick w/snorkel {4 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!
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 3,650 Yards - Stress Value = 124	

Workout #26266 - Friday, 15 January 2021

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 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
550	1x{1 x 200 on 4:20 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:15 Free Kick w/snorkel
	{4 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
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,275 Yards - Stress Value = 107

Workout #26268 - Friday, 15 January 2021

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 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 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
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
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,750 Yards - Stress Value = 92

Workout #26267 - Friday, 15 January 2021

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 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 200 on 4:40 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:30 Free Kick w/snorkel
	{2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,125 Yards - Stress Value = 104

Workout #26275 - Friday, 15 January 2021

HighSchl - USRPT

1 minute rest between sets

Meters	Set Description	EGY W
5:30 AM	Start	
=====	=====	=====
	1 on 45:00 Train Heroic/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Recovery #1	REC
750	30 x 25 on :30 100 Free 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 Back Pace	SP2
	1 on 6:00 Tic Tac Toe Relay	EN2
8:15 AM	4,725 Meters - Stress Value = 506	

Workout #26276 - Friday, 15 January 2021

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
	Distance Crew do 12X80@110-1000 Pace	
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 #26277 - Saturday, 16 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY WC
7:00 AM	Start	
=====	=====	=====
	1 on 45:00 YOGA	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
750	30 x 25 on :30 200 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
750	30 x 25 on :30 200 Breast Pace	SP2
	1 on 6:00 Recovery #2	REC
750	30 x 25 on :30 200 Free Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 11:00 Sculling Drill Relay or Brick	EN2
9:30 AM	3,225 Yards - Stress Value = 309	

Workout #26285 - Monday, 18 January 2021

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT 100 Back Pace
1,400	1x{8 x 25 on :30 Kick no board B
	{4 x 50 on :55 Kick 1fly 1brst 2 free
	{8 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
	{4 x 50 on :55 Kick 2 fly 1brst 1 free
	{8 x 25 on :30 Kick no board R
100	1 x 100 on 5:00 100 Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 129

Workout #26289 - Monday, 18 January 2021

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-Crossover Turns
500	20 x 25 on :45 USRPT 100 Back Pace
900	1x{6 x 25 on :45 Kick no board B
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{6 x 25 on :45 Kick no board S
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{6 x 25 on :45 Kick no board 3L3R
	{3 x 50 on 1:30 Kick 1 fly 1 brst 1 free
100	1 x 100 on 5:00 100 Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 94

Workout #26286 - Monday, 18 January 2021

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-Crossover Turns
750	30 x 25 on :30 USRPT 100 Back Pace
1,200	1x{6 x 25 on :35 Kick no board B
	{4 x 50 on 1:05 Kick 2 fly 1brst 1 free
	{6 x 25 on :35 Kick no board S
	{4 x 50 on 1:05 Kick 1fly 2 brst 1 free
	{6 x 25 on :35 Kick no board L
	{4 x 50 on 1:05 Kick 1fly 1brst 2free
	{6 x 25 on :30 Kick no board R
100	1 x 100 on 5:00 100 Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 117

Workout #26288 - Monday, 18 January 2021

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-Crossover Turns
550	22 x 25 on :40 USRPT 100 Back Pace
1,050	1x{6 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{6 x 25 on :40 Kick no board S
	{3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{6 x 25 on :40 Kick no board L
	{3 x 50 on 1:10 Kick 1fly 1brst 1 free
	{6 x 25 on :40 Kick no board R
100	1 x 100 on 5:00 100 Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 102

Workout #26287 - Monday, 18 January 2021

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-Crossover Turns
625	25 x 25 on :35 USRPT 100 Back Pace
1,050	1x{6 x 25 on :40 Kick no board B
	{3 x 50 on 1:10 Kick 1fly 1brst 1 free
	{6 x 25 on :40 Kick no board S
	{3 x 50 on 1:10 Kick 1fly 1brst 1 free
	{6 x 25 on :40 Kick no board 2L2R
	{3 x 50 on 1:10 Kick 1fly 1brst 1free
	{6 x 25 on :40 Kick no board R
100	1 x 100 on 5:00 100 Kick on Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,575 Yards - Stress Value = 109

Workout #26278 - Monday, 18 January 2021

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 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 5:00 Racing Skills-UW Racing	EN2
	9:45 AM 4,725 Yards - Stress Value = 459	

Workout #26279 - Monday, 18 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:00 PM Start		
225	1 on 15:00 DS>Showers	REC	
750	15 x 15 on :45 Racing Skills-#3 Shooters	SP3	
	30 x 25 on :30 Your #2 100 Pace	SP2	
	Distance Crew do 12X100@125-1650 Pace		
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Back Breakouts	SP3	
	ALFA: Do2X (12XBuckest@1:00)-record times		
	round 1-free, round 2 #1 nonfree		
	4:12 PM 1,245 Yards - Stress Value = 89		

Workout #26290 - Tuesday, 19 January 2021

Group 2 - Breast

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Breast Shooters
100	25 x 25 on :35 USRPT 100 Breast Pace
2,050	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 150 on 2:50 Breast-2k1p
	{4 x 50 on :55 Breast-descend
	{1 x 150 on 2:55 Breast 3-4-5-6 glide
	{4 x 50 on :55 Breast-descend
	{1 x 100 on 1:55 Breast 2K1P
	{4 x 50 on :55 Breast-descend
	{1 x 100 on 2:00 Breast-3-4-5-6 glide
	{3 x 50 on :55 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,425 Yards - Stress Value = 103

Workout #26291 - Tuesday, 19 January 2021

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Breast Shooters
100	25 x 25 on :35 USRPT 100 Breast Pace
1,900	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{1 x 200 on 4:00 Breast 2K1P
	{4 x 50 on 1:00 Breast descend
	{1 x 200 on 4:10 Breast 3-4-5-6 sec glide
	{4 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:10 Breast-2K1P
	{4 x 50 on 1:00 Breast-descend
	{1 x 150 on 3:10 Breast-3-4-5-6 sec glide
	{4 x 50 on 1:00 Breast-descend
	{1 x 100 on 2:00 Breast 2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 100 on 2:05 Breast 3-4-5-6 sec glide
	{1 x 50 on :55 Breast-FAST
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 100

Workout #26292 - Tuesday, 19 January 2021

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 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Breast Shooters
100	22 x 25 on :40 USRPT 100 Breast Pace
1,750	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 150 on 3:20 Breast-2k1p
	{3 x 50 on 1:05 Breast-descend
	{1 x 150 on 3:20 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 100 on 2:15 Breast 2K1P
	{3 x 50 on 1:05 Breast-descend
	{1 x 100 on 2:15 Breast 3-4-5-6 sec glide
	{2 x 50 on 1:00 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 89

Workout #26294 - Tuesday, 19 January 2021

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 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Breast Shooters
100	20 x 25 on :45 USRPT 100 Breast Pace
1,300	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{1 x 200 on 5:40 Breast 2K1P
	{3 x 50 on 1:30 Breast descend
	{1 x 200 on 5:40 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 150 on 4:15 Breast 2K1P
	{3 x 50 on 1:30 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,450 Yards - Stress Value = 76

Workout #26293 - Tuesday, 19 January 2021

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 200 on 5:20 Breast 2K1P {3 x 50 on 1:20 Breast descend {1 x 200 on 5:20 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 {2 x 50 on 1:10 Breast-descend {1 x 100 on 2:40 Breast-2K1P {2 x 50 on 1:10 Breast-descend {1 x 50 on 1:20 Breast 3-4-5-6 sec glide
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 83

Workout #26296 - Wednesday, 20 January 2021

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
150	10 x 15 on :45 Racing Skills-Free Shooters
950	1x{1 x 250 on 4:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 150 on 2:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {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
1,750	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
	1 on 10:00 Rock Paper Scissors Relay
	7:30 PM 3,150 Yards - Stress Value = 60

Workout #26280 - Tuesday, 19 January 2021

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 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 5:00 Lane Line Survivor	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26297 - Wednesday, 20 January 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM 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-Free Shooters
900	1x{1 x 200 on 4:20 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:15 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:10 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {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
1,600	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
	1 on 10:00 Rock Paper Scissors Relay
	7:30 PM 2,925 Yards - Stress Value = 56

Workout #26295 - Wednesday, 20 January 2021

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
150	10 x 15 on :45 Racing Skills-Free Shooters
1,000	1x{1 x 250 on 4:35 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:40 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 150 on 2:45 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 100 on 1:50 Free Kick w/snorkel
100	1x{4 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
	1 on 10:00 Rock Paper Scissors Relay
	7:30 PM 3,425 Yards - Stress Value = 65

Workout #26299 - Wednesday, 20 January 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
700	1x{1 x 200 on 5:20 Free Kick w/snorkel {4 x 25 on 1:00 Tombstone Kicking {1 x 150 on 4:00 Free Kick w/snorkel {4 x 25 on 1:00 Tombstone Kicking {1 x 100 on 2:40 Free Kick w/snorkel {2 x 25 on 1:00 Tombstone Kicking
100	1x{4 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 1 on 10:00 Rock Paper Scissors Relay
7:30 PM	2,350 Yards - Stress Value = 45

Workout #26298 - Wednesday, 20 January 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
850	1x{1 x 200 on 4:40 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:30 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:20 Free Kick w/snorkel {4 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 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 {2 x 50 on 1:00 Free-descend to 5s obt 1 on 10:00 Rock Paper Scissors Relay
7:30 PM	2,675 Yards - Stress Value = 51

Workout #26281 - Wednesday, 20 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
225	15 x 15 on :45 Racing Skills-Crossover Turns
2,250	30 x 75 on 1:10 1650 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 10:00 Game-led by Capt.s
8:15 AM	3,975 Yards - Stress Value = 384

Workout #26300 - Thursday, 21 January 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 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
100	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
800	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 {2 x 75 on 1:25 Fly Kick w/snorkel {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,300 Yards - Stress Value = 97

Workout #26301 - Thursday, 21 January 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 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
100	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
700	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 {2 x 75 on 1:35 Fly Kick w/snorkel {4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:10 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,075 Yards - Stress Value = 82

Workout #26302 - Thursday, 21 January 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
100	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
650	1x{4 x 25 on :40 Kick no board BSLR {3 x 50 on 1:10 Fly Kick w/snorkel {4 x 25 on :40 Kick no board BSLR {2 x 75 on 1:45 Fly Kick w/snorkel {2 x 25 on :40 Kick no board BSLR {1 x 100 on 2:20 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	1,900 Yards - Stress Value = 74

Workout #26304 - Thursday, 21 January 2021

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-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
500	1x{4 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:30 Fly Kick w/board { 4 x 25 on :45 Kick no board BSLR { 2 x 75 on 2:15 Fly Kick w/board { 2 x 25 on :45 Kick no board BS
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,650 Yards - Stress Value = 66

Workout #26303 - Thursday, 21 January 2021

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{4 x 25 on :40 Kick no board BSLR { 3 x 50 on 1:20 Fly Kick w/snorkel { 4 x 25 on :40 Kick no board BSLR { 2 x 75 on 2:00 Fly Kick w/snorkel { 4 x 25 on :40 Kick no board BSLR
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 73

Workout #26282 - Thursday, 21 January 2021

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
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 Sculling Drill Relay	EN
	8:15 AM 3,725 Yards - Stress Value = 359	

Workout #26283 - Friday, 22 January 2021

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
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
	8:15 AM 3,725 Meters - Stress Value = 396	

Workout #26284 - Friday, 22 January 2021

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
	Distance Crew do 12X80@110-500 Pace	
150	1 x 150 on 3:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP3
	BRAVO: Do 2X (12XBuckest@1:00)-record times	
	Round 1-free, round 2-#1 nonfree	
	5:27 PM 1,325 Yards - Stress Value = 92	

Workout #26313 - Monday, 25 January 2021

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
1,500	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 { 2 x 125 on 2:30 Streamline Kick on back { 6 x 25 on :30 Kick no board B w/fins { 3 x 100 on 2:00 Streamline Kick on back { 6 x 25 on :30 Kick no board B w/fins { 2 x 50 on 1:00 Streamline Kick on back { 1 x 100 on 5:00 100 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 Timed 100 Back
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 129

Workout #26314 - Monday, 25 January 2021

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
625	10 x 15 on :45 Racing Skills-Back Shooters
1,400	25 x 25 on :35 USRPT-100 Back Pace
	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
	{2 x 125 on 2:40 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{3 x 100 on 2:10 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
100	{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 Back for time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,875 Yards - Stress Value = 114

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
1,200	22 x 25 on :40 USRPT-100 Back Pace
	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 4:00 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{2 x 125 on 3:20 Streamline Kick on back
	{8 x 25 on :35 Kick no board B w/fins
	{2 x 100 on 2:30 Streamline Kick on back
	{1 x 100 on 5:00 100 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,550 Yards - Stress Value = 103

Workout #26315 - Monday, 25 January 2021

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
550	10 x 15 on :45 Racing Skills-Back Shooters
1,300	22 x 25 on :40 USRPT-100 Back Pace
	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
	{2 x 125 on 2:55 Streamline Kick on back
	{8 x 25 on :35 Kick no board B w/fins
	{3 x 100 on 2:15 Streamline Kick on back
	{1 x 100 on 5:00 100 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 Back for time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,650 Yards - Stress Value = 105

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
225	1 on 45:00 Train Heroic/Showers	REC
1,500	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	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 5:00 Racing Skills-UW Racing	EN2
8:15 AM	4,725 Yards - Stress Value = 459	

Workout #26317 - Monday, 25 January 2021

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
550	10 x 15 on :45 Racing Skills-Back Shooters
950	22 x 25 on :40 USRPT-100 Back Pace
	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 150 on 5:00 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{2 x 125 on 4:15 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 5:00 100 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 Back for time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,250 Yards - Stress Value = 98

Workout #26306 - Monday, 25 January 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
225	1 on 15:00 DS/Showers	REC	
750	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	30 x 25 on :35 Your #4 100 Pace	SP2	
	Distance Crew do 12X80@110-1000 Pace		
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Fly Breakouts	SP3	
	CHARLIE: Do 2X (12XBuckest@1:00)-record times		
	Round 1 free round 2 #1 non free		
5:30 PM	1,245 Yards - Stress Value = 89		

Workout #26316 - Monday, 25 January 2021

Workout #26318 - Tuesday, 26 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,100	1x{6 x 100 on 1:30 Individual Medley {1 on 1:00 Rest {5 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:20 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	7:27 PM 3,475 Yards - Stress Value = 110

Workout #26319 - Tuesday, 26 January 2021

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-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,100	1x{6 x 100 on 1:35 Individual Medley {1 on 1:00 Rest {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 1:30 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:25 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:25 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,475 Yards - Stress Value = 110

Workout #26320 - Tuesday, 26 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{6 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {5 x 100 on 1:45 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:45 Individual Medley {1 on 1:00 Rest {3 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

7:29 PM 3,200 Yards - Stress Value = 99

Workout #26322 - Tuesday, 26 January 2021

Group 2 - Bronze

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-Crossover Turns
500	20 x 25 on :45 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{5 x 100 on 3:00 Individual Medley {1 on 1:00 Rest {4 x 100 on 3:00 Individual Medley {1 on 1:00 Rest {3 x 100 on 3:00 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,450 Yards - Stress Value = 80

Workout #26321 - Tuesday, 26 January 2021

Group 2 - Silver/Bronze

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-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{6 x 100 on 2:00 Individual Medley {1 on 1:00 Rest {5 x 100 on 2:00 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:55 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:50 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 97

Workout #26307 - Tuesday, 26 January 2021

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 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 5:00 Lane Line Survivor	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26323 - Wednesday, 27 January 2021

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
 600 1 x 600 on 12:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 3:50 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
 1 on 20:00 Game
 7:30 PM 2,525 Yards - Stress Value = 39

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
 600 1 x 600 on 12:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 150 on 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
 1 on 20:00 Game
 7:30 PM 2,025 Yards - Stress Value = 35

Workout #26326 - Wednesday, 27 January 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #26324 - Wednesday, 27 January 2021

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-Breast Shooters
 600 1 x 600 on 12:00 Breast 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 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
 1 on 20:00 Game
 7:30 PM 2,475 Yards - Stress Value = 38

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
 600 1 x 600 on 12:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 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
 1 on 20:00 Game
 7:30 PM 2,100 Yards - Stress Value = 36

Workout #26308 - Wednesday, 27 January 2021

HighSchl - USRPT

1 minute rest between sets

Workout #26325 - Wednesday, 27 January 2021

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
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 600 1 x 600 on 12:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{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
 1 on 20:00 Game
 7:30 PM 2,300 Yards - Stress Value = 37

5:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 Yoga
 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 :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 8:00 Recovery #2
 1 on 8:00 Recovery #3
 1 on 10:00 Game-led by Capt.s
 8:15 AM 4,725 Yards - Stress Value = 459

Workout #26327 - Wednesday, 27 January 2021

Group 2 - Bronze

Workout #26328 - Thursday, 28 January 2021

Group 2 - Freestylers

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-Free Shooters
	1 on 23:00 TEACH DAY-Starts
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Free Pace
750	1x{1 x 250 on 4:35 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:40 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 100 on 1:45 Free Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 96

Workout #26329 - Thursday, 28 January 2021

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 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Starts
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	30 x 25 on :30 USRPT 100 Free Pace
700	1x{1 x 250 on 4:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 200 on 3:55 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 50 on :55 Free Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 95

Workout #26330 - Thursday, 28 January 2021

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-Free Shooters
	1 on 23:00 TEACH DAY-Starts
625	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	25 x 25 on :35 USRPT 100 Free Pace
650	1x{1 x 200 on 4:20 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:15 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 100 on 2:05 Free Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,975 Yards - Stress Value = 81

Workout #26332 - Thursday, 28 January 2021

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 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Starts
550	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	22 x 25 on :40 USRPT 100 Free Pace
200	1x{1 x 200 on 5:20 Free Kick w/snorkel {4 x 25 on 1:00 Tombstone Kicking {1 x 150 on 4:00 Free Kick w/snorkel {2 x 25 on 1:00 Tombstone Kicking
7:30 PM	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,700 Yards - Stress Value = 71

Workout #26331 - Thursday, 28 January 2021

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 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Starts
625	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	25 x 25 on :35 USRPT 100 Free Pace
200	1x{1 x 200 on 4:40 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:30 Free Kick w/snorkel {6 x 25 on :45 Tombstone Kicking
7:30 PM	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,925 Yards - Stress Value = 80

Workout #26309 - Thursday, 28 January 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
225	1 on 45:00 Train Heroic/Showers	RE
1,500	15 x 15 on :45 Racing Skills-Breast Shooters	SE
	30 x 50 on :55 200 Breast Pace	SE
750	1 on 8:00 Recovery #1	RE
	30 x 25 on :30 100 Free Pace	SE
1,000	1 on 6:00 Recovery #2	RE
	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 5:00 Sculling Drill Relays	EN
	8:15 AM 4,225 Yards - Stress Value = 409	

Workout #26310 - Thursday, 28 January 2021

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY WC
225	1 on 15:00 DS/Showers	REC
750	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
	30 x 25 on :35 Your #3 100 Pace	SP2
	Distance Crew do 12X80@110-500 Pace	
150	1 x 150 on 3:00 Sculling drills	REC
200	8 x 25 on 3:00 50 Free Pace	SP3
	DELTA: Do 2X (12XBuckest@1:00)-record times	
	Round 1 free Round 2 #1 non free	
	5:30 PM 1,325 Yards - Stress Value = 92	

Workout #26333 - Friday, 29 January 2021

Group 2 - Fly

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 Swim-Kick-Drill-Swim
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
	{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
	{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
1,400	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
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,750 Yards - Stress Value = 126

Workout #26334 - Friday, 29 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
750	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
	{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
1,150	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
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,275 Yards - Stress Value = 106

Workout #26335 - Friday, 29 January 2021

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 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
	{4 x 50 on 1:10 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:45 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{4 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{3 x 100 on 2:15 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1

{1 x 100 on 2:15 Fly 25R-25L-50B
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 93

Workout #26337 - Friday, 29 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
550	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
	{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
700	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 81

Workout #26336 - Friday, 29 January 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
600	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:40 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
825	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 89

Workout #26311 - Friday, 29 January 2021

HighSchl - USRPT

1 minute rest between sets

Meters	Set Description	EGY W
5:30 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 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 5:00 Tic Tac Toe Relay	EN2
	8:16 AM 4,725 Meters - Stress Value = 506	

Workout #26312 - Friday, 29 January 2021

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	
	Distance Crew do 12X100@125-1650 Pace		
150	1 x 150 on 3:00 Sculling drills	REC	
120	8 x 15 on 3:00 Timed 15M Back Breakouts	SP3	
	ECHO: Do 2X (12XBuckest@1:00)-record times		
	Round 1 free Round 2 #1 non free		
	5:27 PM 1,245 Yards - Stress Value = 89		

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
1,325	1x{1 x 100 on 5:00 Free Kick w/board for time
	{4 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:25 Free Kick w/board-6sec
	{3 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:25 Free Kick w/board-5sec
	{2 x 75 on 1:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Free for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 105

Workout #26342 - Monday, 01 February 2021

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-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
950	1x{1 x 100 on 5:00 Free Kick w/board for time
	{2 x 125 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-6sec
	{2 x 125 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-5sec
	{2 x 75 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	1 x 100 on 5:00 Free for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,250 Yards - Stress Value = 90

Workout #26338 - Monday, 01 February 2021

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
1,575	1x{1 x 100 on 5:00 Free Kick w/board for time
	{4 x 125 on 2:20 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-6sec
	{3 x 125 on 2:20 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-5sec
	{2 x 150 on 2:20 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-4sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Free for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 121

Workout #26341 - Monday, 01 February 2021

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
1,225	1x{1 x 100 on 5:00 Free Kick w/board for time
	{4 x 125 on 3:00 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{3 x 125 on 3:00 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-5sec
	{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
100	1 x 100 on 5:00 Free for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 93

Workout #26339 - Monday, 01 February 2021

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
1,475	1x{1 x 100 on 5:00 Free Kick w/board for time
	{4 x 125 on 2:30 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board-6sec
	{3 x 125 on 2:30 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board-5sec
	{2 x 125 on 2:30 Free Kick w/board
	{1 x 50 on 1:00 Free Kick w/board-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 Free for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 119

Workout #26340 - Monday, 01 February 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 Train Heroic>Showers

Workout #26358 - Monday, 01 February 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 45:00 Train Heroic/Showers	REC
1,500	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	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 5:00 Racing Skills-UW Racing	EN2

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

Workout #26359 - Monday, 01 February 2021

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	
	Distance Crew do 12X80@110-500 Pace		
150	1 x 150 on 3:00 Sculling drills	REC	
200	8 x 25 on 3:00 50 Free Pace	SP3	
	ALFA: Do 2X (12XBuckest@1:00)-record times		
	Round 1-free, round 2-#1 nonfree		

5:27 PM 1,325 Yards - Stress Value = 92

Workout #26343 - Tuesday, 02 February 2021

Group 2 - IM'ers

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 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Crossover Turns
100	30 x 25 on :30 USRPT-100 Fly Pace
2,400	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{1 x 200 on 3:00 Individual Medley {6 x 25 on :30 Fly lup+1down {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 {6 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 {6 x 25 on :30 Breaststroke 2X Pullouts {1 x 200 on 2:45 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:25 Individual Medley {1 x 100 on 1:20 Individual Medley {6 x 25 on :30 Free 4 breaths total

200 1 x 200 on 4:00 Stroke Drills

7:30 PM 3,900 Yards - Stress Value = 127

Workout #26344 - Tuesday, 02 February 2021

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Crossover Turns
100	25 x 25 on :35 USRPT-100 Fly Pace
2,150	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{1 x 200 on 3:20 Individual Medley {6 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 {6 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 {6 x 25 on :35 Breast 2X pullouts {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 100 on 1:30 Individual Medley {4 x 25 on :30 Free 4 breaths total

200 1 x 200 on 4:00 Stroke Drills

7:30 PM 3,525 Yards - Stress Value = 109

Workout #26345 - Tuesday, 02 February 2021

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Crossover Turns
100	25 x 25 on :35 USRPT-100 Fly Pace
2,000	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{1 x 200 on 3:40 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 100 on 1:45 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 1:50 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:30 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {4 x 25 on :40 Breaststroke 2X Pullouts {4 x 25 on :30 Free 4 breaths total

200 1 x 200 on 4:00 Stroke Drills

7:30 PM 3,325 Yards - Stress Value = 106

Workout #26347 - Tuesday, 02 February 2021

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{1 x 200 on 6:00 Individual Medley {4 x 25 on :40 2 Fly lup+ldown { 2 Back 5KOW+2 {1 x 100 on 3:00 Individual Medley {1 x 100 on 2:55 Individual Medley {1 x 100 on 2:50 Individual Medley {1 x 50 on 1:30 Easy Free {1 x 200 on 6:00 Individual Medley {6 x 25 on :40 2 Breast 2X pullouts { 4 free 6 breaths total {1 x 100 on 2:55 Individual Medley {1 x 100 on 2:50 Individual Medley {1 x 100 on 2:45 Individual Medley {1 x 50 on 1:30 Easy Free
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,550 Yards - Stress Value = 81

Workout #26346 - Tuesday, 02 February 2021

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-Crossover Turns
550	22 x 25 on :40 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,850	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 100 on 1:55 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 100 on 1:50 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 4:10 Individual Medley {4 x 25 on :35 Breast 2X pullouts {1 x 100 on 1:55 Individual Medley {1 x 100 on 1:50 Individual Medley {2 x 25 on :30 Free 4 breaths total
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 96

Workout #26360 - Tuesday, 02 February 2021

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

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 5:00 Video Evaluations 1+/1-	SP2
	8:15 AM 4,725 Yards - Stress Value = 459	

Workout #26348 - Wednesday, 03 February 2021

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
800	1x{1 x 200 on 3:50 Breast Kick w/snorkel {1 x 175 on 3:20 Breast Kick w/snorkel {2 x 150 on 2:50 Breast Kick w/snorkel {1 x 125 on 2:20 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	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 {2 x 50 on :55 Breaststroke {2 x 100 on 1:40 Breast L.25 3X pullouts 1 on 15:00 Game
	7:30 PM 2,875 Yards - Stress Value = 55

Workout #26349 - Wednesday, 03 February 2021

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-Breast Shooters
775	1x{1 x 200 on 4:05 Breast Kick w/snorkel {1 x 175 on 3:30 Breast Kick w/snorkel {2 x 150 on 2:55 Breast Kick w/snorkel {1 x 100 on 1:55 Breast 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 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 1 on 15:00 Game
	7:29 PM 2,700 Yards - Stress Value = 52

Workout #26350 - Wednesday, 03 February 2021

Group 2 - Silver

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
675	1x{1 x 200 on 4:35 Breast Kick w/snorkel {1 x 175 on 4:00 Breast Kick w/snorkel {2 x 125 on 2:50 Breast Kick w/snorkel {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
1,300	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 {2 x 50 on 1:10 Breaststroke 1 on 15:00 Game
	7:30 PM 2,425 Yards - Stress Value = 47

Workout #26352 - Wednesday, 03 February 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 40:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	1x{1 x 200 on 6:00 Breast Kick w/snorkel {1 x 150 on 4:30 Breast Kick w/snorkel {1 x 100 on 3:00 Breast Kick w/snorkel {2 x 50 on 1:30 Breast 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 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 1 on 15:00 Game
	7:31 PM 1,950 Yards - Stress Value = 37

Workout #26351 - Wednesday, 03 February 2021

Group 2 - Silver/Bronze

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
650	1x{1 x 200 on 5:00 Breast Kick w/snorkel {1 x 175 on 4:20 Breast Kick w/snorkel {1 x 150 on 3:40 Breast Kick w/snorkel {1 x 125 on 3:00 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{3 x 125 on 3:10 Breast L.25 3X pullouts {3 x 50 on 1:10 Breaststroke {3 x 125 on 3:05 Breast L.25 3X pullouts {3 x 50 on 1:15 Breaststroke {1 x 100 on 2:25 Breast L.25 3X pullouts 1 on 15:00 Game
	7:30 PM 2,250 Yards - Stress Value = 43

Workout #26361 - Wednesday, 03 February 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
	6:30 AM Start
	1 on 45:00 Yoga
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 1 on 8:00 Video Evaluations 1+/1- 1 on 10:00 Game-led by Capt.s
	8:15 AM 1,725 Yards - Stress Value = 159

Workout #26362 - Wednesday, 03 February 2021

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
	Distance Crew do 12X80@110-1000 Pace	
150	1 x 150 on 3:00 Sculling drills	REC
120	8 x 15 on 3:00 Timed 15M Fly Breakouts	SP3
	BRAVO: Do 2X (12XBuckest@1:00)-record times Round 1 free round 2 #1 non free	
	5:30 PM 1,245 Yards - Stress Value = 89	

Workout #26353 - Thursday, 04 February 2021

Group 2 - Back

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 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{6 x 25 on :30 Kick no board B-10KOW+1 {3 x 50 on 1:00 Kick-alt strmline/hands by sic {4 x 25 on :30 Kick no board B-10KOW+1 {3 x 50 on :55 Kick-alt strmline/hands by sic {4 x 25 on :30 Kick no board B-10KOW+1 {3 x 50 on :50 Kick-alt strmline/hands by sic
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 97

Workout #26354 - Thursday, 04 February 2021

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
750	30 x 25 on :30 USRPT-100 Back Pace
700	1x{6 x 25 on :35 Kick no board B-10KOW+1 {3 x 50 on 1:05 Kick-alt strmlne/hands by si {4 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmlne/hands by si {4 x 25 on :35 Kick no board B-10KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 95

Workout #26355 - Thursday, 04 February 2021

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
625	25 x 25 on :35 USRPT-100 Back Pace
600	1x{4 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:10 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,925 Yards - Stress Value = 80

Workout #26357 - Thursday, 04 February 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/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
500	20 x 25 on :45 USRPT-100 Back Pace
500	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,650 Yards - Stress Value = 66

Workout #26356 - Thursday, 04 February 2021

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
600	1x{4 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:20 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 73

Workout #26363 - Thursday, 04 February 2021

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :50 200 Free Pace*	SE
	1 on 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 #26364 - Friday, 05 February 2021

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Meters	Set Description	EGY W
=====	=====	== =
	1 on 10:00 DS/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 #26365 - Friday, 05 February 2021

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 Distance Crew do 12X100@125-1650 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 2X (12XBuckest@1:00)-record times Round 1 free Round 2 #1 non free	
	5:30 PM 1,325 Yards - Stress Value = 92	

Workout #26366 - Saturday, 06 February 2021

HighSchl - USRPT

1 minute rest between sets

8:00 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 Breast Pace*	SP2	
	1 on 8:00 Recovery #1	REC	
750	30 x 25 on :30 200 Free Pace*	SP2	
	1 on 8:00 Recovery #2	REC	
750	30 x 25 on :30 200 Fly Pace*	SP2	
	1 on 8:00 Recovery #3	REC	
750	30 x 25 on :30 200 Back Pace*	SP2	
	1 on 15:00 Relays or Lane Line Survivor	EN2	
	10:40 AM 3,225 Yards - Stress Value = 309		

Workout #26375 - Monday, 08 February 2021

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 :35 100 Breast Pace
1,500	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 {4 x 125 on 2:25 Breast Kick w/board
100	1 x 100 on 3:00 100 Breast 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 Breast for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 116

Workout #26376 - Monday, 08 February 2021

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 :35 100 Breast Pace
1,400	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 3:00 Breast Kick w/board {3 x 125 on 2:30 Breast Kick w/board {1 x 25 on :30 Breast Kick w/board
100	1 x 100 on 3:00 100 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 Breast for Time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,975 Yards - Stress Value = 116

Workout #26377 - Monday, 08 February 2021

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 :40 100 Breast Pace
1,300	1x{1 x 200 on 4:20 Breast Kick w/board {2 x 175 on 3:50 Breast Kick w/board {3 x 150 on 3:15 Breast Kick w/board {2 x 125 on 2:45 Breast Kick w/board {1 x 50 on 1:05 Breast Kick w/board
100	1 x 100 on 3:00 100 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 Breast for Time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 97

Workout #26379 - Monday, 08 February 2021

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 :45 100 Breast Pace
1,050	1x{1 x 200 on 5:30 Breast Kick w/board {2 x 175 on 4:45 Breast Kick w/board {3 x 150 on 4:00 Breast Kick w/board {1 x 50 on 2:00 Breast Kick w/board
100	1 x 100 on 3:00 100 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 Breast for Time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 97

Workout #26378 - Monday, 08 February 2021

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 :40 100 Breast Pace
1,150	1x{1 x 200 on 5:00 Breast Kick w/board {2 x 175 on 4:20 Breast Kick w/board {3 x 150 on 3:45 Breast Kick w/board {2 x 75 on 1:40 Breast Kick w/board
100	1 x 100 on 3:00 100 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 Breast for Time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 96

Workout #26367 - Monday, 08 February 2021

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description	EGY	WC
1	on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,500	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			

100	1x{4 x 25 on 1:00 Odds face in sculling drills	{ Evens-underwaters, count kicks
2,300	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
		{6 x 25 on :30 Back 4 KOW +1
		{4 x 100 on 1:35 Backstroke
		{3 x 100 on 1:40 Backstroke
		{2 x 100 on 1:30 Backstroke
		{1 x 100 on 1:25 Backstroke
		{6 x 25 on :30 Back 4 KOW +1
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM 3,675 Yards - Stress Value = 114		

Workout #26368 - Monday, 08 February 2021

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	
375	15 x 25 on :30 Your #2 100 Pace	SP2	
	Distance Crew do 6X100@125-1650 Pace		
150	1 x 150 on 3:00 Sculling drills	REC	
100	4 x 25 on 3:00 #1 OTB	SP3	
	DELTA: Do 2X (6XBuckest@1:00)-record times		
	Round 1 free Round 2 #1 non free		
1	on 10:00 Techniques-Starts/Turns	REC	
5:18 PM 850 Yards - Stress Value = 51			

Yards	Set Description
5:30 PM Start	
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-Back Shooters
	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
2,075	1x{3 x 100 on 1:55 Backstroke
	{3 x 100 on 1:50 Backstroke
	{2 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{6 x 25 on :35 Back 4 KOW +1
	{3 x 100 on 1:50 Backstroke
	{3 x 100 on 1:45 Backstroke
	{2 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{5 x 25 on :35 Back 4 KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,400 Yards - Stress Value = 109	

Workout #26380 - Tuesday, 09 February 2021

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 SunYangFree-Count strokes
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
2,400	1x{4 x 100 on 1:40 Backstroke
	{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
	{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
	{8 x 25 on :30 Back 4 KOW +1
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,900 Yards - Stress Value = 129	

Workout #26384 - Tuesday, 09 February 2021

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{3 x 100 on 3:00 Backstroke
	{2 x 100 on 2:55 Backstroke
	{1 x 100 on 2:50 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{3 x 100 on 2:55 Backstroke
	{2 x 100 on 2:50 Backstroke
	{1 x 100 on 2:45 Backstroke
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 2,450 Yards - Stress Value = 82	

Workout #26381 - Tuesday, 09 February 2021

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-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace

Workout #26383 - Tuesday, 09 February 2021

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-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{2 x 100 on 2:10 Backstroke {3 x 100 on 2:05 Backstroke {2 x 100 on 2:00 Backstroke {1 x 100 on 1:55 Backstroke {6 x 25 on :40 Back 4 KOW +1 {1 x 100 on 2:05 Backstroke {3 x 100 on 2:00 Backstroke {2 x 100 on 1:55 Backstroke {1 x 100 on 1:50 Backstroke {6 x 25 on :40 Back 4 KOW +1
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 97

Workout #26369 - Tuesday, 09 February 2021

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 DS/Weights/Back to Pool	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 #26370 - Tuesday, 09 February 2021

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	
375	15 x 25 on :30 Your #1 100 Pace Distance Crew do 7X75@110-500 Pace	SP2	
150	1 x 150 on 3:00 Sculling drills	REC	
100	4 x 25 on 3:00 50 Free Pace	SP3	
	ALFA: Do 2X (6XBuckest@1:00)-record times Round 1-free, round 2-#1 nonfree		
	1 on 10:00 Techniques-Starts/Turns	REC	
	5:18 PM 850 Yards - Stress Value = 51		

Workout #26385 - Wednesday, 10 February 2021

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
150	10 x 15 on :45 Racing Skills-Fly Shooters
800	1x{4 x 25 on :30 Kick no board S-12KOW+1

{1 x 50 on :55 Fly Kick w/snorkel
{1 x 100 on 1:55 Fly Kick w/snorkel
{1 x 150 on 2:55 Fly Kick w/snorkel
{4 x 25 on :30 Kick no board S-13KOW+1
{1 x 50 on :55 Fly Kick w/snorkel
{1 x 100 on 1:55 Fly Kick w/snorkel
{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
1,200 6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest 1 on 13:00 Game
7:30 PM 2,475 Yards - Stress Value = 46

Workout #26386 - Wednesday, 10 February 2021

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-Fly Shooters
750	1x{4 x 25 on :35 Kick no board S-12KOW+1 {2 x 50 on 1:00 Fly Kick w/snorkel {1 x 100 on 2:05 Fly Kick w/snorkel {1 x 150 on 3:10 Fly Kick w/snorkel {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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest 1 on 13:00 Game
	7:30 PM 2,425 Yards - Stress Value = 45

Workout #26387 - Wednesday, 10 February 2021

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
150	10 x 15 on :45 Racing Skills-Fly Shooters
650	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:05 Fly Kick w/snorkel {1 x 100 on 2:15 Fly Kick w/snorkel {1 x 150 on 3:25 Fly Kick w/snorkel {4 x 25 on :40 Kick no board S-13KOW+1 {1 x 50 on 1:05 Fly Kick w/snorkel {1 x 100 on 2:15 Fly Kick w/snorkel
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 Only do 4 on the last round 1 on 13:00 Game
	7:34 PM 2,300 Yards - Stress Value = 43

Workout #26389 - Wednesday, 10 February 2021

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-Fly Shooters
525	1x{4 x 25 on :45 Kick no board S-7KOW+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-7KOW+1
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 4 on the last round
	1 on 13:00 Game
	7:35 PM 1,925 Yards - Stress Value = 36

Workout #26388 - Wednesday, 10 February 2021

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-Fly Shooters
600	1x{4 x 25 on :40 Kick no board S-8KOW+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-8KOW+1
	{1 x 50 on 1:15 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 :40 Butterfly
	{1 on 1:00 Rest
	1 on 13:00 Game
	7:31 PM 2,025 Yards - Stress Value = 38

Workout #26371 - Wednesday, 10 February 2021

HighSchl - USRPT

1 minute rest between sets

6:10 AM Start

Yards	Set Description
=====	=====
	1 on 50:00 Yoga
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,125	15 x 75 on 1:10 1000 Free Pace
	1 on 10:00 Video Evaluations 1+/1-
750	1x{5 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on :55 400 IM Pace
	1 on 10:00 Video Evaluations 1+/1-
	8:07 AM 2,100 Yards - Stress Value = 196

Workout #26390 - Thursday, 11 February 2021

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-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
900	1x{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
	7:31 PM 2,400 Yards - Stress Value = 99

Workout #26391 - Thursday, 11 February 2021

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-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
800	1x{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 2,300 Yards - Stress Value = 97

Workout #26392 - Thursday, 11 February 2021

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-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 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 2:10 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,025 Yards - Stress Value = 82

Workout #26394 - Thursday, 11 February 2021

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-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 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 1,750 Yards - Stress Value = 72

	{2 x 100 on 1:55 Breast Kick w/snorkel
	{2 x 100 on 1:50 Free Kick w/snorkel
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200 1x{	6 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
	{6 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
	{8 x 25 on :30 Breaststroke 2X Pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,500 Yards - Stress Value = 119

Workout #26396 - Friday, 12 February 2021

Group 2 - Gold

1 minute rest between sets

Workout #26393 - Thursday, 11 February 2021

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-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
600 1x{	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 1,925 Yards - Stress Value = 80

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-Crossover Turns
625	25 x 25 on :35 USRPT-100 Fly Pace
750 1x{	2 x 100 on 2:05 Fly Kick w/snorkel
	{2 x 100 on 2:10 Streamline Kick on back
	{2 x 100 on 2:05 Breast Kick w/snorkel
	{2 x 75 on 1:30 Free Kick w/snorkel
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150 1x{	6 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
	{6 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
	{6 x 25 on :35 Breast 2X pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 104

Workout #26372 - Thursday, 11 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Qswim/showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
375	15 x 25 on :30 100 Free Pace*
	1 on 6:00 Recovery #1
750	15 x 50 on :55 200 Breast Pace*
	1 on 7:00 Recovery #2
375	15 x 25 on :30 100 Back Pace*
	1 on 6:00 Recovery #3
500	20 x 25 on :30 200 Fly Pace*
	5:40 PM 2,225 Yards - Stress Value = 210

Workout #26395 - Friday, 12 February 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Fly Pace
800 1x{	2 x 100 on 1:55 Fly Kick w/snorkel
	{2 x 100 on 2:00 Streamline Kick on back

Workout #26397 - Friday, 12 February 2021

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-Crossover Turns
625	25 x 25 on :35 USRPT-100 Fly Pace
700	1x{2 x 100 on 2:15 Fly Kick w/snorkel
	{2 x 100 on 2:20 Streamline Kick on back
	{2 x 75 on 1:40 Breast Kick w/snorkel
	{2 x 75 on 1:35 Free 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 25 on :35 Fly lup+ldown
	{1 x 100 on 1:55 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:40 Individual Medley
	{4 x 25 on :40 Breaststroke 2X Pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,125 Yards - Stress Value = 102

Workout #26399 - Friday, 12 February 2021

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-Crossover Turns
500	20 x 25 on :45 USRPT-100 Fly Pace
450	1x{2 x 50 on 1:40 Fly Kick w/snorkel
	{2 x 50 on 1:45 Streamline Kick on back
	{2 x 50 on 1:40 Breast Kick w/snorkel
	{2 x 75 on 2:30 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{4 x 25 on :40 2 Fly lup+ldown
	{ 2 Back 5KOW+2
	{1 x 100 on 3:00 Individual Medley
	{1 x 100 on 2:55 Individual Medley
	{1 x 100 on 2:50 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{4 x 25 on :40 2 Breast 2X pullouts
	{ 2 free 6 breaths total
	{1 x 100 on 2:55 Individual Medley
	{1 x 100 on 2:50 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 79

Workout #26398 - Friday, 12 February 2021

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-Crossover Turns
550	22 x 25 on :40 USRPT-100 Fly Pace
650	1x{2 x 100 on 2:30 Fly Kick w/snorkel

	{2 x 75 on 1:55 Streamline Kick on back
	{2 x 75 on 1:50 Breast Kick w/snorkel
	{2 x 75 on 1:45 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{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 100 on 1:55 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{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 100 on 1:50 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{4 x 25 on :35 Breast 2X pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 92

Workout #26373 - Friday, 12 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 Qswim/showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
375	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*
	5:42 PM 2,475 Yards - Stress Value = 235

Workout #26374 - Saturday, 13 February 2021

HighSchl - USRPT

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 Yoga/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
375	15 x 25 on :30 200 Free Pace*
	1 on 9:00 Recovery #1
375	15 x 25 on :30 200 Fly Pace*
	1 on 9:00 Recovery #2
375	15 x 25 on :30 200 Back Pace*
	1 on 9:00 Recovery #3
375	15 x 25 on :30 200 Breast Pace*
	10:00 AM 1,725 Yards - Stress Value = 161

Workout #26404 - Monday, 15 February 2021

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
1,300	1x{6 x 25 on :30 Kick no board B-10KOW+1
	{5 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmlne/hands by sic
	{6 x 25 on :30 Kick no board B-10KOW+1
	{3 x 50 on :55 Kick-alt strmlne/hands by sic
	{6 x 25 on :30 Kick no board B-10KOW+1
	{2 x 50 on :55 Kick-alt strmlne/hands by sic
100	1 x 100 on 5:00 100 Kick on Back for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Back For Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 127

Workout #26405 - Monday, 15 February 2021

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
750	30 x 25 on :30 USRPT-100 Back Pace
1,175	1x{6 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 1:00 Kick-alt strmlne/hands by si
	{5 x 25 on :35 Kick no board B-10KOW+1
100	1 x 100 on 5:00 100 Kick on Back for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Back For Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,875 Yards - Stress Value = 124

Workout #26406 - Monday, 15 February 2021

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-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,000	1x{6 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
	{6 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:05 Kick-alt strmlne/hands by si
100	1 x 100 on 5:00 100 Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Back For Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 108

Workout #26408 - Monday, 15 February 2021

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
500	20 x 25 on :45 USRPT-100 Back Pace
850	1x{6 x 25 on :45 Kick no board B-6KOW+1
	{5 x 50 on 1:35 Kick-alt strmlne/hands by si
	{6 x 25 on :45 Kick no board B-6KOW+1
	{3 x 50 on 1:30 Kick-alt strmlne/hands by si
	{6 x 25 on :45 Kick no board B-6KOW+1
100	1 x 100 on 5:00 100 Kick for Time on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 85

Workout #26407 - Monday, 15 February 2021

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
550	22 x 25 on :40 USRPT-100 Back Pace
1,000	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
	{2 x 50 on 1:10 Kick-alt strmlne/hands by si
100	1 x 100 on 5:00 100 Kick for Time on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 101

Workout #26400 - Monday, 15 February 2021

HighSchl - USRPT

1 minute rest between sets

8:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 9:00 Recovery #1	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 9:00 Recovery #2	REC
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 9:00 Recovery #3	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 15:00 Racing Skills-Relay Starts/Start	REC
	9:45 AM 2,400 Yards - Stress Value = 232	

Workout #26409 - Tuesday, 16 February 2021

Group 2 - Breast

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Breast Shooters
100	25 x 25 on :35 100 Breast Pace
2,150	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{3 x 125 on 2:15 Breast L.25 3X pullouts
	{5 x 50 on :55 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{4 x 50 on :55 Breaststroke
	{3 x 125 on 2:10 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{3 x 125 on 2:10 Breast L.25 3X Pullouts
	{1 x 50 on :50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,525 Yards - Stress Value = 113

Workout #26410 - Tuesday, 16 February 2021

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Breast Shooters
100	25 x 25 on :35 100 Breast Pace
2,050	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{3 x 125 on 2:20 Breast L.25 3X pullouts
	{5 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:20 Breast L.25 3X pullouts
	{3 x 50 on 1:00 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{3 x 50 on :55 Breaststroke
	{3 x 125 on 2:15 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,425 Yards - Stress Value = 111

Workout #26411 - Tuesday, 16 February 2021

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 9:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Breast Shooters
100	22 x 25 on :40 100 Breast Pace
1,625	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{3 x 125 on 2:45 Breast L.25 3X pullouts
	{4 x 50 on 1:05 Breaststroke
	{3 x 125 on 2:40 Breast L.25 3X pullouts
	{4 x 50 on 1:05 Breaststroke
	{3 x 125 on 2:40 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,875 Yards - Stress Value = 95

Workout #26413 - Tuesday, 16 February 2021

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
500	10 x 15 on :45 Racing Skills-Breast Shooters
100	20 x 25 on :45 100 Breast Pace
1,350	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{3 x 100 on 3:00 Breast L.25 2X pullouts
	{3 x 50 on 1:30 Breaststroke
	{3 x 100 on 2:55 Breast L.25 2X pullouts
	{3 x 50 on 1:25 Breaststroke
	{3 x 100 on 2:50 Breast L.25 2X pullouts
	{3 x 50 on 1:20 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,500 Yards - Stress Value = 83

Workout #26412 - Tuesday, 16 February 2021

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
550	10 x 15 on :45 Racing Skills-Breast Shooters
100	22 x 25 on :40 100 Breast Pace
1,625	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{3 x 125 on 3:00 Breast L.25 2X pullouts
	{4 x 50 on 1:10 Breaststroke
	{3 x 125 on 3:00 Breast L.25 2X pullouts
	{3 x 50 on 1:10 Breaststroke
	{3 x 125 on 2:55 Breast L.25 2X pullouts
	{3 x 50 on 1:10 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,875 Yards - Stress Value = 95

Workout #26401 - Tuesday, 16 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
225	1 on 10:00 DS/Showers		REC
375	15 x 15 on :45 Racing Skills-#2 Shooters		SP3
	15 x 25 on :30 #2 100 Pace		SP2
750	1 on 10:00 Recovery #1-Your Choice		REC
	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

Workout #26414 - Wednesday, 17 February 2021

Group 2 - Freestylers

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-Free Shooters
900	1x{1 x 150 on 2:45 Free Kick w/snorkel
	{1 x 100 on 2:05 Free Kick w/board-6sec
	{1 x 150 on 2:45 Free Kick w/snorkel
	{1 x 100 on 2:05 Free Kick w/board-5sec
	{1 x 150 on 2:45 Free Kick w/snorkel
	{1 x 100 on 2:05 Free Kick w/board-4sec
	{1 x 150 on 2:40 Free Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	1x{1 x 400 on 5:40 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
	1 on 14:00 Game
	7:30 PM 3,275 Yards - Stress Value = 62

Workout #26415 - Wednesday, 17 February 2021

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-Free Shooters
850	1x{1 x 150 on 2:55 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/board-6sec
	{1 x 150 on 2:55 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/board-5sec
	{1 x 150 on 2:55 Free Kick w/snorkel
	{1 x 100 on 2:10 Free Kick w/board-4sec
	{1 x 100 on 1:55 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 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
	1 on 14:00 Game
	7:30 PM 3,125 Yards - Stress Value = 59

Workout #26416 - Wednesday, 17 February 2021

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
150	10 x 15 on :45 Racing Skills-Free Shooters
750	1x{1 x 150 on 3:20 Free Kick w/snorkel
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{1 x 150 on 3:20 Free Kick w/snorkel
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{1 x 150 on 3:20 Free Kick w/snorkel
	{1 x 100 on 2:30 Free Kick w/board-4 sec
100	1x{4 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
	1 on 14:00 Game
	7:30 PM 2,750 Yards - Stress Value = 52

Workout #26418 - Wednesday, 17 February 2021

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-Free Shooters
650	1x{1 x 150 on 4:00 Free Kick w/snorkel
	{1 x 100 on 3:00 Free Kick w/board-6sec
	{1 x 150 on 4:00 Free Kick w/snorkel
	{1 x 100 on 3:00 Free Kick w/board-5sec
	{1 x 150 on 4:00 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 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 on 14:00 Game
	7:30 PM 2,300 Yards - Stress Value = 44

Workout #26417 - Wednesday, 17 February 2021

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-Free Shooters
700	1x{1 x 150 on 3:45 Free Kick w/snorkel
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{1 x 150 on 3:45 Free Kick w/snorkel
	{1 x 100 on 2:45 Free Kick w/board-5sec
	{1 x 150 on 3:45 Free Kick w/snorkel
	{1 x 50 on 1:15 Free Kick w/board-FAST
100	1x{4 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
	1 on 14:00 Game
	7:30 PM 2,575 Yards - Stress Value = 49

Workout #26402 - Wednesday, 17 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 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	
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		

	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
625	25 x 25 on :35 USRPT-100 Fly Pace
650	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:05 Fly Kick w/snorkel {1 x 100 on 2:20 Fly Kick w/snorkel {1 x 150 on 3:30 Fly Kick w/snorkel {4 x 25 on :40 Kick no board S-13KOW+1 {1 x 50 on 1:05 Fly Kick w/snorkel {1 x 100 on 2:20 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,975 Yards - Stress Value = 81

Workout #26419 - Thursday, 18 February 2021

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 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
750	30 x 25 on :30 USRPT-100 Fly Pace
850	1x{4 x 25 on :30 Kick no board S-12KOW+1 {1 x 50 on :50 Fly Kick w/snorkel {1 x 100 on 1:45 Fly Kick w/snorkel {1 x 150 on 2:35 Fly Kick w/snorkel {4 x 25 on :30 Kick no board S-13KOW+1 {2 x 50 on :50 Fly Kick w/snorkel {1 x 100 on 1:45 Fly Kick w/snorkel {1 x 150 on 2:35 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 98

Workout #26423 - Thursday, 18 February 2021

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-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
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
	7:30 PM 1,550 Yards - Stress Value = 64

Workout #26422 - Thursday, 18 February 2021

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{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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 73

Workout #26420 - Thursday, 18 February 2021

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
750	30 x 25 on :30 USRPT-100 Fly Pace
700	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/snorkel {1 x 100 on 2:05 Fly Kick w/snorkel {1 x 150 on 3:15 Fly Kick w/snorkel {4 x 25 on :35 Kick no board S-13KOW+1 {2 x 50 on 1:00 Fly Kick w/snorkel {1 x 100 on 2:05 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 95

Workout #26421 - Thursday, 18 February 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #26424 - Friday, 19 February 2021

Group 2 - IM'ers

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
700	1 x 700 on 12:00 Kick w/board with random 20 sprints-Alt. fly/breast/free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 200 on 3:10 Individual Medley {3 x 100 on 1:30 Mystery Medley {1 x 200 on 3:05 Individual Medley {3 x 100 on 1:30 Mystery Medley {1 x 200 on 3:00 Individual Medley {3 x 100 on 1:30 Mystery Medley {1 x 200 on 2:55 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,950 Yards - Stress Value = 129

Workout #26428 - Friday, 19 February 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Free Pace
500	1 x 500 on 12:00 Kick w/board with random 20 sprints-Alt. fly/breast/free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 100 on 2:30 Individual Medley {2 x 100 on 2:30 Mystery Medley {1 x 100 on 2:30 Individual Medley {2 x 100 on 2:30 Mystery Medley {1 x 100 on 2:30 Individual Medley {2 x 100 on 2:30 Mystery Medley {1 x 100 on 2:30 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,700 Yards - Stress Value = 91

Workout #26425 - Friday, 19 February 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
650	1 x 650 on 12:00 Kick w/board with random 20 sprints-Alt. fly/breast/free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	1x{1 x 200 on 3:20 Individual Medley {3 x 100 on 1:40 Mystery Medley {1 x 200 on 3:15 Individual Medley {3 x 100 on 1:40 Mystery Medley {1 x 200 on 3:10 Individual Medley {4 x 100 on 1:40 Mystery Medley
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,750 Yards - Stress Value = 126

Workout #26427 - Friday, 19 February 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Free Pace
550	1 x 550 on 12:00 Kick w/board with random 20 sprints-Alt. fly/breast/free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{1 x 200 on 4:10 Individual Medley {2 x 100 on 2:00 Mystery Medley {1 x 200 on 4:05 Individual Medley {3 x 100 on 2:00 Mystery Medley {1 x 200 on 4:00 Individual Medley {2 x 100 on 2:00 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,175 Yards - Stress Value = 105

Workout #26426 - Friday, 19 February 2021

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 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
600	1 x 600 on 12:00 Kick w/board with random 20 sprints-Alt. fly/breast/free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{1 x 200 on 3:50 Individual Medley {2 x 100 on 1:50 Mystery Medley {1 x 200 on 3:45 Individual Medley {2 x 100 on 1:50 Mystery Medley {1 x 200 on 3:40 Individual Medley {3 x 100 on 1:50 Mystery Medley {1 x 100 on 1:50 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,450 Yards - Stress Value = 121

Workout #26403 - Friday, 19 February 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
=====	=====
	1 on 15:00 Qswim/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter
225	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
5:30 PM	1,450 Yards - Stress Value = 131

Workout #26473 - Monday, 22 February 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Back Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Free Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	6:43 PM 4,650 Yards - Stress Value = 456	

Workout #26433 - Monday, 22 February 2021

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
1,500	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 1:50 Fly Kick w/board {1 x 150 on 2:45 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 1:50 Fly Kick w/board {2 x 150 on 2:45 Fly Kick w/board {4 x 25 on :30 Kick no board S-14KOW+1 {1 x 50 on :55 Fly Kick w/board {1 x 100 on 1:50 Fly Kick w/board {1 x 150 on 2:45 Fly Kick w/board
100	1 x 100 on 5:00 100 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 OTB
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 123

Workout #26434 - Monday, 22 February 2021

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	30 x 25 on :30 USRPT-100 Fly Pace
1,250	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 {2 x 100 on 2:05 Fly Kick w/board {2 x 150 on 3:15 Fly Kick w/board {4 x 25 on :35 Kick no board S-14KOW+1 {1 x 50 on 1:05 Fly Kick w/board
100	1 x 100 on 5:00 100 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 OTB

200 1 x 200 on 3:00 Stroke Drills
7:30 PM 2,950 Yards - Stress Value = 118

Workout #26435 - Monday, 22 February 2021

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
625	25 x 25 on :35 USRPT-100 Fly Pace
1,150	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:10 Fly Kick w/board {1 x 100 on 2:25 Fly Kick w/board {1 x 150 on 3:35 Fly Kick w/board {4 x 25 on :40 Kick no board S-13KOW+1 {2 x 50 on 1:10 Fly Kick w/board {2 x 100 on 2:25 Fly Kick w/board {2 x 150 on 3:35 Fly Kick w/board {2 x 25 on :40 Kick no board S-14KOW+1
100	1 x 100 on 4:00 100 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 OTB
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 103

Workout #26437 - Monday, 22 February 2021

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
500	20 x 25 on :45 USRPT-100 Fly Pace
950	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {2 x 150 on 4:30 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 87

Workout #26436 - Monday, 22 February 2021

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
550	22 x 25 on :40 USRPT-100 Fly Pace
1,050	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:20 Fly Kick w/board
	{1 x 100 on 2:40 Fly Kick w/board
	{1 x 150 on 4:00 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:20 Fly Kick w/board
	{2 x 100 on 2:40 Fly Kick w/board
	{2 x 125 on 3:30 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 94

Workout #26438 - Monday, 22 February 2021

Group 2 - Taper-Platinum

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
700	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 1:50 Fly Kick w/board
	{1 x 150 on 2:45 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{2 x 50 on :55 Fly Kick w/board
	{1 x 100 on 1:50 Fly Kick w/board
100	1 x 100 on 5:00 100 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 OTB
200	1 x 200 on 3:00 Stroke Drills
	7:16 PM 2,400 Yards - Stress Value = 107

Workout #26442 - Monday, 22 February 2021

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 15:00 DS/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	10 x 25 on :45 USRPT-100 Fly Pace
500	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
100	1 x 100 on 4:00 100 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 OTB
	1 on 9:00 Video Evaluations 1+/1-
200	1 x 200 on 3:00 Stroke Drills
	6:53 PM 1,600 Yards - Stress Value = 53

Workout #26440 - Monday, 22 February 2021

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
325	13 x 25 on :35 USRPT-100 Fly Pace
600	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:25 Fly Kick w/board
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:10 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB
	1 on 9:00 Video Evaluations 1+/1-
200	1 x 200 on 3:00 Stroke Drills
	6:53 PM 1,825 Yards - Stress Value = 62

Workout #26439 - Monday, 22 February 2021

Group 2 - Taper-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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
600	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
	{4 x 25 on :35 Kick no board S-14KOW+1
100	1 x 100 on 5:00 100 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 OTB
200	1 x 200 on 3:00 Stroke Drills
	7:16 PM 2,300 Yards - Stress Value = 105

Workout #26441 - Monday, 22 February 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
275	11 x 25 on :40 USRPT-100 Fly Pace
550	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
	{1 x 50 on 1:20 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB
	1 on 9:00 Video Evaluations 1+/1-
200	1 x 200 on 3:00 Stroke Drills
	6:53 PM 1,725 Yards - Stress Value = 57

Workout #26429 - Monday, 22 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 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 :50 200 Fly Pace*	SP2	
	1 on 7:00 Recovery #1	REC	
375	15 x 25 on :30 100 Free Pace*	SP2	
	1 on 7:00 Recovery #2	REC	
750	15 x 50 on :55 200 Breast Pace*	SP2	
	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 #26474 - Tuesday, 23 February 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Breast Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	6:41 PM 4,725 Yards - Stress Value = 459	

Workout #26443 - Tuesday, 23 February 2021

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
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
3,000	1x{2 x 100 on 1:20 Free NBBF&W
	{1 x 400 on 5:00 Pull-BTB
	{3 x 100 on 1:20 Free NBBF&W
	{2 x 300 on 3:50 Pulls BTS
	{4 x 100 on 1:20 Free NBBF&W
	{3 x 200 on 2:35 Pulls-no br L.12 yds
	{5 x 100 on 1:20 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 4,500 Yards - Stress Value = 141

Workout #26444 - Tuesday, 23 February 2021

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
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
2,600	1x{1 x 100 on 1:30 Free NBBF&W
	{1 x 400 on 5:50 Pull-BTB
	{2 x 100 on 1:30 Free NBBF&W
	{2 x 300 on 4:25 Pulls BTS
	{3 x 100 on 1:30 Free NBBF&W
	{3 x 200 on 2:55 Pulls-no br L.12 yds
	{4 x 100 on 1:30 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 133

Workout #26445 - Tuesday, 23 February 2021

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
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
2,200	1x{1 x 100 on 1:45 Free NBBF&W
	{1 x 400 on 7:00 Pull-BTB
	{2 x 100 on 1:45 Free NBBF&W
	{2 x 300 on 5:15 Pulls BTS
	{3 x 100 on 1:45 Free NBBF&W
	{3 x 200 on 3:30 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 112

Workout #26447 - Tuesday, 23 February 2021

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 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
1,800	1x{1 x 100 on 2:10 Free NBBF&W {1 x 400 on 8:20 Pull-BTB {2 x 100 on 2:10 Free NBBF&W {2 x 300 on 6:30 Pulls BTS {1 x 100 on 2:10 Free NBBF&W {2 x 200 on 4:20 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 97

Workout #26446 - Tuesday, 23 February 2021

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
625	25 x 25 on :35 USRPT-100 Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,000	1x{1 x 100 on 1:55 Free NBBF&W {1 x 400 on 7:40 Pull-BTB {2 x 100 on 1:55 Free NBBF&W {2 x 300 on 5:45 Pulls BTS {3 x 100 on 1:55 Free NBBF&W {2 x 200 on 3:50 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 108

Workout #26452 - Tuesday, 23 February 2021

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
275	11 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
900	1x{1 x 400 on 8:20 Pull-BTB {1 x 100 on 2:10 Free NBBF&W {1 x 300 on 6:30 Pulls BTS {1 x 100 on 2:10 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	6:39 PM 1,825 Yards - Stress Value = 52

Workout #26449 - Tuesday, 23 February 2021

Group 2 - Taper-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
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
1,300	1x{1 x 100 on 1:30 Free NBBF&W {1 x 400 on 5:50 Pull-BTB {1 x 100 on 1:30 Free NBBF&W {1 x 300 on 4:25 Pulls BTS {1 x 100 on 1:30 Free NBBF&W {1 x 200 on 2:55 Pulls-no br L.12 yds {1 x 100 on 1:30 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:11 PM 2,800 Yards - Stress Value = 107

Workout #26448 - Tuesday, 23 February 2021

Group 2 - Taper-Platinum

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
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
1,500	1x{1 x 100 on 1:20 Free NBBF&W {1 x 400 on 5:00 Pull-BTB {1 x 100 on 1:20 Free NBBF&W {1 x 300 on 3:50 Pulls BTS {1 x 100 on 1:20 Free NBBF&W {2 x 200 on 2:35 Pulls-no br L.12 yds {1 x 100 on 1:20 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:11 PM 3,000 Yards - Stress Value = 111

Workout #26450 - Tuesday, 23 February 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 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
1,100	1x{1 x 400 on 7:00 Pull-BTB {1 x 100 on 1:45 Free NBBF&W {1 x 300 on 5:15 Pulls BTS {1 x 100 on 1:45 Free NBBF&W {1 x 200 on 3:30 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	6:39 PM 2,125 Yards - Stress Value = 60

Workout #26451 - Tuesday, 23 February 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :35 USRPT-100 Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 400 on 7:40 Pull-BTB {1 x 50 on 1:00 Free NBBF&W {1 x 300 on 5:45 Pulls BTS {1 x 50 on 1:00 Free NBBF&W {1 x 200 on 3:50 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	6:39 PM 2,025 Yards - Stress Value = 58

Workout #26430 - Tuesday, 23 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 Dynamic Stretch	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 #26475 - Wednesday, 24 February 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Breast Pace*	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Free Pace*	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
1,000	40 x 25 on :30 200 Fly Pace*	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Back Pace*	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
	6:39 PM 4,225 Yards - Stress Value = 409	

Workout #26453 - Wednesday, 24 February 2021

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	1x{4 x 25 on :30 Kick no board B-10KOW+1 {3 x 50 on 1:00 Kick-alt strmline/hands by si {4 x 25 on :30 Kick no board B-10KOW+1 {3 x 50 on :55 Kick-alt strmline/hands by sic {4 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 1 on 15:00 Game or Relay
	7:30 PM 3,025 Yards - Stress Value = 57

Workout #26454 - Wednesday, 24 February 2021

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
650	1x{4 x 25 on :35 Kick no board B-10KOW+1 {3 x 50 on 1:05 Kick-alt strmline/hands by si {4 x 25 on :35 Kick no board B-10KOW+1 {2 x 50 on 1:00 Kick-alt strmline/hands by si {4 x 25 on :35 Kick no board B-10KOW+1 {2 x 50 on :55 Kick-alt strmline/hands by sic
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 1 on 15:00 Game or Relay
	7:30 PM 2,800 Yards - Stress Value = 53

Workout #26455 - Wednesday, 24 February 2021

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-Back Shooters
575	1x{4 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:15 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:10 Kick-alt strmline/hands by si {3 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
1,550	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 1 on 15:00 Game or Relay
	7:30 PM 2,550 Yards - Stress Value = 49

Workout #26457 - Wednesday, 24 February 2021

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
500	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
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
	1 on 15:00 Game or Relay
	7:31 PM 2,100 Yards - Stress Value = 40

Workout #26462 - Wednesday, 24 February 2021

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
250	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{1 x 50 on 1:35 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
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
200	1 x 200 on 3:00 Stroke Drills
	6:33 PM 1,450 Yards - Stress Value = 23

Workout #26456 - Wednesday, 24 February 2021

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	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:20 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:15 Kick-alt strmlne/hands by si
	{2 x 25 on :40 Kick no board B-10KOW+1
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	1 on 15:00 Game or Relay
	7:30 PM 2,350 Yards - Stress Value = 45

Workout #26459 - Wednesday, 24 February 2021

Group 2 - Taper-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
350	1x{4 x 25 on :35 Kick no board B-10KOW+1
	{3 x 50 on 1:05 Kick-alt strmlne/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{3 x 100 on 1:45 Backstroke
	{2 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{8 x 25 on :30 Back 4 KOW +1
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	7:02 PM 2,100 Yards - Stress Value = 35

Workout #26466 - Wednesday, 24 February 2021

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-Breast Shooters
	1 on 23:00 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
650	1x{1 x 200 on 5:00 Breast Kick w/snorkel
	{1 x 175 on 4:20 Breast Kick w/snorkel
	{1 x 150 on 3:40 Breast Kick w/snorkel
	{1 x 100 on 2:25 Breast Kick w/snorkel
	{1 x 25 on :30 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 74

Workout #26458 - Wednesday, 24 February 2021

6:33 PM 1,625 Yards - Stress Value = 26

Group 2 - Taper-Platinum

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
 400 1x{4 x 25 on :30 Kick no board B-10KOW+1
 {3 x 50 on 1:00 Kick-alt strmline/hands by si
 {4 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
 1,100 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
 {1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 7:02 PM 2,175 Yards - Stress Value = 40

Workout #26460 - Wednesday, 24 February 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 175 7 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Back Shooters
 300 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {8 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
 200 1 x 200 on 3:00 Stroke Drills
 6:34 PM 1,725 Yards - Stress Value = 28

Workout #26461 - Wednesday, 24 February 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 175 7 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Back Shooters
 300 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
 100 1x{4 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
 200 1 x 200 on 3:00 Stroke Drills

Workout #26471 - Wednesday, 24 February 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 250 1 x 250 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 400 8 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
 275 11 x 25 on :40 USRPT-100 Breast Pace
 1 on 23:00 TEACH DAY-Breast
 200 1 x 200 on 4:00 Stroke Drills
 6:52 PM 1,375 Yards - Stress Value = 42

Workout #26431 - Wednesday, 24 February 2021

HighSchl - USRPT

1 minute rest between sets

4:15 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 :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 #26476 - Thursday, 25 February 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 DS/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 5:00 Video Evaluations 1+/1- REC
 750 30 x 25 on :30 100 Fly Pace* SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 750 30 x 25 on :30 100 Breast Pace* SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 6:41 PM 4,725 Yards - Stress Value = 459

Workout #26463 - Thursday, 25 February 2021

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 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
850	1x{1 x 200 on 3:40 Breast Kick w/snorkel {1 x 175 on 3:10 Breast Kick w/snorkel {1 x 150 on 2:45 Breast Kick w/snorkel {1 x 125 on 2:15 Breast Kick w/snorkel {2 x 100 on 1:50 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 85

Workout #26464 - Thursday, 25 February 2021

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-Breast Shooters
	1 on 23:00 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
750	1x{1 x 200 on 4:20 Breast Kick w/snorkel {1 x 175 on 3:45 Breast Kick w/snorkel {1 x 150 on 3:10 Breast Kick w/snorkel {1 x 125 on 2:35 Breast Kick w/snorkel {1 x 100 on 2:05 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,125 Yards - Stress Value = 83

Workout #26465 - Thursday, 25 February 2021

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-Breast Shooters
	1 on 23:00 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
700	1x{1 x 200 on 4:40 Breast Kick w/snorkel {1 x 175 on 4:00 Breast Kick w/snorkel {1 x 150 on 3:25 Breast Kick w/snorkel {1 x 125 on 2:50 Breast Kick w/snorkel {1 x 50 on 1:05 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,950 Yards - Stress Value = 75

Workout #26467 - Thursday, 25 February 2021

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-Breast Shooters
	1 on 23:00 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
550	1x{1 x 200 on 5:30 Breast Kick w/snorkel {1 x 175 on 4:45 Breast Kick w/snorkel {1 x 150 on 4:00 Breast Kick w/snorkel {1 x 25 on 1:00 Breast Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,700 Yards - Stress Value = 67

Workout #26472 - Thursday, 25 February 2021

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	6 x 50 on 1:30 Breast Kick w/snorkel
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 23:00 TEACH DAY-Breast
200	1 x 200 on 4:00 Stroke Drills
	6:51 PM 1,200 Yards - Stress Value = 37

Workout #26469 - Thursday, 25 February 2021

Group 2 - Taper-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-Breast Shooters
	1 on 23:00 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 x 200 on 4:00 Stroke Drills
	7:13 PM 1,375 Yards - Stress Value = 68

Workout #26468 - Thursday, 25 February 2021

Group 2 - Taper-Platinum

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-Breast Shooters
	1 on 23:00 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
200	1 x 200 on 4:00 Stroke Drills
	7:13 PM 1,375 Yards - Stress Value = 68

Workout #26470 - Thursday, 25 February 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
400	8 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
275	11 x 25 on :40 USRPT-100 Breast Pace
	1 on 23:00 TEACH DAY-Breast
200	1 x 200 on 4:00 Stroke Drills
	6:52 PM 1,375 Yards - Stress Value = 42

Workout #26432 - Thursday, 25 February 2021

HighSchl - USRPT

1 minute rest between sets

12:00 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	
	1:05 PM 1,500 Yards - Stress Value = 122		

Workout #26477 - Monday, 01 March 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
375	15 x 25 on :30 100 Fly Pace*	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Breast Pace*	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	6:00 PM 2,400 Yards - Stress Value = 232	

Workout #26481 - Monday, 01 March 2021

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
800	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 {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{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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,550 Yards - Stress Value = 122

Workout #26486 - Monday, 01 March 2021

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Free Pace
250	1x{2 x 25 on :45 Kick no board BS {1 x 50 on 1:30 Fly Kick w/snorkel {2 x 25 on :45 Kick no board LR {1 x 50 on 1:30 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
550	1x{1 x 100 on 2:50 Individual Medley {2 x 25 on 1:00 Fly lup2down {1 x 100 on 2:50 Individual Medley {2 x 25 on 1:00 Back 5KOW+1 {1 x 100 on 2:45 Individual Medley {2 x 25 on 1:00 Breast 2K1P {1 x 100 on 2:45 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	7:01 PM 1,775 Yards - Stress Value = 54

Workout #26483 - Monday, 01 March 2021

Group 2 - Taper-Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-100 Free Pace
350	1x{2 x 25 on :35 Kick no board BS {1 x 50 on 1:05 Fly Kick w/snorkel {2 x 25 on :35 Kick no board LR {1 x 50 on 1:05 Streamline Kick on back {2 x 25 on :35 Kick no board BS {1 x 50 on 1:05 Breast Kick w/snorkel {2 x 25 on :35 Kick no board LR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 150 on 2:30 Individual Medley-no fly {4 x 25 on :30 Fly lup2down {1 x 150 on 2:30 Individual Medley-no back {4 x 25 on :30 Back 5KOW+1 {1 x 150 on 2:25 Individual Medley-no breast {4 x 25 on :30 Breast 2K1P {1 x 150 on 2:25 Individual Medley-no free
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:59 PM 2,375 Yards - Stress Value = 69

Workout #26482 - Monday, 01 March 2021

Group 2 - Taper-Platinum

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-100 Free Pace
400	1x{2 x 25 on :30 Kick no board BS
	{1 x 50 on 1:00 Fly Kick w/snorkel
	{2 x 25 on :30 Kick no board LR
	{1 x 50 on 1:00 Streamline Kick on back
	{2 x 25 on :30 Kick no board BS
	{1 x 50 on 1:00 Breast Kick w/snorkel
	{2 x 25 on :30 Kick no board LR
	{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
900	1x{1 x 150 on 2:20 Individual Medley-no fly
	{4 x 25 on :30 Fly lup2down
	{1 x 150 on 2:20 Individual Medley-no back
	{4 x 25 on :30 Back 5KOW+1
	{1 x 150 on 2:15 Individual Medley-no breast
	{4 x 25 on :30 Breast 2K1P
	{1 x 150 on 2:10 Individual Medley-no free
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:59 PM 2,425 Yards - Stress Value = 70

Workout #26484 - Monday, 01 March 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Free Pace
300	1x{2 x 25 on :40 Kick no board BS
	{1 x 50 on 1:10 Fly Kick w/snorkel
	{2 x 25 on :40 Kick no board LR
	{1 x 50 on 1:10 Streamline Kick on back
	{2 x 25 on :40 Kick no board BS
	{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
800	1x{1 x 150 on 2:40 Individual Medley-no fly
	{4 x 25 on :35 Fly lup2down
	{1 x 150 on 2:40 Individual Medley-no back
	{2 x 25 on :35 Back 5KOW+1
	{1 x 150 on 2:35 Individual Medley-no breast
	{2 x 25 on :35 Breast 2K1P
	{1 x 150 on 2:35 Individual Medley-no free
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:59 PM 2,125 Yards - Stress Value = 60

Workout #26485 - Monday, 01 March 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Free Pace
300	1x{2 x 25 on :40 Kick no board BS

	{1 x 50 on 1:15 Fly Kick w/snorkel
	{2 x 25 on :40 Kick no board LR
	{1 x 50 on 1:15 Streamline Kick on back
	{2 x 25 on :40 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
750	1x{1 x 150 on 2:50 Individual Medley-no fly
	{2 x 25 on :40 Fly lup2down
	{1 x 150 on 2:50 Individual Medley-no back
	{2 x 25 on :40 Back 5KOW+1
	{1 x 150 on 2:45 Individual Medley-no breast
	{2 x 25 on :40 Breast 2K1P
	{1 x 150 on 2:45 Individual Medley-no free
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:59 PM 2,075 Yards - Stress Value = 59

Workout #26478 - Tuesday, 02 March 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :30 100 Back Pace*	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Fly Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Free Pace*	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	6:02 PM 2,400 Yards - Stress Value = 232	

Workout #26487 - Tuesday, 02 March 2021

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
800	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 1:20 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
1,350	1x{4 x 75 on 1:10 Fly 25R-25L-25B
	{4 x 25 on :30 Fly lup1down+1
	{3 x 100 on 1:30 Fly 25R-25L-50B
	{4 x 25 on :30 Fly lup1down+1
	{2 x 125 on 1:50 Fly 25R-25L-75B
	{6 x 25 on :30 Fly lup1down+1
	{1 x 150 on 2:15 Fly 25R-25L-100B
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 124

Workout #26492 - Tuesday, 02 March 2021

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	10 x 25 on :45 USRPT-100 Fly Pace
200	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:30 Fly Kick w/snorkel
	{2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	1x{1 x 75 on 2:15 Fly 25R-25L-25B
	{2 x 25 on 1:00 Fly lupldown+1
	{1 x 100 on 3:00 Fly 25R-25L-50B
	{2 x 25 on 1:00 Fly lupldown+1
	{1 x 125 on 3:45 Fly 25R-25L-75B
	{2 x 25 on 1:00 Fly lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:58 PM 1,550 Yards - Stress Value = 44

Workout #26489 - Tuesday, 02 March 2021

Group 2 - Taper-Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on :30 USRPT-100 Fly Pace
350	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 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
825	1x{2 x 75 on 1:15 Fly 25R-25L-25B
	{4 x 25 on :30 Fly lupldown+1
	{1 x 100 on 1:40 Fly 25R-25L-50B
	{4 x 25 on :30 Fly lupldown+1
	{1 x 125 on 2:05 Fly 25R-25L-75B
	{4 x 25 on :30 Fly lupldown+1
	{1 x 150 on 2:30 Fly 25R-25L-100B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:58 PM 2,300 Yards - Stress Value = 67

Workout #26488 - Tuesday, 02 March 2021

Group 2 - Taper-Platinum

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on :30 USRPT-100 Fly Pace
400	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 50 on :55 Fly Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
825	1x{2 x 75 on 1:10 Fly 25R-25L-25B
	{4 x 25 on :30 Fly lupldown+1
	{1 x 100 on 1:30 Fly 25R-25L-50B

	{4 x 25 on :30 Fly lupldown+1
	{1 x 125 on 1:50 Fly 25R-25L-75B
	{4 x 25 on :30 Fly lupldown+1
	{1 x 150 on 2:15 Fly 25R-25L-100B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:57 PM 2,350 Yards - Stress Value = 68

Workout #26490 - Tuesday, 02 March 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
325	13 x 25 on :35 USRPT-100 Fly Pace
300	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:10 Fly Kick w/snorkel
	{2 x 25 on :40 Kick no board BSLR
	{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
775	1x{2 x 75 on 1:20 Fly 25R-25L-25B
	{4 x 25 on :35 Fly lupldown+1
	{1 x 100 on 1:50 Fly 25R-25L-50B
	{4 x 25 on :35 Fly lupldown+1
	{1 x 125 on 2:15 Fly 25R-25L-75B
	{2 x 25 on :35 Fly lupldown+1
	{1 x 150 on 2:45 Fly 25R-25L-100B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:59 PM 2,100 Yards - Stress Value = 59

Workout #26491 - Tuesday, 02 March 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
275	11 x 25 on :40 USRPT-100 Fly Pace
300	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
	{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
725	1x{2 x 75 on 1:25 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{1 x 100 on 1:55 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
	{1 x 125 on 2:25 Fly 25R-25L-75B
	{2 x 25 on :40 Fly lupldown+1
	{1 x 100 on 1:55 Fly 25R-25L-50B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:59 PM 2,000 Yards - Stress Value = 54

Workout #26479 - Wednesday, 03 March 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EC
150	1 on 15:00 Dynamic Stretch/Showers	RE
750	10 x 15 on :45 Racing Skills-Breast Shooters	SE
750	15 x 50 on :50 200 Back Pace*	SE
375	1 on 6:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Fly Pace*	SE
750	1 on 5:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Free Pace*	SE
375	1 on 6:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Breast Pace*	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
	6:00 PM 2,400 Yards - Stress Value = 232	

Yards	Set Description
225	1 on 15:00 Train Heroic/Showers
150	9 x 25 on :30 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
350	1x{1 x 100 on 2:00 Streamline Kick on back
	{1 x 50 on 1:05 Alt 25 kick on each side
	{1 x 100 on 2:00 Streamline Kick on back
	{1 x 50 on 1:05 Alt 25 kick on each side
	{1 x 50 on 1:00 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{2 x 125 on 2:00 Back alt 25's 10KOW
	{2 x 50 on :50 Back-descend
	{2 x 100 on 1:35 Back alt 25's 10KOW
	{2 x 50 on :50 Back-descend
	{2 x 75 on 1:15 Back alt 25's 10KOW
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:56 PM 2,200 Yards - Stress Value = 67

Workout #26493 - Wednesday, 03 March 2021

Group 2 - Back

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
750	10 x 15 on :45 Racing Skills-Back Shooters
800	30 x 25 on :30 USRPT-100 Back Pace
	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,525	1x{4 x 125 on 1:55 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{4 x 100 on 1:30 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{3 x 75 on 1:10 Back alt 25's 10KOW
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,750 Yards - Stress Value = 127

Workout #26494 - Wednesday, 03 March 2021

Group 2 - Taper-Platinum

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 15:00 Train Heroic/Showers
150	9 x 25 on :30 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
400	1x{1 x 100 on 1:50 Streamline Kick on back
	{1 x 50 on 1:00 Alt 25 kick on each side
	{1 x 100 on 1:50 Streamline Kick on back
	{1 x 50 on 1:00 Alt 25 kick on each side
	{1 x 100 on 1:50 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{2 x 125 on 1:55 Back alt 25's 10KOW
	{2 x 50 on :45 Back-descend
	{2 x 100 on 1:30 Back alt 25's 10KOW
	{2 x 50 on :45 Back-descend
	{2 x 75 on 1:10 Back alt 25's 10KOW
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:56 PM 2,250 Yards - Stress Value = 68

Workout #26498 - Wednesday, 03 March 2021

Group 2 - Taper-Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 15:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up
300	10 x 15 on :45 Racing Skills-Back Shooters
300	12 x 25 on :45 USRPT-100 Back Pace
200	1x{1 x 100 on 3:00 Streamline Kick on back
	{2 x 50 on 1:30 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{2 x 125 on 3:30 Back alt 25's 10KOW
	{2 x 50 on 1:30 Back-descend
	{1 x 100 on 3:00 Back alt 25's 10KOW
	{2 x 50 on 1:30 Back-descend
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
	6:58 PM 1,650 Yards - Stress Value = 51

Workout #26495 - Wednesday, 03 March 2021

Group 2 - Taper-Gold

1 minute rest between sets

5:30 PM Start

Workout #26496 - Wednesday, 03 March 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Train Heroic/Showers
375	8 x 25 on :35 Wednesday Warm-up
300	10 x 15 on :45 Racing Skills-Back Shooters
300	15 x 25 on :35 USRPT-100 Back Pace
100	1x{1 x 100 on 2:15 Streamline Kick on back {1 x 50 on 1:10 Alt 25 kick on each side {1 x 100 on 2:10 Streamline Kick on back {1 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
800	1x{2 x 125 on 2:15 Back alt 25's 10KOW {2 x 50 on :55 Back-descend {2 x 100 on 1:45 Back alt 25's 10KOW {2 x 50 on :55 Back-descend {2 x 75 on 1:20 Back alt 25's 10KOW
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
6:58 PM 2,125 Yards - Stress Value = 66	

Workout #26497 - Wednesday, 03 March 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 15:00 Train Heroic/Showers
150	7 x 25 on :40 Wednesday Warm-up
325	10 x 15 on :45 Racing Skills-Back Shooters
300	13 x 25 on :40 USRPT-100 Back Pace
100	1x{1 x 100 on 2:20 Streamline Kick on back {1 x 50 on 1:10 Alt 25 kick on each side {1 x 100 on 2:20 Streamline Kick on back {1 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
725	1x{2 x 125 on 2:25 Back alt 25's 10KOW {2 x 50 on 1:05 Back-descend {2 x 100 on 1:55 Back alt 25's 10KOW {2 x 50 on 1:05 Back-descend {1 x 75 on 1:25 Back alt 25's 10KOW
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills
6:58 PM 1,975 Yards - Stress Value = 59	

Workout #26480 - Thursday, 04 March 2021

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY V
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
500	20 x 25 on :30 200 Fly Pace*	SP2
375	1 on 6:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Back Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace*	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Free Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
5:58 PM 2,150 Yards - Stress Value = 207		

Workout #26499 - Thursday, 04 March 2021

Group 2 - Breast

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-Breast Shooters
625	1 on 23:00 TEACH DAY-BREASTSTROKE
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	25 x 25 on :35 USRPT-100 Breast Pace
	8 x 100 on 2:00 Breast Kick-odds fast
	1 x 250 on 4:00 Stroke Drills
7:30 PM 2,225 Yards - Stress Value = 84	

Workout #26501 - Thursday, 04 March 2021

Group 2 - Taper-Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 15:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
450	10 x 15 on :45 Racing Skills-Breast Shooters
100	1x{4 x 100 on 2:10 Breast Kick-odds fast {1 x 50 on 1:05 Breast Kick-FAST
325	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 23:00 TEACH DAY-BREASTSTROKE
	1 x 250 on 4:00 Stroke Drills
	1 on 8:00 Racing Skills
7:00 PM 1,575 Yards - Stress Value = 47	

Workout #26500 - Thursday, 04 March 2021

Group 2 - Taper-Platinum

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 15:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Breast Shooters
100	5 x 100 on 2:00 Breast Kick-odds fast
325	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 23:00 TEACH DAY-BREASTSTROKE
	1 x 250 on 4:00 Stroke Drills
	1 on 8:00 Racing Skills
7:00 PM 1,625 Yards - Stress Value = 48	

Workout #26502 - Thursday, 04 March 2021

Group 2 - Taper-Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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-Breast Shooters
400	4 x 100 on 2:20 Breast Kick-odds fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Breast Pace
	1 on 23:00 TEACH DAY-BREASTSTROKE
250	1 x 250 on 4:00 Stroke Drills
	1 on 8:00 Racing Skills
	7:00 PM 1,450 Yards - Stress Value = 44

Workout #26503 - Thursday, 04 March 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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-Breast Shooters
400	4 x 100 on 2:30 Breast Kick-odds fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Breast Pace
	1 on 23:00 TEACH DAY-BREASTSTROKE
250	1 x 250 on 4:00 Stroke Drills
	1 on 8:00 Racing Skills
	7:00 PM 1,450 Yards - Stress Value = 44

Workout #26504 - Thursday, 04 March 2021

Group 2 - Taper SilverBronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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-Breast Shooters
300	3 x 100 on 3:00 Breast Kick-odds fast
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 23:00 TEACH DAY-BREASTSTROKE
250	1 x 250 on 4:00 Stroke Drills
	1 on 8:00 Racing Skills
	6:59 PM 1,250 Yards - Stress Value = 37

Workout #26505 - Monday, 08 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
225	15 x 15 on :30 100 Breast Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace	SP2

1 on 5:00 Video Evaluations 1+/1-

REC

5:45 PM 2,325 Yards - Stress Value = 219

Workout #26509 - Monday, 08 March 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
600	1x{4 x 25 on :30 Kick no board B {1 x 150 on 3:00 Streamline Kick on back {4 x 25 on :30 Kick no board B {1 x 150 on 3:00 Streamline Kick on back {4 x 25 on :30 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 150 on 2:15 Backstroke {2 x 125 on 1:50 Backstroke {3 x 100 on 1:25 Backstroke {2 x 75 on 1:05 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,575 Yards - Stress Value = 73

Workout #26510 - Monday, 08 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace
550	1x{4 x 25 on :30 Kick no board B {1 x 150 on 3:15 Streamline Kick on back {4 x 25 on :30 Kick no board B {1 x 150 on 3:15 Streamline Kick on back {2 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
750	1x{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
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,375 Yards - Stress Value = 64

Workout #26511 - Monday, 08 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 Train Heroic/Showers
150	1 x 250 on 5:00 Underwater trn drill
275	10 x 15 on :45 Racing Skills-Back Shooters
500	11 x 25 on :40 USRPT-100 Back Pace
100	1x{4 x 25 on :35 Kick no board B
	{1 x 150 on 3:35 Streamline Kick on back
	{4 x 25 on :35 Kick no board B
	{1 x 150 on 3:30 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{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
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,125 Yards - Stress Value = 57

Workout #26513 - Monday, 08 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 Train Heroic/Showers
150	1 x 200 on 5:00 Underwater trn drill
250	10 x 15 on :45 Racing Skills-Back Shooters
400	10 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:00 Streamline Kick on back
	{4 x 25 on :45 Kick no board B
	{1 x 100 on 2:55 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	1x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 50 on 1:20 Backstroke
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 1,750 Yards - Stress Value = 48

Workout #26512 - Monday, 08 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 Train Heroic/Showers
150	1 x 250 on 5:00 Underwater trn drill
275	10 x 15 on :45 Racing Skills-Back Shooters
450	11 x 25 on :40 USRPT-100 Back Pace
100	1x{4 x 25 on :35 Kick no board B
	{1 x 100 on 2:40 Streamline Kick on back
	{4 x 25 on :35 Kick no board B
	{1 x 100 on 2:35 Streamline Kick on back
	{2 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{1 x 150 on 3:30 Backstroke
	{2 x 125 on 2:50 Backstroke
	{1 x 100 on 2:15 Backstroke
	{1 x 50 on 1:10 Backstroke
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 1,975 Yards - Stress Value = 54

Workout #26506 - Tuesday, 09 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
225	1 on 10:00 DS/Showers	REC
375	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	15 x 25 on :30 100 Free Pace	SP2
375	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Fly Pace	SP2
375	1 on 5:00 Video Evaluations 1+/1-	REC
750	15 x 25 on :30 100 Back Pace	SP2
750	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace	SP2
750	1 on 5:00 Video Evaluations 1+/1-	REC

5:45 PM 2,475 Yards - Stress Value = 235

Workout #26514 - Tuesday, 09 March 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Train Heroic/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
325	10 x 15 on :45 Racing Skills-Breast Shooters
550	13 x 25 on :35 USRPT-100 Breast Pace
100	1x{1 x 200 on 3:50 Breast Kick w/snorkel
	{2 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
700	1x{1 x 200 on 3:30 Breaststroke
	{4 x 25 on :30 Breast TO Drill w/free kick
	{1 x 150 on 2:35 Breaststroke
	{4 x 25 on :30 Breast TO Drill w/free kick
	{1 x 100 on 1:40 Breaststroke
	{2 x 25 on :30 Breast TO Drill w/free kick
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,325 Yards - Stress Value = 63

Workout #26515 - Tuesday, 09 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Train Heroic/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
325	10 x 15 on :45 Racing Skills-Breast Shooters
500	13 x 25 on :35 USRPT-100 Breast Pace
100	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
	{2 x 25 on :40 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 200 on 3:50 Breaststroke
	{4 x 25 on :30 Breast TO Drill w/free kick
	{1 x 150 on 2:50 Breaststroke
	{4 x 25 on :30 Breast TO Drill w/free kick
	{1 x 100 on 1:50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,225 Yards - Stress Value = 61

Workout #26516 - Tuesday, 09 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 Train Heroic>Showers
250	1 x 250 on 5:00 Train Heroic>Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
450	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 {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
550	1x{1 x 200 on 4:25 Breaststroke {4 x 25 on :40 Breast TO Drill w/free kick {1 x 100 on 2:10 Breaststroke {2 x 25 on :40 Breast TO Drill w/free kick {1 x 100 on 2:10 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 1,975 Yards - Stress Value = 54	

Workout #26518 - Tuesday, 09 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 Train Heroic>Showers
150	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	10 x 25 on :45 USRPT-100 Breast Pace
400	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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	1x{1 x 150 on 4:15 Breaststroke {4 x 25 on :45 Breast TO Drill w/free kick {1 x 100 on 2:50 Breaststroke {2 x 25 on :40 Breast TO Drill w/free kick {1 x 50 on 1:20 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 1,750 Yards - Stress Value = 48	

Workout #26517 - Tuesday, 09 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 Train Heroic>Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
450	1x{1 x 200 on 5:00 Breast Kick w/snorkel {4 x 25 on :45 Breast Kick-streamline on back {1 x 150 on 3:45 Breast Kick w/snorkel
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 200 on 4:55 Breaststroke {4 x 25 on :40 Breast TO Drill w/free kick {1 x 100 on 2:25 Breaststroke {4 x 25 on :40 Breast TO drill w/fins
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 1,925 Yards - Stress Value = 53	

Workout #26507 - Wednesday, 10 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
225	1 on 10:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	15 x 15 on :30 100 Breast Pace	SE
750	1 on 6:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Back Pace	SE
375	1 on 6:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Fly Pace	SE
750	1 on 6:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Free Pace	SE
750	1 on 5:00 Video Evaluations 1+/1-	RE
5:45 PM 2,325 Yards - Stress Value = 219		

Workout #26519 - Wednesday, 10 March 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 30:00 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-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
1,050	1x{2 x 75 on 1:10 Fly 25R-25L-25B {4 x 25 on :30 Fly lupldown+1 {2 x 100 on 1:30 Fly 25R-25L-50B {4 x 25 on :30 Fly lupldown+1 {2 x 125 on 1:55 Fly 25R-25L-75B {4 x 25 on :30 Fly lupldown+1
200	{1 x 150 on 2:10 Fly 25R-25L-100B 1 x 200 on 4:00 Stroke Drills
6:59 PM 2,475 Yards - Stress Value = 42	

Workout #26520 - Wednesday, 10 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 Train Heroic>Showers
200	8 x 25 on :35 Wednesday Warm-up 1-13, 2-14, 3-15, 2-16
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
900	1x{2 x 75 on 1:20 Fly 25R-25L-25B {4 x 25 on :35 Fly lupldown+1 {2 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
200	1 x 200 on 4:00 Stroke Drills
6:59 PM 2,200 Yards - Stress Value = 37	

Workout #26521 - Wednesday, 10 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 30:00 Train Heroic/Showers
	7 x 25 on :40 Wednesday Warm-up
	1-14, 2-15, 3-16, 1-17
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:45 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
750	1x{2 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 100 on 2:15 Fly 25R-25L-50B
	{2 x 25 on :40 Fly lupldown+1
	{2 x 125 on 2:45 Fly 25R-25L-75B
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,975 Yards - Stress Value = 33

Workout #26523 - Wednesday, 10 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 30:00 Train Heroic/Showers
	6 x 25 on :45 Wednesday Warm-up
	1-18, 2-19, 3-20,
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick w/snorkel
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 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
575	1x{2 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lupldown+1
	{1 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
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,675 Yards - Stress Value = 27

Workout #26522 - Wednesday, 10 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 30:00 Train Heroic/Showers
	7 x 25 on :40 Wednesday Warm-up
	1-15, 2-16, 3-17, 1-18
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 1:20 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 2:00 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
675	1x{2 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
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,850 Yards - Stress Value = 30

Workout #26508 - Thursday, 11 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY W
	1 on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	15 x 50 on :55 #2 200 Pace	SP2
	1 on 15:00 RacingSkills-1 legged starts	REC
375	15 x 25 on :30 #1 100 Pace	SP2
	1 on 15:00 Streamline Racing	REC
	5:30 PM 1,350 Yards - Stress Value = 122	

Workout #26524 - Thursday, 11 March 2021

Group 2 - IM's

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Fly Pace
600	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 LR
	7:00 PM 1,525 Yards - Stress Value = 56

Workout #26525 - Thursday, 11 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Fly Pace
500	1x{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:00 Kick 1fly 1brst 1 free
	{2 x 25 on :35 Kick no board S
	{3 x 50 on 1:00 Kick 1fly 1brst 1 free
	{2 x 25 on :35 Kick no board LR
	7:00 PM 1,425 Yards - Stress Value = 54

Workout #26526 - Thursday, 11 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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 20:00 TEACH DAY-IM
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT 100 Fly Pace
450 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
	{ 2 x 25 on :40 Kick no board LR
7:00 PM	1,275 Yards - Stress Value = 47

Workout #26528 - Thursday, 11 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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-Crossover Turns
	1 on 20:00 TEACH DAY-IM
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Fly Pace
350 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
	{ 2 x 50 on 1:30 Kick 1fly 1brst
7:00 PM	1,050 Yards - Stress Value = 38

Workout #26527 - Thursday, 11 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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 20:00 TEACH DAY-IM
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT 100 Fly Pace
400 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
7:00 PM	1,175 Yards - Stress Value = 42

Workout #26529 - Friday, 12 March 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 x 25 on :30 USRPT 100 Free Pace
400 1x{	1 x 100 on 1:55 Free Kick w/snorkel

	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 100 on 1:50 Free Kick w/snorkel
	{ 4 x 25 on :45 Tombstone Kicking
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000 1x{	2 x 125 on 1:50 Freestyle
	{ 3 x 50 on :45 Free-descend to 5s obt
	{ 2 x 125 on 1:45 Freestyle
	{ 2 x 50 on :45 Free-descend to 5s obt
	{ 2 x 125 on 1:40 Freestyle
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,525 Yards - Stress Value = 72

Workout #26530 - Friday, 12 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 x 25 on :30 USRPT 100 Free Pace
350 1x{	1 x 100 on 2:05 Free Kick w/snorkel
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 50 on 1:00 Free Kick w/snorkel
	{ 4 x 25 on :45 Tombstone Kicking
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900 1x{	2 x 125 on 2:00 Freestyle
	{ 3 x 50 on :50 Free-descend to 5s obt
	{ 2 x 125 on 1:55 Freestyle
	{ 3 x 50 on :50 Free-descend to 5s obt
	{ 1 x 100 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,375 Yards - Stress Value = 69

Workout #26531 - Friday, 12 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :35 USRPT 100 Free Pace
350 1x{	1 x 100 on 2:10 Free Kick w/snorkel
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 50 on 1:05 Free Kick w/snorkel
	{ 4 x 25 on :45 Tombstone Kicking
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850 1x{	2 x 125 on 2:10 Freestyle
	{ 3 x 50 on :55 Free-descend to 5s obt
	{ 2 x 125 on 2:05 Freestyle
	{ 3 x 50 on :55 Free-descend to 5s obt
	{ 1 x 50 on :50 Freestyle
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,225 Yards - Stress Value = 62

Workout #26533 - Friday, 12 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
275	11 x 25 on :40 USRPT 100 Free Pace
300	1x{1 x 100 on 3:00 Free Kick w/snorkel {4 x 25 on 1:00 Tombstone Kicking {1 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
650	1x{2 x 100 on 2:15 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt {2 x 100 on 2:10 Freestyle {2 x 50 on 1:10 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,875 Yards - Stress Value = 53

Workout #26532 - Friday, 12 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Train Heroic/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :35 USRPT 100 Free Pace
350	1x{1 x 100 on 2:20 Free Kick w/snorkel {4 x 25 on :45 Tombstone Kicking {1 x 100 on 2:15 Free Kick w/snorkel {2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{2 x 100 on 1:55 Freestyle {3 x 50 on 1:00 Free-descend to 5s obt {2 x 100 on 1:55 Freestyle {2 x 50 on 1:00 Free-descend to 5s obt {1 x 100 on 1:50 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,125 Yards - Stress Value = 60

Workout #26534 - Monday, 15 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
225	15 x 15 on :30 100 Breast Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	5:45 PM 2,325 Yards - Stress Value = 219	

Workout #26539 - Monday, 15 March 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
-------	-----------------

=====	=====
	1 on 15:00 Train Heroic/Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	1 x 300 on 5:00 Underwater trn drill
325	13 x 25 on :35 USRPT 100 Breast Pace
500	1x{1 x 50 on :55 Breast Kick w/board {2 x 50 on 1:00 Breast Pull {2 x 75 on 1:25 Breast Kick w/board {2 x 50 on 1:00 Breast Pull {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
750	1x{1 x 100 on 2:00 Breast 2K1P {2 x 50 on :55 Breast-descend {1 x 100 on 1:55 Breast-3-4-5-6 sec glide {2 x 50 on :55 Breast-descend {1 x 150 on 2:55 Breast-2k1p {2 x 50 on :55 Breast-descend {1 x 100 on 1:55 Breast 3-4-5-6 glide
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 2,325 Yards - Stress Value = 59

Workout #26540 - Monday, 15 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT 100 Breast Pace
450	1x{1 x 50 on 1:05 Breast Kick w/board {2 x 50 on 1:05 Breast Pull {2 x 50 on 1:05 Breast Kick w/board {2 x 50 on 1:05 Breast Pull {1 x 100 on 2:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 100 on 2:05 Breast 2K1P {3 x 50 on 1:00 Breast descend {1 x 100 on 2:05 Breast 3-4-5-6 sec glide {3 x 50 on 1:00 Breast-descend {1 x 100 on 2:05 Breast-2K1P {3 x 50 on :55 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 2,275 Yards - Stress Value = 59

Workout #26541 - Monday, 15 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT 100 Breast Pace
400	1x{1 x 50 on 1:10 Breast Kick w/board {2 x 50 on 1:10 Breast Pull {1 x 50 on 1:10 Breast Kick w/board {2 x 50 on 1:10 Breast Pull {1 x 100 on 2:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{1 x 100 on 2:15 Breast 2K1P {3 x 50 on 1:10 Breast descend {1 x 100 on 2:15 Breast 3-4-5-6 sec glide {4 x 50 on 1:05 Breast-descend {1 x 100 on 2:15 Breast-2k1p
200	1 x 200 on 4:00 Stroke Drills 1 on 15:00 Racing Skills-Starts
7:00 PM	2,025 Yards - Stress Value = 52

Workout #26543 - Monday, 15 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	10 x 25 on :45 USRPT 100 Breast Pace
350	1x{1 x 50 on 1:25 Breast Kick w/board {3 x 50 on 1:25 Breast Pull {1 x 50 on 1:25 Breast Kick w/board {2 x 50 on 1:25 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 100 on 2:50 Breast 2K1P {2 x 50 on 1:30 Breast descend {1 x 100 on 2:50 Breast 3-4-5-6 sec glide {2 x 50 on 1:25 Breast-descend {1 x 100 on 2:50 Breast-2K1P
200	1 x 200 on 4:00 Stroke Drills 1 on 15:00 Racing Skills-Starts
7:00 PM	1,750 Yards - Stress Value = 45

Workout #26542 - Monday, 15 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
250	1 x 250 on 5:00 Train Heroic/Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT 100 Breast Pace
400	1x{1 x 50 on 1:15 Breast Kick w/board {2 x 50 on 1:15 Breast Pull {1 x 50 on 1:15 Breast Kick w/board {2 x 50 on 1:15 Breast Pull {1 x 100 on 2:30 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 100 on 2:40 Breast 2K1P {2 x 50 on 1:20 Breast descend {1 x 100 on 2:40 Breast 3-4-5-6 sec glide

{3 x 50 on 1:15 Breast-descend
{1 x 100 on 2:40 Breast-2K1P
200 1 x 200 on 4:00 Stroke Drills
1 on 15:00 Racing Skills-Starts
7:00 PM 1,925 Yards - Stress Value = 50

Workout #26535 - Tuesday, 16 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
5:45 PM	2,475 Yards - Stress Value = 235	

Workout #26544 - Tuesday, 16 March 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on :30 USRPT-100 Fly Pace
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
950	1x{2 x 75 on 1:10 Fly 25R-25L-25B {4 x 25 on :30 Fly lup1down+1 {2 x 100 on 1:30 Fly 25R-25L-50B {4 x 25 on :30 Fly lup1down+1 {2 x 125 on 1:50 Fly 25R-25L-75B {6 x 25 on :30 Fly lup1down+1
200	1 x 200 on 4:00 Stroke Drills 1 on 15:00 Racing Skills-Starts
7:00 PM	2,525 Yards - Stress Value = 72

Workout #26545 - Tuesday, 16 March 2021

7:00 PM 1,725 Yards - Stress Value = 48

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
325	13 x 25 on :35 USRPT-100 Fly Pace
400	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:05 Fly Kick w/snorkel
	{4 x 25 on :35 Kick no board BSLR
	{2 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
800	1x{2 x 75 on 1:20 Fly 25R-25L-25B
	{4 x 25 on :35 Fly lupldown+1
	{2 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
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-starts
	7:00 PM 2,275 Yards - Stress Value = 62

Workout #26546 - Tuesday, 16 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
275	11 x 25 on :40 USRPT-100 Fly Pace
350	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:10 Fly Kick w/snorkel
	{4 x 25 on :40 Kick no board BSLR
	{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
650	1x{2 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 100 on 2:15 Fly 25R-25L-50B
	{2 x 25 on :40 Fly lupldown+1
	{2 x 75 on 1:40 Fly 25R-25L-25B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 1,975 Yards - Stress Value = 54

Workout #26548 - Tuesday, 16 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	10 x 25 on :45 USRPT 100 Fly Pace
300	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick w/snorkel
	{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
525	1x{2 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lupldown+1
	{2 x 100 on 3:00 Fly 25R-25L-50B
	{3 x 25 on :45 Fly lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts

Workout #26547 - Tuesday, 16 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	12 x 25 on :40 USRPT-100 Fly Pace
300	1x{4 x 25 on :40 Kick no board BSLR
	{2 x 50 on 1:20 Fly Kick w/snorkel
	{2 x 25 on :40 Kick no board BS
	{1 x 50 on 2:00 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 2:00 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 100 on 2:40 Fly 25R-25L-50B
	{5 x 25 on :40 Fly lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 1,875 Yards - Stress Value = 53

Workout #26536 - Wednesday, 17 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
750	15 x 50 on :50 200 Back Pace	SF
	1 on 7:00 Video Evaluations 1+/1-	RE
500	20 x 25 on :30 200 Fly Pace	SF
	1 on 7:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Free Pace	SF
	1 on 7:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Breast Pace	SF
	1 on 5:00 Video Evaluations 1+	RE
	5:45 PM 2,225 Yards - Stress Value = 210	

Workout #26549 - Wednesday, 17 March 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
600	1x{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:00 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:00 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{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
	{2 x 50 on :45 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 2,500 Yards - Stress Value = 73

Workout #26550 - Wednesday, 17 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace
550	1x{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{2 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{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
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 2,300 Yards - Stress Value = 64

Workout #26551 - Wednesday, 17 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
275	11 x 25 on :40 USRPT-100 Back Pace
500	1x{4 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:35 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:30 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{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
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 2,075 Yards - Stress Value = 57

Workout #26553 - Wednesday, 17 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
250	10 x 25 on :45 USRPT-100 Back Pace
400	1x{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:00 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:55 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	1x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 50 on 1:20 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 1,700 Yards - Stress Value = 48

Workout #26552 - Wednesday, 17 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Train Heroic/Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
275	11 x 25 on :40 USRPT-100 Back Pace
450	1x{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:40 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:35 Streamline Kick on back
	{2 x 25 on :35 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{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
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	7:00 PM 1,900 Yards - Stress Value = 54

Workout #26537 - Thursday, 18 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 10:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-Fly Shooters		SP3
750	15 x 50 on :50 200 Free Pace		SP2
	1 on 6:00 Video Evaluations 1+/1-		REC
750	15 x 50 on :55 200 Breast Pace		SP2
	1 on 6:00 Video Evaluations 1+/1-		REC
375	15 x 25 on :30 100 Back Pace		SP2
	1 on 6:00 Video Evaluations 1+/1-		REC
375	15 x 25 on :30 100 Fly Pace		SP2
	1 on 4:00 Video Evaluations 1+/1-		REC
	5:45 PM 2,475 Yards - Stress Value = 235		

Workout #26554 - Thursday, 18 March 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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 22:00 Teach Day-FREE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Free Pace
600	1x{1 x 100 on 1:50 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 1:55 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:00 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes
	7:00 PM 1,525 Yards - Stress Value = 56

Workout #26555 - Thursday, 18 March 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 15:00 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-Free Shooters
	1 on 22:00 Teach Day-FREE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Free Pace
575	1x{1 x 100 on 2:00 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:05 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:10 Free Kick w/snorkel
	{3 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes
7:00 PM	1,500 Yards - Stress Value = 56

Workout #26556 - Thursday, 18 March 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 15:00 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-Free Shooters
	1 on 22:00 Teach Day-FREE
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 Free Pace
550	1x{1 x 100 on 2:10 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:15 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:15 Free Kick w/snorkel
	{2 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes
7:00 PM	1,375 Yards - Stress Value = 49

Workout #26558 - Thursday, 18 March 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Train Heroic/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 22:00 Teach Day-FREE
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 Free Pace
450	1x{1 x 100 on 2:40 Free Kick w/snorkel
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 100 on 2:50 Free Kick w/snorkel
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 50 on 1:25 Free Kick w/board
	1 on 10:00 Racing Skills-Finishes
7:00 PM	1,175 Yards - Stress Value = 43

Workout #26557 - Thursday, 18 March 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 15:00 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-Free Shooters
	1 on 22:00 Teach Day-FREE
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 Free Pace
550	1x{1 x 100 on 2:20 Free Kick w/snorkel
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:25 Free Kick w/snorkel
	{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
7:00 PM	1,375 Yards - Stress Value = 49

Workout #26538 - Friday, 19 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
225	1 on 10:00 Dynamic Stretch
750	15 x 15 on :45 Racing Skills-Crossover Turns
	1x{5 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on :55 400 IM Pace
	1 on 12:00 Video Evaluations 1+/1-
1,125	15 x 75 on 1:10 500 Free Pace
	1 on 6:00 Video Evaluations 1+/1-
	1 on 15:00 Racing Skills-Starts
5:45 PM	2,100 Yards - Stress Value = 196

Workout #26559 - Friday, 19 March 2021

Group 2 - Race day warmup

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
	1 on 10:00 Train Heroic/Showers	RE
300	1 x 300 on 5:00 Freestyle Drill	RE
150	10 x 15 on :45 Racing Skills-Choice Shooters	SE
300	3 x 100 on 2:15 Kick	EN
400	8 x 50 on 1:15 Down Drill Back Build	EN
200	8 x 25 on :40 Variable Speed	EN
50	2 x 25 on 2:30 OTB	SE
200	1 x 200 on 3:00 Stroke Drills	RE
6:30 PM	1,600 Yards - Stress Value = 17	

Workout #26560 - Monday, 22 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1	on 10:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Free Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
225	15 x 15 on :30 100 Breast Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
5:45 PM 2,325 Yards - Stress Value = 219		

Yards	Set Description
1	on 15:00 Train Heroic>Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
600	1x{1 x 100 on 1:50 Streamline Kick on back {1 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:50 Streamline Kick on back {1 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:50 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{4 x 125 on 1:55 Back alt 25's 10KOW {3 x 50 on :45 Back-descend {4 x 100 on 1:30 Back alt 25's 10KOW {3 x 50 on :45 Back-descend
200	1 x 200 on 4:00 Stroke Drills
5:36 PM 2,925 Yards - Stress Value = 80	

Workout #26564 - Monday, 22 March 2021

Group 2 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
1	on 15:00 Train Heroic>Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-100 Free Pace
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Streamline Kick on back {4 x 25 on :30 Kick no board BSLR {1 x 100 on 2:00 Breast Kick w/board {4 x 25 on :30 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	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
200	1 x 200 on 4:00 Stroke Drills
5:38 PM 2,925 Yards - Stress Value = 80	

Workout #26562 - Wednesday, 24 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EG
1	on 10:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
225	15 x 15 on :30 100 Breast Pace	SE
1	on 6:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Back Pace	SE
1	on 6:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Fly Pace	SE
1	on 6:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Free Pace	SE
1	on 5:00 Video Evaluations 1+/1-	RE
5:45 PM 2,325 Yards - Stress Value = 219		

Workout #26566 - Wednesday, 24 March 2021

Group 2 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
1	on 15:00 Train Heroic>Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
700	1x{1 x 200 on 3:40 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:45 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 100 on 1:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:40 Breaststroke {1 on 1:00 Rest {3 x 100 on 1:40 Breaststroke {1 on 1:00 Rest {2 x 100 on 1:40 Breaststroke {1 on 1:00 Rest {1 x 100 on 1:40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
5:39 PM 2,750 Yards - Stress Value = 70	

Workout #26561 - Tuesday, 23 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1	on 10:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :30 100 Free Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Fly Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Back Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
5:45 PM 2,475 Yards - Stress Value = 235		

Workout #26565 - Tuesday, 23 March 2021

Group 2 - Back

1 minute rest between sets

4:15 PM Start

Workout #26563 - Thursday, 25 March 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	V
1	on 10:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
750	15 x 50 on :55 #2 200 Pace	SP2	
1	on 15:00 RacingSkills-1 legged starts	REC	
375	15 x 25 on :30 #1 100 Pace	SP2	
1	on 15:00 Streamline Racing	REC	
5:30 PM	1,350 Yards - Stress Value = 122		

Workout #26567 - Thursday, 25 March 2021

Group 2 - Race day warmup

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EG
1	on 10:00 Train Heroic>Showers	RE
300	1 x 300 on 5:00 Freestyle Drill	RE
150	10 x 15 on :45 Racing Skills-Choice Shooters	SE
300	3 x 100 on 2:15 Kick	EN
400	8 x 50 on 1:15 Down Drill Back Build	EN
200	8 x 25 on :40 Variable Speed	EN
50	2 x 25 on 2:30 OTB	SE
200	1 x 200 on 3:00 Stroke Drills	RE
5:15 PM	1,600 Yards - Stress Value = 17	

Workout #26568 - Monday, 12 April 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
1	on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,800	18 x 100 on 1:30 1650 Free Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
8:00 AM	2,025 Yards - Stress Value = 189	

Workout #26569 - Monday, 12 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1	on 15:00 Dynamic Stretch-showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,000	20 x 50 on :55 200 Fly Pace	SP2
1	on 5:00 Recovery #1	REC
625	25 x 25 on :30 100 Back Pace	SP2
1	on 5:00 Recovery #2	REC
625	25 x 25 on :30 100 Breast Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
5:44 PM	2,475 Yards - Stress Value = 233	

Workout #26581 - Monday, 12 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
225	15 x 15 on :45 Racing Skills-Free Shooters

500	20 x 25 on :45 USRPT-100 Free Pace
600	1x{1 x 100 on 3:00 Free Kick w/board
	{2 x 100 on 3:05 Free Kick w/board
	{3 x 100 on 3:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Kick for Time
7:01 PM	1,725 Yards - Stress Value = 73

Workout #26576 - Monday, 12 April 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
225	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
900	1x{1 x 100 on 2:00 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{3 x 100 on 1:50 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Kick for Time
7:00 PM	2,375 Yards - Stress Value = 104

Workout #26577 - Monday, 12 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
225	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
900	1x{1 x 100 on 2:05 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 1:55 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Kick for Time
7:00 PM	2,375 Yards - Stress Value = 104

Workout #26578 - Monday, 12 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
225	15 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
750	1x{1 x 100 on 2:15 Free Kick w/board
	{2 x 100 on 2:20 Free Kick w/board
	{3 x 100 on 2:25 Free Kick w/board
	{1 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Kick for Time
7:00 PM	2,050 Yards - Stress Value = 88

Workout #26580 - Monday, 12 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
225	15 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
600	1x{1 x 100 on 2:40 Free Kick w/board {2 x 100 on 2:45 Free Kick w/board {3 x 100 on 2:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 6:00 100 Kick for Time
	6:59 PM 1,775 Yards - Stress Value = 78

Workout #26579 - Monday, 12 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
225	15 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
700	1x{1 x 100 on 2:20 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {3 x 100 on 2:30 Free Kick w/board {1 x 100 on 2:25 Free 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 6:00 100 Kick for Time
	7:00 PM 2,000 Yards - Stress Value = 87

Workout #26570 - Tuesday, 13 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Stretch	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,000	20 x 50 on :55 200 Back Pace	SP2
	1 on 5:00 Recovery #1	REC
625	25 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Recovery #2	REC
625	25 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	5:44 PM 2,475 Yards - Stress Value = 233	

Workout #26582 - Tuesday, 13 April 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :30 USRPT-100 Back Pace
450	18 x 25 on :30 Kick no board BSLR 10KOW+1 to 18 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 150 on 2:15 Backstroke {3 x 50 on :45 Backstroke

{2 x 150 on 2:10 Backstroke
{4 x 50 on :50 Backstroke
{1 x 150 on 2:05 Backstroke
1 on 10:00 Game
7:00 PM 2,450 Yards - Stress Value = 84

Workout #26587 - Tuesday, 13 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
250	10 x 25 on 1:00 USRPT-100 Back Pace
225	9 x 25 on 1:00 Kick no board BSLR 10KOW+1 to 18 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	1x{1 x 100 on 4:00 Backstroke {2 x 25 on :45 Backstroke {2 x 100 on 3:55 Backstroke {2 x 25 on :45 Backstroke 1 on 10:00 Game
	7:00 PM 1,325 Yards - Stress Value = 43

Workout #26583 - Tuesday, 13 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :30 USRPT-100 Back Pace
375	15 x 25 on :35 Kick no board BSLR 10KOW+1 to 18 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 150 on 2:25 Backstroke {3 x 50 on :50 Backstroke {2 x 150 on 2:20 Backstroke {3 x 50 on :55 Backstroke {1 x 150 on 2:15 Backstroke 1 on 10:00 Game
	7:00 PM 2,325 Yards - Stress Value = 82

Workout #26584 - Tuesday, 13 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
425	10 x 15 on :45 Racing Skills-Back Shooters
325	17 x 25 on :35 USRPT-100 Back Pace
100	13 x 25 on :40 Kick no board BSLR 10KOW+1 to 18 then back down
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 150 on 2:40 Backstroke {2 x 50 on :55 Backstroke {2 x 150 on 2:35 Backstroke {2 x 50 on 1:00 Backstroke {1 x 150 on 2:30 Backstroke 1 on 10:00 Game

7:00 PM 2,050 Yards - Stress Value = 70

Workout #26586 - Tuesday, 13 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
325	10 x 15 on :45 Racing Skills-Back Shooters
300	13 x 25 on :45 USRPT-100 Back Pace
100	12 x 25 on :45 Kick no board BSLR 10KOW+1 to 18 then back down
500	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 100 on 3:00 Backstroke {2 x 25 on :45 Backstroke {2 x 100 on 2:55 Backstroke {2 x 25 on :45 Backstroke {1 x 100 on 2:50 Backstroke 1 on 10:00 Game

7:00 PM 1,575 Yards - Stress Value = 54

Workout #26585 - Tuesday, 13 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
375	10 x 15 on :45 Racing Skills-Back Shooters
325	15 x 25 on :40 USRPT-100 Back Pace
100	13 x 25 on :40 Kick no board BSLR 10KOW+1 to 18 then back down
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 150 on 2:50 Backstroke {2 x 50 on 1:00 Backstroke {2 x 150 on 2:45 Backstroke {1 x 50 on 1:05 Backstroke {1 x 150 on 2:40 Backstroke 1 on 10:00 Game

7:00 PM 1,950 Yards - Stress Value = 65

Workout #26571 - Wednesday, 14 April 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,200	15 x 15 on :45 Racing Skills-Crossover Turns
	1x{8 x 50 on :55 400 IM Pace {1 on 1:00 Rest {8 x 50 on :55 400 IM Pace {1 on 1:00 Rest {8 x 50 on :55 400 IM Pace 1 on 8:00 Video Evaluations 1+/1- for each stroke

8:00 AM 1,425 Yards - Stress Value = 129

Workout #26572 - Wednesday, 14 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
225	1 on 15:00 Dynamic Stretch/Showers	RE
1,000	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	20 x 50 on :55 200 Breast Pace	SE
625	1 on 5:00 Recovery #1	RE
625	25 x 25 on :30 100 Free Pace	SE
	1 on 5:00 Recovery #2	RE
625	25 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Video Evaluations 1+/1-	RE

5:44 PM 2,475 Yards - Stress Value = 196

Workout #26588 - Wednesday, 14 April 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	12 x 25 on :30 Wednesday Warm-up
500	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :35 USRPT 100 Breast Pace
500	1x{1 x 150 on 2:55 Breast Kick w/board {2 x 100 on 1:55 Breast Kick w/board {3 x 50 on :55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	5 x 50 on 3:00 50 Breast OTB
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,000 Yards - Stress Value = 71

Workout #26593 - Wednesday, 14 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
150	6 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
300	12 x 25 on 1:00 USRPT 100 Breast Pace
300	1x{1 x 150 on 5:00 Breast Kick w/board {1 x 100 on 3:00 Breast Kick w/board {1 x 50 on 1:30 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	5 x 50 on 3:00 50 Breast OTB
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 1,450 Yards - Stress Value = 47

Workout #26589 - Wednesday, 14 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	12 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :35 USRPT 100 Breast Pace
450	1x{1 x 150 on 3:10 Breast Kick w/board {2 x 100 on 2:05 Breast Kick w/board {2 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
250	5 x 50 on 3:00 50 Breast OTB
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,950 Yards - Stress Value = 70

Workout #26590 - Wednesday, 14 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :35 USRPT 100 Breast Pace
400	1x{1 x 150 on 3:25 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
250	5 x 50 on 3:00 50 Breast OTB
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,850 Yards - Stress Value = 69

Workout #26592 - Wednesday, 14 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :45 USRPT 100 Breast Pace
300	1x{1 x 150 on 4:15 Breast Kick w/board {1 x 100 on 2:45 Breast Kick w/board {1 x 50 on 1:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	5 x 50 on 3:00 50 Breast OTB
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,525 Yards - Stress Value = 55

Workout #26591 - Wednesday, 14 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
225	9 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	18 x 25 on :40 USRPT 100 Breast Pace
400	1x{1 x 150 on 3:35 Breast Kick w/board {2 x 100 on 2:20 Breast Kick w/board

	{1 x 50 on 1:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	5 x 50 on 3:00 50 Breast OTB
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,775 Yards - Stress Value = 64

Workout #26573 - Thursday, 15 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	20 x 50 on :50 200 Free Pace	SE
	1 on 6:00 Recovery #1	RE
625	25 x 25 on :30 100 Fly Pace	SE
	1 on 6:00 Recovery #2	RE
750	25 x 30 on :30 100 Back Pace	SE
	1 on 6:00 Video Evaluations 1+/1-	RE
	5:45 PM 2,600 Yards - Stress Value = 246	

Workout #26599 - Thursday, 15 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on 1:00 USRPT-100 Fly Pace
250	1x{2 x 25 on :45 Kick no board BS {2 x 100 on 3:30 Fly Kick w/board 1 on 10:00 Racing Skills-Starts
	7:00 PM 975 Yards - Stress Value = 39

Workout #26594 - Thursday, 15 April 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 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 :30 USRPT-100 Fly Pace
450	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {1 x 50 on :55 Fly Kick w/board 1 on 10:00 Racing Skills-Starts
	7:00 PM 1,550 Yards - Stress Value = 70

Workout #26595 - Thursday, 15 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :35 USRPT-100 Fly Pace
400	1x{4 x 25 on :30 Kick no board BSLR
	{ 2 x 100 on 2:05 Fly Kick w/board
	{ 4 x 25 on :30 Kick no board BSLR
	1 on 10:00 Racing Skills-Starts
7:00 PM	1,400 Yards - Stress Value = 59

Workout #26596 - Thursday, 15 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
400	16 x 25 on :40 USRPT-100 Fly Pace
350	1x{4 x 25 on :35 Kick no board BSLR
	{ 2 x 100 on 2:20 Fly Kick w/board
	{ 2 x 25 on :35 Kick no board BSLR
	1 on 10:00 Racing Skills-Starts
7:00 PM	1,250 Yards - Stress Value = 53

Workout #26598 - Thursday, 15 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
350	14 x 25 on :45 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board BSLR
	{ 2 x 100 on 3:00 Fly Kick w/board
	1 on 10:00 Racing Skills-Starts
7:01 PM	1,100 Yards - Stress Value = 47

Workout #26597 - Thursday, 15 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
400	16 x 25 on :40 USRPT-100 Fly Pace

325	1x{4 x 25 on :40 Kick no board BSLR
	{ 2 x 100 on 2:30 Fly Kick w/board
	{ 1 x 25 on :40 Kick no board BSLR
	1 on 10:00 Racing Skills-Starts
7:00 PM	1,225 Yards - Stress Value = 52

Workout #26574 - Friday, 16 April 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
750	30 x 25 on :50 Your #1 200 Pace	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	
8:00 AM	975 Yards - Stress Value = 84		

Workout #26575 - Friday, 16 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
625	25 x 25 on :30 Your #1 100 Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
625	25 x 25 on :30 Your #2 100 Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
200	8 x 25 on 3:00 50 Free Pace	SP2	
5:45 PM	1,675 Yards - Stress Value = 153		

Workout #26605 - Friday, 16 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 28:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	1 x 500 on 15:00 Kick-Sprint on every :40 tc
	alternate fly breast free kick on sprint
800	1x{3 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
	{ 2 x 100 on 3:00 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
6:59 PM	1,850 Yards - Stress Value = 32

Workout #26600 - Friday, 16 April 2021

Group 2 - IM'er's

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 28:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
800	10 x 15 on :45 Racing Skills-Crossover Turns
1,500	1 x 800 on 15:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,500	1x{5 x 100 on 1:30 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:30 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:30 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:30 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 2,950 Yards - Stress Value = 52	

Workout #26601 - Friday, 16 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 28:00 DS/Dryland
150	1 x 300 on 5:00 Swim-kick-pull-swim
800	10 x 15 on :45 Racing Skills-Crossover Turns
1,400	1 x 800 on 15:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,400	1x{5 x 100 on 1:40 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:40 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:40 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:40 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 2,850 Yards - Stress Value = 50	

Workout #26602 - Friday, 16 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 28:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
700	10 x 15 on :45 Racing Skills-Crossover Turns
1,300	1 x 700 on 15:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,300	1x{5 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 2,600 Yards - Stress Value = 46	

Workout #26604 - Friday, 16 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 28:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
600	10 x 15 on :45 Racing Skills-Crossover Turns
900	1 x 600 on 15:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
900	1x{3 x 100 on 2:30 Individual Medley {1 on 1:00 Rest {3 x 100 on 2:30 Individual Medley {1 on 1:00 Rest {2 x 100 on 2:30 Individual Medley {1 on 1:00 Rest {1 x 100 on 2:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
6:59 PM 2,050 Yards - Stress Value = 36	

Workout #26603 - Friday, 16 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 28:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
700	10 x 15 on :45 Racing Skills-Crossover Turns
1,250	1 x 700 on 15:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,250	1x{5 x 100 on 1:55 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:55 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:55 Individual Medley {1 on 1:00 Rest {1 x 50 on :55 Free-100%
200	1 x 200 on 3:00 Stroke Drills
7:00 PM 2,550 Yards - Stress Value = 45	

Workout #26636 - Monday, 19 April 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
225	1 on 15:00 Dynamic Stretch-Shower	REC
1,800	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,800	18 x 100 on 1:30 1650 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
8:00 AM 2,025 Yards - Stress Value = 189		

Workout #26637 - Monday, 19 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 Team Mtg	F
	1 on 12:00 DS/Showers	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Free Pace	S
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :15 Undr Wtr Fly Kck	E
750	30 x 25 on :30 100 Breast Pace	S
	1 on 5:00 Video Evaluations 1+/1-	F
	5:53 PM 1,950 Yards - Stress Value = 171	

Workout #26606 - Monday, 19 April 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Back Shooters	
	1 on 15:00 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	
700	1x{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 Streamline Kick on Back	
	{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	
	7:00 PM 2,000 Yards - Stress Value = 95	

Workout #26611 - Monday, 19 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	
200	1 x 200 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Back Shooters	
	1 on 15:00 TEACH DAY-Back	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
375	15 x 25 on 1:00 USRPT-100 Back Pace	
350	1x{4 x 25 on 1:00 Kick no board BSLR	
	{1 x 50 on 2:00 Streamline Kick on back	
	{4 x 25 on 1:00 Kick no board BSLR	
	{1 x 50 on 2:00 Streamline Kick on Back	
	{2 x 25 on 1:00 Kick no board BS	
	7:00 PM 1,175 Yards - Stress Value = 51	

Workout #26607 - Monday, 19 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Back Shooters	
	1 on 15:00 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	
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 :35 Kick no board BSLR	
	{1 x 100 on 2:05 Streamline Kick on back	
	7:00 PM 1,900 Yards - Stress Value = 93	

Workout #26608 - Monday, 19 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	
250	1 x 250 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Back Shooters	
	1 on 15:00 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	
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	
	{1 x 100 on 2:15 Streamline Kick on Back	
	{4 x 25 on :40 Kick no board BSLR	
	{1 x 50 on 1:05 Streamline Kick on back	
	7:00 PM 1,675 Yards - Stress Value = 79	

Workout #26610 - Monday, 19 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	
200	1 x 200 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Back Shooters	
	1 on 15:00 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	
500	1x{4 x 25 on :45 Kick no board BSLR	
	{1 x 100 on 2:45 Streamline Kick on back	
	{4 x 25 on :40 Kick no board BSLR	
	{1 x 50 on 1:25 Streamline Kick on Back	
	{4 x 25 on :40 Kick no board BSLR	
	{1 x 50 on 1:25 Streamline Kick on back	
	7:00 PM 1,450 Yards - Stress Value = 66	

Workout #26609 - Monday, 19 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 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
550	1x{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 {1 x 50 on 1:10 Streamline Kick on back
7:00 PM	1,600 Yards - Stress Value = 72

Workout #26638 - Tuesday, 20 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Shower	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,250	25 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	EN2
625	25 x 25 on :30 100 Fly Pace	SP2
	1 on 9:00 Underwater Racing	EN2
1,250	25 x 50 on :55 200 Back Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
6:00 PM	3,350 Yards - Stress Value = 321	

Workout #26612 - Tuesday, 20 April 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
400	4 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 Alt odds 1st 25 fly kick/free kick All turns 2X pullouts
500	1x{4 x 50 on 1:05 Breaststroke {3 x 50 on 1:00 Breaststroke {2 x 50 on :55 Breaststroke {1 x 50 on :50 Breaststroke 1 on 10:00 Racing Skills-Game
7:00 PM	2,075 Yards - Stress Value = 86

Workout #26617 - Tuesday, 20 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace

200	2 x 100 on 3:30 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks Alt odds 1st 25 fly kick/free kick All turns 2X pullouts
300	1x{3 x 50 on 2:00 Breaststroke {2 x 50 on 1:55 Breaststroke {1 x 50 on 1:50 Breaststroke 1 on 10:00 Racing Skills-Game
7:00 PM	1,325 Yards - Stress Value = 54

Workout #26613 - Tuesday, 20 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
350	1x{3 x 100 on 2:05 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 Alt odds 1st 25 fly kick/free kick All turns 2X pullouts
500	1x{4 x 50 on 1:10 Breaststroke {3 x 50 on 1:05 Breaststroke {2 x 50 on 1:00 Breaststroke {1 x 50 on :55 Breaststroke 1 on 10:00 Racing Skills-Game
7:00 PM	2,025 Yards - Stress Value = 85

Workout #26614 - Tuesday, 20 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
350	1x{3 x 100 on 2:15 Breast Kick w/board {1 x 50 on 1:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks Alt odds 1st 25 fly kick/free kick All turns 2X pullouts
450	1x{4 x 50 on 1:15 Breaststroke {3 x 50 on 1:10 Breaststroke {2 x 50 on 1:05 Breaststroke 1 on 10:00 Racing Skills-Game
7:00 PM	1,850 Yards - Stress Value = 77

Workout #26616 - Tuesday, 20 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
275	1x{2 x 100 on 2:45 Breast Kick w/board {1 x 75 on 2:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks Alt odds 1st 25 fly kick/free kick All turns 2X pullouts
350	1x{4 x 50 on 1:30 Breaststroke {2 x 50 on 1:20 Breaststroke {1 x 50 on 1:15 Breaststroke 1 on 10:00 Racing Skills-Game
	6:59 PM 1,575 Yards - Stress Value = 69

Workout #26615 - Tuesday, 20 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
300	3 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 Alt odds 1st 25 fly kick/free kick All turns 2X pullouts
400	1x{4 x 50 on 1:20 Breaststroke {3 x 50 on 1:15 Breaststroke {1 x 50 on 1:10 Breaststroke 1 on 10:00 Racing Skills-Game
	7:00 PM 1,750 Yards - Stress Value = 75

Workout #26639 - Wednesday, 21 April 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,200	1x{8 x 50 on :55 400 IM Pace {1 on 1:00 Rest {8 x 50 on :55 400 IM Pace {1 on 1:00 Rest {8 x 50 on :55 400 IM Pace 1 on 8:00 Video Evaluations 1+/1- for each stroke
	8:00 AM 1,425 Yards - Stress Value = 129

Workout #26640 - Wednesday, 21 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,000	20 x 50 on :55 200 Fly Pace

300	1x{8 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck
625	25 x 25 on :30 100 Back Pace 1 on 5:00 Recovery
625	25 x 25 on :55 200 Breast Pace 1 on 5:00 Video Evaluations 1+/1-
	6:00 PM 2,775 Yards - Stress Value = 234

Workout #26623 - Wednesday, 21 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{5 x 50 on 2:00 Butterfly 3 SOW/25 w/free Kic {3 x 50 on 2:00 Butterfly 4 SOW/25 w/free Kic {2 x 50 on 2:00 Butterfly 5 SOW/25 w/free Kic {1 x 50 on 2:00 Butterfly 6 SOW/25 w/free Kic
250	1 x 250 on 5:00 Stroke Drills
	6:59 PM 1,575 Yards - Stress Value = 55

Workout #26618 - Wednesday, 21 April 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{7 x 50 on :55 Butterfly 3 SOW/25 w/free Kick {6 x 50 on :55 Butterfly 4 SOW/25 w/free Kick {5 x 50 on :55 Butterfly 5 SOW/25 w/free Kick {4 x 50 on :55 Butterfly 6 SOW/25 w/free Kick {3 x 50 on :55 Butterfly 7 SOW/25 w/free Kick
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,750 Yards - Stress Value = 106

Workout #26619 - Wednesday, 21 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
650	26 x 25 on :35 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{7 x 50 on 1:00 Butterfly 3 SOW/25 w/free Kic {6 x 50 on 1:00 Butterfly 4 SOW/25 w/free Kic {5 x 50 on 1:00 Butterfly 5 SOW/25 w/free Kic {4 x 50 on 1:00 Butterfly 6 SOW/25 w/free Kic {1 x 50 on 1:00 Butterfly 7 SOW/25 w/free Kic
250	1 x 250 on 5:00 Stroke Drills
	7:01 PM 2,550 Yards - Stress Value = 94

Workout #26620 - Wednesday, 21 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{6 x 50 on 1:10 Butterfly 3 SOW/25 w/free Kic {5 x 50 on 1:10 Butterfly 4 SOW/25 w/free Kic {4 x 50 on 1:10 Butterfly 5 SOW/25 w/free Kic {3 x 50 on 1:10 Butterfly 6 SOW/25 w/free Kic {1 x 50 on 1:10 Butterfly 7 SOW/25 w/free Kic
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,200 Yards - Stress Value = 80

Workout #26622 - Wednesday, 21 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{5 x 50 on 1:30 Butterfly 3 SOW/25 w/free Kic {4 x 50 on 1:30 Butterfly 4 SOW/25 w/free Kic {3 x 50 on 1:30 Butterfly 5 SOW/25 w/free Kic {3 x 50 on 1:30 Butterfly 6 SOW/25 w/free Kic
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,900 Yards - Stress Value = 71

Workout #26621 - Wednesday, 21 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{6 x 50 on 1:15 Butterfly 3 SOW/25 w/free Kic {5 x 50 on 1:15 Butterfly 4 SOW/25 w/free Kic {4 x 50 on 1:15 Butterfly 5 SOW/25 w/free Kic {3 x 50 on 1:15 Butterfly 6 SOW/25 w/free Kic
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,125 Yards - Stress Value = 79

Workout #26641 - Thursday, 22 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
200	8 x 25 on :30 50 Free Pace	SE
	1 on 6:00 Recovery	RE
1,500	30 x 50 on :55 #2 200 Pace	SE
	1 on 8:00 Video Evaluations 1+/-	RE
750	30 x 25 on :30 #1 100 Pace	SE
	1 on 14:00 Tic Tac Toe Relay	EN
	6:00 PM 2,675 Yards - Stress Value = 254	

Workout #26629 - Thursday, 22 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT-100 Free Pace
350	1x{2 x 25 on 1:00 Kick no board BS {2 x 50 on 2:00 Fly Kick w/board {2 x 25 on 1:00 Kick no board LR {2 x 50 on 2:00 Breast Kick w/board {1 x 50 on 2:00 Free Kick w/board
100	1 x 100 on 4:00 100 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 4:00 IM for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,700 Yards - Stress Value = 75

Workout #26624 - Thursday, 22 April 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
700	1x{4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {3 x 50 on :55 Breast Kick w/board {4 x 25 on :30 Kick no board BSLR {2 x 50 on :55 Free Kick w/board
100	1 x 100 on 4:00 100 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 4:00 IM for time OTB
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,400 Yards - Stress Value = 107

Workout #26625 - Thursday, 22 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Crossover Turns
650	30 x 25 on :30 USRPT-100 Free Pace
100	1x{4 x 25 on :35 Kick no board BSLR
100	{3 x 50 on 1:00 Fly Kick w/board
100	{4 x 25 on :35 Kick no board BSLR
100	{2 x 50 on 1:00 Breast Kick w/board
100	{4 x 25 on :35 Kick no board BSLR
100	{2 x 50 on 1:00 Free Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
100	{ Evens-underwaters, count kicks
200	1 x 100 on 4:00 IM for time OTB
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,350 Yards - Stress Value = 106

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Crossover Turns
550	25 x 25 on :35 USRPT-100 Free Pace
100	1x{4 x 25 on :40 Kick no board BSLR
100	{2 x 50 on 1:10 Fly Kick w/board
100	{4 x 25 on :40 Kick no board BSLR
100	{2 x 50 on 1:10 Breast Kick w/board
100	{4 x 25 on :40 Kick no board BSLR
100	{1 x 50 on 1:05 Free Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
200	{ Evens-underwaters, count kicks
200	1 x 100 on 4:00 IM for time OTB
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,075 Yards - Stress Value = 91

Workout #26626 - Thursday, 22 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Crossover Turns
550	25 x 25 on :35 USRPT-100 Free Pace
100	1x{4 x 25 on :40 Kick no board BSLR
100	{2 x 50 on 1:05 Fly Kick w/board
100	{4 x 25 on :40 Kick no board BSLR
100	{2 x 50 on 1:05 Breast Kick w/board
100	{4 x 25 on :40 Kick no board BSLR
100	{1 x 50 on 1:00 Free Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
100	{ Evens-underwaters, count kicks
200	1 x 100 on 4:00 IM for time OTB
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 2,075 Yards - Stress Value = 91

Workout #26642 - Friday, 23 April 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	W
225	1 on 15:00 Dynamic Stretch/Showers	REC	
750	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	30 x 25 on :50 Your #1 200 Pace	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	

8:00 AM 975 Yards - Stress Value = 84

Workout #26643 - Friday, 23 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	W
225	1 on 15:00 Dynamic Stretch/Showers	REC	
600	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	30 x 20 on :30 100 Back Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Fly Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Free Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	

5:45 PM 2,025 Yards - Stress Value = 189

Workout #26628 - Thursday, 22 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Racing Skills-Crossover Turns
500	22 x 25 on :40 USRPT-100 Free Pace
100	1x{4 x 25 on :45 Kick no board BSLR
100	{2 x 50 on 1:15 Fly Kick w/board
100	{4 x 25 on :45 Kick no board BSLR
100	{2 x 50 on 1:15 Breast Kick w/board
100	{4 x 25 on :45 Kick no board BSLR
100	1 x 100 on 4:00 100 Fly Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
100	{ Evens-underwaters, count kicks
200	1 x 100 on 4:00 IM for time OTB
200	1 x 200 on 4:00 Stroke Drills

7:00 PM 1,900 Yards - Stress Value = 83

Workout #26635 - Friday, 23 April 2021

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
500	10 x 15 on :45 Racing Skills-Free Shooters
100	1x{2 x 100 on 3:00 Free Kick w/board
100	{2 x 100 on 2:55 Free Kick w/board
100	{2 x 50 on 1:30 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
450	{ Evens-underwaters, count kicks
250	6 x 75 on 4:00 Freestyle-100%
	1 x 250 on 4:00 Stroke Drills

6:45 PM 1,650 Yards - Stress Value = 25

Workout #26627 - Thursday, 22 April 2021

Group 2 - Silver/Bronze

Workout #26630 - Friday, 23 April 2021

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
750	1x{2 x 125 on 2:20 Free Kick w/board {2 x 125 on 2:15 Free Kick w/board {2 x 125 on 2:10 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:44 PM 2,000 Yards - Stress Value = 30

Workout #26631 - Friday, 23 April 2021

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
750	1x{2 x 125 on 2:30 Free Kick w/board {2 x 125 on 2:25 Free Kick w/board {2 x 125 on 2:20 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:45 PM 2,000 Yards - Stress Value = 30

Workout #26632 - Friday, 23 April 2021

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
700	1x{2 x 125 on 2:40 Free Kick w/board {2 x 125 on 2:35 Free Kick w/board {2 x 100 on 2:00 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:45 PM 1,900 Yards - Stress Value = 29

Workout #26634 - Friday, 23 April 2021

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
600	1x{2 x 100 on 2:35 Free Kick w/board {2 x 100 on 2:30 Free Kick w/board {2 x 100 on 2:25 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%

250 1 x 250 on 4:00 Stroke Drills
6:45 PM 1,750 Yards - Stress Value = 27

Workout #26633 - Friday, 23 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
650	1x{2 x 125 on 2:50 Free Kick w/board {2 x 100 on 2:15 Free Kick w/board {2 x 100 on 2:10 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:45 PM 1,850 Yards - Stress Value = 28

Workout #26644 - Monday, 26 April 2021

Group 3 - USRPT

1 minute rest between sets

6:45 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
2,400	24 x 100 on 1:30 1650 Free Pace Must swim 16	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
200	10 x 20 on 1:00 Cross Pool Underwaters with fins	EN2
	8:05 AM 2,825 Yards - Stress Value = 253	

Workout #26645 - Monday, 26 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,050	21 x 50 on :50 200 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest	E F
	{6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest	E F
	{4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest	E F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
1,050	21 x 50 on :55 200 Breast Pace	S
	1 on 7:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 5:00 Video Evaluations 1+/1-	F
	6:00 PM 3,375 Yards - Stress Value = 300	

Workout #26652 - Monday, 26 April 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS/Weights/Back to Pool
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 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
1,000	1x{1 on :30 5 Squats {1 x 50 on 1:00 Breast Kick w/board {1 on :30 10 Squats {2 x 75 on 1:30 Breast Kick w/board {1 on :30 15 Squats {3 x 100 on 2:00 Breast Kick w/board {1 on :30 20 Squats {4 x 125 on 2:30 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,375 Yards - Stress Value = 88

Workout #26657 - Monday, 26 April 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS/Weights/Back to Pool
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 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
500	1x{1 on :30 5 Squats {1 x 50 on 2:00 Breast Kick w/board {1 on :30 10 Squats {2 x 75 on 3:00 Breast Kick w/board {1 on :30 15 Squats {3 x 100 on 4:00 Breast Kick w/board {1 on :30 20 Squats
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 1,700 Yards - Stress Value = 71

Workout #26653 - Monday, 26 April 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS/Weights/Back to Pool
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 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
875	1x{1 on :30 5 Squats {1 x 50 on 1:05 Breast Kick w/board {1 on :30 10 Squats {2 x 75 on 1:35 Breast Kick w/board {1 on :30 15 Squats {3 x 100 on 2:10 Breast Kick w/board {1 on :30 20 Squats {3 x 125 on 2:40 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,250 Yards - Stress Value = 86

Workout #26654 - Monday, 26 April 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS/Weights/Back to Pool
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 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
800	1x{1 on :30 5 Squats {1 x 50 on 1:10 Breast Kick w/board {1 on :30 10 Squats {2 x 75 on 1:45 Breast Kick w/board {1 on :30 15 Squats {3 x 100 on 2:20 Breast Kick w/board {1 on :30 20 Squats {2 x 125 on 2:55 Breast Kick w/board {1 x 50 on 1:10 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,050 Yards - Stress Value = 77

Workout #26656 - Monday, 26 April 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 25:00 DS/Weights/Back to Pool
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 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
700	1x{1 on :30 5 Squats {1 x 50 on 1:20 Breast Kick w/board {1 on :30 10 Squats {2 x 75 on 2:00 Breast Kick w/board {1 on :30 15 Squats {3 x 100 on 2:40 Breast Kick w/board {1 on :30 20 Squats {2 x 75 on 2:00 Breast Kick w/board {1 x 50 on 1:20 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,900 Yards - Stress Value = 75

Workout #26655 - Monday, 26 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Weights/Back to Pool
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 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
725	1x{1 on :30 5 Squats {1 x 50 on 1:15 Breast Kick w/board {1 on :30 10 Squats {2 x 75 on 1:55 Breast Kick w/board {1 on :30 15 Squats {3 x 100 on 2:30 Breast Kick w/board {1 on :30 20 Squats {1 x 125 on 3:10 Breast Kick w/board {1 x 100 on 2:30 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,975 Yards - Stress Value = 75

Workout #26646 - Tuesday, 27 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,050	21 x 50 on :55 200 Back Pace	SP2
	1 on 7:00 Recovery #1	REC
1,050	21 x 50 on :55 200 Fly Pace	SP2
	1 on 10:00 Underwater Racing	EN2
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 3:00 Video Evaluations 1+/1-	REC
	6:00 PM 3,075 Yards - Stress Value = 294	

Workout #26663 - Tuesday, 27 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
700	1x{4 x 25 on 1:00 Kick no board S {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board S {2 x 100 on 3:55 Fly Kick w/board {4 x 25 on 1:00 Kick no board S {1 x 100 on 3:50 Fly Kick w/board
100	1 x 100 on 4:00 100 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 6:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 1,925 Yards - Stress Value = 70

Workout #26658 - Tuesday, 27 April 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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=====

	1 on 25:00 DS/Dryland
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
1,400	1x{4 x 25 on :30 Kick no board S {1 x 100 on 2:00 Fly Kick w/board {4 x 25 on :30 Kick no board S {2 x 100 on 1:55 Fly Kick w/board {4 x 25 on :30 Kick no board S {3 x 100 on 1:50 Fly Kick w/board {4 x 25 on :30 Kick no board S {4 x 100 on 1:45 Fly Kick w/board
100	1 x 100 on 4:00 100 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 6:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,100 Yards - Stress Value = 121

Workout #26659 - Tuesday, 27 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
1,250	1x{4 x 25 on :35 Kick no board S {1 x 100 on 2:10 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 100 on 2:05 Fly Kick w/board {4 x 25 on :35 Kick no board S {3 x 100 on 2:00 Fly Kick w/board {2 x 25 on :35 Kick no board S {3 x 100 on 1:55 Fly Kick w/board
100	1 x 100 on 4:00 100 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 6:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,825 Yards - Stress Value = 105

Workout #26660 - Tuesday, 27 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
1,150	1x{4 x 25 on :35 Kick no board S {1 x 100 on 2:25 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 100 on 2:20 Fly Kick w/board {4 x 25 on :35 Kick no board S {3 x 100 on 2:15 Fly Kick w/board {2 x 25 on :35 Kick no board S {2 x 100 on 2:10 Fly Kick w/board
100	1 x 100 on 4:00 100 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 6:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,600 Yards - Stress Value = 96

Workout #26662 - Tuesday, 27 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Fly Shooters
900	20 x 25 on :45 USRPT-100 Fly Pace
	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 3:00 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	{2 x 100 on 2:55 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	{3 x 100 on 2:50 Fly Kick w/board
100	1 x 100 on 4:00 100 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 6:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 2,250 Yards - Stress Value = 86

Workout #26661 - Tuesday, 27 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Fly Shooters
1,025	22 x 25 on :40 USRPT-100 Fly Pace
	1x{4 x 25 on :40 Kick no board S
	{1 x 100 on 2:40 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
	{2 x 100 on 2:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
	{3 x 100 on 2:30 Fly Kick w/board
	{5 x 25 on :40 Kick no board S
100	1 x 100 on 4:00 100 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 6:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 2,475 Yards - Stress Value = 93

Workout #26647 - Wednesday, 28 April 2021

Group 3 - USRPT

1 minute rest between sets

6:45 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch>Showers
1,500	15 x 15 on :45 Racing Skills-Crossover Turns
	1x{10 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 400 IM Pace
	1 on 8:00 Video Evaluations 1+/1-
	for each stroke
160	8 x 20 on 1:00 Cross Pool Underwaters
	with fins

8:00 AM 1,885 Yards - Stress Value = 162

Workout #26648 - Wednesday, 28 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch>Showers
1,050	15 x 15 on :45 Racing Skills-Crossover Turns
300	21 x 50 on :55 200 Breast Pace
	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
1,050	21 x 50 on :50 200 Free Pace
750	1 on 7:00 Recovery #1
	30 x 25 on :30 100 Fly Pace
	1 on 5:00 Video Evaluations 1+/1-

6:00 PM 3,375 Yards - Stress Value = 300

Workout #26669 - Wednesday, 28 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Crossover Turns
	1x{4 x 25 on 1:00 Kick no board BSLR
	{3 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{3 x 50 on 2:00 Breast Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{3 x 50 on 2:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
400	4 x 100 on 6:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 1,750 Yards - Stress Value = 53

Workout #26664 - Wednesday, 28 April 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	10 x 25 on :30 Wednesday Warm-up
1,500	10 x 15 on :45 Racing Skills-Crossover Turns
	1x{8 x 25 on :30 Kick no board BSLR
	{6 x 50 on :55 Fly Kick w/board
	{8 x 25 on :30 Kick no board BSLR
	{6 x 50 on :55 Breast Kick w/board
	{8 x 25 on :30 Kick no board BSLR
	{6 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
400	4 x 100 on 6:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills

7:14 PM 2,600 Yards - Stress Value = 68

Workout #26665 - Wednesday, 28 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
1,400	1x{8 x 25 on :35 Kick no board BSLR {5 x 50 on 1:00 Fly Kick w/board {8 x 25 on :35 Kick no board BSLR {6 x 50 on 1:00 Breast Kick w/board {8 x 25 on :35 Kick no board BSLR {5 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
400	4 x 100 on 6:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 66

Workout #26666 - Wednesday, 28 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
1,250	1x{8 x 25 on :40 Kick no board BSLR {5 x 50 on 1:05 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {5 x 50 on 1:05 Breast Kick w/board {4 x 25 on :40 Kick no board BSLR {5 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
400	4 x 100 on 6:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,300 Yards - Stress Value = 63

Workout #26668 - Wednesday, 28 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
1,150	1x{8 x 25 on :40 Kick no board BSLR {5 x 50 on 1:20 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {5 x 50 on 1:20 Breast Kick w/board {4 x 25 on :40 Kick no board BSLR {5 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
400	4 x 100 on 6:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,150 Yards - Stress Value = 61

Workout #26667 - Wednesday, 28 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

	1 on 25:00 DS/Dryland
280	7 x 40 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
1,150	1x{8 x 25 on :40 Kick no board BSLR {5 x 50 on 1:20 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {5 x 50 on 1:20 Breast Kick w/board {4 x 25 on :40 Kick no board BSLR {5 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
400	4 x 100 on 6:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,280 Yards - Stress Value = 61

Workout #26649 - Thursday, 29 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM 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
	1 on 7:00 Recovery #1	RE
1,250	25 x 50 on :55 200 Back Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 15:00 Tic Tac Toe Relay	EN
	5:57 PM 3,225 Yards - Stress Value = 309	

Workout #26675 - Thursday, 29 April 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
350	1x{1 x 125 on 3:10 Free Kick w/board {1 x 125 on 3:05 Free Kick w/board {1 x 100 on 2:25 Free Kick wboard
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 Freestyle {2 x 50 on 2:00 Free-100% {2 x 100 on 3:00 Freestyle {2 x 50 on 2:00 Free 100% {2 x 100 on 3:00 Freestyle
	1 on 11:00 Rock Paper Scissors Relay
	7:15 PM 2,050 Yards - Stress Value = 81

Workout #26670 - Thursday, 29 April 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
500	1x{1 x 125 on 2:20 Free Kick w/board
	{1 x 125 on 2:15 Free Kick w/board
	{2 x 125 on 2:10 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 125 on 1:45 Freestyle
	{4 x 50 on 1:00 Free-100%
	{2 x 125 on 1:45 Freestyle
	{3 x 50 on 1:00 Free 100%
	{3 x 125 on 1:45 Freestyle
	{2 x 50 on 1:00 Free 100%
	{2 x 125 on 1:45 Freestyle
	1 on 11:00 Rock Paper Scissors Relay
	7:15 PM 3,250 Yards - Stress Value = 119

Workout #26671 - Thursday, 29 April 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
450	1x{1 x 125 on 2:30 Free Kick w/board
	{1 x 125 on 2:25 Free Kick w/board
	{2 x 100 on 1:55 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 125 on 1:55 Freestyle
	{4 x 50 on 1:00 Free-100%
	{2 x 125 on 1:55 Freestyle
	{3 x 50 on 1:00 Free 100%
	{3 x 125 on 1:55 Freestyle
	{2 x 50 on 1:00 Free 100%
	{2 x 100 on 1:30 Freestyle
	1 on 11:00 Rock Paper Scissors Relay
	7:15 PM 3,150 Yards - Stress Value = 117

Workout #26672 - Thursday, 29 April 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
400	1x{1 x 125 on 2:40 Free Kick w/board
	{1 x 125 on 2:35 Free Kick w/board
	{2 x 75 on 1:35 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 125 on 2:05 Freestyle
	{4 x 50 on 1:10 Free-100%
	{2 x 125 on 2:05 Freestyle
	{3 x 50 on 1:10 Free 100%
	{3 x 125 on 2:05 Freestyle
	{2 x 50 on 1:10 Free 100%

1 on 11:00 Rock Paper Scissors Relay
7:15 PM 2,725 Yards - Stress Value = 99

Workout #26674 - Thursday, 29 April 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
350	1x{1 x 125 on 3:10 Free Kick w/board
	{1 x 125 on 3:05 Free Kick w/board
	{1 x 100 on 2:25 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 100 on 2:05 Freestyle
	{4 x 50 on 1:15 Free-100%
	{2 x 100 on 2:05 Freestyle
	{3 x 50 on 1:15 Free 100%
	{3 x 100 on 2:05 Freestyle
	{2 x 50 on 1:15 Free 100%
	1 on 11:00 Rock Paper Scissors Relay
	7:15 PM 2,400 Yards - Stress Value = 88

Workout #26673 - Thursday, 29 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
400	1x{1 x 125 on 2:50 Free Kick w/board
	{1 x 125 on 2:45 Free Kick w/board
	{2 x 75 on 1:40 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 125 on 2:20 Freestyle
	{4 x 50 on 1:10 Free-100%
	{2 x 125 on 2:20 Freestyle
	{3 x 50 on 1:10 Free 100%
	{3 x 125 on 2:20 Freestyle
	{1 x 50 on 1:10 Free 100%
	1 on 11:00 Rock Paper Scissors Relay
	7:15 PM 2,675 Yards - Stress Value = 98

Workout #26650 - Friday, 30 April 2021

Group 3 - USRPT

1 minute rest between sets

6:45 AM Start

Yards	Set Description	EGY W
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 Your #1 100 Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 Your #2 100 Pace	SP2
160	8 x 20 on 1:00 Cross Pool Underwaters	EN1
	no fins	
	8:00 AM 1,885 Yards - Stress Value = 161	

Workout #26651 - Friday, 30 April 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	V
1	on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
600	30 x 20 on :30 100 Back Pace	SP2	
1	on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Fly Pace	SP2	
1	on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Free Pace	SP2	
1	on 5:00 Video Evaluations 1+/1-	REC	
5:45	PM 2,025 Yards - Stress Value = 189		

Workout #26676 - Friday, 30 April 2021

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 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
1,900	1x{1 x 150 on 2:20 Backstroke {3 x 50 on :45 Back 3KOW+1 {2 x 150 on 2:15 Backstroke {4 x 50 on :50 Back 3KOW+1 {3 x 150 on 2:10 Backstroke {5 x 50 on :55 Back 3KOW+1 {4 x 100 on 1:30 Backstroke-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
6:45	PM 3,150 Yards - Stress Value = 94

Workout #26681 - Friday, 30 April 2021

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
250	10 x 25 on 1:00 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 100 on 3:00 Backstroke {3 x 50 on 1:40 Back 3KOW+1 {2 x 100 on 2:55 Backstroke {3 x 50 on 1:45 Back 3KOW+1 {3 x 100 on 3:30 Backstroke-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
6:45	PM 1,800 Yards - Stress Value = 49

Workout #26677 - Friday, 30 April 2021

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
425	17 x 25 on :35 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills

1,750	1x{1 x 150 on 2:30 Backstroke {3 x 50 on :50 Back 3KOW+1 {2 x 150 on 2:25 Backstroke {4 x 50 on :55 Back 3KOW+1 {2 x 150 on 2:20 Backstroke {5 x 50 on 1:00 Back 3KOW+1 {4 x 100 on 1:45 Backstroke-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
6:46	PM 2,925 Yards - Stress Value = 83

Workout #26678 - Friday, 30 April 2021

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 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
1,600	1x{1 x 150 on 2:45 Backstroke {3 x 50 on :50 Back 3KOW+1 {2 x 150 on 2:40 Backstroke {4 x 50 on :55 Back 3KOW+1 {2 x 150 on 2:35 Backstroke {4 x 50 on 1:00 Back 3KOW+1 {3 x 100 on 2:00 Backstroke-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
6:45	PM 2,675 Yards - Stress Value = 76

Workout #26680 - Friday, 30 April 2021

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{1 x 100 on 2:25 Backstroke {3 x 50 on 1:05 Back 3KOW+1 {2 x 100 on 2:20 Backstroke {3 x 50 on 1:10 Back 3KOW+1 {3 x 100 on 2:15 Backstroke {2 x 50 on 1:15 Back 3KOW+1 {3 x 100 on 2:30 Backstroke-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
6:46	PM 2,275 Yards - Stress Value = 64

Workout #26679 - Friday, 30 April 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 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
1,500	1x{1 x 150 on 2:55 Backstroke {3 x 50 on :55 Back 3KOW+1 {2 x 150 on 2:50 Backstroke {3 x 50 on 1:00 Back 3KOW+1 {2 x 150 on 2:45 Backstroke {3 x 50 on 1:05 Back 3KOW+1 {3 x 100 on 2:15 Backstroke-descend to ludicr
200	1 x 200 on 3:00 Stroke Drills
	6:45 PM 2,575 Yards - Stress Value = 74

Workout #26712 - Monday, 03 May 2021

Group 3 - USRPT

1 minute rest between sets

6:45 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
2,400	24 x 100 on 1:30 1650 Free Pace Must swim 16	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
200	10 x 20 on 1:00 Cross Pool Underwaters with fins	EN2
	8:05 AM 2,825 Yards - Stress Value = 253	

Workout #26713 - Monday, 03 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 10:00 Team Mtg	F
	1 on 12:00 DS/Showers	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
625	25 x 25 on :30 100 Fly Pace	S
300	1x{8 x 15 on :30 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck	E
1,250	25 x 50 on :50 200 Back Pace	S
	1 on 5:00 Recovery #1	F
1,250	25 x 50 on :55 200 Breast Pace	S
	1 on 5:00 Video Evaluations 1+/1-	F
500	25 x 20 on :25 100 Free Pace	S
	6:18 PM 4,075 Yards - Stress Value = 383	

Workout #26687 - Monday, 03 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill

150	10 x 15 on :45 Racing Skills-Fly Shooters
750	1x{1 x 100 on 3:30 Fly Kick w/board {4 x 25 on 1:00 Kick no board S {2 x 100 on 3:30 Fly Kick w/board {4 x 25 on 1:00 Kick no board S {2 x 100 on 3:30 Fly Kick w/board {2 x 25 on 1:00 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
525	1x{4 x 25 on 1:00 Butterfly-100% {1 x 50 on 4:00 Butterfly {4 x 25 on 1:00 Butterfly-100% {1 x 50 on 4:00 Butterfly {4 x 25 on 1:00 Butterfly-100% {1 x 50 on 4:00 Butterfly {3 x 25 on 1:00 Butterfly-100%
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 1,925 Yards - Stress Value = 65

Workout #26682 - Monday, 03 May 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,400	1x{1 x 150 on 2:55 Fly Kick w/board {4 x 25 on :30 Kick no board S {2 x 125 on 2:25 Fly Kick w/board {4 x 25 on :30 Kick no board S {3 x 100 on 1:55 Fly Kick w/board {4 x 25 on :30 Kick no board S {4 x 75 on 1:25 Fly Kick w/board {4 x 25 on :30 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 25 on :30 Butterfly-100% {1 x 50 on 3:00 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 75 on 3:30 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 100 on 4:00 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 75 on 3:30 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 3,000 Yards - Stress Value = 104

Workout #26683 - Monday, 03 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,350	1x{1 x 150 on 3:05 Fly Kick w/board {4 x 25 on :30 Kick no board S {2 x 125 on 2:35 Fly Kick w/board {4 x 25 on :30 Kick no board S {3 x 100 on 2:05 Fly Kick w/board {4 x 25 on :30 Kick no board S {4 x 75 on 1:35 Fly Kick w/board {2 x 25 on :30 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 25 on :30 Butterfly-100% {1 x 50 on 3:00 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 75 on 3:30 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 100 on 4:00 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 75 on 3:30 Butterfly {4 x 25 on :30 Butterfly-100% {1 x 50 on 3:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,950 Yards - Stress Value = 103

Workout #26684 - Monday, 03 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,200	1x{1 x 150 on 3:20 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 125 on 2:50 Fly Kick w/board {4 x 25 on :35 Kick no board S {3 x 100 on 2:15 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 75 on 1:40 Fly Kick w/board {2 x 25 on :35 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 25 on :35 Butterfly-100% {1 x 50 on 2:40 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 75 on 3:10 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 100 on 3:40 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 75 on 3:10 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 50 on 2:40 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,750 Yards - Stress Value = 100

Workout #26686 - Monday, 03 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland

200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,000	1x{1 x 150 on 4:00 Fly Kick w/board {4 x 25 on :45 Kick no board S {2 x 125 on 3:20 Fly Kick w/board {4 x 25 on :45 Kick no board S {3 x 100 on 2:40 Fly Kick w/board {4 x 25 on :45 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 25 on :40 Butterfly-100% {1 x 50 on 2:20 Butterfly {4 x 25 on :40 Butterfly-100% {1 x 75 on 2:50 Butterfly {4 x 25 on :40 Butterfly-100% {1 x 100 on 3:20 Butterfly {4 x 25 on :40 Butterfly-100% {1 x 75 on 2:50 Butterfly {4 x 25 on :40 Butterfly-100% {1 x 50 on 2:20 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,500 Yards - Stress Value = 96

Workout #26685 - Monday, 03 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
1,200	1x{1 x 150 on 3:30 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 125 on 2:55 Fly Kick w/board {4 x 25 on :35 Kick no board S {3 x 100 on 2:20 Fly Kick w/board {4 x 25 on :35 Kick no board S {4 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
850	1x{4 x 25 on :35 Butterfly-100% {1 x 50 on 2:40 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 75 on 3:10 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 100 on 3:40 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 75 on 3:10 Butterfly {4 x 25 on :35 Butterfly-100% {1 x 50 on 2:40 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,750 Yards - Stress Value = 100

Workout #26714 - Tuesday, 04 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
625	25 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Recovery #1	REC
1,250	25 x 50 on :55 200 Fly Pace	SP2
	1 on 10:00 Underwater Racing	EN2
1,250	25 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
500	25 x 20 on :25 100 Breast Pace	SP2
	6:15 PM 3,850 Yards - Stress Value = 371	

Workout #26693 - Tuesday, 04 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on 1:00 USRPT 100 Fly Pace
300	1x{1 x 100 on 3:00 Fly Kick w/board
	{1 x 50 on 1:30 Kick on back no board
	{1 x 100 on 3:00 Breast Kick w/board
	{1 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 150 on 5:00 IM w/out the free
	{2 x 50 on 1:30 Freestyle
	{1 x 150 on 5:00 IM w/out the breast
	{2 x 50 on 1:30 Breaststroke
	{1 x 150 on 5:00 IM w/out the back
	{2 x 50 on 1:30 Backstroke
	1 on 10:00 Underwater Racing
7:15 PM	1,875 Yards - Stress Value = 65

Workout #26688 - Tuesday, 04 May 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT 100 Fly Pace
450	1x{1 x 150 on 2:50 Fly Kick w/board
	{1 x 150 on 3:00 Kick on back no board
	{1 x 150 on 2:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{2 x 150 on 2:15 IM w/out the free
	{4 x 50 on :40 Freestyle
	{2 x 150 on 2:15 IM w/out the breast
	{4 x 50 on :55 Breaststroke
	{2 x 150 on 2:15 IM w/out the back
	{3 x 50 on :50 Backstroke
	{3 x 50 on :50 Butterfly
	1 on 10:00 Underwater Racing
7:15 PM	3,350 Yards - Stress Value = 122

Workout #26689 - Tuesday, 04 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT 100 Fly Pace
400	1x{1 x 150 on 3:00 Fly Kick w/board
	{1 x 150 on 3:15 Kick on back no board
	{1 x 100 on 2:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{2 x 150 on 2:30 IM w/out the free
	{4 x 50 on :45 Freestyle
	{2 x 150 on 2:30 IM w/out the breast
	{3 x 50 on :55 Breaststroke
	{2 x 150 on 2:30 IM w/out the back
	{2 x 50 on :50 Backstroke

{2 x 50 on :55 Butterfly
1 on 10:00 Underwater Racing
7:15 PM 3,025 Yards - Stress Value = 105

Workout #26690 - Tuesday, 04 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT 100 Fly Pace
400	1x{1 x 150 on 3:20 Fly Kick w/board
	{1 x 100 on 2:20 Kick on back no board
	{1 x 100 on 2:15 Breast Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{2 x 150 on 2:45 IM w/out the free
	{3 x 50 on :50 Freestyle
	{2 x 150 on 2:45 IM w/out the breast
	{3 x 50 on 1:00 Breaststroke
	{1 x 150 on 2:45 IM w/out the back
	{3 x 50 on :55 Backstroke
	{3 x 50 on :55 Butterfly
	1 on 10:00 Underwater Racing
7:15 PM	2,875 Yards - Stress Value = 103

Workout #26692 - Tuesday, 04 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT 100 Fly Pace
300	1x{1 x 100 on 2:40 Fly Kick w/board
	{1 x 100 on 2:45 Kick on back no board
	{1 x 100 on 2:40 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 150 on 4:00 IM w/out the free
	{3 x 50 on 1:00 Freestyle
	{1 x 150 on 4:00 IM w/out the breast
	{3 x 50 on 1:10 Breaststroke
	{1 x 150 on 4:00 IM w/out the back
	{3 x 50 on 1:05 Backstroke
	{2 x 50 on 1:10 Butterfly
	1 on 10:00 Underwater Racing
7:15 PM	2,250 Yards - Stress Value = 82

Workout #26691 - Tuesday, 04 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Crossover Turns
350	1x{1 x 100 on 2:20 Fly Kick w/board {1 x 100 on 2:30 Kick on back no board {1 x 100 on 2:20 Breast Kick w/board {1 x 50 on 1:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{2 x 150 on 2:55 IM w/out the free {3 x 50 on :55 Freestyle {2 x 150 on 2:55 IM w/out the breast {3 x 50 on 1:05 Breaststroke {1 x 150 on 2:55 IM w/out the back {2 x 50 on :55 Backstroke {2 x 50 on 1:00 Butterfly
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Underwater Racing
	7:15 PM 2,650 Yards - Stress Value = 93

Workout #26715 - Wednesday, 05 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:45 AM	Start
=====	=====
	1 on 15:00 Dynamic Stretch>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 1 on 8:00 Video Evaluations 1+/- for each stroke
160	8 x 20 on 1:00 Cross Pool Underwaters with fins
	8:00 AM 1,885 Yards - Stress Value = 162

Workout #26716 - Wednesday, 05 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 100 Breast Pace
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck
1,250	25 x 50 on :50 200 Free Pace 1 on 7:00 Recovery #1
750	30 x 25 on :30 200 Fly Pace
	1 on 8:00 Video Evaluations 1+/-
600	30 x 20 on :25 100 Back Pace
	6:15 PM 3,875 Yards - Stress Value = 350

Workout #26699 - Wednesday, 05 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
125	5 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 Teach Day-Free
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{4 x 50 on 2:00 Free Kick wboard {3 x 50 on 1:55 Free Kick w/board {2 x 50 on 1:50 Free Kick w/board {1 x 50 on 1:45 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 1,575 Yards - Stress Value = 66

Workout #26694 - Wednesday, 05 May 2021

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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
1,125	1x{4 x 125 on 2:20 Free Kick wboard {3 x 125 on 2:15 Free Kick w/board {1 x 125 on 2:10 Free Kick w/board {1 x 125 on 2:05 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,575 Yards - Stress Value = 103

Workout #26695 - Wednesday, 05 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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
1,050	1x{4 x 125 on 2:30 Free Kick wboard {3 x 125 on 2:25 Free Kick w/board {1 x 125 on 2:20 Free Kick w/board {1 x 50 on :55 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 102

Workout #26696 - Wednesday, 05 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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
1,000	1x{4 x 125 on 2:40 Free Kick wboard
	{2 x 125 on 2:35 Free Kick w/board
	{2 x 125 on 2:30 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,275 Yards - Stress Value = 88

Workout #26698 - Wednesday, 05 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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
800	1x{4 x 100 on 2:40 Free Kick wboard
	{3 x 100 on 2:35 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,950 Yards - Stress Value = 77

Workout #26697 - Wednesday, 05 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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
900	1x{4 x 100 on 2:20 Free Kick wboard
	{3 x 100 on 2:15 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,175 Yards - Stress Value = 86

Workout #26717 - Thursday, 06 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
625	25 x 25 on :30 100 Free Pace	SE
	1 on 5:00 Recovery #1	RE
1,000	20 x 50 on :55 200 Breast Pace	SE

	1 on 5:00 Video Evaluations 1+/1-	RE
1,000	20 x 50 on :50 200 Back Pace	SE
	100 1 x 100 on 2:00 Sculling Drill	RE
500	25 x 20 on :30 100 Fly Pace	SE
	1 on 15:00 Tic Tac Toe Relay	EN
	6:15 PM 3,450 Yards - Stress Value = 321	

Workout #26700 - Thursday, 06 May 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
1,350	1x{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:00 Kick on left side
	{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:00 Kick on right side
	{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:00 Kick alt 8KLS/8KRS
100	1 x 100 on 4:00 100 SL Kick on Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 3,050 Yards - Stress Value = 128

Workout #26705 - Thursday, 06 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on 1:00 USRPT-100 Back Pace
700	1x{4 x 25 on 1:00 Kick no board B
	{4 x 50 on 2:00 Kick on left side
	{4 x 25 on 1:00 Kick no board B
	{4 x 50 on 2:00 Kick on right side
	{4 x 25 on 1:00 Kick no board B
100	1 x 100 on 4:00 100 SL Kick on Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,925 Yards - Stress Value = 78

Workout #26701 - Thursday, 06 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Back Shooters
1,250	30 x 25 on :30 USRPT-100 Back Pace
	1x{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:05 Kick on left side
	{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:05 Kick on right side
	{6 x 25 on :30 Kick no board B
	{4 x 50 on 1:05 Kick alt 8KLS/8KRS
100	1 x 100 on 4:00 100 SL Kick on Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:14 PM 2,950 Yards - Stress Value = 126	

Workout #26702 - Thursday, 06 May 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Racing Skills-Back Shooters
1,100	26 x 25 on :35 USRPT-100 Back Pace
	1x{6 x 25 on :35 Kick no board B
	{6 x 50 on 1:10 Kick on left side
	{6 x 25 on :35 Kick no board B
	{6 x 50 on 1:10 Kick on right side
	{4 x 25 on :35 Kick no board B
	{2 x 50 on 1:10 Alt 8KLS/8KRS
100	1 x 100 on 4:00 100 SL Kick on Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:14 PM 2,650 Yards - Stress Value = 103	

Workout #26703 - Thursday, 06 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Racing Skills-Back Shooters
1,000	26 x 25 on :35 USRPT-100 Back Pace
	1x{4 x 25 on :40 Kick no board B
	{6 x 50 on 1:15 Kick on left side
	{4 x 25 on :40 Kick no board B
	{6 x 50 on 1:15 Kick on right side
	{2 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Alt 8KLS/8KRS
100	1 x 100 on 4:00 100 SL Kick on Back 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:14 PM 2,550 Yards - Stress Value = 111	

Workout #26718 - Friday, 07 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
6:45 AM Start			
225	1 on 15:00 Dynamic Stretch/Showers	REC	
750	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	30 x 25 on :30 Your #1 100 Pace	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
160	8 x 20 on 1:00 Cross Pool Underwaters	EN1	
	no fins		
8:00 AM 1,885 Yards - Stress Value = 161			

Workout #26719 - Friday, 07 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
4:15 PM Start			
225	1 on 15:00 Dynamic Stretch/Showers	REC	
600	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	30 x 20 on :30 100 Back Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Fly Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Free Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
5:45 PM 2,025 Yards - Stress Value = 189			

Workout #26706 - Friday, 07 May 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
750	10 x 15 on :45 Racing Skills-Breast Shooters
1,600	30 x 25 on :30 USRPT-100 Breast
	1x{2 x 125 on 2:10 100 Breast 25 free
	{3 x 100 on 1:50 Breast-descend
	{2 x 100 on 1:45 25 back 75 breast
	{3 x 100 on 1:50 Breast-descend
	{2 x 75 on 1:15 50 Breast 25 free
	{3 x 100 on 1:50 Breast-descend
	{2 x 50 on :55 25 Back 25 Breast
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 3,000 Yards - Stress Value = 113	

Workout #26711 - Friday, 07 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
375	10 x 15 on :45 Racing Skills-Breast Shooters
950	15 x 25 on 1:00 USRPT-100 Breast
	1x{2 x 125 on 4:00 100 Breast 25 free
	{2 x 100 on 3:00 Breast-descend
	{2 x 100 on 3:00 25 back 75 breast
	{3 x 100 on 3:00 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
6:45 PM 1,875 Yards - Stress Value = 63	

Workout #26707 - Friday, 07 May 2021

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast
1,500	1x{2 x 125 on 2:15 100 Breast 25 free
	{3 x 100 on 1:55 Breast-descend
	{2 x 100 on 1:50 25 back 75 breast
	{3 x 100 on 1:55 Breast-descend
	{2 x 75 on 1:20 50 Breast 25 free
	{3 x 100 on 1:55 Breast-descend
200	1 x 200 on 4:00 Stroke Drills
	6:45 PM 2,775 Yards - Stress Value = 61

Workout #26708 - Friday, 07 May 2021

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast
1,400	1x{2 x 125 on 2:25 100 Breast 25 free
	{3 x 100 on 2:00 Breast-descend
	{2 x 100 on 1:55 25 back 75 breast
	{3 x 100 on 2:00 Breast-descend
	{2 x 75 on 1:25 50 Breast 25 free
	{2 x 100 on 2:00 Breaststroke-descend
200	1 x 200 on 4:00 Stroke Drills
	6:44 PM 2,550 Yards - Stress Value = 89

Workout #26710 - Friday, 07 May 2021

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast
1,100	1x{2 x 125 on 3:00 100 Breast 25 free
	{2 x 100 on 2:30 Breast-descend
	{2 x 100 on 2:30 25 back 75 breast
	{2 x 100 on 2:30 Breast-descend
	{2 x 75 on 1:50 50 Breast 25 free
	{1 x 100 on 2:30 Breaststroke-fast
200	1 x 200 on 4:00 Stroke Drills
	6:44 PM 2,150 Yards - Stress Value = 78

Workout #26709 - Friday, 07 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast
1,300	1x{2 x 125 on 2:35 100 Breast 25 free
	{3 x 100 on 2:05 Breast-descend

{2 x 100 on 2:05 25 back 75 breast

{3 x 100 on 2:05 Breast-descend

{2 x 75 on 1:35 50 Breast 25 free

{1 x 100 on 2:05 Breaststroke-fast

200 1 x 200 on 4:00 Stroke Drills

6:44 PM 2,450 Yards - Stress Value = 87

Workout #26720 - Monday, 10 May 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
3,000	30 x 100 on 1:30 1650 Free Pace	SP2
	Must swim 16	
	1 on 6:00 Video Evaluations 1+/1-	REC
200	10 x 20 on 1:00 Cross Pool Underwaters	EN2
	with fins	
	8:00 AM 3,425 Yards - Stress Value = 313	

Workout #26721 - Monday, 10 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
625	25 x 25 on :30 100 Back Pace	S
300	1x{8 x 15 on :30 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :15 Undr Wtr Fly Kck	E
1,250	25 x 50 on :55 200 Breast Pace	S
	1 on 5:00 Recovery #1	F
1,250	25 x 50 on :50 200 Free Pace	S
	1 on 5:00 Video Evaluations 1+/1-	F
500	25 x 20 on :25 100 Fly Pace	S
	6:15 PM 4,150 Yards - Stress Value = 390	

Workout #26733 - Monday, 10 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 18:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT 100 Fly Pace
800	1x{1 x 100 on 3:00 Fly Kick w/board
	{1 x 100 on 4:00 Kick on back no board
	{1 x 100 on 3:00 Breast Kick w/board
	{1 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 100 on 4:00 Kick on back no board
	{1 x 100 on 3:00 Breast Kick w/board
	{1 x 100 on 3:00 Free Kick w/board
	7:15 PM 1,625 Yards - Stress Value = 60

Workout #26728 - Monday, 10 May 2021

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 18:00 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
1,400	1x{1 x 150 on 2:50 Fly Kick w/board {1 x 150 on 3:00 Kick on back no board {1 x 150 on 2:50 Breast Kick w/board {1 x 150 on 2:50 Free Kick w/board {2 x 100 on 1:50 Fly Kick w/board {2 x 100 on 1:55 Kick on back no board {2 x 100 on 1:50 Breast Kick w/board {2 x 100 on 1:50 Free Kick w/board
7:16 PM	2,700 Yards - Stress Value = 109

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 18:00 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
950	1x{1 x 100 on 2:40 Fly Kick w/board {1 x 100 on 2:45 Kick on back no board {1 x 100 on 2:40 Breast Kick w/board {1 x 100 on 2:40 Free Kick w/board {2 x 50 on 1:20 Fly Kick w/board {3 x 50 on 1:25 Kick on back no board {3 x 50 on 1:20 Breast Kick w/board {3 x 50 on 1:20 Free Kick w/board
7:15 PM	1,900 Yards - Stress Value = 75

Workout #26729 - Monday, 10 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 18:00 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
1,250	1x{1 x 150 on 3:00 Fly Kick w/board {1 x 150 on 3:15 Kick on back no board {1 x 150 on 3:00 Breast Kick w/board {1 x 150 on 3:00 Free Kick w/board {2 x 100 on 2:00 Fly Kick w/board {2 x 100 on 2:10 Kick on back no board {2 x 100 on 2:00 Breast Kick w/board {1 x 50 on 1:00 Free Kick w/board
7:15 PM	2,425 Yards - Stress Value = 93

Workout #26731 - Monday, 10 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 18:00 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 Breast Pace
1,100	1x{1 x 150 on 3:30 Fly Kick w/board {1 x 150 on 3:40 Kick on back no board {1 x 150 on 3:30 Breast Kick w/board {1 x 150 on 3:30 Free Kick w/board {1 x 100 on 2:20 Fly Kick w/board {1 x 100 on 2:25 Kick on back no board {1 x 100 on 2:20 Breast Kick w/board {2 x 100 on 2:20 Free Kick w/board
7:15 PM	2,150 Yards - Stress Value = 83

Workout #26730 - Monday, 10 May 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 18:00 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
1,150	1x{1 x 150 on 3:20 Fly Kick w/board {1 x 150 on 3:30 Kick on back no board {1 x 150 on 3:20 Breast Kick w/board {1 x 150 on 3:20 Free Kick w/board {2 x 100 on 2:10 Fly Kick w/board {1 x 100 on 2:20 Kick on back no board {1 x 100 on 2:10 Breast Kick w/board {3 x 50 on 1:05 Free Kick w/board
7:15 PM	2,275 Yards - Stress Value = 91

Workout #26737 - Monday, 10 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly 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
1,925	1x{3 x 250 on 5:05 FR #1DPS, #2KOW, #3FAST! {3 x 200 on 4:00 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:55 FR #1DPS, #2KOW, #3FAST! {3 x 75 on 1:25 FR #1DPS, #2KOW, #3FAST! {1 x 50 on 1:00 Free-FAST
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,250 Yards - Stress Value = 106

Workout #26732 - Monday, 10 May 2021

Workout #26722 - Tuesday, 11 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
625	25 x 25 on :30 100 Breast Pace	SP2
1	on 5:00 Recovery #1	REC
1,250	25 x 50 on :55 200 Back Pace	SP2
1	on 10:00 Underwater Racing	EN2
1,250	25 x 50 on :50 200 Fly Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
500	25 x 20 on :25 100 Free Pace	SP2
6:15 PM 3,850 Yards - Stress Value = 371		

Workout #26739 - Tuesday, 11 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,325	1x{3 x 200 on 6:00 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 2:50 FR #1DPS, #2KOW, #3FAST! {3 x 75 on 2:05 FR #1DPS, #2KOW, #3FAST! {4 x 50 on 1:20 FR #1DPS, #2KOW, #3-#4FAST!
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,475 Yards - Stress Value = 82	

Workout #26734 - Tuesday, 11 May 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 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
2,700	1x{3 x 300 on 4:25 FR #1DPS, #2KOW, #3FAST! {3 x 250 on 3:35 FR #1DPS, #2KOW, #3FAST! {3 x 200 on 2:50 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:05 FR #1DPS, #2KOW, #3FAST!
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 4,200 Yards - Stress Value = 135	

Workout #26735 - Tuesday, 11 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 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
2,450	1x{3 x 300 on 4:55 FR #1DPS, #2KOW, #3FAST! {3 x 200 on 3:10 FR #1DPS, #2KOW, #3FAST!

{3 x 150 on 2:20 FR #1DPS, #2KOW, #3FAST!
{3 x 100 on 1:30 FR #1DPS, #2KOW, #3FAST!
{4 x 50 on :45 FR #1DPS, #2KOW, #3-#4FAST!
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 3,950 Yards - Stress Value = 130

Workout #26736 - Tuesday, 11 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 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
2,100	1x{3 x 250 on 4:40 FR #1DPS, #2KOW, #3FAST! {3 x 200 on 3:40 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:40 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:45 FR #1DPS, #2KOW, #3FAST!
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,425 Yards - Stress Value = 110	

Workout #26738 - Tuesday, 11 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 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
1,650	1x{3 x 250 on 6:00 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 3:30 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 2:15 FR #1DPS, #2KOW, #3FAST! {3 x 50 on 1:05 FR #1DPS, #2KOW, #3FAST!
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,850 Yards - Stress Value = 94	

Workout #26723 - Wednesday, 12 May 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1	on 15:00 Dynamic Stretch/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 {1 on 10:00 Video Evaluations 1+/1- for each stroke
300	15 x 20 on 1:00 Cross Pool Underwaters with fins
7:54 AM 2,025 Yards - Stress Value = 165	

Workout #26724 - Wednesday, 12 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :30 100 Fly Pace
300	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
1,250	25 x 50 on :50 200 Free Pace
	1 on 5:00 Recovery #1
1,250	25 x 50 on :55 200 Breast Pace
	1 on 6:00 Video Evaluations 1+/1-
500	25 x 20 on :25 100 Back Pace
	6:15 PM 4,150 Yards - Stress Value = 377

Workout #26740 - Wednesday, 12 May 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
1,350	1x{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:00 Kick on left side
	{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:00 Kick on right side
	{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:00 Kick alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke-100%
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,725 Yards - Stress Value = 87

Workout #26745 - Wednesday, 12 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
100	4 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
700	1x{4 x 25 on 1:00 Kick no board B
	{4 x 50 on 2:00 Kick on left side
	{4 x 25 on 1:00 Kick no board B
	{4 x 50 on 2:00 Kick on right side
	{4 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
675	9 x 75 on 3:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,925 Yards - Stress Value = 88

Workout #26741 - Wednesday, 12 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
1,200	1x{4 x 25 on :30 Kick no board B
	{6 x 50 on 1:05 Kick on left side
	{6 x 25 on :30 Kick no board B
	{6 x 50 on 1:05 Kick on right side
	{6 x 25 on :30 Kick no board B
	{4 x 50 on 1:05 Kick alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 2,575 Yards - Stress Value = 98

Workout #26742 - Wednesday, 12 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
1,100	1x{6 x 25 on :35 Kick no board B
	{6 x 50 on 1:10 Kick on left side
	{6 x 25 on :35 Kick no board B
	{6 x 50 on 1:10 Kick on right side
	{4 x 25 on :35 Kick no board B
	{2 x 50 on 1:10 Alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 2,425 Yards - Stress Value = 96

Workout #26744 - Wednesday, 12 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
950	1x{4 x 25 on :45 Kick no board B
	{4 x 50 on 1:25 Kick on left side
	{4 x 25 on :45 Kick no board B
	{4 x 50 on 1:25 Kick on right side
	{4 x 25 on :45 Kick no board B
	{5 x 50 on 1:25 Alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,225 Yards - Stress Value = 93

Workout #26743 - Wednesday, 12 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 25:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
1,000	10 x 15 on :45 Racing Skills-Back Shooters
1x{	4 x 25 on :40 Kick no board B
	{6 x 50 on 1:15 Kick on left side
	{4 x 25 on :40 Kick no board B
	{6 x 50 on 1:15 Kick on right side
	{2 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
7:14 PM	2,325 Yards - Stress Value = 94

Workout #26725 - Thursday, 13 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:15 PM Start		
225	1 on 15:00 Dynamic Stretch/Showers	RE
625	15 x 15 on :45 Racing Skills-Breast Shooters	SE
	25 x 25 on :30 100 Free Pace	SE
	1 on 5:00 Recovery #1	RE
750	30 x 25 on :30 200 Fly Pace	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
1,250	25 x 50 on :50 200 Back Pace	SE
100	1 x 100 on 2:00 Sculling Drill	RE
500	25 x 20 on :30 100 Breast Pace	SE
	1 on 15:00 Tic Tac Toe Relay	EN
6:15 PM	3,450 Yards - Stress Value = 321	

Workout #26746 - Thursday, 13 May 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Breast Shooters
1,300	30 x 25 on :30 USRPT-100 Breast Pace
1x{	1 on :30 5 Squats
	{1 x 50 on :55 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:25 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 1:55 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:25 Breast Kick w/board
	{1 on :45 20 Squats
	{3 x 100 on 1:55 Breast Kick with board
	{1 on :40 15 Squats
100	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 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:16 PM	3,000 Yards - Stress Value = 127

Workout #26751 - Thursday, 13 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Racing Skills-Breast Shooters
625	22 x 25 on :40 USRPT-100 Breast Pace
1x{	1 on :30 5 Squats
	{1 x 50 on 2:00 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 3:00 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 4:00 Breast Kick w/board
	{1 on :45 20 Squats
	{1 x 125 on 5:00 Breast Kick w/board
	{1 on :40 15 Squats
100	1 x 100 on 4:00 100 Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
200	1 on 5:00 100 Breast for time
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	1,925 Yards - Stress Value = 75

Workout #26747 - Thursday, 13 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Breast Shooters
1,200	25 x 25 on :35 USRPT-100 Breast Pace
1x{	1 on :30 5 Squats
	{1 x 50 on 1:05 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:35 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:05 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:35 Breast Kick w/board
	{1 on :40 15 Squats
	{2 x 100 on 2:05 Breast Kick w/board
100	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 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:16 PM	2,775 Yards - Stress Value = 112

Workout #26748 - Thursday, 13 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,100	1x{1 on :30 5 Squats
	{1 x 50 on 1:10 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:40 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:15 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:50 Breast Kick w/board
	{1 on :40 15 squats
100	{1 x 100 on 2:15 Breast Kick w/board
100	1 x 100 on 4:00 100 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 Breast for time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,550 Yards - Stress Value = 103

Workout #26750 - Thursday, 13 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Dryland and stretch
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
925	1x{1 on :30 5 Squats
	{1 x 50 on 1:20 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 2:00 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:40 Breast Kick w/board
	{1 on :45 20 Squats
	{3 x 125 on 3:20 Breast Kick w/board
	{1 on :40 15 Squats
	{1 x 50 on 1:20 Breast Kick w/board
100	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 Breast for time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,325 Yards - Stress Value = 100

Workout #26749 - Thursday, 13 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,000	1x{1 on :30 5 Squats
	{1 x 50 on 1:15 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:55 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:30 Breast Kick w/board
	{1 on :45 20 Squats

	{4 x 125 on 3:10 Breast Kick w/board
100	1 x 100 on 4:00 100 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 Breast for time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,450 Yards - Stress Value = 101

Workout #26726 - Friday, 14 May 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 Your #1 200 Pace	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
200	10 x 20 on 1:00 Cross Pool Underwaters	EN1	
	no fins		
	8:00 AM 2,675 Yards - Stress Value = 236		

Workout #26727 - Friday, 14 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
600	30 x 20 on :30 100 Back Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Fly Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Free Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
	5:45 PM 2,025 Yards - Stress Value = 189		

Workout #26757 - Friday, 14 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
300	12 x 25 on 1:00 USRPT 100 Fly Pace	E
350	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick	E
	{4 x 25 on 1:00 Fly 8/9/10/11 KOW	E
	{1 x 100 on 3:00 75 Free 25 Fly w/free kick	E
	{2 x 25 on 1:00 Fly 11/12 KOW	E
	1 on 10:00 Game or Relay	F
	6:45 PM 1,000 Yards - Stress Value = 19	

Workout #26752 - Friday, 14 May 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
600	24 x 25 on :30 USRPT 100 Fly Pace	E
700	1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 8/9/10/11 KOW	E
	{1 x 100 on 1:30 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 9/10/11/12 KOW	E
	{1 x 100 on 1:30 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 10/11/12/13 KOW	E
	{1 x 100 on 1:30 75 Free 25 Fly w/free kick	E
	1 on 10:00 Game or Relay	F
6:45	PM 1,750 Yards - Stress Value = 32	

Workout #26753 - Friday, 14 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
500	20 x 25 on :35 USRPT 100 Fly Pace	E
700	1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 8/9/10/11 KOW	E
	{1 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 9/10/11/12 KOW	E
	{1 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 10/11/12/13 KOW	E
	{1 x 100 on 1:40 75 Free 25 Fly w/free kick	E
	1 on 10:00 Game or Relay	F
6:45	PM 1,650 Yards - Stress Value = 30	

Workout #26754 - Friday, 14 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
500	20 x 25 on :35 USRPT 100 Fly Pace	E
600	1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick	E
	{4 x 25 on :35 Fly 8/9/10/11 KOW	E
	{1 x 100 on 1:55 75 Free 25 Fly w/free kick	E
	{4 x 25 on :35 Fly 9/10/11/12 KOW	E
	{1 x 100 on 1:55 75 Free 25 Fly w/free kick	E
	{4 x 25 on :35 Fly 10/11/12/13 KOW	E
	1 on 10:00 Game or Relay	F
6:45	PM 1,500 Yards - Stress Value = 28	

Workout #26756 - Friday, 14 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
400	16 x 25 on :45 USRPT 100 Fly Pace	E

500	1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick	E
	{4 x 25 on :45 Fly 8/9/10/11 KOW	E
	{1 x 100 on 2:30 75 Free 25 Fly w/free kick	E
	{4 x 25 on :45 Fly 9/10/11/12 KOW	E
	{1 x 100 on 2:30 75 Free 25 Fly w/free kick	E
	1 on 10:00 Game or Relay	F
6:46	PM 1,250 Yards - Stress Value = 24	

Workout #26755 - Friday, 14 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
450	18 x 25 on :40 USRPT 100 Fly Pace	E
550	1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick	E
	{4 x 25 on :40 Fly 8/9/10/11 KOW	E
	{1 x 100 on 2:05 75 Free 25 Fly w/free kick	E
	{4 x 25 on :30 Fly 9/10/11/12 KOW	E
	{1 x 100 on 2:05 75 Free 25 Fly w/free kick	E
	{2 x 25 on :40 Fly 12/13 KOW	E
	1 on 10:00 Game or Relay	F
6:45	PM 1,400 Yards - Stress Value = 26	

Workout #26758 - Monday, 17 May 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
3,000	30 x 100 on 1:30 1650 Free Pace	SP2
	Must swim 16	
	1 on 6:00 Video Evaluations 1+/1-	REC
200	10 x 20 on 1:00 Cross Pool Underwaters	EN2
	with fins	
8:00	AM 3,425 Yards - Stress Value = 313	

Workout #26759 - Monday, 17 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,500	30 x 50 on :50 200 Free Pace*	S
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :55 200 Breast Pace	S
100	1 x 100 on 2:00 Sculling drills	F
750	1x{15 x 25 on :30 100 Back Pace	S
	{1 on 5:00 Sculling Drill	F
	{15 x 25 on :30 100 Fly Pace	S
	1 on 9:00 Team Meeting	F
6:15	PM 4,075 Yards - Stress Value = 385	

Workout #26771 - Monday, 17 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
900	1x{4 x 100 on 4:00 Free Kick wboard
	{1 x 50 on 2:00 Free Kick w/board-100%
	{3 x 100 on 3:55 Free Kick w/board
	{3 x 50 on 2:00 Free Kick w/board-100%
100	1 x 100 on 5:00 Free 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 6:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 98

Workout #26766 - Monday, 17 May 2021

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
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
1,750	1x{4 x 125 on 2:20 Free Kick wboard
	{1 x 50 on 1:15 Free Kick w/board-100%
	{3 x 125 on 2:15 Free Kick w/board
	{2 x 50 on 1:15 Free Kick w/board-100%
	{2 x 125 on 2:10 Free Kick w/board
	{3 x 50 on 1:15 Free Kick w/board-100%
	{1 x 125 on 2:05 Free Kick w/board
	{4 x 50 on 1:15 Free Kick w/board-100%
100	1 x 100 on 5:00 Free 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 6:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,450 Yards - Stress Value = 140

Workout #26767 - Monday, 17 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
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
1,650	1x{4 x 125 on 2:30 Free Kick wboard
	{1 x 50 on 1:15 Free Kick w/board-100%
	{3 x 125 on 2:25 Free Kick w/board
	{2 x 50 on 1:15 Free Kick w/board-100%
	{2 x 125 on 2:20 Free Kick w/board
	{3 x 50 on 1:15 Free Kick w/board-100%
	{1 x 125 on 2:15 Free Kick w/board
	{2 x 50 on 1:15 Free Kick w/board-100%
100	1 x 100 on 5:00 Free 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 6:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,350 Yards - Stress Value = 138

Workout #26768 - Monday, 17 May 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
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
1,600	1x{4 x 125 on 2:40 Free Kick wboard
	{1 x 50 on 1:20 Free Kick w/board-100%
	{3 x 125 on 2:35 Free Kick w/board
	{2 x 50 on 1:20 Free Kick w/board-100%
	{2 x 125 on 2:30 Free Kick w/board
	{3 x 50 on 1:20 Free Kick w/board-100%
	{1 x 125 on 2:25 Free Kick w/board
	{1 x 50 on 1:00 Free Kick w/board-100%
100	1 x 100 on 5:00 Free 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 6:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,125 Yards - Stress Value = 124

Workout #26770 - Monday, 17 May 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 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
1,300	1x{4 x 100 on 2:40 Free Kick wboard
	{1 x 50 on 1:30 Free Kick w/board-100%
	{3 x 100 on 2:35 Free Kick w/board
	{2 x 50 on 1:30 Free Kick w/board-100%
	{2 x 100 on 2:30 Free Kick w/board
	{3 x 50 on 1:30 Free Kick w/board-100%
	{1 x 100 on 2:25 Free Kick w/board
100	1 x 100 on 5:00 Free 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 6:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,700 Yards - Stress Value = 111

Workout #26769 - Monday, 17 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
1,400	1x{4 x 100 on 2:20 Free Kick wboard
	{1 x 50 on 1:30 Free Kick w/board-100%
	{3 x 100 on 2:20 Free Kick w/board
	{2 x 50 on 1:30 Free Kick w/board-100%
	{2 x 100 on 2:15 Free Kick w/board
	{3 x 50 on 1:30 Free Kick w/board-100%
	{1 x 100 on 2:10 Free Kick w/board
	{2 x 50 on 1:30 Free Kick w/board-100%
100	1 x 100 on 5:00 Free 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 6:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,925 Yards - Stress Value = 120

Workout #26777 - Tuesday, 18 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
350	1x{2 x 25 on 1:00 Kick no board B
	{2 x 50 on 2:00 Kick on left side
	{2 x 25 on 1:00 Kick no board B
	{2 x 50 on 2:00 Kick on right side
	{1 x 50 on 2:00 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
	{4 x 50 on 1:40 Back 3KOW+1
	{2 x 100 on 2:55 Backstroke
	{3 x 50 on 1:45 Back 3KOW+1
	{1 x 100 on 3:30 Backstroke-100%
	1 on 14:00 Game
	7:29 PM 1,925 Yards - Stress Value = 66

Workout #26760 - Tuesday, 18 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
	4:15 PM Start	
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	F
1,500	30 x 50 on :50 200 Back Pace*	F
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :55 200 Fly Pace	F
100	1 x 100 on 2:00 Sculling drills	F
750	1x{15 x 25 on :30 100 Free Pace	F
	{1 on 5:00 Sculling Drill	F
	{15 x 25 on :30 100 Breast Pace	F
	1 on 9:00 Shoulder Mobility	F
	6:15 PM 4,075 Yards - Stress Value = 385	

Workout #26773 - Tuesday, 18 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
650	1x{4 x 25 on :30 Kick no board B
	{3 x 50 on 1:05 Kick on left side
	{4 x 25 on :30 Kick no board B
	{3 x 50 on 1:05 Kick on right side
	{6 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
1,500	1x{1 x 150 on 2:30 Backstroke
	{3 x 50 on :50 Back 3KOW+1
	{2 x 150 on 2:25 Backstroke
	{4 x 50 on :55 Back 3KOW+1
	{3 x 150 on 2:20 Backstroke
	{5 x 50 on 1:00 Back 3KOW+1
	1 on 14:00 Game
	7:30 PM 3,325 Yards - Stress Value = 111

Workout #26772 - Tuesday, 18 May 2021

Group 2 - Back

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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 B
	{3 x 50 on 1:00 Kick on left side
	{4 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on right side
	{4 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 150 on 2:20 Backstroke
	{3 x 50 on :45 Back 3KOW+1
	{2 x 150 on 2:15 Backstroke
	{4 x 50 on :50 Back 3KOW+1
	{3 x 150 on 2:10 Backstroke
	{5 x 50 on :55 Back 3KOW+1
	{1 x 100 on 1:30 Backstroke-100%
	1 on 14:00 Game
	7:30 PM 3,600 Yards - Stress Value = 127

Workout #26774 - Tuesday, 18 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
600	1x{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:10 Kick on left side
	{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:10 Kick on right side
	{4 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 150 on 2:45 Backstroke
	{3 x 50 on :50 Back 3KOW+1
	{2 x 150 on 2:40 Backstroke
	{4 x 50 on :55 Back 3KOW+1
	{2 x 150 on 2:35 Backstroke
	{4 x 50 on 1:00 Back 3KOW+1
	{1 x 100 on 2:00 Backstroke-100%
	1 on 14:00 Game
7:30 PM	3,125 Yards - Stress Value = 108

Workout #26776 - Tuesday, 18 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
475	1x{4 x 25 on :45 Kick no board B
	{2 x 50 on 1:25 Kick on left side
	{4 x 25 on :45 Kick no board B
	{2 x 50 on 1:25 Kick on right side
	{3 x 25 on :45 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 100 on 2:25 Backstroke
	{3 x 50 on 1:05 Back 3KOW+1
	{2 x 100 on 2:20 Backstroke
	{3 x 50 on 1:10 Back 3KOW+1
	{3 x 100 on 2:15 Backstroke
	{2 x 50 on 1:15 Back 3KOW+1
	{1 x 100 on 2:30 Backstroke-100%
	1 on 14:00 Game
7:30 PM	2,525 Yards - Stress Value = 88

Workout #26775 - Tuesday, 18 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
570	1x{4 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick on left side
	{4 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick on right side
	{2 x 35 on :35 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

1,300	1x{1 x 150 on 2:55 Backstroke
	{3 x 50 on :55 Back 3KOW+1
	{2 x 150 on 2:50 Backstroke
	{3 x 50 on 1:00 Back 3KOW+1
	{2 x 150 on 2:45 Backstroke
	{3 x 50 on 1:05 Back 3KOW+1
	{1 x 100 on 2:15 Backstroke-100%
	1 on 14:00 Game
7:30 PM	2,920 Yards - Stress Value = 98

Workout #26761 - Wednesday, 19 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 5:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Free Pace
100	1 x 100 on 2:00 Sculling drills
750	1x{15 x 25 on :30 100 Fly Pace
	{1 on 5:00 Sculling Drill
	{15 x 25 on :30 100 Back Pace
	1 on 9:00 Team Meeting
6:15 PM	4,075 Yards - Stress Value = 385

Workout #26778 - Wednesday, 19 May 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,300	1x{1 on :30 5 Squats
	{1 x 50 on :55 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:25 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 1:55 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:25 Breast Kick w/board
	{1 on :45 20 Squats
	{3 x 100 on 1:55 Breast Kick with board
	{1 on :40 15 Squats
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{1 x 200 on 6:00 Breaststroke
	{1 x 175 on 5:30 Breaststroke
	{1 x 150 on 5:00 Breaststroke
	{1 x 125 on 4:30 Breaststroke
	{1 x 100 on 4:00 Breaststroke
	{1 x 75 on 3:30 Breaststroke
	{1 x 50 on 3:00 Breaststroke
	{4 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,975 Yards - Stress Value = 110

Workout #26783 - Wednesday, 19 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Wednesday Warm-up
100	4 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	1x{1 on :30 5 Squats
	{1 x 50 on 2:00 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 3:00 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 4:00 Breast Kick w/board
	{1 on :45 20 Squats
	{1 x 125 on 5:00 Breast Kick w/board
	{1 on :40 15 Squats
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{1 x 200 on 6:00 Breaststroke
	{1 x 175 on 5:30 Breaststroke
	{1 x 150 on 5:00 Breaststroke
	{1 x 125 on 4:30 Breaststroke
	{1 x 100 on 4:00 Breaststroke
	{1 x 75 on 3:30 Breaststroke
	{1 x 50 on 3:00 Breaststroke
	{4 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:28 PM 2,150 Yards - Stress Value = 96

Workout #26779 - Wednesday, 19 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,200	1x{1 on :30 5 Squats
	{1 x 50 on 1:05 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:35 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:05 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:35 Breast Kick w/board
	{1 on :40 15 Squats
	{2 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
975	1x{1 x 200 on 6:00 Breaststroke
	{1 x 175 on 5:30 Breaststroke
	{1 x 150 on 5:00 Breaststroke
	{1 x 125 on 4:30 Breaststroke
	{1 x 100 on 4:00 Breaststroke
	{1 x 75 on 3:30 Breaststroke
	{1 x 50 on 3:00 Breaststroke
	{4 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,875 Yards - Stress Value = 108

Workout #26780 - Wednesday, 19 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up

150	10 x 15 on :45 Racing Skills-Breast Shooters
1,100	1x{1 on :30 5 Squats
	{1 x 50 on 1:10 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:40 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:15 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:50 Breast Kick w/board
	{1 on :40 15 squats
	{1 x 100 on 2:15 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{1 x 200 on 6:00 Breaststroke
	{1 x 175 on 5:30 Breaststroke
	{1 x 150 on 5:00 Breaststroke
	{1 x 125 on 4:30 Breaststroke
	{1 x 100 on 4:00 Breaststroke
	{1 x 75 on 3:30 Breaststroke
	{1 x 50 on 3:00 Breaststroke
	{4 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:28 PM 2,725 Yards - Stress Value = 106

Workout #26782 - Wednesday, 19 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dryland and stretch
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
925	1x{1 on :30 5 Squats
	{1 x 50 on 1:20 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 2:00 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:40 Breast Kick w/board
	{1 on :45 20 Squats
	{3 x 125 on 3:20 Breast Kick w/board
	{1 on :40 15 Squats
	{1 x 50 on 1:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{1 x 200 on 6:00 Breaststroke
	{1 x 175 on 5:30 Breaststroke
	{1 x 150 on 5:00 Breaststroke
	{1 x 125 on 4:30 Breaststroke
	{1 x 100 on 4:00 Breaststroke
	{1 x 75 on 3:30 Breaststroke
	{1 x 50 on 3:00 Breaststroke
	{4 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:28 PM 2,500 Yards - Stress Value = 103

Workout #26781 - Wednesday, 19 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Table with columns Yards and Set Description. Includes workout details for Group 2 - Silver/Bronze, starting at 5:30 PM. Total yards: 2,600. Stress Value = 104.

Workout #26762 - Thursday, 20 May 2021

Group 3 - USRPT

1 minute rest between sets

Table with columns Yards and Set Description. Includes workout details for Group 3 - USRPT, starting at 6:30 AM. Total yards: 2,125. Stress Value = 167.

Workout #26763 - Thursday, 20 May 2021

Group 3 - USRPT

1 minute rest between sets

Table with columns Yards, Set Description, and EC. Includes workout details for Group 3 - USRPT, starting at 4:15 PM. Total yards: 3,450. Stress Value = 321.

Workout #26789 - Thursday, 20 May 2021

Group 2 - Copper

1 minute rest between sets

Table with columns Yards and Set Description. Includes workout details for Group 2 - Silver/Bronze, starting at 5:30 PM. Total yards: 1,675. Stress Value = 59.

Workout #26784 - Thursday, 20 May 2021

Group 2 - Fly

1 minute rest between sets

Table with columns Yards and Set Description. Includes workout details for Group 2 - Fly, starting at 5:30 PM. Total yards: 2,800. Stress Value = 109.

Workout #26785 - Thursday, 20 May 2021

Group 2 - Gold

1 minute rest between sets

Table with columns Yards and Set Description. Includes workout details for Group 2 - Gold, starting at 5:30 PM. Total yards: 2,625. Stress Value = 95.

Workout #26786 - Thursday, 20 May 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
1,200	1x{1 x 150 on 3:20 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 2 x 125 on 2:50 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 3 x 100 on 2:15 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 2 x 75 on 1:40 Fly Kick w/board { 2 x 25 on :35 Kick no board S
100	1 x 100 on 2:00 Stroke Drills
7:30 PM 2,425 Yards - Stress Value = 92	

Workout #26788 - Thursday, 20 May 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
1,000	1x{1 x 150 on 4:00 Fly Kick w/board { 4 x 25 on :45 Kick no board S { 2 x 125 on 3:20 Fly Kick w/board { 4 x 25 on :45 Kick no board S { 3 x 100 on 2:40 Fly Kick w/board { 4 x 25 on :45 Kick no board S
100	1 x 100 on 2:00 Stroke Drills
7:30 PM 2,050 Yards - Stress Value = 76	

Workout #26787 - Thursday, 20 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
1,200	1x{1 x 150 on 3:30 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 2 x 125 on 2:55 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 3 x 100 on 2:20 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 4 x 50 on 1:10 Fly Kick w/board
100	1 x 100 on 2:00 Stroke Drills
7:30 PM 2,350 Yards - Stress Value = 85	

Workout #26764 - Friday, 21 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
6:30 AM Start			
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 Your #1 200 Pace	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
200	10 x 20 on 1:00 Cross Pool Underwaters no fins	EN1	
8:00 AM 2,675 Yards - Stress Value = 236			

Workout #26765 - Friday, 21 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
4:15 PM Start			
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
600	30 x 20 on :30 100 Back Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Fly Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Free Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
5:45 PM 2,025 Yards - Stress Value = 189			

Workout #26795 - Friday, 21 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on 1:00 USRPT 100 Breast Pace
900	1x{1 x 150 on 5:00 IM w/out the free { 2 x 50 on 1:30 Freestyle { 1 x 150 on 5:00 IM w/out the breast { 2 x 50 on 1:30 Breaststroke { 1 x 150 on 5:00 IM w/out the back { 2 x 50 on 1:30 Backstroke { 1 x 150 on 5:00 IM w/out the fly
100	1 x 100 on 4:00 Stroke Drills
6:45 PM 1,725 Yards - Stress Value = 62	

Workout #26790 - Friday, 21 May 2021

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT 100 Breast Pace
1,900	1x{2 x 150 on 2:15 IM w/out the free
	{4 x 50 on :40 Freestyle
	{2 x 150 on 2:15 IM w/out the breast
	{4 x 50 on :55 Breaststroke
	{2 x 150 on 2:15 IM w/out the back
	{3 x 50 on :50 Backstroke
	{2 x 150 on 2:15 IM w/out the fly
	{3 x 50 on :50 Butterfly
200	1 x 200 on 4:00 Stroke Drills
6:46 PM	3,300 Yards - Stress Value = 119

Workout #26791 - Friday, 21 May 2021

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT 100 Breast Pace
1,750	1x{2 x 150 on 2:30 IM w/out the free
	{3 x 50 on :45 Freestyle
	{2 x 150 on 2:30 IM w/out the breast
	{3 x 50 on :55 Breaststroke
	{2 x 150 on 2:30 IM w/out the back
	{3 x 50 on :50 Backstroke
	{2 x 150 on 2:30 IM w/out the fly
	{2 x 50 on :55 Butterfly
200	1 x 200 on 4:00 Stroke Drills
6:46 PM	3,025 Yards - Stress Value = 103

Workout #26792 - Friday, 21 May 2021

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT 100 Breast Pace
1,600	1x{2 x 150 on 2:45 IM w/out the free
	{3 x 50 on :50 Freestyle
	{2 x 150 on 2:45 IM w/out the breast
	{3 x 50 on 1:00 Breaststroke
	{2 x 150 on 2:45 IM w/out the back
	{3 x 50 on :55 Backstroke
	{1 x 150 on 2:45 IM w/out the fly
	{2 x 50 on :55 Butterfly
200	1 x 200 on 4:00 Stroke Drills
6:46 PM	2,825 Yards - Stress Value = 100

Workout #26794 - Friday, 21 May 2021

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

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

	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT 100 Breast Pace
1,200	1x{1 x 150 on 4:00 IM w/out the free
	{3 x 50 on 1:00 Freestyle
	{1 x 150 on 4:00 IM w/out the breast
	{3 x 50 on 1:10 Breaststroke
	{1 x 150 on 4:00 IM w/out the back
	{3 x 50 on 1:05 Backstroke
	{1 x 150 on 4:00 IM w/out the fly
	{3 x 50 on 1:10 Butterfly
200	1 x 200 on 4:00 Stroke Drills
6:46 PM	2,250 Yards - Stress Value = 80

Workout #26793 - Friday, 21 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT 100 Breast Pace
1,600	1x{2 x 150 on 2:55 IM w/out the free
	{3 x 50 on :55 Freestyle
	{2 x 150 on 2:55 IM w/out the breast
	{3 x 50 on 1:05 Breaststroke
	{1 x 150 on 2:55 IM w/out the back
	{3 x 50 on :55 Backstroke
	{1 x 250 on 2:55 IM w/out the fly
	{3 x 50 on 1:00 Butterfly
200	1 x 200 on 4:00 Stroke Drills
6:46 PM	2,750 Yards - Stress Value = 93

Workout #26796 - Monday, 24 May 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
3,000	30 x 100 on 1:30 1650 Free Pace	SP2
	Must swim 16	
	1 on 6:00 Video Evaluations 1+/1-	REC
200	10 x 20 on 1:00 Cross Pool Underwaters	EN2
	with fins	
8:00 AM	3,425 Yards - Stress Value = 313	

Workout #26797 - Monday, 24 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Fly Pace	F
	1 on 5:00 Recovery #1	S
1,500	30 x 50 on :50 200 Back Pace*	S
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :55 200 Breast Pace	S
	1 on 5:00 Recovery #3	F
600	30 x 20 on :25 100 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
6:32 PM 4,875 Yards - Stress Value = 450		

Workout #26805 - Monday, 24 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 Underwater trn drill	S
150	10 x 15 on :45 Racing Skills-Back Shooters	S
625	25 x 25 on :35 USRPT-100 Back Pace	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	E
	{ Evens-underwaters, count kicks	F
2,250	1x{1 x 150 on 2:30 Backstroke	E
	{3 x 50 on :50 Back 3KOW+1	F
	{2 x 150 on 2:25 Backstroke	E
	{4 x 50 on :55 Back 3KOW+1	F
	{3 x 150 on 2:20 Backstroke	E
	{5 x 50 on 1:00 Back 3KOW+1	F
	{4 x 150 on 2:15 Backstroke	E
	{3 x 50 on 1:05 Back 3KOW+1	F
200	1 on 11:00 Racing Skills-Back Starts	S
	1 x 200 on 4:00 Stroke Drills	F
7:30 PM 3,625 Yards - Stress Value = 113		

Workout #26804 - Monday, 24 May 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 Underwater trn drill	S
150	10 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 USRPT-100 Back Pace	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	E
	{ Evens-underwaters, count kicks	F
2,400	1x{1 x 150 on 2:20 Backstroke	E
	{3 x 50 on :45 Back 3KOW+1	F
	{2 x 150 on 2:15 Backstroke	E
	{4 x 50 on :50 Back 3KOW+1	F
	{3 x 150 on 2:10 Backstroke	E
	{5 x 50 on :55 Back 3KOW+1	F
	{4 x 150 on 2:05 Backstroke	E
	{6 x 50 on 1:00 Back 3KOW+1	F
	1 on 11:00 Racing Skills-Back Starts	S
200	1 x 200 on 4:00 Stroke Drills	F
7:30 PM 3,900 Yards - Stress Value = 129		

Workout #26806 - Monday, 24 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 Underwater trn drill	S
150	10 x 15 on :45 Racing Skills-Back Shooters	S
625	25 x 25 on :35 USRPT-100 Back Pace	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	E
	{ Evens-underwaters, count kicks	F
2,150	1x{1 x 150 on 2:45 Backstroke	E
	{3 x 50 on :50 Back 3KOW+1	F
	{2 x 150 on 2:40 Backstroke	E
	{4 x 50 on :55 Back 3KOW+1	F
	{3 x 150 on 2:35 Backstroke	E
	{5 x 50 on 1:00 Back 3KOW+1	F
	{4 x 150 on 2:30 Backstroke	E
	{1 x 50 on 1:00 Back 3KOW+1	F
	1 on 11:00 Racing Skills-Back Starts	S
200	1 x 200 on 4:00 Stroke Drills	F
7:30 PM 3,475 Yards - Stress Value = 111		

Workout #26809 - Monday, 24 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
	1 on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 Underwater trn drill	S
150	10 x 15 on :45 Racing Skills-Back Shooters	S
375	15 x 25 on 1:00 USRPT-100 Back Pace	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	E
	{ Evens-underwaters, count kicks	F
1,150	1x{1 x 100 on 3:00 Backstroke	E
	{3 x 50 on 1:45 Back 3KOW+1	F
	{2 x 100 on 3:00 Backstroke	E
	{4 x 50 on 1:45 Back 3KOW+1	F
	{3 x 100 on 3:00 Backstroke	E
	{4 x 50 on 1:45 Back 3KOW+1	F
	1 on 11:00 Racing Skills-Back Starts	S
200	1 x 200 on 4:00 Stroke Drills	F
7:30 PM 2,175 Yards - Stress Value = 67		

Workout #26808 - Monday, 24 May 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
500	10 x 15 on :45 Racing Skills-Back Shooters
100	20 x 25 on :45 USRPT-100 Back Pace
1,650	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{3 x 50 on 1:05 Back 3KOW+1
	{2 x 100 on 2:20 Backstroke
	{4 x 50 on 1:10 Back 3KOW+1
	{3 x 100 on 2:15 Backstroke
	{5 x 50 on 1:15 Back 3KOW+1
	{4 x 100 on 2:10 Backstroke
	{1 x 50 on 1:15 Back 3KOW+1
	1 on 11:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,800 Yards - Stress Value = 89	

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breast
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	30 x 25 on :30 100 Breast Pace
	1x{1 on :30 5 Squats
	{1 x 50 on :55 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:25 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 1:55 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:25 Breast Kick w/board
	{1 on :45 20 Squats
	{1 x 150 on 2:50 Breast Kick with board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,650 Yards - Stress Value = 104	

Workout #26815 - Tuesday, 25 May 2021

Group 2 - Copper

1 minute rest between sets

Workout #26807 - Monday, 24 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Back Shooters
100	22 x 25 on :40 USRPT-100 Back Pace
2,000	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{1 x 150 on 2:55 Backstroke
	{3 x 50 on :55 Back 3KOW+1
	{2 x 150 on 2:50 Backstroke
	{3 x 50 on 1:00 Back 3KOW+1
	{3 x 150 on 2:45 Backstroke
	{3 x 50 on 1:05 Back 3KOW+1
	{4 x 150 on 2:40 Backstroke
	{1 x 50 on 1:05 Back 3KOW+1
	1 on 11:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,250 Yards - Stress Value = 101	

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland/Showers
150	1 x 200 on 5:00 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breast
375	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	15 x 25 on 1:00 USRPT-100 Breast Pace
	1x{1 on :30 5 Squats
	{1 x 50 on 2:00 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 3:00 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 4:00 Breast Kick w/board
	{1 on :45 20 Squats
	{1 x 50 on 2:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 1,575 Yards - Stress Value = 55	

Workout #26798 - Tuesday, 25 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
625	25 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Underwater Racing	EN2
1,250	25 x 50 on :50 200 Free Pace*	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
1,250	25 x 50 on :55 200 Fly Pace	SP2
	1 on 6:00 Recovery #3	REC
500	25 x 20 on :25 100 Free Pace	SP2
	1 on 15:00 Shoulder Mobility	REC
6:30 PM 3,850 Yards - Stress Value = 371		

Workout #26810 - Tuesday, 25 May 2021

Group 2 - Breast

1 minute rest between sets

Workout #26811 - Tuesday, 25 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
1,100	1x{1 on :30 5 Squats
	{1 x 50 on 1:05 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:35 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:05 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:35 Breast Kick w/board
	{1 on :40 15 Squats
200	{1 x 100 on 2:00 Breast Kick w/board
	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,475 Yards - Stress Value = 90

Workout #26812 - Tuesday, 25 May 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
1,000	1x{1 on :30 5 Squats
	{1 x 50 on 1:10 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:40 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:15 Breast Kick w/board
	{1 on :45 20 Squats
	{4 x 125 on 2:50 Breast Kick w/board
	{1 on :40 15 squats
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,325 Yards - Stress Value = 38

Workout #26814 - Tuesday, 25 May 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
875	1x{1 on :30 5 Squats
	{1 x 50 on 1:20 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 2:00 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:40 Breast Kick w/board
	{1 on :45 20 Squats

{3 x 125 on 3:20 Breast Kick w/board
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,025 Yards - Stress Value = 74

Workout #26813 - Tuesday, 25 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 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
900	1x{1 on :30 5 Squats
	{1 x 50 on 1:15 Breast Kick w/board
	{1 on :35 10 Squats
	{2 x 75 on 1:55 Breast Kick w/board
	{1 on :40 15 Squats
	{3 x 100 on 2:30 Breast Kick w/board
	{1 on :45 20 Squats
	{3 x 125 on 3:10 Breast Kick w/board
	{1 x 25 on :40 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,150 Yards - Stress Value = 24

Workout #26799 - Wednesday, 26 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 15:00 Dynamic Stretch/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
	1 on 10:00 Video Evaluations 1+/1-
	for each stroke
400	20 x 20 on 1:00 Cross Pool Underwaters
	with fins
7:59 AM	2,125 Yards - Stress Value = 167

Workout #26800 - Wednesday, 26 May 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 100 Free Pace
	1 on 5:00 Recovery #1
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 5:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Back Pace
	1 on 5:00 Recovery #3
600	30 x 20 on :25 100 Fly Pace
300	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
	6:32 PM 4,875 Yards - Stress Value = 450

Workout #26821 - Wednesday, 26 May 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland/Showers
125	5 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
1,075	1x{1 x 100 on 3:30 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board S
	{2 x 100 on 3:30 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board S
	{3 x 100 on 3:30 Fly Kick w/board
	{3 x 25 on 1:00 Kick no board S
	{2 x 100 on 3:30 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 78

Workout #26816 - Wednesday, 26 May 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland/Showers
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
2,000	1x{1 x 150 on 2:55 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{2 x 125 on 2:25 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{3 x 100 on 1:55 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{4 x 75 on 1:25 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{5 x 50 on :55 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
100	1 x 100 on 4:00 100 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 4:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 133

Workout #26817 - Wednesday, 26 May 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland/Showers
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
1,850	1x{1 x 150 on 3:05 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{2 x 125 on 2:35 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{3 x 100 on 2:05 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{4 x 75 on 1:35 Fly Kick w/board
	{6 x 25 on :30 Kick no board S
	{5 x 50 on 1:05 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 117

Workout #26818 - Wednesday, 26 May 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland/Showers
250	1 x 250 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
1,700	1x{1 x 150 on 3:20 Fly Kick w/board
	{6 x 25 on :35 Kick no board S
	{2 x 125 on 2:50 Fly Kick w/board
	{6 x 25 on :35 Kick no board S
	{3 x 100 on 2:15 Fly Kick w/board
	{6 x 25 on :35 Kick no board S
	{4 x 75 on 1:40 Fly Kick w/board
	{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:20 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 114

Workout #26820 - Wednesday, 26 May 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
1,400	1x{1 x 150 on 4:00 Fly Kick w/board {4 x 25 on :45 Kick no board S {2 x 125 on 3:20 Fly Kick w/board {4 x 25 on :45 Kick no board S {3 x 100 on 2:40 Fly Kick w/board {4 x 25 on :45 Kick no board S {4 x 75 on 2:00 Fly Kick w/board {4 x 25 on :45 Kick no board S
100	1 x 100 on 4:00 100 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 4:00 100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 96

Workout #26819 - Wednesday, 26 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland/Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
1,650	1x{1 x 150 on 3:30 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 125 on 2:55 Fly Kick w/board {4 x 25 on :35 Kick no board S {3 x 100 on 2:20 Fly Kick w/board {4 x 25 on :35 Kick no board S {4 x 75 on 1:45 Fly Kick w/board {4 x 25 on :35 Kick no board S {5 x 50 on 1:10 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 100 Fly for time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 106

Workout #26801 - Thursday, 27 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	4:15 PM Start	
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
625	25 x 25 on :30 100 Breast Pace	SF
	1 on 5:00 Recovery #1	RE
750	30 x 25 on :30 200 Fly Pace*	SF
	1 on 6:00 Video Evaluations 1+/1-	RE
1,250	25 x 50 on :50 200 Free Pace	SF
100	1 x 100 on 3:00 Sculling drills	RE
500	25 x 20 on :25 100 Free Pace	SF
	1 on 15:00 Tic Tac Toe Relay	EN
	1 on 15:00 Shoulder Mobility	RE
	6:30 PM 3,450 Yards - Stress Value = 321	

Workout #26827 - Thursday, 27 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
450	1x{2 x 100 on 4:00 Free Kick wboard {1 x 50 on 2:00 Free Kick w/board-100% {2 x 100 on 3:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
725	1x{3 x 100 on 2:50 FR #1DPS, #2KOW, #3FAST! {3 x 75 on 2:05 FR #1DPS, #2KOW, #3FAST! {4 x 50 on 1:20 FR #1DPS, #2KOW, #3-#4FAST!
	1 on 14:00 Game or Relay
	7:29 PM 2,125 Yards - Stress Value = 83

Workout #26822 - Thursday, 27 May 2021

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
900	1x{2 x 125 on 2:20 Free Kick wboard {1 x 50 on 1:15 Free Kick w/board-100% {2 x 125 on 2:15 Free Kick w/board {2 x 50 on 1:15 Free Kick w/board-100% {2 x 125 on 2:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{3 x 200 on 2:50 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:10 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:25 FR #1DPS, #2KOW, #3FAST! {3 x 50 on :45 FR #1DPS, #2KOW, #3FAST!
	1 on 14:00 Game or Relay
	7:30 PM 3,700 Yards - Stress Value = 133

Workout #26823 - Thursday, 27 May 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
850	1x{2 x 125 on 2:30 Free Kick wboard {1 x 50 on 1:15 Free Kick w/board-100% {2 x 125 on 2:25 Free Kick w/board {2 x 50 on 1:15 Free Kick w/board-100% {2 x 100 on 1:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{3 x 200 on 3:10 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:20 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:30 FR #1DPS, #2KOW, #3FAST!
	1 on 14:00 Game or Relay
	7:30 PM 3,500 Yards - Stress Value = 129

Workout #26824 - Thursday, 27 May 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
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
800	1x{2 x 125 on 2:40 Free Kick wboard {1 x 50 on 1:20 Free Kick w/board-100% {2 x 125 on 2:35 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board-100% {1 x 125 on 2:30 Free Kick w/board {1 x 25 on :40 Free Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{3 x 200 on 3:40 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:40 FR #1DPS, #2KOW, #3FAST! {3 x 50 on :50 FR #1DPS, #2KOW, #3FAST! 1 on 14:00 Game or Relay
7:30 PM	3,125 Yards - Stress Value = 111

Workout #26826 - Thursday, 27 May 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 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
650	1x{2 x 100 on 2:40 Free Kick wboard {1 x 50 on 1:30 Free Kick w/board-100% {2 x 100 on 2:35 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board-100% {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
950	1x{3 x 150 on 3:30 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 2:15 FR #1DPS, #2KOW, #3FAST! {4 x 50 on 1:05 FR #1DPS, #2KOW, #3&4FAST! 1 on 14:00 Game or Relay
7:30 PM	2,600 Yards - Stress Value = 97

Workout #26825 - Thursday, 27 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
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
700	1x{2 x 100 on 2:20 Free Kick wboard {1 x 50 on 1:30 Free Kick w/board-100% {2 x 100 on 2:20 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board-100% {2 x 75 on 1:45 Free 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 200 on 4:00 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:55 FR #1DPS, #2KOW, #3FAST! {4 x 50 on :55 FR #1DPS, #2KOW, #3&4FAST! 1 on 14:00 Game or Relay
7:30 PM	2,925 Yards - Stress Value = 108

Workout #26802 - Friday, 28 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 Your #1 200 Pace	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 Your #2 100 Pace	SP2	
200	10 x 20 on 1:00 Cross Pool Underwaters no fins	EN1	
	8:00 AM 2,675 Yards - Stress Value = 236		

Workout #26803 - Friday, 28 May 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
600	30 x 20 on :30 100 Back Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Fly Pace	SP2	
	1 on 5:00 Recovery	REC	
600	30 x 20 on :30 100 Free Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
	5:45 PM 2,025 Yards - Stress Value = 189		

Workout #26864 - Friday, 28 May 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	1 on 27:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on 1:00 USRPT-100 Choice Pace
850	1x{1 x 200 on 6:00 Individual Medley {2 x 25 on 1:00 Fly lup+1down {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
200	1 x 200 on 3:00 Stroke Drills
6:44 PM	1,775 Yards - Stress Value = 60

Workout #26859 - Friday, 28 May 2021

6:45 PM 2,800 Yards - Stress Value = 109

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Choice Pace
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
200	1 x 200 on 4:00 Stroke Drills
	6:45 PM 3,100 Yards - Stress Value = 113

Workout #26863 - Friday, 28 May 2021

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT-100 Choice
1,100	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :40 Fly lup+ldown
	{1 x 100 on 2:30 Individual Medley
	{1 x 100 on 2:25 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:55 Individual Medley
	{4 x 25 on :40 Back 5KOW+2
	{1 x 100 on 2:25 Individual Medley
	{1 x 100 on 2:20 Individual Medley
	{2 x 25 on :45 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	6:45 PM 2,150 Yards - Stress Value = 77

Workout #26860 - Friday, 28 May 2021

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Choice
1,700	1x{1 x 300 on 4:45 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 4:40 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
200	1 x 200 on 3:00 Stroke Drills
	6:45 PM 3,100 Yards - Stress Value = 113

Workout #26862 - Friday, 28 May 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Choice Pace
1,300	1x{1 x 200 on 4:20 Individual Medley
	{4 x 25 on :35 Fly lup+ldown
	{1 x 100 on 2:05 Individual Medley
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 4:15 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 2:00 Individual Medley
	{1 x 100 on 1:55 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 4:10 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:45 PM 2,525 Yards - Stress Value = 92

Workout #26861 - Friday, 28 May 2021

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 27:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Choice
1,450	1x{1 x 300 on 5:30 Individual Medley
	{4 x 25 on :35 Fly lup+ldown
	{1 x 100 on 1:55 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 300 on 5:25 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley
	{1 x 200 on 3:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills

Workout #26828 - Tuesday, 01 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
2,250	30 x 75 on 1:05 1000 Free Pace	SP2
	Must swim 16	
	1 on 6:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 #4-100 Pace	SP2
200	10 x 20 on 1:00 Cross Pool Underwaters	EN2
	with fins	
	8:04 AM 3,425 Yards - Stress Value = 313	

Workout #26829 - Tuesday, 01 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 15:00 Dynamic Stretch/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 10:00 Underwater Racing	EN2
1,500	30 x 50 on :55 200 Fly Pace*	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Free Pace	SP2
100	1 x 100 on 2:00 Sculling drills	REC
600	30 x 20 on :30 100 Breast Pace	SP2
1	on 15:00 Shoulder Mobility	REC
6:42 PM	4,675 Yards - Stress Value = 444	

Workout #26840 - Tuesday, 01 June 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
600	1x{1 x 250 on 7:30 Fly Kick w/board {4 x 50 on 1:45 Fly Kick w/board-100% {1 x 150 on 4:00 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 200 on 6:00 Butterfly {1 x 125 on 3:30 2-3-4-5-6 strokes off walls {1 x 200 on 6:00 Butterfly {2 x 125 on 3:30 2-3-4-5-6 strokes off walls {1 x 100 on 2:30 Butterfly
1	on 10:00 Game
7:31 PM	2,300 Yards - Stress Value = 73

Workout #26835 - Tuesday, 01 June 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
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
950	1x{1 x 250 on 4:40 Fly Kick w/board {5 x 50 on 1:05 Fly Kick w/board-100% {1 x 200 on 3:40 Fly Kick w/board {3 x 50 on 1:05 Fly Kick w/board-100% {1 x 100 on 1:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	1x{1 x 200 on 2:50 Butterfly {1 x 125 on 2:10 2-3-4-5-6 strokes off walls {1 x 200 on 2:55 Butterfly {2 x 125 on 2:05 2-3-4-5-6 strokes off walls {1 x 200 on 3:00 Butterfly {3 x 125 on 2:00 2-3-4-5-6 strokes off walls {1 x 200 on 3:05 Butterfly {1 x 50 on :50 Butterfly
1	on 10:00 Game
7:31 PM	3,850 Yards - Stress Value = 132

Workout #26836 - Tuesday, 01 June 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
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
900	1x{1 x 250 on 5:00 Fly Kick w/board {5 x 50 on 1:05 Fly Kick w/board-100% {1 x 200 on 3:55 Fly Kick w/board {4 x 50 on 1:05 Fly Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 200 on 3:10 Butterfly {1 x 125 on 2:20 2-3-4-5-6 strokes off walls {1 x 200 on 3:15 Butterfly {2 x 125 on 2:15 2-3-4-5-6 strokes off walls {1 x 200 on 3:20 Butterfly {3 x 125 on 2:10 2-3-4-5-6 strokes off walls {1 x 100 on 1:45 Butterfly
1	on 10:00 Game
7:30 PM	3,525 Yards - Stress Value = 115

Workout #26837 - Tuesday, 01 June 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
250	1 x 250 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
850	1x{1 x 250 on 5:30 Fly Kick w/board {5 x 50 on 1:10 Fly Kick w/board-100% {1 x 200 on 4:20 Fly Kick w/board {2 x 50 on 1:10 Fly Kick w/board-100% {1 x 50 on 1:00 Fly Kick wboard-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,275	1x{1 x 200 on 3:35 Butterfly {1 x 125 on 2:40 2-3-4-5-6 strokes off walls {1 x 200 on 3:40 Butterfly {2 x 125 on 2:35 2-3-4-5-6 strokes off walls {1 x 200 on 3:45 Butterfly {2 x 125 on 2:30 2-3-4-5-6 strokes off walls {1 x 50 on 1:00 5-6 strokes off walls
1	on 10:00 Game
7:30 PM	3,250 Yards - Stress Value = 110

Workout #26839 - Tuesday, 01 June 2021

9:01 AM 5,125 Yards - Stress Value = 465

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
700	1x{1 x 250 on 6:30 Fly Kick w/board {5 x 50 on 1:20 Fly Kick w/board-100% {1 x 200 on 5:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{1 x 200 on 4:50 Butterfly {1 x 125 on 3:15 2-3-4-5-6 strokes off walls {1 x 200 on 4:55 Butterfly {2 x 125 on 3:10 2-3-4-5-6 strokes off walls {1 x 200 on 5:00 Butterfly
	1 on 10:00 Game
	7:30 PM 2,625 Yards - Stress Value = 89

Workout #26838 - Tuesday, 01 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
800	1x{1 x 250 on 5:50 Fly Kick w/board {5 x 50 on 1:10 Fly Kick w/board-100% {1 x 200 on 4:40 Fly Kick w/board {2 x 50 on 1:10 Fly Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,175	1x{1 x 200 on 3:50 Butterfly {1 x 125 on 2:50 2-3-4-5-6 strokes off walls {1 x 200 on 3:55 Butterfly {2 x 125 on 2:45 2-3-4-5-6 strokes off walls {1 x 200 on 4:00 Butterfly {2 x 100 on 2:05 3-4-5-6 strokes off walls
	1 on 10:00 Game
	7:30 PM 3,025 Yards - Stress Value = 100

Workout #26830 - Wednesday, 02 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	30 x 50 on :50 200 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 8:00 Video Evaluations 1+/1-
750	30 x 25 on :30 100 Back Pace
	1 on 8:00 Racing Skills-Tivo Starts
750	30 x 25 on :30 100 Breast Pace
100	1 x 100 on 2:00 Scullilng Drill
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck

Workout #26841 - Wednesday, 02 June 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 USRPT 100 Breast Pace
1,000	1x{1 x 150 on 2:50 Breast Kick w/board {4 x 25 on :30 Sprint Free Kick w/board {2 x 150 on 2:45 Breast Kick w/board {4 x 25 on :30 Sprint Free Kick w/board {3 x 100 on 1:45 Breast Kick w/board {2 x 25 on :30 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{4 x 50 on :45 Breaststroke {1 x 100 on 2:00 Breast Pull {4 x 75 on 1:10 Breaststroke {1 x 100 on 2:00 Breast Pull {4 x 100 on 1:35 Breaststroke {1 x 100 on 2:00 Breast Pull {4 x 125 on 2:05 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 135

Workout #26846 - Wednesday, 02 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
125	5 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT 100 Breast Pace
625	1x{1 x 150 on 4:30 Breast Kick w/board {4 x 25 on :45 Sprint Free Kick w/board {2 x 100 on 3:00 Breast Kick w/board {2 x 25 on :45 Sprint Free Kick w/board {1 x 125 on 3:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 50 on 1:30 Breaststroke {1 x 50 on 2:30 Breast Pull {4 x 75 on 2:15 Breaststroke {1 x 50 on 2:30 Breast Pull {2 x 100 on 3:00 Breaststroke {1 x 50 on 2:30 Breast Pull
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,425 Yards - Stress Value = 73

Workout #26842 - Wednesday, 02 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 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
900	1x{1 x 150 on 3:00 Breast Kick w/board
	{4 x 25 on :35 Sprint Free Kick w/board
	{2 x 150 on 2:55 Breast Kick w/board
	{4 x 25 on :35 Sprint Free Kick w/board
	{1 x 150 on 2:50 Breast Kick w/board
	{4 x 25 on :35 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,575	1x{4 x 50 on :50 Breaststroke
	{1 x 100 on 2:15 Breast Pull
	{4 x 75 on 1:20 Breaststroke
	{1 x 100 on 2:15 Breast Pull
	{4 x 100 on 1:50 Breaststroke
	{1 x 100 on 2:15 Breast Pull
	{3 x 125 on 2:20 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,800 Yards - Stress Value = 118

Workout #26843 - Wednesday, 02 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
225	9 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
800	1x{1 x 150 on 3:25 Breast Kick w/board
	{4 x 25 on :40 Sprint Free Kick w/board
	{2 x 150 on 3:20 Breast Kick w/board
	{4 x 25 on :40 Sprint Free Kick w/board
	{1 x 100 on 2:10 Breast Kick w/board
	{2 x 25 on :40 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,325	1x{4 x 50 on :55 Breaststroke
	{1 x 100 on 2:30 Breast Pull
	{4 x 75 on 1:30 Breaststroke
	{1 x 100 on 2:30 Breast Pull
	{4 x 100 on 2:05 Breaststroke
	{1 x 100 on 2:30 Breast Pull
	{1 x 125 on 2:40 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,425 Yards - Stress Value = 110

Workout #26845 - Wednesday, 02 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
175	7 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
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{4 x 25 on :45 Sprint Free Kick w/board
	{2 x 100 on 2:40 Breast Kick w/board
	{2 x 25 on :45 Sprint Free Kick w/board
	{2 x 75 on 2:05 Breast Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{4 x 50 on 1:10 Breaststroke
	{1 x 50 on 2:00 Breast Pull
	{4 x 75 on 1:50 Breaststroke
	{1 x 50 on 2:00 Breast Pull
	{4 x 100 on 2:30 Breaststroke
	{1 x 50 on 2:00 Breast Pull
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,825 Yards - Stress Value = 90

Workout #26844 - Wednesday, 02 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :45 USRPT-100 Breast Pace
700	1x{1 x 150 on 3:35 Breast Kick w/board
	{4 x 25 on :40 Sprint Free Kick w/board
	{2 x 150 on 3:30 Breast Kick w/board
	{4 x 25 on :40 Sprint Free Kick w/board
	{1 x 50 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{4 x 50 on 1:00 Breaststroke
	{1 x 100 on 2:45 Breast Pull
	{4 x 75 on 1:35 Breaststroke
	{1 x 100 on 2:45 Breast Pull
	{4 x 100 on 2:10 Breaststroke
	{1 x 100 on 2:45 Breast Pull
	{1 x 50 on 1:10 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,125 Yards - Stress Value = 100

Workout #26831 - Thursday, 03 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Breast Shooters
1,000	40 x 25 on :30 200 Fly Pace*
	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Your Choice Recovery
750	30 x 25 on :30 100 Breast Pace*
	1 on 5:00 Your Choice Recovery*
750	30 x 25 on :30 100 Free Pace*
	All sets individualized rest. Non best set
	set 8:00 rest
800	2x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
	{1 x 100 on 3:00 Sculling Drill
	8:55 AM 5,025 Yards - Stress Value = 421

Workout #26832 - Thursday, 03 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
1	on 12:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
1	on 5:00 Video Evaluations	REC	
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	
100	5 x 20 on 3:00 Timed Underwaters-B	SP2	
1	on 10:00 Shoulder Mobility	REC	
6:29 PM	2,575 Yards - Stress Value = 244		

Workout #26847 - Thursday, 03 June 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland>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 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
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 1:00 Kick-hands by side
1	on 10:00 Racing Skills-Back Starts
7:30 PM	2,250 Yards - Stress Value = 100

Workout #26852 - Thursday, 03 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS>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 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
450	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 {1 x 50 on 1:50 Kick-alt strmlne/hands by si
1	on 10:00 Racing Skills-Back Starts
7:29 PM	1,275 Yards - Stress Value = 53

Workout #26848 - Thursday, 03 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS>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 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
850	1x{4 x 25 on :35 Kick no board B-10KOW+1 {5 x 50 on 1:05 Kick-alt strmlne/hands by si {4 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmlne/hands by si {4 x 25 on :35 Kick no board B-10KOW+1 {2 x 50 on :55 Kick-alt strmlne/hands by sic
1	on 10:00 Racing Skills-Back Starts
7:30 PM	2,150 Yards - Stress Value = 98

Workout #26849 - Thursday, 03 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS>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 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
750	1x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1
1	on 10:00 Racing Skills-Back Starts
7:30 PM	1,875 Yards - Stress Value = 83

Workout #26851 - Thursday, 03 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS>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 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
600	1x{4 x 25 on :45 Kick no board B-10KOW+1 {4 x 50 on 1:35 Kick-alt strmlne/hands by si {4 x 25 on :45 Kick no board B-10KOW+1 {3 x 50 on 1:30 Kick-alt strmlne/hands by si {2 x 25 on :45 Kick no board B-10KOW+1
1	on 10:00 Racing Skills-Back Starts
7:30 PM	1,550 Yards - Stress Value = 68

Workout #26850 - Thursday, 03 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS>Showers	REC
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	SP3
150	10 x 15 on :45 Racing Skills-Back Shooters	SP2
	1 on 26:00 Teach Day-Backstroke	REC
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	SP2
550	22 x 25 on :40 USRPT-100 Back Pace	SP2
725	1x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:20 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmline/hands by si {3 x 25 on :40 Kick no board B-10KOW+1	SP2
	1 on 10:00 Racing Skills-Back Starts	EN2
	7:31 PM 1,775 Yards - Stress Value = 76	

Workout #26833 - Friday, 04 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch>Showers	REC
675	15 x 45 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Recovery	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 15:00 Tic Tac Toe Relay	EN2
	9:00 AM 5,175 Yards - Stress Value = 477	

Workout #26834 - Friday, 04 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 11:00 DS>Showes	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
150	6 x 25 on 3:00 50 Free Pace	SP2
	1 on 5:00 Foam Roll/Rllr.Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Back Pace*	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Fly Pace*	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Free Pace*	SP2
	6:30 PM 1,575 Yards - Stress Value = 144	

Workout #26858 - Friday, 04 June 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
500	20 x 25 on :45 USRPT-100 Free Pace	S
575	1x{1 x 100 on 3:00 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 3:00 Free Kick w/board	F

{3 x 25 on 1:00 Tombstone Kicking	E
{1 x 100 on 3:00 Free Kick w/board	E
1 on 10:00 Killer Relays	S
6:30 PM 1,425 Yards - Stress Value = 68	

Workout #26853 - Friday, 04 June 2021

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 USRPT-100 Free Pace	S
925	1x{1 x 100 on 1:40 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 1:50 Free Kick w/board {5 x 25 on :40 Tombstone Kicking	F
	1 on 10:00 Killer Relays	S
	6:30 PM 2,125 Yards - Stress Value = 99	

Workout #26854 - Friday, 04 June 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 USRPT-100 Free Pace	S
950	1x{1 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 1:55 Free Kick w/board {2 x 25 on :40 Tombstone Kicking {2 x 50 on 1:00 Free Kick w/board	F
	1 on 10:00 Killer Relays	S
	6:30 PM 2,150 Yards - Stress Value = 100	

Workout #26855 - Friday, 04 June 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
	1 on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 USRPT-100 Free Pace	S
850	1x{1 x 100 on 1:55 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {3 x 100 on 2:05 Free Kick w/board {2 x 25 on :45 Tombstone Kicking	F
	1 on 10:00 Killer Relays	S
	6:30 PM 2,000 Yards - Stress Value = 98	

Workout #26857 - Friday, 04 June 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	E
5:00 PM	Start	
1	on 30:00 DS/Dryland	F
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
550	22 x 25 on :40 USRPT-100 Free Pace	S
625	1x{1 x 100 on 2:30 Free Kick w/board	E
	{4 x 25 on 1:00 Tombstone Kicking	E
	{2 x 100 on 2:35 Free Kick w/board	E
	{5 x 25 on 1:00 Tombstone Kicking	E
	{1 x 100 on 2:40 Free Kick w/board	E
	1 on 10:00 Killer Relays	S
6:30 PM	1,525 Yards - Stress Value = 73	

Workout #26856 - Friday, 04 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	E
5:00 PM	Start	
1	on 30:00 DS/Dryland	F
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
625	25 x 25 on :35 USRPT-100 Free Pace	S
800	1x{1 x 100 on 2:00 Free Kick w/board	E
	{4 x 25 on :45 Tombstone Kicking	E
	{2 x 100 on 2:05 Free Kick w/board	E
	{4 x 25 on :45 Tombstone Kicking	E
	{3 x 100 on 2:10 Free Kick w/board	E
	1 on 10:00 Killer Relays	S
6:29 PM	1,825 Yards - Stress Value = 84	

Workout #26865 - Monday, 07 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
1	on 15:00 Dynamic Stretch/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 5:00 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 Back Pace*	SP2
	1 on 5:00 Recovery #3	REC
1,500	30 x 50 on :55 200 Fly Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
9:06 AM	6,225 Yards - Stress Value = 609	

Workout #26866 - Monday, 07 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY WC
5:00 PM	Start	
1	on 15:00 Dynamic Stretch/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
	Make one subtract one	
270	9 x 30 on 3:00 Running Pit Sprints	SP2
6:31 PM	2,745 Yards - Stress Value = 261	

Workout #26873 - Monday, 07 June 2021

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland/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
1,900	2x{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 1:00 Kick-hands by side
100	1 x 100 on 4:00 100 SL 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,600 Yards - Stress Value = 139

Workout #26878 - Monday, 07 June 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
900	2x{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
	{1 x 50 on 1:50 Kick-alt strmlne/hands by si
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:28 PM	2,250 Yards - Stress Value = 94

Workout #26874 - Monday, 07 June 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland/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
1,700	2x{4 x 25 on :35 Kick no board B-10KOW+1
	{5 x 50 on 1:05 Kick-alt strmlne/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:00 Kick-alt strmlne/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{2 x 50 on :55 Kick-alt strmlne/hands by sic
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,400 Yards - Stress Value = 125

Workout #26875 - Monday, 07 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland>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
1,500	2x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 118

6:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Free Pace	S
	1 on 5:00 Recovery	F
600	2x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest	E
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{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
	8:55 AM 3,825 Yards - Stress Value = 321	

Workout #26868 - Tuesday, 08 June 2021

Group 3 - USRPT

1 minute rest between sets

Workout #26877 - Monday, 07 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland>Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
1,200	2x{4 x 25 on :45 Kick no board B-10KOW+1 {4 x 50 on 1:35 Kick-alt strmlne/hands by si {4 x 25 on :45 Kick no board B-10KOW+1 {3 x 50 on 1:30 Kick-alt strmlne/hands by si {2 x 25 on :45 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,550 Yards - Stress Value = 100

5:00 PM Start

Yards	Set Description	EGY WC
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 15:00 Shoulder Mobility	REC
	6:30 PM 2,225 Yards - Stress Value = 222	

Workout #26879 - Tuesday, 08 June 2021

Group 2 - Breast

1 minute rest between sets

Workout #26876 - Monday, 07 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland>Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
1,450	2x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:20 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmlne/hands by si {3 x 25 on :40 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 110

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland>Showers
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 30:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Breast Pace
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 100

Workout #26867 - Tuesday, 08 June 2021

Group 3 - USRPT

1 minute rest between sets

Workout #26884 - Tuesday, 08 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 30:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT 100 Breast Pace
500	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 2:00 Breast Pull
	{1 x 50 on 1:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,525 Yards - Stress Value = 54

Workout #26880 - Tuesday, 08 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 30:00 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
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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 85

Workout #26881 - Tuesday, 08 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 30:00 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
800	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,050 Yards - Stress Value = 77

Workout #26883 - Tuesday, 08 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 30:00 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
650	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
	{1 x 100 on 2:50 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 69

Workout #26882 - Tuesday, 08 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 30:00 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
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
	{2 x 100 on 2:30 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,000 Yards - Stress Value = 76

Workout #26869 - Wednesday, 09 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>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 Video Evaluations 1+/1- After evals, your choice of active recovery
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 12:00 Video Evaluations 1+/1- for each After evals, your choice of active recovery
180	9 x 20 on 3:00 Timed Underwaters B/S
	9:00 AM 4,905 Yards - Stress Value = 463

Workout #26890 - Wednesday, 09 June 2021

Group 2 - Copper

1 minute rest between sets

4:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on :45 USRPT-100 Fly Pace
600	1x{1 x 250 on 7:30 Fly Kick w/board
	{4 x 50 on 1:45 Fly Kick w/board-100%
	{1 x 150 on 4:00 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 200 on 6:00 Butterfly
	{1 x 125 on 3:30 2-3-4-5-6 strokes off walls
	{1 x 200 on 6:00 Butterfly
	{2 x 125 on 3:30 2-3-4-5-6 strokes off walls
	{1 x 200 on 6:00 Butterfly
	{1 x 125 on 3:30 2-3-4-5-6 strokes off walls
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,675 Yards - Stress Value = 77

Workout #26885 - Wednesday, 09 June 2021

Group 2 - Fly

1 minute rest between sets

4:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
950	1x{1 x 250 on 4:40 Fly Kick w/board
	{5 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 200 on 3:40 Fly Kick w/board
	{3 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 100 on 1:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 200 on 2:50 Butterfly
	{1 x 125 on 2:10 2-3-4-5-6 strokes off walls
	{1 x 200 on 2:55 Butterfly
	{2 x 125 on 2:05 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:00 Butterfly
	{3 x 125 on 2:00 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:05 Butterfly
	{2 x 125 on 1:55 2-3-4-5-6 strokes off walls
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 4,200 Yards - Stress Value = 136

Workout #26886 - Wednesday, 09 June 2021

Group 2 - Gold

1 minute rest between sets

4:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
900	1x{1 x 250 on 5:00 Fly Kick w/board
	{5 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 200 on 3:55 Fly Kick w/board
	{4 x 50 on 1:05 Fly Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,675	1x{1 x 200 on 3:10 Butterfly
	{1 x 125 on 2:20 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:15 Butterfly

	{2 x 125 on 2:15 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:20 Butterfly
	{3 x 125 on 2:10 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:10 Butterfly
	{1 x 125 on 2:10 2-3-4-5-6 strokes off walls
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,900 Yards - Stress Value = 119

Workout #26887 - Wednesday, 09 June 2021

Group 2 - Silver

1 minute rest between sets

4:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
850	1x{1 x 250 on 5:30 Fly Kick w/board
	{5 x 50 on 1:10 Fly Kick w/board-100%
	{1 x 200 on 4:20 Fly Kick w/board
	{2 x 50 on 1:10 Fly Kick w/board-100%
	{1 x 50 on 1:00 Fly Kick wboard-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,425	1x{1 x 200 on 3:35 Butterfly
	{1 x 125 on 2:40 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:40 Butterfly
	{2 x 125 on 2:35 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:45 Butterfly
	{2 x 125 on 2:30 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:35 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 3,550 Yards - Stress Value = 113

Workout #26889 - Wednesday, 09 June 2021

Group 2 - Bronze

1 minute rest between sets

4:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
700	1x{1 x 250 on 6:30 Fly Kick w/board
	{5 x 50 on 1:20 Fly Kick w/board-100%
	{1 x 200 on 5:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:50 Butterfly
	{1 x 125 on 3:15 2-3-4-5-6 strokes off walls
	{1 x 200 on 4:55 Butterfly
	{2 x 125 on 3:10 2-3-4-5-6 strokes off walls
	{1 x 200 on 5:00 Butterfly
	{1 x 125 on 3:05 2-3-4-5-6 strokes off walls
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 2,900 Yards - Stress Value = 91

Workout #26888 - Wednesday, 09 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

4:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
550	10 x 15 on :45 Racing Skills-Fly Shooters
800	22 x 25 on :40 USRPT-100 Fly Pace
1,375	1x{1 x 250 on 5:50 Fly Kick w/board {5 x 50 on 1:10 Fly Kick w/board-100% {1 x 200 on 4:40 Fly Kick w/board {2 x 50 on 1:10 Fly Kick w/board-100%
6:30 PM	100 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1,375 1x{1 x 200 on 3:50 Butterfly {1 x 125 on 2:50 2-3-4-5-6 strokes off walls {1 x 200 on 3:55 Butterfly {2 x 125 on 2:45 2-3-4-5-6 strokes off walls {1 x 200 on 4:00 Butterfly {2 x 100 on 2:05 3-4-5-6 strokes off walls {1 x 200 on 3:55 Butterfly
	200 1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,375 Yards - Stress Value = 104

Workout #26870 - Thursday, 10 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch>Showers
1,500	15 x 15 on :45 Racing Skills-Breast Shooters All sets individualized rest. Non best set set 6:00, finish set 8:00 rest
1,000	30 x 50 on :50 200 Back Pace*
1,500	1 on 5:00 Your Choice Recovery
1,500	40 x 25 on :30 200 Fly Pace*
1,500	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Free Pace*
1,500	1 on 5:00 Your Choice Recovery*
400	30 x 50 on :55 200 Breast Pace*
	1 on 8:00 Video Evaluations 1+/1-
	400 1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck {1 x 100 on 3:00 Sculling Drill
	9:15 AM 6,125 Yards - Stress Value = 565

Workout #26871 - Thursday, 10 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 Dynamic Stretch>Showers	REC	
1,000	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 6:00 Recovery #1	REC	
	40 x 25 on :30 200 Free Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #26896 - Thursday, 10 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
475	10 x 15 on :45 Racing Skills-Free Shooters
100	19 x 25 on :45 USRPT-100 Free Pace
1,600	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 125 on 3:30 Freestyle BTintoW {1 x 125 on 3:35 Free-3KOW {1 x 125 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 125 on 3:40 Freestyle BTintoW {1 x 125 on 3:35 Freestyle HB 3SOW {1 x 125 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,725 Yards - Stress Value = 84

Workout #26891 - Thursday, 10 June 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT-100 Free Pace
3,200	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 250 on 3:30 Freestyle BTintoW {1 x 250 on 3:35 Free-3KOW {1 x 250 on 3:40 Freestyle 5KOW-100% {1 x 100 on 2:15 EZ Free {1 x 250 on 3:40 Freestyle BTintoW {1 x 250 on 3:35 Freestyle HB 3SOW {1 x 250 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 4,700 Yards - Stress Value = 141

Workout #26892 - Thursday, 10 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT-100 Free Pace
2,900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 225 on 3:30 Freestyle BTintoW {1 x 225 on 3:35 Free-3KOW {1 x 225 on 3:40 Freestyle 5KOW-100% {1 x 100 on 2:15 EZ Free {1 x 225 on 3:40 Freestyle BTintoW {1 x 225 on 3:35 Freestyle HB 3SOW {1 x 225 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 4,400 Yards - Stress Value = 135

Workout #26893 - Thursday, 10 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
2,500	2x{1 x 200 on 3:30 Freestyle BTintoW {1 x 200 on 3:35 Free-3KOW {1 x 200 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 200 on 3:40 Freestyle BTintoW {1 x 200 on 3:35 Freestyle HB 3SOW {1 x 200 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,950 Yards - Stress Value = 129

Workout #26895 - Thursday, 10 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
1,900	2x{1 x 150 on 3:30 Freestyle BTintoW {1 x 150 on 3:35 Free-3KOW {1 x 150 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 150 on 3:40 Freestyle BTintoW {1 x 150 on 3:35 Freestyle HB 3SOW {1 x 150 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,100 Yards - Stress Value = 97

Workout #26894 - Thursday, 10 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
2,200	2x{1 x 175 on 3:30 Freestyle BTintoW {1 x 175 on 3:35 Free-3KOW {1 x 175 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 175 on 3:40 Freestyle BTintoW {1 x 175 on 3:35 Freestyle HB 3SOW {1 x 175 on 3:40 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,525 Yards - Stress Value = 110

Workout #26872 - Friday, 11 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 100 Fly Pace
	1 on 15:00 Tivo Starts
750	30 x 25 on :30 100 Back Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Breast Pace
	1 on 15:00 Tic Tac Toe Relay
750	30 x 25 on :30 100 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
100	1 x 100 on 12:00 Your Choice 100 (not swimming in meet this weekend)
	9:00 AM 3,325 Yards - Stress Value = 317

Workout #26897 - Monday, 14 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/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 Back Pace	SP2
	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
	*Standard sets if time necessitates	
	9:02 AM 6,225 Yards - Stress Value = 609	

Workout #26898 - Monday, 14 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM 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	
2,250	30 x 75 on 1:10 500 Free Pace	SP2	
	Make one subtract one		
270	9 x 30 on 3:00 Running Pit Sprints	SP2	
	6:31 PM 2,745 Yards - Stress Value = 261		

Workout #26911 - Monday, 14 June 2021

7:30 PM 3,375 Yards - Stress Value = 116

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
1,150	1x{1 x 250 on 7:30 Fly Kick w/board
	{5 x 50 on 1:45 Fly Kick w/board-100%
	{1 x 200 on 5:55 Fly Kick w/board
	{4 x 50 on 1:45 Fly Kick w/board-100%
	{1 x 150 on 4:20 Fly Kick w/board
	{2 x 50 on 1:45 Fly Kick w/board-100%
100	1 x 100 on 4:00 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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,375 Yards - Stress Value = 79

Workout #26906 - Monday, 14 June 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,800	1x{1 x 300 on 6:00 Fly Kick w/board
	{6 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 250 on 4:50 Fly Kick w/board
	{5 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 200 on 3:50 Fly Kick w/board
	{4 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 150 on 2:50 Fly Kick w/board
	{3 x 50 on 1:05 Fly Kick w/board-100%
100	1 x 100 on 4:00 100 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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,500 Yards - Stress Value = 137

Workout #26907 - Monday, 14 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,800	1x{1 x 300 on 6:10 Fly Kick w/board
	{6 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 250 on 5:00 Fly Kick w/board
	{5 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 200 on 3:55 Fly Kick w/board
	{4 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 150 on 2:55 Fly Kick w/board
	{3 x 50 on 1:05 Fly Kick w/board-100%
100	1 x 100 on 4:00 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
200	1 x 200 on 4:00 Stroke Drills

Workout #26908 - Monday, 14 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 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
1,650	1x{1 x 300 on 6:40 Fly Kick w/board
	{6 x 50 on 1:10 Fly Kick w/board-100%
	{1 x 250 on 5:30 Fly Kick w/board
	{5 x 50 on 1:10 Fly Kick w/board-100%
	{1 x 200 on 4:20 Fly Kick w/board
	{4 x 50 on 1:10 Fly Kick w/board-100%
	{1 x 150 on 3:10 Fly Kick wboard
100	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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 121

Workout #26910 - Monday, 14 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,400	1x{1 x 300 on 8:00 Fly Kick w/board
	{6 x 50 on 1:20 Fly Kick w/board-100%
	{1 x 250 on 6:30 Fly Kick w/board
	{5 x 50 on 1:20 Fly Kick w/board-100%
	{1 x 200 on 5:10 Fly Kick w/board
	{2 x 50 on 1:20 Fly Kick w/board-100%
100	1 x 100 on 4:00 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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 88

Workout #26909 - Monday, 14 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,500	1x{1 x 300 on 7:05 Fly Kick w/board {6 x 50 on 1:15 Fly Kick w/board-100% {1 x 250 on 5:50 Fly Kick w/board {5 x 50 on 1:15 Fly Kick w/board-100% {1 x 200 on 4:35 Fly Kick w/board {4 x 50 on 1:15 Fly Kick w/board-100%
100	1 x 100 on 4:00 100 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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,950 Yards - Stress Value = 103

Workout #26899 - Tuesday, 15 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 5:00 Recovery #2	F
750	30 x 25 on :30 100 Free Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Recovery #4	F
600	2x{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
	8:55 AM 3,825 Yards - Stress Value = 321	

Workout #26900 - Tuesday, 15 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #26912 - Tuesday, 15 June 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,800	1x{4 x 200 on 3:00 Backstroke {4 x 50 on :50 Back-3/4/5/6 KOW {3 x 200 on 2:55 Backstroke {4 x 50 on :50 Back-3/4/5/6 KOW {2 x 200 on 2:50 Backstroke {4 x 50 on :50 Back-3/4/5/6 KOW {1 x 200 on 2:45 Backstroke {4 x 50 on :50 Back-3/4/5/6 KOW 1 on 12:00 Racing Skills-Back Finishes
	7:30 PM 4,100 Yards - Stress Value = 137

Workout #26917 - Tuesday, 15 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
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
1,350	1x{3 x 150 on 4:30 Backstroke {3 x 50 on 1:30 Back-3/4/5 KOW {2 x 150 on 4:25 Backstroke {3 x 50 on 1:30 Back-3/4/5 KOW {1 x 150 on 4:20 Backstroke {3 x 50 on 1:30 Back-3/4/5 KOW
100	1 x 100 on 2:00 Backstroke
	1 on 12:00 Racing Skills-Back Finishes
	7:32 PM 2,450 Yards - Stress Value = 90

Workout #26913 - Tuesday, 15 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,500	1x{4 x 200 on 3:20 Backstroke {4 x 50 on :55 Back-3/4/5/6 KOW {3 x 200 on 3:15 Backstroke {4 x 50 on :55 Back-3/4/5/6 KOW {1 x 200 on 3:10 Backstroke {4 x 50 on :55 Back-3/4/5/6 KOW {1 x 200 on 3:05 Backstroke {2 x 50 on :55 Back-5/6 KOW 1 on 12:00 Racing Skills-Back Finishes
	7:30 PM 3,800 Yards - Stress Value = 131

Workout #26914 - Tuesday, 15 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,250	1x{4 x 200 on 3:45 Backstroke {4 x 50 on 1:00 Back-3/4/5/6 KOW {3 x 200 on 3:40 Backstroke {4 x 50 on 1:00 Back-3/4/5/6 KOW {1 x 200 on 3:35 Backstroke {5 x 50 on 1:00 Back-3/4/5/6/7 KOW 1 on 12:00 Racing Skills-Back Finishes
7:30 PM	3,375 Yards - Stress Value = 113

Workout #26916 - Tuesday, 15 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
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
1,650	1x{4 x 150 on 4:00 Backstroke {3 x 50 on 1:15 Back-3/4/5 KOW {3 x 150 on 3:55 Backstroke {3 x 50 on 1:15 Back-3/4/5 KOW {1 x 150 on 3:50 Backstroke {3 x 50 on 1:15 Back-4/5/6 KOW 1 on 12:00 Racing Skills-Back Finishes
7:30 PM	2,650 Yards - Stress Value = 94

Workout #26915 - Tuesday, 15 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,150	1x{3 x 200 on 4:00 Backstroke {4 x 50 on 1:00 Back-3/4/5/6 KOW {2 x 200 on 3:55 Backstroke {4 x 50 on 1:00 Back-3/4/5/6 KOW {2 x 200 on 3:50 Backstroke {4 x 50 on 1:00 Back-4/5/6/7 KOW {1 x 150 on 2:45 Backstroke 1 on 12:00 Racing Skills-Back Finishes
7:30 PM	3,275 Yards - Stress Value = 111

Workout #26901 - Wednesday, 16 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
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=====	=====
	1 on 15:00 Dynamic Stretch/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 Video Evaluations 1+/1- After evals, your choice of active recovery
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 12:00 Video Evaluations 1+/1- for each After evals, your choice of active recovery
180	9 x 20 on 3:00 Timed Underwaters B/S
	9:00 AM 4,905 Yards - Stress Value = 463

Workout #26923 - Wednesday, 16 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Showers
125	5 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :45 USRPT-100 Fly Pace
750	1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Fly Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Kick on back/side {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:30 Breast Kick {4 x 25 on :45 Kick no board BSLR {1 x 50 on 1:30 Free Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 100 on 3:00 Butterfly {2 x 100 on 2:30 Mystery Medley {1 x 100 on 2:45 Backstroke {2 x 100 on 2:30 Mystery Medley {1 x 100 on 3:00 Breaststroke {2 x 100 on 2:30 Mystery Medley {2 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	2,850 Yards - Stress Value = 81

Workout #26918 - Wednesday, 16 June 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS>Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Fly Pace
1,050	1x{4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Fly Kick {4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick on back/side {4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Breast Kick {4 x 25 on :30 Kick no board BSLR {1 x 50 on :55 Free Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{1 x 200 on 3:00 Butterfly {3 x 100 on 1:30 Mystery Medley {1 x 200 on 2:50 Backstroke {3 x 100 on 1:30 Mystery Medley {1 x 200 on 3:30 Breaststroke {4 x 100 on 1:30 Mystery Medley {1 x 200 on 2:45 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,275 Yards - Stress Value = 138

Workout #26919 - Wednesday, 16 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS>Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Fly Pace
1,000	1x{4 x 25 on :30 Kick no board BSLR {4 x 50 on 1:00 Fly Kick {4 x 25 on :30 Kick no board BSLR {4 x 50 on 1:00 Kick on back/side {4 x 25 on :30 Kick no board BSLR {4 x 50 on 1:00 Breast Kick {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
1,750	1x{1 x 200 on 3:10 Butterfly {3 x 100 on 1:35 Mystery Medley {1 x 200 on 3:00 Backstroke {3 x 100 on 1:35 Mystery Medley {1 x 200 on 3:40 Breaststroke {3 x 100 on 1:35 Mystery Medley {1 x 250 on 3:35 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 123

Workout #26920 - Wednesday, 16 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS>Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Fly Pace
850	1x{4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:05 Fly Kick

	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Kick on back/side
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Breast Kick
	{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
1,550	1x{1 x 150 on 2:45 Butterfly {3 x 100 on 1:45 Mystery Medley {1 x 150 on 2:40 Backstroke {3 x 100 on 1:45 Mystery Medley {1 x 150 on 3:00 Breaststroke {3 x 100 on 1:45 Mystery Medley {1 x 200 on 3:20 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 116

Workout #26922 - Wednesday, 16 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS>Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Fly Pace
700	1x{4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:20 Fly Kick {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:20 Kick on back/side {4 x 25 on :45 Kick no board BSLR {2 x 50 on 1:20 Breast Kick {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
1,200	1x{1 x 100 on 2:30 Butterfly {3 x 100 on 2:15 Mystery Medley {1 x 100 on 2:20 Backstroke {3 x 100 on 2:15 Mystery Medley {1 x 100 on 2:30 Breaststroke {2 x 100 on 2:15 Mystery Medley {1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 99

Workout #26921 - Wednesday, 16 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS>Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Fly Pace
850	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:10 Kick on back/side
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:10 Breast Kick
	{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
1,400	1x{1 x 150 on 3:00 Butterfly
	{3 x 100 on 1:55 Mystery Medley
	{1 x 150 on 2:55 Backstroke
	{3 x 100 on 1:55 Mystery Medley
	{1 x 100 on 2:05 Breaststroke
	{3 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,575 Yards - Stress Value = 113

Workout #26924 - Thursday, 17 June 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 USRPT 100 Breast Pace
700	1x{1 x 150 on 2:50 Breast Kick w/board
	{4 x 25 on :30 Sprint Free Kick w/board
	{1 x 150 on 2:45 Breast Kick w/board
	{4 x 25 on :30 Sprint Free Kick w/board
	{1 x 100 on 1:45 Breast Kick w/board
	{4 x 25 on :30 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	1x{4 x 50 on :45 Breaststroke
	{1 x 100 on 2:00 Breast Pull
	{4 x 75 on 1:10 Breaststroke
	{1 x 100 on 2:00 Breast Pull
	{4 x 100 on 1:35 Breaststroke
	{1 x 100 on 2:00 Breast Pull
	{4 x 125 on 2:05 Breaststroke
	1 on 11:00 Game
	7:30 PM 3,700 Yards - Stress Value = 129

Workout #26902 - Thursday, 17 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
	6:30 AM Start
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Breast Shooters
	All sets individualized rest. Non best set
	set 6:00, finish set 8:00 rest
1,000	40 x 25 on :30 200 Fly Pace*
	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Free Pace*
	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 8:00 Video Evaluations 1+/-1-
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Your Choice Recovery*
400	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
	{1 x 100 on 3:00 Sculling Drill
	9:15 AM 6,125 Yards - Stress Value = 565

Workout #26929 - Thursday, 17 June 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT 100 Breast Pace
450	1x{1 x 150 on 4:30 Breast Kick w/board
	{4 x 25 on :45 Sprint Free Kick w/board
	{1 x 100 on 3:00 Breast Kick w/board
	{4 x 25 on :45 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{4 x 50 on 1:30 Breaststroke
	{1 x 50 on 2:30 Breast Pull
	{4 x 75 on 2:15 Breaststroke
	{1 x 50 on 2:30 Breast Pull
	{2 x 100 on 3:00 Breaststroke
	{1 x 50 on 2:30 Breast Pull
	1 on 11:00 Game
	7:30 PM 2,125 Yards - Stress Value = 70

Workout #26903 - Thursday, 17 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #26925 - Thursday, 17 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 625 25 x 25 on :35 USRPT 100 Breast Pace
 650 1x{1 x 150 on 3:00 Breast Kick w/board
 {4 x 25 on :35 Sprint Free Kick w/board
 {1 x 150 on 2:55 Breast Kick w/board
 {4 x 25 on :35 Sprint Free Kick w/board
 {1 x 150 on 2:50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{4 x 50 on :50 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 75 on 1:20 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 100 on 1:50 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {3 x 125 on 2:20 Breaststroke
 1 on 11:00 Game
 7:31 PM 3,400 Yards - Stress Value = 113

Workout #26926 - Thursday, 17 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 625 25 x 25 on :35 USRPT 100 Breast Pace
 500 1x{1 x 150 on 3:25 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 {1 x 150 on 3:20 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{4 x 50 on :55 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {4 x 75 on 1:30 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {4 x 100 on 2:05 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {1 x 125 on 2:40 Breaststroke
 1 on 11:00 Game
 7:29 PM 2,950 Yards - Stress Value = 104

Workout #26928 - Thursday, 17 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 500 20 x 25 on :45 USRPT 100 Breast Pace
 475 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Sprint Free Kick w/board
 {1 x 100 on 2:40 Breast Kick w/board
 {2 x 25 on :45 Sprint Free Kick w/board
 {1 x 75 on 2:05 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{4 x 50 on 1:10 Breaststroke

{1 x 50 on 2:00 Breast Pull
 {4 x 75 on 1:50 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 100 on 2:30 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 1 on 11:00 Game
 7:30 PM 2,475 Yards - Stress Value = 87

Workout #26927 - Thursday, 17 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 550 22 x 25 on :45 USRPT-100 Breast Pace
 475 1x{1 x 150 on 3:35 Breast Kick w/board
 {4 x 25 on :40 Sprint Free Kick w/board
 {1 x 150 on 3:30 Breast Kick w/board
 {3 x 25 on :40 Sprint Free 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 50 on 1:00 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {4 x 75 on 1:35 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {4 x 100 on 2:10 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {1 x 50 on 1:10 Breaststroke
 1 on 11:00 Game
 7:30 PM 2,775 Yards - Stress Value = 96

Workout #26904 - Friday, 18 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 All paces are goal time paces
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 8:00 Video Evaluations 1+/1- REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Recovery #2 REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 15:00 Tivo Starts REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 15:00 Tic Tac Toe Relay EN2
 8:47 AM 3,225 Yards - Stress Value = 309

Workout #26905 - Friday, 18 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 11:00 DS/Showes REC
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3
 150 6 x 25 on 3:00 50 Fly Pace SP2
 1 on 5:00 Shoulder Mobility REC
 400 20 x 20 on :30 100 Back Pace* SP2
 1 on 5:00 Shoulder Mobility REC
 400 20 x 20 on :30 100 Fly Pace* SP2
 1 on 5:00 Shoulder Mobility REC
 400 20 x 20 on :30 100 Free Pace* SP2
 6:30 PM 1,575 Yards - Stress Value = 144

Workout #26935 - Friday, 18 June 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 15:00 TEACH DAY-Free
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
575	1x{1 x 100 on 3:00 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 3:00 Free Kick w/board {3 x 25 on 1:00 Tombstone Kicking {1 x 100 on 3:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,725 Yards - Stress Value = 68

Workout #26930 - Friday, 18 June 2021

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 15:00 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
925	1x{1 x 100 on 1:40 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 1:50 Free Kick w/board {5 x 25 on :40 Tombstone Kicking
20	1 x 20 on 4:00 Stroke Drills
	6:31 PM 2,245 Yards - Stress Value = 99

Workout #26931 - Friday, 18 June 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 15:00 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
950	1x{1 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 1:55 Free Kick w/board {2 x 25 on :40 Tombstone Kicking {2 x 50 on 1:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	6:31 PM 2,450 Yards - Stress Value = 100

Workout #26934 - Friday, 18 June 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 15:00 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
625	1x{1 x 100 on 2:30 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 2:35 Free Kick w/board {5 x 25 on 1:00 Tombstone Kicking {1 x 100 on 2:40 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	6:31 PM 1,825 Yards - Stress Value = 73

Workout #26933 - Friday, 18 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 15:00 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
800	1x{1 x 100 on 2:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:05 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {3 x 100 on 2:10 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,125 Yards - Stress Value = 84

Workout #26932 - Saturday, 19 June 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start	
Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 15:00 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 100 on 1:55 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {3 x 100 on 2:05 Free Kick w/board {2 x 25 on :45 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
	6:31 PM 2,300 Yards - Stress Value = 98

Workout #26936 - Monday, 21 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/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
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Fly Pace*	SP2
	*Standard sets if time necessitates	
	9:01 AM 6,225 Yards - Stress Value = 609	

Workout #26937 - Monday, 21 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM 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	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
	Make one subtract one		
270	9 x 30 on 3:00 Running Pit Sprints	SP2	
	6:31 PM 2,745 Yards - Stress Value = 261		

Workout #26944 - Monday, 21 June 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 USRPT 100 Breast Pace
1,645	1x{1 x 150 on 2:50 Breast Kick w/board
	{6 x 25 on :30 Sprint Free Kick w/board
	{2 x 150 on 2:45 Breast Kick w/board
	{6 x 25 on :30 Sprint Free Kick w/board
	{3 x 15 on 2:40 Breast Kick w/board
	{6 x 25 on :30 Sprint Free Kick w/board
	{4 x 150 on 2:35 Breast Kick w/board
	{4 x 25 on :30 Sprint Free Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,345 Yards - Stress Value = 126

Workout #26949 - Monday, 21 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT 100 Breast Pace
1,250	1x{1 x 150 on 4:30 Breast Kick w/board
	{6 x 25 on :45 Sprint Free Kick w/board
	{2 x 150 on 4:25 Breast Kick w/board

	{6 x 25 on :45 Sprint Free Kick w/board
	{3 x 150 on 4:20 Breast Kick w/board
	{2 x 25 on :45 Sprint Free Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,475 Yards - Stress Value = 81

Workout #26945 - Monday, 21 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,900	1x{1 x 150 on 3:00 Breast Kick w/board
	{6 x 25 on :35 Sprint Free Kick w/board
	{2 x 150 on 2:55 Breast Kick w/board
	{6 x 25 on :35 Sprint Free Kick w/board
	{3 x 150 on 2:50 Breast Kick w/board
	{4 x 25 on :35 Sprint Free Kick w/board
	{4 x 150 on 2:45 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,475 Yards - Stress Value = 118

Workout #26946 - Monday, 21 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 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
1,700	1x{1 x 150 on 3:20 Breast Kick w/board
	{6 x 25 on :40 Sprint Free Kick w/board
	{2 x 150 on 3:15 Breast Kick w/board
	{4 x 25 on :40 Sprint Free Kick w/board
	{3 x 150 on 3:10 Breast Kick w/board
	{4 x 25 on :40 Sprint Free Kick w/board
	{3 x 150 on 3:05 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 114

Workout #26948 - Monday, 21 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,350	1x{1 x 150 on 4:00 Breast Kick w/board {6 x 25 on :45 Sprint Free Kick w/board {2 x 150 on 3:55 Breast Kick w/board {3 x 25 on :45 Sprint Free Kick w/board {3 x 150 on 3:50 Breast Kick w/board {6 x 25 on :45 Sprint Free Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,700 Yards - Stress Value = 95

Workout #26947 - Monday, 21 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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 :45 USRPT-100 Breast Pace
1,475	1x{1 x 150 on 3:35 Breast Kick w/board {6 x 25 on :40 Sprint Free Kick w/board {2 x 150 on 3:30 Breast Kick w/board {6 x 25 on :40 Sprint Free Kick w/board {3 x 150 on 3:25 Breast Kick w/board {5 x 25 on :40 Sprint Free Kick w/board {1 x 150 on 3:20 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,925 Yards - Stress Value = 94

Workout #26938 - Tuesday, 22 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
=====	=====	=
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Fly Pace	S
	1 on 5:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Free Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Recovery #4	F
600	2x{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
	8:55 AM 3,825 Yards - Stress Value = 321	

Workout #26939 - Tuesday, 22 June 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
	Both sets are make 1 subtract 1		
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #26955 - Tuesday, 22 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	2x{1 x 125 on 3:30 Freestyle BTintoW {1 x 125 on 3:35 Free-3KOW {1 x 125 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 125 on 3:40 Freestyle BTintoW {1 x 125 on 3:35 Freestyle HB 3SOW {1 x 125 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 86

Workout #26950 - Tuesday, 22 June 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
3,200	2x{1 x 250 on 3:30 Freestyle BTintoW {1 x 250 on 3:35 Free-3KOW {1 x 250 on 3:40 Freestyle 5KOW-100% {1 x 100 on 2:15 EZ Free {1 x 250 on 3:40 Freestyle BTintoW {1 x 250 on 3:35 Freestyle HB 3SOW {1 x 250 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 4,700 Yards - Stress Value = 141

Workout #26951 - Tuesday, 22 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT-100 Free Pace
2,900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 225 on 3:30 Freestyle BTintoW {1 x 225 on 3:35 Free-3KOW {1 x 225 on 3:40 Freestyle 5KOW-100% {1 x 100 on 2:15 EZ Free {1 x 225 on 3:40 Freestyle BTintoW {1 x 225 on 3:35 Freestyle HB 3SOW {1 x 225 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 4,400 Yards - Stress Value = 135	

Workout #26952 - Tuesday, 22 June 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT-100 Free Pace
2,500	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 200 on 3:30 Freestyle BTintoW {1 x 200 on 3:35 Free-3KOW {1 x 200 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 200 on 3:40 Freestyle BTintoW {1 x 200 on 3:35 Freestyle HB 3SOW {1 x 200 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,950 Yards - Stress Value = 129	

Workout #26954 - Tuesday, 22 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Free Shooters
100	22 x 25 on :40 USRPT-100 Free Pace
1,900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 150 on 3:30 Freestyle BTintoW {1 x 150 on 3:35 Free-3KOW {1 x 150 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 150 on 3:40 Freestyle BTintoW {1 x 150 on 3:35 Freestyle HB 3SOW {1 x 150 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,100 Yards - Stress Value = 97	

Workout #26953 - Tuesday, 22 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Free Shooters
100	25 x 25 on :35 USRPT-100 Free Pace
2,200	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 175 on 3:30 Freestyle BTintoW {1 x 175 on 3:35 Free-3KOW {1 x 175 on 3:40 Freestyle 5KOW-100% {1 x 50 on 2:15 EZ Free {1 x 175 on 3:40 Freestyle BTintoW {1 x 175 on 3:35 Freestyle HB 3SOW {1 x 175 on 3:40 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,525 Yards - Stress Value = 110	

Workout #26940 - Wednesday, 23 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
3,000	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	30 x 100 on 1:25 1650 Free Pace
	1 on 8:00 Video Evaluations 1+/1- After evals, your choice of active recovery
	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
180	1 on 12:00 Video Evaluations 1+/1- for each After evals, your choice of active recovery
	9 x 20 on 3:00 Timed Underwaters B/S
9:00 AM 4,905 Yards - Stress Value = 463	

Workout #26956 - Wednesday, 23 June 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland/Showers
150	10 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Back Shooters
1,900	30 x 25 on :30 USRPT-100 Back Pace
	2x{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 1:00 Kick-hands by side
100	1 x 100 on 4:00 100 SL 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 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,550 Yards - Stress Value = 139	

Workout #26961 - Wednesday, 23 June 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
900	2x{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
	{1 x 50 on 1:50 Kick-alt strmlne/hands by si
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:28 PM 2,200 Yards - Stress Value = 94	

Workout #26957 - Wednesday, 23 June 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	10 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
1,700	2x{4 x 25 on :35 Kick no board B-10KOW+1
	{5 x 50 on 1:05 Kick-alt strmlne/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:00 Kick-alt strmlne/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{2 x 50 on :55 Kick-alt strmlne/hands by sic
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,350 Yards - Stress Value = 125	

Workout #26958 - Wednesday, 23 June 2021

Group 2 - Silver

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-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,500	2x{4 x 25 on :40 Kick no board B-10KOW+1
	{5 x 50 on 1:15 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,975 Yards - Stress Value = 118	

Workout #26960 - Wednesday, 23 June 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 30:00 DS/Dryland/Showers
150	7 x 25 on :40 Wednesday Warm-up
500	10 x 15 on :45 Racing Skills-Back Shooters
1,200	20 x 25 on :45 USRPT-100 Back Pace
	2x{4 x 25 on :45 Kick no board B-10KOW+1
	{4 x 50 on 1:35 Kick-alt strmlne/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{3 x 50 on 1:30 Kick-alt strmlne/hands by si
	{2 x 25 on :45 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 2,525 Yards - Stress Value = 100	

Workout #26959 - Wednesday, 23 June 2021

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-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
1,450	2x{4 x 25 on :40 Kick no board B-10KOW+1
	{5 x 50 on 1:20 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:15 Kick-alt strmlne/hands by si
	{3 x 25 on :40 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,850 Yards - Stress Value = 110	

Workout #26941 - Thursday, 24 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	15 x 15 on :45 Racing Skills-Breast Shooters
1,500	All sets individualized rest. Non best set set 6:00, finish set 8:00 rest
1,500	30 x 50 on :55 200 Breast Pace*
1,000	1 on 8:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Free Pace*
400	1 on 5:00 Your Choice Recovery
	40 x 25 on :30 200 Fly Pace*
	1 on 5:00 Your Choice Recovery
	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Your Choice Recovery*
	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
	{1 x 100 on 3:00 Sculling Drill
9:15 AM 6,125 Yards - Stress Value = 565	

Workout #26942 - Thursday, 24 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
	Both sets are make 1 subtract 1		
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #26967 - Thursday, 24 June 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
375	15 x 25 on 1:00 USRPT-100 Fly Pace	SE
850	1x{1 x 250 on 7:30 Fly Kick w/board	EN
	{5 x 50 on 1:45 Fly Kick w/board-100%	EN
	{1 x 200 on 5:55 Fly Kick w/board	EN
	{3 x 50 on 1:45 Fly Kick w/board-100%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:30 PM 1,775 Yards - Stress Value = 61	

Workout #26962 - Thursday, 24 June 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
100	1 x 100 on 26:00 TEACH DAY-Fly	RE
750	30 x 25 on :30 USRPT-100 Fly Pace	SE
1,300	1x{1 x 300 on 6:00 Fly Kick w/board	EN
	{6 x 50 on 1:05 Fly Kick w/board-100%	EN
	{1 x 250 on 4:50 Fly Kick w/board	EN
	{5 x 50 on 1:05 Fly Kick w/board-100%	EN
	{1 x 200 on 3:50 Fly Kick w/board	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:30 PM 2,800 Yards - Stress Value = 107	

Workout #26963 - Thursday, 24 June 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
625	25 x 25 on :35 USRPT-100 Fly Pace	SE
1,350	1x{1 x 300 on 6:10 Fly Kick w/board	EN
	{6 x 50 on 1:05 Fly Kick w/board-100%	EN
	{1 x 250 on 5:00 Fly Kick w/board	EN
	{5 x 50 on 1:05 Fly Kick w/board-100%	EN
	{1 x 200 on 3:55 Fly Kick w/board	EN
	{1 x 50 on 1:00 Fly Kick w/board-100%	EN

250	1 x 200 on 4:00 Stroke Drills	RE
	7:30 PM 2,625 Yards - Stress Value = 95	

Workout #26964 - Thursday, 24 June 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
625	25 x 25 on :35 USRPT-100 Fly Pace	SE
1,200	1x{1 x 300 on 6:40 Fly Kick w/board	EN
	{5 x 50 on 1:10 Fly Kick w/board-100%	EN
	{1 x 250 on 5:30 Fly Kick w/board	EN
	{4 x 50 on 1:10 Fly Kick w/board-100%	EN
	{1 x 200 on 4:20 Fly Kick w/board	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:29 PM 2,425 Yards - Stress Value = 92	

Workout #26966 - Thursday, 24 June 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
500	20 x 25 on :45 USRPT-100 Fly Pace	SE
1,000	1x{1 x 300 on 8:00 Fly Kick w/board	EN
	{6 x 50 on 1:20 Fly Kick w/board-100%	EN
	{1 x 250 on 6:30 Fly Kick w/board	EN
	{3 x 50 on 1:20 Fly Kick w/board-100%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:29 PM 2,050 Yards - Stress Value = 76	

Workout #26965 - Thursday, 24 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
550	22 x 25 on :40 USRPT-100 Fly Pace	SE
1,100	1x{1 x 300 on 7:05 Fly Kick w/board	EN
	{6 x 50 on 1:15 Fly Kick w/board-100%	EN
	{1 x 250 on 5:50 Fly Kick w/board	EN
	{5 x 50 on 1:15 Fly Kick w/board-100%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:29 PM 2,250 Yards - Stress Value = 83	

Workout #26943 - Friday, 25 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
	6:30 AM Start	
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	All paces are goal time paces	
750	30 x 25 on :30 100 Back Pace	SP2
1	on 15:00 Tivo Starts	REC
750	30 x 25 on :30 100 Breast Pace	SP2
1	on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Free Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
1	on 15:00 Tic Tac Toe Relay	EN2
	8:47 AM 3,225 Yards - Stress Value = 309	

Workout #26968 - Monday, 28 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	6:30 AM Start	
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Free 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
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	*Standard sets if time necessitates	
	9:01 AM 6,225 Yards - Stress Value = 609	

Workout #26969 - Monday, 28 June 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY WC
	5:00 PM Start	
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
2,250	30 x 75 on 1:10 500 Free Pace	SP2
	Make one subtract one	
270	9 x 30 on 3:00 Running Pit Sprints	SP2
	6:31 PM 2,745 Yards - Stress Value = 261	

Workout #26977 - Monday, 28 June 2021

Group 2 - Back

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
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
1,100	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side

{2 x 100 on 1:50 Streamline Kick on back
 1 on 10:00 Racing Skills-Back Starts
 7:29 PM 2,400 Yards - Stress Value = 103

Workout #26982 - Monday, 28 June 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
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
500	20 x 25 on :45 USRPT-100 Back Pace
650	1x{1 x 100 on 3:00 Streamline Kick on back
	{2 x 50 on 1:45 Alt 25 kick on each side
	{2 x 100 on 3:00 Streamline Kick on back
	{3 x 50 on 1:45 Alt 25 kick on each side
	{1 x 100 on 3:00 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
	7:29 PM 1,600 Yards - Stress Value = 69

Workout #26978 - Monday, 28 June 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
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
1,000	1x{1 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{3 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{1 x 100 on 2:05 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
	7:30 PM 2,300 Yards - Stress Value = 101

Workout #26979 - Monday, 28 June 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
100	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
900	1x{1 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:15 Alt 25 kick on each side
	{2 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:15 Alt 25 kick on each side
	{2 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:15 Alt 25 kick on each side
	{1 x 100 on 2:15 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
7:30 PM	2,025 Yards - Stress Value = 86

6:30 AM Start

Yards	Set Description	
225	1 on 15:00 Dynamic Stretch/Showers	F
750	15 x 15 on :45 Racing Skills-Back Shooters	S
	30 x 25 on :30 100 Free Pace	S
	1 on 5:00 Recovery #1	F
750	30 x 25 on :30 100 Breast Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 8:00 Recovery #4	F
600	2x{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
8:55 AM	3,825 Yards - Stress Value = 321	

Workout #26971 - Tuesday, 29 June 2021

Group 3 - USRPT

1 minute rest between sets

Workout #26981 - Monday, 28 June 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
100	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
750	1x{1 x 100 on 2:45 Streamline Kick on back
	{2 x 50 on 1:30 Alt 25 kick on each side
	{2 x 100 on 2:45 Streamline Kick on back
	{2 x 50 on 1:30 Alt 25 kick on each side
	{2 x 100 on 2:45 Streamline Kick on back
	{1 x 50 on 1:30 Alt 25 kick on each side
	1 on 10:00 Racing Skills-Back Starts
7:30 PM	1,750 Yards - Stress Value = 76

Yards	Set Description	EGY WC
5:00 PM	Start	
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2
	Both sets are make 1 subtract 1	
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 15:00 Shoulder Mobility	REC
6:30 PM	2,225 Yards - Stress Value = 222	

Workout #26983 - Tuesday, 29 June 2021

Group 2 - Breast

1 minute rest between sets

Workout #26980 - Monday, 28 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
100	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
850	1x{1 x 100 on 2:20 Streamline Kick on back
	{2 x 50 on 1:20 Alt 25 kick on each side
	{2 x 100 on 2:20 Streamline Kick on back
	{2 x 50 on 1:20 Alt 25 kick on each side
	{3 x 100 on 2:20 Streamline Kick on back
	{1 x 50 on 1:20 Alt 25 kick on each side
	1 on 10:00 Racing Skills-Back Starts
7:29 PM	1,975 Yards - Stress Value = 85

Yards	Set Description
5:30 PM	Start
	1 on 30:00 Dryland and stretch
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,100	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
	{1 on 1:00 Rest
	{2 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:45 Breaststroke
	1 on 13:00 Killer Relays-Breast
7:30 PM	3,400 Yards - Stress Value = 123

Workout #26970 - Tuesday, 29 June 2021

Group 3 - USRPT

1 minute rest between sets

Workout #26988 - Tuesday, 29 June 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{5 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {4 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {3 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {1 x 100 on 3:00 Breaststroke 1 on 13:00 Killer Relays-Breast
7:31 PM	2,125 Yards - Stress Value = 70

Workout #26984 - Tuesday, 29 June 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,950	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 {3 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {3 x 50 on :55 Breaststroke 1 on 13:00 Killer Relays-Breast
7:30 PM	3,125 Yards - Stress Value = 107

Workout #26985 - Tuesday, 29 June 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,750	1x{6 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {3 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {3 x 50 on 1:05 Breaststroke 1 on 13:00 Killer Relays-Breast
7:30 PM	2,800 Yards - Stress Value = 96

Workout #26987 - Tuesday, 29 June 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{6 x 100 on 2:45 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:45 Breaststroke {1 on 1:00 Rest {3 x 100 on 2:45 Breaststroke 1 on 13:00 Killer Relays-Breast
7:29 PM	2,350 Yards - Stress Value = 84

Workout #26986 - Tuesday, 29 June 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{6 x 100 on 2:25 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:25 Breaststroke {1 on 1:00 Rest {4 x 100 on 2:25 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:25 Breaststroke 1 on 10:00 Killer Relays-Breast
7:30 PM	2,750 Yards - Stress Value = 95

Workout #27001 - Tuesday, 29 June 2021

Taper 1 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 Dryland and stretch
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :30 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:45 Breaststroke {1 on 1:00 Rest {3 x 100 on 1:45 Breaststroke {1 on 1:00 Rest {2 x 100 on 1:45 Breaststroke {1 on 1:00 Rest {1 x 100 on 1:45 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
6:55 PM	2,125 Yards - Stress Value = 64

Workout #27002 - Tuesday, 29 June 2021

Taper 1 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
325	10 x 15 on :45 Racing Skills-Breast Shooters
100	13 x 25 on :35 USRPT-100 Breast Pace
950	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:55 Breaststroke
	{1 on :30 Rest
200	{1 x 50 on :55 Breaststroke
	1 x 200 on 4:00 Stroke Drills
6:55 PM 2,025 Yards - Stress Value = 57	

Workout #27003 - Tuesday, 29 June 2021

Taper 1 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
275	10 x 15 on :45 Racing Skills-Breast Shooters
100	13 x 25 on :40 USRPT-100 Breast Pace
900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{1 on 1:00 Rest
	{3 x 100 on 2:10 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:10 Breaststroke
	{1 on :30 Rest
	{1 x 100 on 2:10 Breaststroke
	1 on 13:00 Killer Relays-Breast
7:04 PM 1,675 Yards - Stress Value = 52	

Workout #26972 - Wednesday, 30 June 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch>Showers
3,000	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	30 x 100 on 1:25 1650 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
	After evals, your choice of active recovery
	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 12:00 Video Evaluations 1+/1- for each
	After evals, your choice of active recovery
180	9 x 20 on 3:00 Timed Underwaters B/S
9:00 AM 4,905 Yards - Stress Value = 463	

Workout #26973 - Thursday, 01 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch>Showers
1,500	15 x 15 on :45 Racing Skills-Breast Shooters
1,000	All sets individualized rest.
1,500	Swim 10 or less 5:00 rest
1,500	Get out before 15 6:00 rest
400	Get out before 20 7:00 rest
	Get out before 25 8:00 rest
	Finish the set 9:00 rest
	30 x 50 on :50 200 Free Pace*
	1 on 5:00 Your Choice Recovery
	40 x 25 on :30 200 Fly Pace*
	1 on 5:00 Your Choice Recovery
	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Your Choice Recovery*
	30 x 50 on :55 200 Breast Pace*
	1 on 8:00 Video Evaluations 1+/1-
	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
	{1 x 100 on 3:00 Sculling Drill
9:15 AM 6,125 Yards - Stress Value = 565	

Workout #26974 - Thursday, 01 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 Dynamic Stretch>Showers	REC	
1,000	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
	Both sets are make 1 subtract 1		
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 6:00 Recovery #1	REC	
	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
6:30 PM 2,225 Yards - Stress Value = 222			

Workout #26994 - Thursday, 01 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Free Shooters
725	20 x 25 on :45 USRPT-100 Free Pace
	1x{1 x 100 on 3:00 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{2 x 100 on 3:00 Free Kick w/board
	{5 x 25 on 1:00 Tombstone Kicking
	{2 x 100 on 3:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,075 Yards - Stress Value = 142	

Workout #26973 - Thursday, 01 July 2021

Group 3 - USRPT

1 minute rest between sets

Workout #26989 - Thursday, 01 July 2021

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
1,150	1x{1 x 100 on 1:40 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:55 Free Kick w/board {2 x 25 on :40 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,850 Yards - Stress Value = 176

Workout #26990 - Thursday, 01 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
1,100	1x{1 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:55 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 2:00 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 2:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 175

Workout #26991 - Thursday, 01 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
1,000	1x{1 x 100 on 1:55 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {3 x 100 on 2:05 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 100 on 2:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 160

Workout #26993 - Thursday, 01 July 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
800	1x{1 x 100 on 2:30 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 2:35 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {3 x 100 on 2:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 149

Workout #26992 - Thursday, 01 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
950	1x{1 x 100 on 2:05 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 {3 x 100 on 2:15 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 50 on 1:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,475 Yards - Stress Value = 159

Workout #27004 - Thursday, 01 July 2021

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 x 25 on :30 USRPT-100 Free Pace
700	1x{1 x 100 on 1:40 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {1 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {1 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	8 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 2,425 Yards - Stress Value = 94

Workout #27005 - Thursday, 01 July 2021

Taper 1 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
375	10 x 15 on :45 Racing Skills-Free Shooters
700	15 x 25 on :30 USRPT-100 Free Pace
	1x{1 x 100 on 1:50 Free Kick w/board
	{4 x 25 on :40 Tombstone Kicking
	{1 x 100 on 1:55 Free Kick w/board
	{4 x 25 on :40 Tombstone Kicking
	{1 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :40 Tombstone Kicking
	{1 x 100 on 2:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	8 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills

7:03 PM 2,425 Yards - Stress Value = 94

Workout #27006 - Thursday, 01 July 2021

Taper 1 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
325	10 x 15 on :45 Racing Skills-Free Shooters
650	13 x 25 on :35 USRPT-100 Free Pace
	1x{1 x 100 on 1:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:05 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 50 on :11 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	8 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills

7:03 PM 2,275 Yards - Stress Value = 87

Workout #26975 - Friday, 02 July 2021

Group 3 - USRPT

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-Fly Shooters	SP3	
	All paces are goal time paces		
	Set ends at 20 makes or 3 misses		
	whichever comes later		
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 15:00 Tivo Starts	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 15:00 Tic Tac Toe Relay	EN2	

8:47 AM 3,225 Yards - Stress Value = 309

Workout #26976 - Friday, 02 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 11:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
150	6 x 25 on 3:00 50 Back Pace	SP2	
	1 on 5:00 Shoulder Mobility	REC	
400	20 x 20 on :30 100 Fly Pace*	SP2	
	1 on 5:00 Shoulder Mobility	REC	
400	20 x 20 on :30 100 Free Pace*	SP2	
	1 on 5:00 Shoulder Mobility	REC	
400	20 x 20 on :30 100 Breast Pace*	SP2	

6:30 PM 1,575 Yards - Stress Value = 144

Workout #27000 - Friday, 02 July 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
300	10 x 15 on :45 Racing Skills-Fly Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:50 Fly Kick w/board
	{2 x 25 on :45 Kick no board S
	{1 x 50 on 1:15 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	4x{6 x 25 on 1:00 Butterfly
	{1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills

6:31 PM 1,450 Yards - Stress Value = 24

Workout #26995 - Friday, 02 July 2021

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
600	10 x 15 on :45 Racing Skills-Fly Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Fly Kick w/board
	{4 x 25 on :30 Kick no board B
	{1 x 100 on 1:50 Fly Kick w/board
	{4 x 25 on :30 Kick no board S
	{1 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
1,200	6x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills

6:32 PM 2,450 Yards - Stress Value = 42

Workout #26996 - Friday, 02 July 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
600	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:55 Fly Kick w/board {4 x 25 on :30 Kick no board B {1 x 100 on 2:00 Fly Kick w/board {4 x 25 on :30 Kick no board S {1 x 100 on 2:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	5x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills
	6:31 PM 2,250 Yards - Stress Value = 38

Workout #26997 - Friday, 02 July 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:05 Fly Kick w/board {2 x 25 on :35 Kick no board S {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
1,000	5x{8 x 25 on :35 Butterfly {1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills
	6:31 PM 1,950 Yards - Stress Value = 33

Workout #26999 - Friday, 02 July 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:35 Fly Kick w/board {2 x 25 on :45 Kick no board B {2 x 50 on 1:20 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	4x{8 x 25 on :40 Butterfly {1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills
	6:30 PM 1,700 Yards - Stress Value = 29

Workout #26998 - Friday, 02 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
350	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:15 Fly Kick w/board {2 x 25 on :40 Kick no board S {1 x 100 on 2:20 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
100	1 x 100 on 2:00 Stroke Drills
	6:32 PM 1,950 Yards - Stress Value = 33

Workout #27007 - Friday, 02 July 2021

Taper 1 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{2 x 25 on :30 Kick no board BS {1 x 100 on 1:45 Fly Kick w/board {2 x 25 on :30 Kick no board LR {1 x 100 on 1:50 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	3x{8 x 25 on :25 Butterfly {1 on 1:00 Rest
100	1 x 100 on 2:00 Stroke Drills
	6:13 PM 1,550 Yards - Stress Value = 24

Workout #27008 - Friday, 02 July 2021

Taper 1 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{2 x 25 on :30 Kick no board BS {1 x 100 on 1:55 Fly Kick w/board {2 x 25 on :30 Kick no board LR {1 x 100 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	3x{8 x 25 on :30 Butterfly {1 on 1:00 Rest On the 3rd set only do 4
100	1 x 100 on 2:00 Stroke Drills
	6:15 PM 1,550 Yards - Stress Value = 24

Workout #27009 - Friday, 02 July 2021

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	1x{2 x 25 on :35 Kick no board BS {1 x 100 on 2:05 Fly Kick w/board {2 x 25 on :35 Kick no board S {1 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	3x{8 x 25 on :35 Butterfly {1 on 1:00 Rest On the third set only do 3
100	1 x 100 on 2:00 Stroke Drills
	6:17 PM 1,450 Yards - Stress Value = 23

Workout #27010 - Monday, 05 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch/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 5:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Recovery #3	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	*Standard sets if time necessitates	
	9:01 AM 6,225 Yards - Stress Value = 609	

Workout #27011 - Monday, 05 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM 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	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
	Make one subtract one		
270	9 x 30 on 3:00 Running Pit Sprints	SP2	
	6:31 PM 2,745 Yards - Stress Value = 261		

Workout #27018 - Monday, 05 July 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 USRPT-100 Breast Pace
1,900	1x{1 x 200 on 3:40 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {2 x 200 on 3:45 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {3 x 200 on 3:50 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {2 x 200 on 3:55 Breast Kick w/board

100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,600 Yards - Stress Value = 128

Workout #27023 - Monday, 05 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
900	1x{1 x 100 on 4:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {2 x 100 on 4:05 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {3 x 100 on 4:10 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,125 Yards - Stress Value = 72

Workout #27019 - Monday, 05 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
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
1,700	1x{1 x 200 on 4:15 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {2 x 200 on 4:20 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {3 x 200 on 4:25 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:30 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 111

Workout #27020 - Monday, 05 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
1,500	1x{1 x 200 on 4:35 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {2 x 200 on 4:40 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {3 x 200 on 4:45 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,950 Yards - Stress Value = 93

Taper 1 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :30 USRPT-100 Breast Pace
1,100	1x{1 x 200 on 3:40 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:45 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:50 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:55 Breast Kick w/board
100	1 on 2:00 100 Breast Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
50	1 x 50 on 5:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:04 PM	2,275 Yards - Stress Value = 68

Workout #27022 - Monday, 05 July 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	18 x 25 on :50 USRPT-100 Breast Pace
1,350	1x{1 x 150 on 4:00 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {2 x 150 on 4:05 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {3 x 150 on 4:10 Breast Kick w/board {4 x 25 on :45 Breast kick on Back-Streamline {1 x 150 on 4:15 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,650 Yards - Stress Value = 80

Workout #27025 - Monday, 05 July 2021

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
950	1x{1 x 200 on 4:15 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:20 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:25 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 50 on 1:05 Breast Kick w/board
50	1 x 50 on 2:00 100 Breast Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
50	1 x 50 on 5:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:05 PM	2,125 Yards - Stress Value = 60

Workout #27021 - Monday, 05 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
1,400	1x{1 x 200 on 4:55 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {2 x 200 on 5:00 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {3 x 200 on 5:05 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,850 Yards - Stress Value = 99

Workout #27026 - Monday, 05 July 2021

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
900	1x{1 x 200 on 4:35 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:40 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:45 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline
50	1 x 50 on 2:00 100 Breast Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
50	1 x 50 on 5:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:05 PM	1,975 Yards - Stress Value = 52

Workout #27024 - Monday, 05 July 2021

Workout #27027 - Monday, 05 July 2021

Taper 1 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
800	1x{1 x 200 on 4:55 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 200 on 5:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 200 on 5:05 Breast Kick w/board
50	1 x 50 on 2:00 100 Breast Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
50	1 x 50 on 5:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:04 PM 1,875 Yards - Stress Value = 54

Workout #27012 - Tuesday, 06 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Breast Pace	S
	1 on 5:00 Recovery #1	F
750	30 x 25 on :30 100 Free Pace	S
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
600	2x{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
	8:55 AM 3,825 Yards - Stress Value = 321	

Workout #27013 - Tuesday, 06 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
	Both sets are make 1 subtract 1		
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #27033 - Tuesday, 06 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	2x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 88

Workout #27028 - Tuesday, 06 July 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
3,600	2x{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
	7:31 PM 5,100 Yards - Stress Value = 153

Workout #27029 - Tuesday, 06 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
3,200	2x{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
	7:31 PM 4,700 Yards - Stress Value = 145

Workout #27030 - Tuesday, 06 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
2,800	2x{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 4,125 Yards - Stress Value = 124

Workout #27032 - Tuesday, 06 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
2,100	2x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:10 Free L.25 6bk {1 x 50 on 1:10 Free L.25 2 breaths {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 3,300 Yards - Stress Value = 103

Workout #27031 - Tuesday, 06 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
2,400	2x{1 x 100 on 2:00 Free L.25 6BK {1 x 100 on 2:00 Free L.25 2 breaths {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:55 Free L.25 6BK {2 x 100 on 1:55 Free L.25 2 breaths {2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:00 Free L.25 6bk {1 x 100 on 2:00 Free L.25 2 breaths {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	7:28 PM 3,725 Yards - Stress Value = 116

Workout #27034 - Tuesday, 06 July 2021

Taper 1 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
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
	6:59 PM 2,925 Yards - Stress Value = 80

Workout #27035 - Tuesday, 06 July 2021

Taper 1 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
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
	6:59 PM 2,725 Yards - Stress Value = 76

Workout #27036 - Tuesday, 06 July 2021

Taper 1 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
325	10 x 15 on :45 Racing Skills-Free Shooters
100	13 x 25 on :35 USRPT-100 Free Pace
1,400	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{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
6:59 PM 2,425 Yards - Stress Value = 66	

Workout #27037 - Tuesday, 06 July 2021

Taper 1 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
325	10 x 15 on :45 Racing Skills-Free Shooters
100	13 x 25 on :35 USRPT-100 Free Pace
1,200	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{1 x 100 on 2:00 Free L.25 6BK
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:55 Free L.25 6BK
	{2 x 100 on 1:55 Free L.25 2 breaths
	{2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:00 Free L.25 6bk
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
6:58 PM 2,225 Yards - Stress Value = 62	

Workout #27014 - Wednesday, 07 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch>Showers
3,000	15 x 15 on :45 Racing Skills-Crossover Turns
	30 x 100 on 1:25 1650 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
	After evals, your choice of active recovery
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 12:00 Video Evaluations 1+/1- for each
	After evals, your choice of active recovery
180	9 x 20 on 3:00 Timed Underwaters B/S
9:00 AM 4,905 Yards - Stress Value = 463	

Workout #27038 - Wednesday, 07 July 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 30:00 DS/Dryland
150	9 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Back Shooters
1,000	30 x 25 on :30 USRPT-100 Back Pace
	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
100	{1 x 100 on 1:50 Streamline Kick on backc
	{1 x 100 on 1:50 Streamline Kick on backc
1,900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{5 x 125 on 1:55 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{4 x 100 on 1:30 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{3 x 75 on 1:05 Back alt 25's 10KOW
	{5 x 50 on :45 Back-descend
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 4,325 Yards - Stress Value = 138	

Workout #27043 - Wednesday, 07 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 30:00 DS/Dryland
150	5 x 25 on 1:00 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Back Shooters
600	15 x 25 on 1:00 USRPT-100 Back Pace
	1x{1 x 100 on 3:00 Streamline Kick on back
	{1 x 50 on 1:30 Alt 25 kick on each side
	{2 x 100 on 3:00 Streamline Kick on back
	{1 x 50 on 1:30 Alt 25 kick on each side
	{2 x 100 on 3:00 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{3 x 50 on 1:30 Back-descend
	{4 x 100 on 3:00 Back alt 25's 10KOW
	{3 x 50 on 1:30 Back-descend
	{3 x 75 on 2:20 Back alt 25's 10KOW
	{1 x 50 on 1:30 Back=FAST
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,525 Yards - Stress Value = 75	

Workout #27039 - Wednesday, 07 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 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
 900 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{5 x 125 on 2:05 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {4 x 100 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :50 Back-descend
 {3 x 75 on 1:15 Back alt 25's 10KOW
 {2 x 50 on :50 Back-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,875 Yards - Stress Value = 119

Workout #27040 - Wednesday, 07 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 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
 800 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{5 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {4 x 100 on 1:55 Back alt 25's 10KOW
 {2 x 50 on :55 Back-descend
 {3 x 75 on 1:25 Back alt 25's 10KOW
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 113

Workout #27042 - Wednesday, 07 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 150 6 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Back Shooters
 500 20 x 25 on :45 USRPT-100 Back Pace
 650 1x{1 x 100 on 2:45 Streamline Kick on back
 {1 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{2 x 125 on 3:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend

{4 x 100 on 2:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {2 x 75 on 2:00 Back alt 25's 10KOW
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 91

Workout #27041 - Wednesday, 07 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 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
 750 1x{1 x 100 on 2:25 Streamline Kick on back
 {1 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:25 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{5 x 125 on 2:35 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {1 x 75 on 1:40 Back alt 25's 10KOW
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 104

Workout #27044 - Wednesday, 07 July 2021

Taper 1 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 225 9 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Back Shooters
 375 15 x 25 on :30 USRPT-100 Back Pace
 500 1x{1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {1 x 100 on 1:50 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {1 x 100 on 1:50 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,075 1x{4 x 100 on 1:30 Back alt 25's 10KOW
 {4 x 50 on :45 Back-descend
 {3 x 75 on 1:05 Back alt 25's 10KOW
 {5 x 50 on :45 Back-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:01 PM 2,625 Yards - Stress Value = 75

Workout #27045 - Wednesday, 07 July 2021

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace
450	1x{1 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 {1 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
975	1x{3 x 50 on :50 Back-descend {4 x 100 on 1:40 Back alt 25's 10KOW {4 x 50 on :50 Back-descend {3 x 75 on 1:15 Back alt 25's 10KOW
200	1 x 200 on 4:00 Stroke Drills
7:02 PM	2,400 Yards - Stress Value = 66

Workout #27015 - Thursday, 08 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Breast Shooters All sets individualized rest. Swim 10 or less 5:00 rest Get out before 15 6:00 rest Get out before 20 7:00 rest Get out before 25 8:00 rest Finish the set 9:00 rest
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 8:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Free Pace*
	1 on 5:00 Your Choice Recovery
1,000	40 x 25 on :30 200 Fly Pace*
	1 on 5:00 Your Choice Recovery*
400	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck {1 x 100 on 3:00 Sculling Drill
9:15 AM	6,125 Yards - Stress Value = 565

Workout #27016 - Thursday, 08 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters Both sets are make 1 subtract 1	SP2	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
6:30 PM	2,225 Yards - Stress Value = 222		

Workout #27051 - Thursday, 08 July 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
375	15 x 25 on 1:00 USRPT-100 Fly Pace
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
7:30 PM	1,325 Yards - Stress Value = 54

Workout #27046 - Thursday, 08 July 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
750	30 x 25 on :30 USRPT-100 Fly Pace
1,100	1x{4 x 25 on :30 Kick no board S-12KOW+1 {1 x 50 on :50 Fly Kick w/board {1 x 100 on 1:40 Fly Kick w/board {1 x 150 on 2:30 Fly Kick w/board {4 x 25 on :30 Kick no board S-13KOW+1 {2 x 50 on :50 Fly Kick w/board {2 x 100 on 1:40 Fly Kick w/board {2 x 150 on 2:30 Fly Kick w/board
7:30 PM	2,400 Yards - Stress Value = 103

Workout #27047 - Thursday, 08 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
750	30 x 25 on :30 USRPT-100 Fly Pace
900	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/board {1 x 100 on 2:00 Fly Kick w/board {1 x 150 on 3:00 Fly Kick w/board {4 x 25 on :35 Kick no board S-13KOW+1 {1 x 50 on 1:00 Fly Kick w/board {2 x 100 on 2:00 Fly Kick w/board {1 x 150 on 3:00 Fly Kick w/board
7:29 PM	2,200 Yards - Stress Value = 99

Workout #27048 - Thursday, 08 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
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 2:20 Fly Kick w/board
	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{1 x 100 on 2:20 Fly Kick w/board
	{1 x 150 on 3:30 Fly Kick w/board
	1 on 13:00 Racing Skills-Starts
7:30 PM	1,875 Yards - Stress Value = 83

Workout #27050 - Thursday, 08 July 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
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 3:00 Fly Kick w/board
	1 on 12:00 Racing Skills-Starts
7:30 PM	1,600 Yards - Stress Value = 69

Workout #27049 - Thursday, 08 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
800	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:15 Fly Kick w/board
	{1 x 100 on 2:30 Fly Kick w/board
	{1 x 150 on 3:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:15 Fly Kick w/board
	{2 x 100 on 2:30 Fly Kick w/board
	1 on 12:00 Racing Skills-Starts
7:31 PM	1,850 Yards - Stress Value = 77

Workout #27052 - Thursday, 08 July 2021

Taper 1 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
375	15 x 25 on :30 USRPT-100 Fly Pace
550	1x{4 x 25 on :30 Kick no board S-12KOW+1
	{1 x 50 on :50 Fly Kick w/board
	{1 x 100 on 1:40 Fly Kick w/board
	{1 x 150 on 2:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{1 x 50 on :50 Fly Kick w/board
	1 on 5:00 Racing Skills-Starts
7:06 PM	1,475 Yards - Stress Value = 55

Workout #27053 - Thursday, 08 July 2021

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
375	15 x 25 on :30 USRPT-100 Fly Pace
450	1x{4 x 25 on :35 Kick no board S-12KOW+1
	{1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
	{2 x 25 on :35 Kick no board S-13KOW+1
	1 on 5:00 Racing Skills-Starts
7:06 PM	1,375 Yards - Stress Value = 53

Workout #27054 - Thursday, 08 July 2021

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-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
325	13 x 25 on :35 USRPT-100 Fly Pace
400	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:20 Fly Kick w/board
	{1 x 150 on 3:30 Fly Kick w/board
	1 on 5:00 Racing Skills-Starts
7:06 PM	1,225 Yards - Stress Value = 46

Workout #27055 - Thursday, 08 July 2021

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 30:00 DS/Dryland		
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Racing Skills-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		
275	11 x 25 on :40 USRPT-100 Fly Pace		
350	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 100 on 2:35 Fly Kick w/board		
	1 on 5:00 Racing Skills-Starts		
	7:06 PM 1,125 Yards - Stress Value = 41		

Workout #27017 - Friday, 09 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	6:30 AM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	All paces are goal time paces		
	Set ends at 20 makes or 3 misses		
	whichever comes later		
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 15:00 Tivo Starts	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	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 15:00 Tic Tac Toe Relay	EN2	
	8:47 AM 3,225 Yards - Stress Value = 309		

Workout #27056 - Monday, 12 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	6:30 AM Start		
	1 on 15:00 Dynamic Stretch/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	
1,500	30 x 50 on :55 200 Fly Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
1,500	30 x 50 on :50 200 Back Pace*	SP2	
	*Standard sets if time necessitates		
	9:02 AM 6,225 Yards - Stress Value = 609		

Workout #27057 - Monday, 12 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:00 PM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
2,250	30 x 75 on 1:10 500 Free Pace	SP2	
	Make one subtract one		

270 9 x 30 on 3:00 Running Pit Sprints SP2
6:31 PM 2,745 Yards - Stress Value = 261

Workout #27069 - Monday, 12 July 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 30:00 DS/Dryland		
200	1 x 200 on 5:00 Underwater trn drill		
150	10 x 15 on :45 Racing Skills-Free Shooters		
	1 on 23:00 TEACH DAY-Free		
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		
775	1x{1 x 100 on 3:00 Free Kick w/board		
	{4 x 25 on 1:00 Tombstone Kicking		
	{2 x 100 on 3:00 Free Kick w/board		
	{5 x 25 on 1:00 Tombstone Kicking		
	{2 x 100 on 3:00 Free Kick w/board		
	{2 x 25 on 1:00 Tombstone Kicking		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 1,925 Yards - Stress Value = 71		

Workout #27064 - Monday, 12 July 2021

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 30:00 DS/Dryland		
300	1 x 300 on 5:00 Underwater trn drill		
150	10 x 15 on :45 Racing Skills-Free Shooters		
	1 on 23:00 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		
1,200	1x{1 x 100 on 1:40 Free Kick w/board		
	{4 x 25 on :40 Tombstone Kicking		
	{2 x 100 on 1:45 Free Kick w/board		
	{4 x 25 on :40 Tombstone Kicking		
	{3 x 100 on 1:50 Free Kick w/board		
	{4 x 25 on :40 Tombstone Kicking		
	{2 x 100 on 1:55 Free Kick w/board		
	{4 x 25 on :40 Tombstone Kicking		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 2,700 Yards - Stress Value = 105		

Workout #27065 - Monday, 12 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 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
1,175	1x{1 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:55 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 2:00 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 2:05 Free Kick w/board {3 x 25 on :40 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 105

Workout #27067 - Monday, 12 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 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
1,050	1x{1 x 100 on 2:05 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 {3 x 100 on 2:15 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 100 on 2:20 Free Kick w/board {1 x 50 on 1:10 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 89

Workout #27066 - Monday, 12 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 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
1,075	1x{1 x 100 on 1:55 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {2 x 100 on 2:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {3 x 100 on 2:05 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 100 on 2:10 Free Kick w/board {3 x 25 on :45 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 90

Workout #27070 - Monday, 12 July 2021

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Free Pace
600	1x{1 x 100 on 1:40 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {1 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {1 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
	7:11 PM 1,725 Yards - Stress Value = 56

Workout #27068 - Monday, 12 July 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 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
850	1x{1 x 100 on 2:30 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 2:35 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {3 x 100 on 2:40 Free Kick w/board {2 x 25 on 1:00 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,050 Yards - Stress Value = 78

Workout #27058 - Tuesday, 13 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
	6:30 AM Start	
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Free Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Fly Pace	S
	1 on 5:00 Recovery #4	F
600	2x{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
	8:55 AM 3,825 Yards - Stress Value = 321	

Workout #27059 - Tuesday, 13 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
1	on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
	Both sets are make 1 subtract 1		
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 15:00 Shoulder Mobility	REC	
	6:30 PM 2,225 Yards - Stress Value = 222		

Workout #27076 - Tuesday, 13 July 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
1,100	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
	{1 x 150 on 6:00 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-13KOW+1
	{2 x 50 on 2:00 Fly Kick w/board
	{2 x 100 on 4:00 Fly Kick w/board
	{2 x 150 on 6:00 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB-100 Fly for Time
	7:30 PM 2,125 Yards - Stress Value = 78

Workout #27071 - Tuesday, 13 July 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
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
2,150	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 2:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{2 x 50 on :50 Fly Kick w/board
	{2 x 100 on 1:40 Fly Kick w/board
	{2 x 150 on 2:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-14KOW+1
	{3 x 50 on :50 Fly Kick w/board
	{3 x 100 on 1:45 Fly Kick w/board
	{3 x 150 on 2:30 Fly Kick w/board
	{2 x 25 on :30 Kick no board S-15KOW+1
100	1 x 100 on 4:00 100 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 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,850 Yards - Stress Value = 128

Workout #27072 - Tuesday, 13 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
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
1,800	1x{4 x 25 on :35 Kick no board S-12KOW+1
	{1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-13KOW+1
	{2 x 50 on 1:00 Fly Kick w/board
	{2 x 100 on 2:00 Fly Kick w/board
	{2 x 150 on 3:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-14KOW+1
	{3 x 50 on 1:00 Fly Kick w/board
	{3 x 100 on 2:00 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,500 Yards - Stress Value = 129

Workout #27073 - Tuesday, 13 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Dryland
250	1 x 250 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
1,550	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:20 Fly Kick w/board
	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:20 Fly Kick w/board
	{2 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-14KOW+1
	{3 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:20 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 111

Workout #27075 - Tuesday, 13 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
1,250	1x{4 x 25 on :45 Kick no board S-12KOW+1
	{1 x 50 on 1:30 Fly Kick w/board
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 150 on 4:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-13KOW+1
	{2 x 50 on 1:30 Fly Kick w/board
	{2 x 100 on 3:00 Fly Kick w/board
	{2 x 150 on 4:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-14KOW+1
	{1 x 50 on 1:30 Fly Kick w/board
100	1 x 100 on 4:00 100 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 Kick for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 93

Workout #27074 - Tuesday, 13 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,450	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:15 Fly Kick w/board
	{1 x 100 on 2:30 Fly Kick w/board
	{1 x 150 on 3:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:15 Fly Kick w/board
	{2 x 100 on 2:30 Fly Kick w/board
	{2 x 150 on 3:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-14KOW+1
	{3 x 50 on 1:15 Fly Kick w/board
	{1 x 100 on 2:30 Fly Kick w/board
100	1 x 100 on 4:00 100 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 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,900 Yards - Stress Value = 102

Workout #27077 - Tuesday, 13 July 2021

Taper 1 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on :30 USRPT-100 Fly Pace
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 2:30 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 1:40 Fly Kick w/board
	{2 x 150 on 2:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-14KOW+1
50	1 x 50 on 2:00 100 Fly Kick for Time
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
50	1 x 50 on 3:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 2,225 Yards - Stress Value = 67

Workout #27060 - Wednesday, 14 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Breast Shooters
	All sets individualized rest.
	Swim 10 or less 5:00 rest
	Get out before 15 6:00 rest
	Get out before 20 7:00 rest
	Get out before 25 8:00 rest
	Finish the set 9:00 rest
1,000	40 x 25 on :30 200 Fly Pace*
	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 8:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Free Pace*
	1 on 5:00 Your Choice Recovery*
400	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
	{1 x 100 on 3:00 Sculling Drill
	9:15 AM 6,125 Yards - Stress Value = 565

Workout #27083 - Wednesday, 14 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Showers
125	5 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :45 USRPT-100 Breast Pace
750	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Kick on back/side
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Breast Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:30 Free Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 100 on 3:00 Butterfly
	{2 x 100 on 2:30 Mystery Medley
	{1 x 100 on 2:45 Backstroke
	{2 x 100 on 2:30 Mystery Medley
	{1 x 100 on 3:00 Breaststroke
	{2 x 100 on 2:30 Mystery Medley
	{2 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 81

Workout #27078 - Wednesday, 14 July 2021

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS>Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Breast Pace
1,050	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Kick on back/side
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :55 Breast Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 50 on :55 Free Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 200 on 3:00 Butterfly
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:50 Backstroke
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 3:30 Breaststroke
	{4 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:45 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,275 Yards - Stress Value = 138

Workout #27079 - Wednesday, 14 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS>Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast Pace
1,000	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on 1:00 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on 1:00 Kick on back/side
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on 1:00 Breast Kick
	{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
1,750	1x{1 x 200 on 3:10 Butterfly
	{3 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:00 Backstroke
	{3 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:40 Breaststroke
	{3 x 100 on 1:35 Mystery Medley
	{1 x 250 on 3:35 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 123

Workout #27080 - Wednesday, 14 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS>Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast Pace
850	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Fly Kick

	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Kick on back/side
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Breast Kick
	{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
1,550	1x{1 x 150 on 2:45 Butterfly
	{3 x 100 on 1:45 Mystery Medley
	{1 x 150 on 2:40 Backstroke
	{3 x 100 on 1:45 Mystery Medley
	{1 x 150 on 3:00 Breaststroke
	{3 x 100 on 1:45 Mystery Medley
	{1 x 200 on 3:20 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 116

Workout #27082 - Wednesday, 14 July 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS>Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
700	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Fly Kick
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Kick on back/side
	{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:20 Breast Kick
	{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
1,200	1x{1 x 100 on 2:30 Butterfly
	{3 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:20 Backstroke
	{3 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:30 Breaststroke
	{2 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 99

Workout #27081 - Wednesday, 14 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
1	on 30:00 DS>Showers		
200	8 x 25 on :35 Wednesday Warm-up		
150	10 x 15 on :45 Racing Skills-Crossover Turns		
625	25 x 25 on :35 USRPT-100 Breast Pace		
850	1x{4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:10 Fly Kick {4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:10 Kick on back/side {4 x 25 on :35 Kick no board BSLR {3 x 50 on 1:10 Breast Kick {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		
1,400	1x{1 x 150 on 3:00 Butterfly {3 x 100 on 1:55 Mystery Medley {1 x 150 on 2:55 Backstroke {3 x 100 on 1:55 Mystery Medley {1 x 100 on 2:05 Breaststroke {3 x 100 on 1:55 Mystery Medley {1 x 100 on 1:50 Freestyle		
250	1 x 250 on 4:00 Stroke Drills		
7:30 PM 3,575 Yards - Stress Value = 113			

Workout #27061 - Thursday, 15 July 2021

Group 3 - USRPT

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-Fly Shooters All paces are goal time paces Set ends at 20 makes or 3 misses whichever comes later	SP3	
750	30 x 25 on :30 100 Breast Pace	SP2	
1	on 15:00 Tivo Starts	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 Fly Pace	SP2	
1	on 8:00 Recovery #3	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
1	on 8:00 Video Evaluations 1+/1-	REC	
1	on 15:00 Tic Tac Toe Relay	EN2	
8:55 AM 3,225 Yards - Stress Value = 309			

Workout #27062 - Thursday, 15 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
1	on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters Both sets are make 1 subtract 1	SP2	
1,000	40 x 25 on :30 200 Free Pace	SP2	
1	on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
1	on 15:00 Shoulder Mobility	REC	
6:30 PM 2,225 Yards - Stress Value = 222			

Workout #27084 - Thursday, 15 July 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS>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
2,400	1x{3 x 100 on 1:35 Backstroke {2 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 4 KOW +1 {3 x 100 on 1:30 Backstroke {2 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {8 x 25 on :30 Back 4 KOW +1 {3 x 100 on 1:25 Backstroke {2 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {10 x 25 on :30 Back 4 KOW +1
200	1 on 10:00 Racing skills-back starts 1 x 200 on 4:00 Stroke Drills
7:29 PM 3,900 Yards - Stress Value = 129	

Workout #27089 - Thursday, 15 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS>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
375	15 x 25 on 1:00 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{3 x 100 on 3:00 Backstroke {2 x 100 on 2:55 Backstroke {1 x 100 on 2:50 Backstroke {6 x 25 on :45 Back 4 KOW +1 {3 x 100 on 2:55 Backstroke {2 x 100 on 2:50 Backstroke {1 x 100 on 2:25 Backstroke
200	1 on 10:00 Racing Skills-Back Starts 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,375 Yards - Stress Value = 71	

Workout #27085 - Thursday, 15 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/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
 2,300 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 {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
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 127

Workout #27086 - Thursday, 15 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/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
 2,050 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {8 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:45 Backstroke
 {1 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,375 Yards - Stress Value = 109

Workout #27088 - Thursday, 15 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/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
 500 20 x 25 on :45 USRPT-100 Back Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,525 1x{3 x 100 on 2:30 Backstroke
 {2 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {6 x 25 on :45 Back 4 KOW +1

{3 x 100 on 2:25 Backstroke
 {2 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 {7 x 25 on :45 Back 4 KOW +1
 1 on 10:00 Racing Skills-Back starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,675 Yards - Stress Value = 87

Workout #27087 - Thursday, 15 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/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
 1,750 1x{3 x 100 on 2:10 Backstroke
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {6 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
 {8 x 25 on :40 Back 4 KOW +1
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 96

Workout #27090 - Thursday, 15 July 2021

Taper 1 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/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
 375 15 x 25 on :30 USRPT-100 Back Pace
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 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
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 200 1 x 200 on 4:00 Stroke Drills
 6:52 PM 2,275 Yards - Stress Value = 68

Workout #27063 - Friday, 16 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
1	on 11:00 DS/Showes	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
150	6 x 25 on 3:00 50 Breast Pace	SP2	
1	on 5:00 Shoulder Mobility	REC	
All sets are done with rope in the middle			
400	20 x 20 on :30 100 Fly Pace*	SP2	
1	on 5:00 Shoulder Mobility	REC	
400	20 x 20 on :30 100 Free Pace*	SP2	
1	on 5:00 Shoulder Mobility	REC	
400	20 x 20 on :30 100 Breast Pace*	SP2	
6:30 PM 1,575 Yards - Stress Value = 144			

Workout #27091 - Friday, 16 July 2021

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 USRPT-100 Breast Pace
1,150	1x{1 x 50 on :55 Breast L.25 2k1p {2 x 75 on 1:20 Breast L.25 2k1p {3 x 100 on 1:40 Breast L.25 2k1p {1 x 150 on 2:25 Breast L.25 2k1p {3 x 100 on 1:35 Breast L.25 2k1p {2 x 75 on 1:10 Breast L.25 2k1p {1 x 50 on :45 Breast L.25 2k1p 1 on 11:00 Tic Tac Toe Relay
6:30 PM 2,350 Yards - Stress Value = 104	

Workout #27096 - Friday, 16 July 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
400	1x{1 x 50 on 2:00 Breast L.25 2k1p {2 x 75 on 3:00 Breast L.25 2k1p {2 x 100 on 4:00 Breast L.25 2k1p
100	1 x 100 on 11:00 Tic Tac Toe Relay
6:29 PM 1,225 Yards - Stress Value = 52	

Workout #27092 - Friday, 16 July 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
900	1x{1 x 50 on 1:05 Breast L.25 2k1p {2 x 75 on 1:35 Breast L.25 2k1p {3 x 100 on 2:05 Breast L.25 2k1p {1 x 150 on 3:00 Breast L.25 2k1p {1 x 100 on 1:55 Breast L.25 2k1p

{2 x 75 on 1:25 Breast L.25 2k1p
 1 on 11:00 Tic Tac Toe Relay
 6:30 PM 1,975 Yards - Stress Value = 86

Workout #27093 - Friday, 16 July 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
850	1x{1 x 50 on 1:15 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {3 x 100 on 2:15 Breast L.25 2k1p {1 x 100 on 2:10 Breast L.25 2k1p {2 x 75 on 1:35 Breast L.25 2k1p {2 x 50 on 1:00 Breast L.25 2k1p 1 on 11:00 Tic Tac Toe Relay
6:30 PM 1,875 Yards - Stress Value = 35	

Workout #27095 - Friday, 16 July 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
200	1 x 200 on 5:00 SwimUSS
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
625	1x{1 x 50 on 1:30 Breast L.25 2k1p {2 x 75 on 2:15 Breast L.25 2k1p {3 x 100 on 3:00 Breast L.25 2k1p {1 x 75 on 2:00 Breast L.25 2k1p {1 x 50 on 1:30 Breast L.25 2k1p 1 on 11:00 Tic Tac Toe Relay
6:30 PM 1,475 Yards - Stress Value = 69	

Workout #27094 - Friday, 16 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
775	1x{1 x 50 on 1:15 Breast L.25 2k1p {2 x 75 on 1:50 Breast L.25 2k1p {3 x 100 on 2:30 Breast L.25 2k1p {1 x 100 on 2:25 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {1 x 25 on :35 Breast L.25 2k1p 1 on 11:00 Tic Tac Toe Relay
6:30 PM 1,725 Yards - Stress Value = 76	

Workout #27097 - Friday, 16 July 2021

7:03 PM 1,625 Yards - Stress Value = 56

Taper 1 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :30 USRPT-100 Breast Pace
600	1x{1 x 50 on :55 Breast L.25 2k1p {1 x 75 on 1:20 Breast L.25 2k1p {1 x 100 on 1:40 Breast L.25 2k1p {1 x 150 on 2:25 Breast L.25 2k1p {1 x 100 on 1:35 Breast L.25 2k1p {1 x 75 on 1:10 Breast L.25 2k1p {1 x 50 on :45 Breast L.25 2k1p
200	1 x 200 on 4:00 Stroke Drills
	1 on 10:00 Racing Skills-Breast Starts
	1 on 11:00 Tic Tac Toe Relay
	6:30 PM 1,625 Yards - Stress Value = 57

Workout #27128 - Monday, 19 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/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
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
	*Standard sets if time necessitates	
	9:02 AM 6,225 Yards - Stress Value = 609	

Workout #27129 - Monday, 19 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM 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	
2,250	30 x 75 on 1:10 1000 Free Pace	SP2	
	Make one subtract one		
270	9 x 30 on 3:00 Running Pit Sprints	SP2	
	6:31 PM 2,745 Yards - Stress Value = 261		

Workout #27103 - Monday, 19 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	4x{6 x 25 on 1:00 Butterfly {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
	1 on 9:00 Racing Skills-Starts

Workout #27098 - Monday, 19 July 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/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 Free Pace
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
200	1 x 200 on 4:00 Stroke Drills
	1 on 8:00 Racing Skills-Starts
	7:00 PM 2,700 Yards - Stress Value = 60

Workout #27099 - Monday, 19 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/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 Free Pace
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
200	1 x 200 on 4:00 Stroke Drills
	1 on 8:00 Racing Skill-Starts
	6:59 PM 2,375 Yards - Stress Value = 88

Workout #27100 - Monday, 19 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly 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
1,000	5x{8 x 25 on :35 Butterfly {1 on 1:00 Rest Only do 4 on the last set
200	1 x 200 on 4:00 Stroke Drills
	1 on 9:00 Racing Skills-Starts
	7:04 PM 2,325 Yards - Stress Value = 88

Workout #27102 - Monday, 19 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/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 Free Pace
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
200	1 x 200 on 4:00 Stroke Drills
	1 on 9:00 Racing Skills-Starts
	7:01 PM 1,950 Yards - Stress Value = 72

Workout #27101 - Monday, 19 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/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 Free Pace
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 On the last set ond do 4
200	1 x 200 on 4:00 Stroke Drills
	1 on 9:00 Racing Skills-Starts
	7:04 PM 2,250 Yards - Stress Value = 81

Workout #27130 - Tuesday, 20 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Fly Pace	S
	1 on 8:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Breast Pace	S
	1 on 15:00 Underwater Racing	E
750	30 x 25 on :30 100 Free Pace	S
	1 on 5:00 Recovery #4	F
600	2x{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
	8:55 AM 3,825 Yards - Stress Value = 321	

Workout #27131 - Tuesday, 20 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY WC
=====	=====	====
	1 on 15:00 Dynamic Stretch/Showers	REC

225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2
	Both sets are make 1 subtract 1	
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 15:00 Shoulder Mobility	REC
	6:30 PM 2,225 Yards - Stress Value = 222	

Workout #27104 - Tuesday, 20 July 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/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
1,000	1x{1 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {3 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {1 x 100 on 1:50 Streamline Kick on backc
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,700 Yards - Stress Value = 113

Workout #27109 - Tuesday, 20 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/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
600	1x{1 x 100 on 3:00 Streamline Kick on back {1 x 50 on 1:30 Alt 25 kick on each side {2 x 100 on 3:00 Streamline Kick on back {1 x 50 on 1:30 Alt 25 kick on each side {2 x 100 on 3:00 Streamline Kick on back
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	6:55 PM 1,825 Yards - Stress Value = 68

Workout #27105 - Tuesday, 20 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Back Shooters
900	25 x 25 on :35 USRPT-100 Back Pace
1x{	1 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{2 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{3 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills

6:56 PM 2,475 Yards - Stress Value = 98

Workout #27106 - Tuesday, 20 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Back Shooters
800	25 x 25 on :35 USRPT-100 Back Pace
1x{	1 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{3 x 100 on 2:15 Streamline Kick on back
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills

6:56 PM 2,375 Yards - Stress Value = 96

Workout #27108 - Tuesday, 20 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Dynamic Stretch/Showers
150	1 x 200 on 5:00 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Back Shooters
650	20 x 25 on :45 USRPT-100 Back Pace
1x{	1 x 100 on 2:45 Streamline Kick on back
	{1 x 50 on 1:20 Alt 25 kick on each side
	{2 x 100 on 2:45 Streamline Kick on back
	{2 x 50 on 1:20 Alt 25 kick on each side
	{2 x 100 on 2:45 Streamline Kick on back
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills

6:55 PM 2,000 Yards - Stress Value = 81

Workout #27107 - Tuesday, 20 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Back Shooters
750	22 x 25 on :40 USRPT-100 Back Pace
1x{	1 x 100 on 2:25 Streamline Kick on back
	{1 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:25 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{3 x 100 on 2:25 Streamline Kick on back
100	1 x 100 on 4:00 100 SL 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 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills

6:55 PM 2,200 Yards - Stress Value = 80

Workout #27132 - Wednesday, 21 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
3,000	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	30 x 100 on 1:25 1650 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
	After evals, your choice of active recovery
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 12:00 Video Evaluations 1+/1- for each
	After evals, your choice of active recovery
180	9 x 20 on 3:00 Timed Underwaters B/S

9:00 AM 4,905 Yards - Stress Value = 463

Workout #27115 - Wednesday, 21 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 15:00 Dynamic Stretch/Showers
150	5 x 25 on 1:00 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Crossover Turns
250	15 x 25 on :45 USRPT-100 Fly Pace
1x{	4 x 25 on :45 Kick no board BS
	{1 x 50 on 1:30 Fly Kick
	{2 x 25 on :45 Kick no board LR
	{1 x 50 on 1:30 Kick on back/side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 100 on 3:00 Butterfly
	{2 x 100 on 2:30 Mystery Medley
	{1 x 100 on 2:45 Backstroke
	{2 x 100 on 2:30 Mystery Medley
	{1 x 100 on 3:00 Breaststroke
	{2 x 100 on 2:30 Mystery Medley
	{2 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills

7:00 PM 2,350 Yards - Stress Value = 71

Workout #27107 - Tuesday, 20 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #27110 - Wednesday, 21 July 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-100 Fly Pace
600	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on :55 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on :55 Kick on back/side
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on :55 Breast Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 200 on 3:00 Butterfly
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:50 Backstroke
	{3 x 100 on 1:30 Mystery Medley
	{1 x 200 on 3:30 Breaststroke
	{4 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:45 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 3,450 Yards - Stress Value = 92

Workout #27111 - Wednesday, 21 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	9 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Fly Pace
600	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Kick on back/side
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Breast Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{1 x 200 on 3:10 Butterfly
	{3 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:00 Backstroke
	{3 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:40 Breaststroke
	{3 x 100 on 1:35 Mystery Medley
	{1 x 250 on 3:35 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 3,350 Yards - Stress Value = 85

Workout #27112 - Wednesday, 21 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Fly Pace
500	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:05 Fly Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:05 Kick on back/side
	{2 x 25 on :35 Kick no board BS

	{1 x 50 on 1:05 Breast Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 150 on 2:45 Butterfly
	{3 x 100 on 1:45 Mystery Medley
	{1 x 150 on 2:40 Backstroke
	{3 x 100 on 1:45 Mystery Medley
	{1 x 150 on 3:00 Breaststroke
	{3 x 100 on 1:45 Mystery Medley
	{1 x 200 on 3:20 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:00 PM 3,075 Yards - Stress Value = 79

Workout #27114 - Wednesday, 21 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
275	11 x 25 on :40 USRPT-100 Fly Pace
400	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:20 Fly Kick
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:20 Kick on back/side
	{2 x 25 on :45 Kick no board BS
	{1 x 50 on 1:20 Breast Kick
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:30 Butterfly
	{3 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:20 Backstroke
	{3 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:30 Breaststroke
	{2 x 100 on 2:15 Mystery Medley
	{1 x 100 on 2:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:00 PM 2,525 Yards - Stress Value = 66

Workout #27113 - Wednesday, 21 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Fly Pace
500	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:10 Fly Kick
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:10 Kick on back/side
	{4 x 25 on :35 Kick no board BSLR
	{1 x 50 on 1:10 Breast Kick
	{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 150 on 3:00 Butterfly
	{3 x 100 on 1:55 Mystery Medley
	{1 x 150 on 2:55 Backstroke
	{3 x 100 on 1:55 Mystery Medley
	{1 x 100 on 2:05 Breaststroke
	{3 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:00 PM 2,925 Yards - Stress Value = 76

Workout #27133 - Thursday, 22 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
225	1 on 15:00 Dynamic Stretch/Showers 15 x 15 on :45 Racing Skills-Breast Shooters All sets individualized rest. Swim 10 or less 5:00 rest Get out before 15 6:00 rest Get out before 20 7:00 rest Get out before 25 8:00 rest Finish the set 9:00 rest
1,500	30 x 50 on :55 200 Breast Pace*
1,500	1 on 8:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Back Pace*
1,000	1 on 5:00 Your Choice Recovery
1,500	40 x 25 on :30 200 Fly Pace*
1,500	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Free Pace*
1,500	1 on 5:00 Your Choice Recovery*
400	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck {1 x 100 on 3:00 Sculling Drill
9:15 AM	6,125 Yards - Stress Value = 565

Workout #27134 - Thursday, 22 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
225	1 on 15:00 Dynamic Stretch/Showers 15 x 15 on :45 Racing Skills-#1 Shooters Both sets are make 1 subtract 1	REC	SP2
1,000	40 x 25 on :30 200 Breast Pace	SP2	
1,000	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
1,000	1 on 15:00 Shoulder Mobility	REC	
6:30 PM	2,225 Yards - Stress Value = 222		

Workout #27116 - Thursday, 22 July 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 Dynamic Stretch/Showers 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 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Breast Pace
1,100	1x{1 x 200 on 3:40 Breast Kick w/board {6 x 25 on :30 Breast Kick on Back-Streamline {2 x 200 on 3:45 Breast Kick w/board {6 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:50 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,225 Yards - Stress Value = 64

Workout #27121 - Thursday, 22 July 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 15:00 Dynamic Stretch/Showers 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 20:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	8 x 25 on 1:00 USRPT-100 Breast Pace
500	1x{1 x 100 on 4:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamline {2 x 100 on 4:05 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamline
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,350 Yards - Stress Value = 34

Workout #27117 - Thursday, 22 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 Dynamic Stretch/Showers 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 20:00 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
950	1x{1 x 200 on 4:15 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {2 x 200 on 4:20 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 150 on 3:15 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,025 Yards - Stress Value = 55

Workout #27118 - Thursday, 22 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 Dynamic Stretch/Showers 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 20:00 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
850	1x{1 x 200 on 4:35 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:40 Breast Kick w/board {6 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:45 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,825 Yards - Stress Value = 49

Workout #27120 - Thursday, 22 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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-Breast Shooters
	1 on 20:00 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
750	1x{1 x 150 on 4:00 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {2 x 150 on 4:05 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {1 x 100 on 2:40 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,650 Yards - Stress Value = 44

Workout #27119 - Thursday, 22 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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-Breast Shooters
	1 on 20:00 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
800	1x{1 x 200 on 4:55 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline {2 x 200 on 5:00 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,775 Yards - Stress Value = 48

Workout #27135 - Friday, 23 July 2021

Group 3 - USRPT

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-Fly Shooters	SP3	
	All paces are goal time paces Set ends at 20 makes or 3 misses whichever comes later		
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 15:00 Tivo Starts	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 8:00 Recovery #2	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Recovery #4	REC	
	1 on 15:00 Tic Tac Toe Relay	EN2	
	8:55 AM 3,225 Yards - Stress Value = 309		

Workout #27136 - Friday, 23 July 2021

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====

1 on 11:00 DS>Showers	REC
225 15 x 15 on :45 Racing Skills-IM Shooters	SP3
150 6 x 25 on 3:00 50 Free Pace	SP2
1 on 5:00 Shoulder Mobility	REC
All sets are done with rope in the middle	
400 20 x 20 on :30 100 Breast Pace*	SP2
1 on 5:00 Shoulder Mobility	REC
400 20 x 20 on :30 100 Back Pace*	SP2
1 on 5:00 Shoulder Mobility	REC
400 20 x 20 on :30 100 Fly Pace*	SP2
6:30 PM 1,575 Yards - Stress Value = 144	

Workout #27127 - Friday, 23 July 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
775	1x{1 x 100 on 3:00 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {2 x 100 on 3:00 Free Kick w/board {5 x 25 on 1:00 Tombstone Kicking {2 x 100 on 3:00 Free Kick w/board {2 x 25 on 1:00 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
	6:32 PM 1,800 Yards - Stress Value = 51

Workout #27122 - Friday, 23 July 2021

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
1,200	1x{1 x 100 on 1:40 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:45 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {3 x 100 on 1:50 Free Kick w/board {4 x 25 on :40 Tombstone Kicking {2 x 100 on 1:55 Free Kick w/board {4 x 25 on :40 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
	6:32 PM 2,325 Yards - Stress Value = 60

Workout #27123 - Friday, 23 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
300	1 on 15:00 Dynamic Stretch>Showers
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
1,175	10 x 15 on :45 Racing Skills-Free Shooters
1,175	1x{1 x 100 on 1:50 Free Kick w/board
	{4 x 25 on :40 Tombstone Kicking
	{2 x 100 on 1:55 Free Kick w/board
	{4 x 25 on :40 Tombstone Kicking
	{3 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :40 Tombstone Kicking
	{2 x 100 on 2:05 Free Kick w/board
	{3 x 25 on :40 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
6:32 PM	2,300 Yards - Stress Value = 60

Workout #27124 - Friday, 23 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
250	1 on 15:00 Dynamic Stretch>Showers
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
1,075	10 x 15 on :45 Racing Skills-Free Shooters
1,075	1x{1 x 100 on 1:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{2 x 100 on 2:00 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{3 x 100 on 2:05 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:10 Free Kick w/board
	{3 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
6:32 PM	2,150 Yards - Stress Value = 58

Workout #27126 - Friday, 23 July 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
200	1 on 15:00 Dynamic Stretch>Showers
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
850	10 x 15 on :45 Racing Skills-Free Shooters
850	1x{1 x 100 on 2:30 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{2 x 100 on 2:35 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{3 x 100 on 2:40 Free Kick w/board
	{2 x 25 on 1:00 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
6:32 PM	1,875 Yards - Stress Value = 53

Workout #27125 - Friday, 23 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
250	1 on 15:00 Dynamic Stretch>Showers
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
1,050	10 x 15 on :45 Racing Skills-Free Shooters
1,050	1x{1 x 100 on 2:05 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
	{3 x 100 on 2:15 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
6:32 PM	2,125 Yards - Stress Value = 57

Workout #27137 - Monday, 26 July 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
225	1 on 15:00 Dynamic Stretch>Showers	REC
750	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :50 200 Free Pace	SP2
750	1 on 7:00 Recovery #1	REC
750	15 x 50 on :55 200 Fly Pace	SP2
750	1 on 7:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace	SP2
750	1 on 7:00 Recovery #3	REC
750	15 x 50 on :55 200 Breast Pace	SP2
8:46 AM	3,225 Yards - Stress Value = 309	

Workout #27141 - Monday, 26 July 2021

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 16:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
1,100	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
7:00 PM	2,025 Yards - Stress Value = 66

Workout #27146 - Monday, 26 July 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 16:00 TEACH DAY-Back
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 Back Pace
650	1x{1 x 100 on 3:00 Streamline Kick on back {2 x 50 on 1:45 Alt 25 kick on each side {2 x 100 on 3:00 Streamline Kick on back {3 x 50 on 1:45 Alt 25 kick on each side {1 x 100 on 3:00 Streamline Kick on back 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,350 Yards - Stress Value = 44

Yards	Set Description
5:30 PM Start	
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 16:00 TEACH DAY-Back
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 Back Pace
700	1x{1 x 100 on 2:45 Streamline Kick on back {2 x 50 on 1:30 Alt 25 kick on each side {2 x 100 on 2:45 Streamline Kick on back {2 x 50 on 1:30 Alt 25 kick on each side {1 x 100 on 2:45 Streamline Kick on back {2 x 50 on 1:30 Alt 25 kick on each side 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,425 Yards - Stress Value = 48

Workout #27144 - Monday, 26 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #27142 - Monday, 26 July 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 16:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
950	1x{1 x 100 on 2:05 Streamline Kick on back {2 x 50 on 1:10 Alt 25 kick on each side {2 x 100 on 2:05 Streamline Kick on back {2 x 50 on 1:10 Alt 25 kick on each side {3 x 100 on 2:05 Streamline Kick on back {1 x 50 on 1:10 Alt 25 kick on each side {1 x 100 on 2:05 Streamline Kick on back 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,875 Yards - Stress Value = 63

Yards	Set Description
5:30 PM Start	
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 16:00 TEACH DAY-Back
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 Back Pace
850	1x{1 x 100 on 2:20 Streamline Kick on back {2 x 50 on 1:20 Alt 25 kick on each side {2 x 100 on 2:20 Streamline Kick on back {2 x 50 on 1:20 Alt 25 kick on each side {3 x 100 on 2:20 Streamline Kick on back {1 x 50 on 1:20 Alt 25 kick on each side 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,675 Yards - Stress Value = 55

Workout #27138 - Tuesday, 27 July 2021

Group 3 - USRPT

1 minute rest between sets

Workout #27143 - Monday, 26 July 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 16:00 TEACH DAY-Back
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 Back Pace
900	1x{1 x 100 on 2:15 Streamline Kick on back {2 x 50 on 1:15 Alt 25 kick on each side {2 x 100 on 2:15 Streamline Kick on back {2 x 50 on 1:15 Alt 25 kick on each side {2 x 100 on 2:15 Streamline Kick on back {2 x 50 on 1:15 Alt 25 kick on each side {1 x 100 on 1:55 Streamline Kick on back 1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,725 Yards - Stress Value = 56

Yards	Set Description	E
7:00 AM Start		
225	1 on 15:00 Dynamic Stretch/Showers	F
375	15 x 15 on :45 Racing Skills-Back Shooters	S
375	15 x 25 on :30 100 Breast Pace	S
375	1 on 7:00 Recovery #1	F
375	15 x 25 on :30 100 Free Pace	S
375	1 on 7:00 Recovery #2	F
375	15 x 25 on :30 100 Fly Pace	S
375	1 on 10:00 Underwater Racing	E
375	15 x 25 on :30 100 Back Pace	S
300	1 on 8:00 Video Evaluations 1+/1-	F
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest	E
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{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
8:45 AM	2,025 Yards - Stress Value = 167	

Workout #27145 - Monday, 26 July 2021

Group 2 - Bronze

1 minute rest between sets

Workout #27147 - Tuesday, 27 July 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :30 USRPT-100 Breast Pace
600	6 x 100 on 2:00 Kick-drop 5 seconds on each
1,150	1x{1 x 50 on :55 Breast L.25 2k1p {2 x 75 on 1:20 Breast L.25 2k1p {3 x 100 on 1:40 Breast L.25 2k1p {1 x 150 on 2:25 Breast L.25 2k1p {3 x 100 on 1:35 Breast L.25 2k1p {2 x 75 on 1:10 Breast L.25 2k1p {1 x 50 on :45 Breast L.25 2k1p 1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,775 Yards - Stress Value = 79

Workout #27152 - Tuesday, 27 July 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
200	8 x 25 on 1:00 USRPT-100 Breast Pace
300	6 x 50 on 2:00 Kick-drop 5 seconds on each
475	1x{1 x 50 on 2:00 Breast L.25 2k1p {2 x 75 on 3:00 Breast L.25 2k1p {2 x 100 on 4:00 Breast L.25 2k1p {1 x 75 on 3:00 Breast L.25 2k1p 1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,525 Yards - Stress Value = 42

Workout #27148 - Tuesday, 27 July 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
600	6 x 100 on 2:00 Kick-drop 5 seconds on each
900	1x{1 x 50 on 1:05 Breast L.25 2k1p {2 x 75 on 1:35 Breast L.25 2k1p {3 x 100 on 2:05 Breast L.25 2k1p {1 x 150 on 3:00 Breast L.25 2k1p {1 x 100 on 1:55 Breast L.25 2k1p {2 x 75 on 1:25 Breast L.25 2k1p 1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,475 Yards - Stress Value = 68

Workout #27149 - Tuesday, 27 July 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
450	6 x 75 on 2:00 Kick-drop 5 seconds on each
850	1x{1 x 50 on 1:15 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {3 x 100 on 2:15 Breast L.25 2k1p {1 x 100 on 2:10 Breast L.25 2k1p {2 x 75 on 1:35 Breast L.25 2k1p {2 x 50 on 1:00 Breast L.25 2k1p 1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,225 Yards - Stress Value = 38

Workout #27151 - Tuesday, 27 July 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	10 x 25 on :45 USRPT-100 Breast Pace
300	6 x 50 on 2:00 Kick-drop 5 seconds on each
625	1x{1 x 50 on 1:30 Breast L.25 2k1p {2 x 75 on 2:15 Breast L.25 2k1p {3 x 100 on 3:00 Breast L.25 2k1p {1 x 75 on 2:00 Breast L.25 2k1p {1 x 50 on 1:30 Breast L.25 2k1p 1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,725 Yards - Stress Value = 50

Workout #27150 - Tuesday, 27 July 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
450	6 x 75 on 2:00 Kick-drop 5 seconds on each
775	1x{1 x 50 on 1:15 Breast L.25 2k1p {2 x 75 on 1:50 Breast L.25 2k1p {3 x 100 on 2:30 Breast L.25 2k1p {1 x 100 on 2:25 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {1 x 25 on :35 Breast L.25 2k1p 1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,100 Yards - Stress Value = 58

Workout #27139 - Wednesday, 28 July 2021

Group 3 - 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	SF
	All sets are standard you are out when you double miss, miss 3 total or you swim 15/20, whichever comes first	
750	15 x 50 on :55 200 Breast Pace*	SF
	1 on 7:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Back Pace*	SF
	1 on 7:00 Your Choice Recovery	RE
500	20 x 25 on :30 200 Fly Pace*	SF
	1 on 7:00 Your Choice Recovery	RE
750	15 x 50 on :50 200 Free Pace*	SF
100	1 x 100 on 2:00 Sculling Drill	RE
	8:45 AM 3,075 Yards - Stress Value = 284	

Workout #27140 - Thursday, 29 July 2021

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	All paces are goal time paces Set ends at 20 makes or 3 misses whichever comes later	
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 15:00 Tivo Starts	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #2	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #3	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
	1 on 15:00 Tic Tac Toe Relay	EN2
	8:26 AM 1,725 Yards - Stress Value = 161	

Workout #27153 - Thursday, 29 July 2021

Group 2 - Race day warmup

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Dryland	RE
300	1 x 300 on 5:00 Freestyle Drill	RE
150	10 x 15 on :45 Racing Skills-Choice Shooters	SF
300	3 x 100 on 2:15 Kick	EN
400	8 x 50 on 1:15 Down Drill Back Build	EN
300	12 x 25 on :40 Variable Speed	EN
50	2 x 25 on 2:30 OTB	SF
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Non-Divisional Swimmers	RE
	Game or Relay of your choice	
	6:47 PM 1,700 Yards - Stress Value = 18	

Workout #27154 - Monday, 02 August 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3

375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Back Pace	SP2
	1 on 6:00 Recovery #2	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 6:00 Recovery #3	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 15:00 Lane Line Survivor	EN2
	8:45 AM 2,400 Yards - Stress Value = 232	

Workout #27155 - Tuesday, 03 August 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Fly Pace	SP2
	1 on 6:00 Recovery #2	REC
750	15 x 50 on :55 200 Free Pace	SP2
	1 on 6:00 Recovery #3	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 15:00 Start/Shooter/Finish Relay	SP3
	8:45 AM 2,400 Yards - Stress Value = 232	

Workout #27156 - Wednesday, 04 August 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Crossover Turns	SP3
1,800	18 x 100 on 1:25 1650 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1- After evals, your choice of active recovery	
750	1x{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	
	{5 x 50 on :55 400 IM Pace	
	{1 on 1:00 Rest	
	{5 x 50 on :55 400 IM Pace	
	1 on 12:00 Video Evaluations 1+/1- for each After evals, your choice of active recovery	
	1 on 15:00 Underwater Racing	EN2
	8:45 AM 2,775 Yards - Stress Value = 264	

Workout #27157 - Thursday, 05 August 2021

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	15 x 50 on :55 200 Back Pace	SP2
	1 on 6:00 Recovery #1	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Recovery #2	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 15:00 Tic Tac Toe Relay	SP3
	8:45 AM 2,400 Yards - Stress Value = 232	

Workout #27158 - Friday, 06 August 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
1	on 12:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
100	1 x 100 on 5:00 100 IM For Time	SP2
250	10 x 25 on :30 200 Fly Pace	SP2
1	on 6:00 Recovery #1	REC
250	10 x 25 on :30 100 Back Pace	SP2
1	on 6:00 Recovery #2	REC
250	10 x 25 on :30 100 Breast Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
500	10 x 50 on :50 200 Free Pace	SP2
1	on 32:00 Relays	EN2
8:45 AM 1,500 Yards - Stress Value = 141		

Workout #27159 - Monday, 09 August 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
1	on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Back Pace	SP2
1	on 6:00 Recovery #2	REC
375	15 x 25 on :30 100 Breast Pace	SP2
1	on 6:00 Recovery #3	REC
375	15 x 25 on :30 100 Free Pace	SP2
1	on 12:00 Lane Line Survivor	EN2
8:30 AM 1,650 Yards - Stress Value = 158		

Workout #27160 - Tuesday, 10 August 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM Start		
1	on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	15 x 50 on :50 200 Back Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Fly Pace	SP2
1	on 6:00 Recovery #2	REC
500	10 x 50 on :55 200 Free Pace	SP2
1	on 15:00 Start/Shooter/Finish Relay	SP3
8:31 AM 2,150 Yards - Stress Value = 206		

Workout #27161 - Wednesday, 11 August 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:45 PM Start	
1	on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	15 x 100 on 1:25 1650 Free Pace
1	on 8:00 Video Evaluations 1+/1-
After evals, your choice of active recovery	
750	1x{5 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{5 x 50 on :55 400 IM Pace

1 on 15:00 Underwater Racing
5:14 PM 2,475 Yards - Stress Value = 234

Workout #27162 - Thursday, 12 August 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM Start		
1	on 15:00 Dynamic Stretch/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :30 100 Back Pace	SP2
1	on 6:00 Recovery #1	REC
375	15 x 25 on :30 100 Fly Pace	SP2
1	on 6:00 Recovery #2	REC
375	15 x 25 on :30 100 Free Pace	SP2
1	on 6:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Breast Pace	SP2
1	on 15:00 Tic Tac Toe Relay	SP3
5:16 PM 1,650 Yards - Stress Value = 158		

Workout #27163 - Friday, 13 August 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM Start		
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :50 200 Back Pace	SP2
1	on 6:00 Recovery #2	REC
750	15 x 50 on :55 200 Breast Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
1	on 20:00 Water Polo	EN2
5:14 PM 1,725 Yards - Stress Value = 159		

Workout #27188 - Tuesday, 07 September 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
3:45 PM Start		
1	on 25:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
750	30 x 25 on :30 100 Breast Pace	S
1	on 10:00 Racing Skills-Starts	F
5:14 PM 2,025 Yards - Stress Value = 165		

Workout #27169 - Tuesday, 07 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 SunYangFree-Count strokes
250	6 x 15 on :45 Shooters
100	5 x 50 on 1:45 Kick
	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
450	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1x{2 x 75 on 2:00 Freestyle
	{2 x 75 on 2:05 Freestyle
	{2 x 75 on 2:10 Freestyle
200	8 x 25 on 1:00 USRPT-Free
200	1 on 9:00 Racing Skills-Starts
	1 x 200 on 5:00 Stroke Drills
	6:59 PM 1,490 Yards - Stress Value = 38

Workout #27164 - Tuesday, 07 September 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 SunYangFree-Count strokes
450	6 x 15 on :45 Shooters
	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
375	15 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	6:59 PM 2,465 Yards - Stress Value = 69

Workout #27165 - Tuesday, 07 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 SunYangFree-Count strokes
400	6 x 15 on :45 Shooters
	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
375	15 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,415 Yards - Stress Value = 68

Workout #27166 - Tuesday, 07 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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250	1 on 25:00 DS/Dryland
90	1 x 250 on 5:00 SunYangFree-Count strokes
350	6 x 15 on :45 Shooters
	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
325	13 x 25 on :35 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,165 Yards - Stress Value = 59

Workout #27168 - Tuesday, 07 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 SunYangFree-Count strokes
300	6 x 15 on :45 Shooters
	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
200	8 x 25 on 1:00 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	6:59 PM 1,690 Yards - Stress Value = 42

Workout #27167 - Tuesday, 07 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 SunYangFree-Count strokes
300	6 x 15 on :45 Shooters
	6 x 50 on 1:20 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 1:45 Freestyle
	{3 x 100 on 1:50 Freestyle
	{2 x 100 on 1:55 Freestyle
300	12 x 25 on :40 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	7:00 PM 1,990 Yards - Stress Value = 56

Workout #27189 - Wednesday, 08 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
225	1 on 25:00 Spotlight/DS/Showers	REC
750	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
750	1 on 10:00 Racing Skills-TN Turn Drill	REC
750	30 x 25 on :30 100 Fly Pace	SP2
750	1 on 11:00 Lane Line Survivor	EN2
5:15 PM 1,725 Yards - Stress Value = 159		

Workout #27170 - Wednesday, 08 September 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
75	10 x 25 on :30 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15
350	5 x 15 on :45 Shooters All BLSR's 12.5 yds minimum
100	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
800	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
375	1x{1 x 200 on 3:10 Backstroke {4 x 50 on :55 Back-descend {1 x 150 on 2:25 Backstroke {3 x 50 on :55 Back-descend {1 x 100 on 1:40 Backstroke
250	15 x 25 on :30 USRPT-100 Back Pace 1 on 10:00 Game
7:00 PM	1 x 250 on 5:00 Stroke Drills 2,200 Yards - Stress Value = 64

Workout #27175 - Wednesday, 08 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 25:00 DS/Dryland
75	5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22
150	5 x 15 on :45 Shooters All BLSR's 5 yds minimum
100	1x{2 x 25 on 1:30 Kick no board B {2 x 50 on 3:00 Kick no board L/R
400	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
200	1x{1 x 150 on 5:00 Backstroke {2 x 50 on 1:45 Back-descend {1 x 100 on 3:30 Backstroke {1 x 50 on 1:45 Back-descend
250	8 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Game
7:00 PM	1 x 250 on 5:00 Stroke Drills 1,300 Yards - Stress Value = 34

Workout #27171 - Wednesday, 08 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
75	8 x 25 on :35 Wednesday Warm-up 1-13, 2-14, 3-15, 2-16
325	5 x 15 on :45 Shooters All BLSR's 12.5 yds minimum
100	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {3 x 25 on :45 Kick no board B
750	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
325	1x{1 x 200 on 3:20 Backstroke {3 x 50 on 1:00 Back-descend {1 x 150 on 2:35 Backstroke {3 x 50 on 1:00 Back-descend {1 x 100 on 1:45 Backstroke
250	13 x 25 on :35 USRPT-100 Back Pace 1 on 10:00 Game
7:00 PM	1 x 250 on 5:00 Stroke Drills 2,025 Yards - Stress Value = 57

Workout #27172 - Wednesday, 08 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 25:00 DS/Dryland
75	7 x 25 on :40 Wednesday Warm-up 1-14, 2-15, 3-16, 1-17
325	5 x 15 on :45 Shooters All BLSR's 10 yds minimum
100	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
600	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
300	1x{1 x 200 on 4:10 Backstroke {3 x 50 on 1:10 Back-descend {1 x 150 on 3:15 Backstroke {2 x 50 on 1:10 Back-descend
250	12 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game
7:00 PM	1 x 250 on 5:00 Stroke Drills 1,825 Yards - Stress Value = 52

Workout #27174 - Wednesday, 08 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 25:00 DS/Dryland
	5 x 25 on 1:00 Wednesday Warm-up
	1-20, 2-21, 3-22
75	5 x 15 on :45 Shooters
	All BLSR's 5 yds minimum
200	1x{2 x 25 on 1:15 Kick no board B
	{2 x 50 on 2:00 Kick no board L/R
	{2 x 25 on 1:15 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	Longer swims focus on PERFECT STREAMLINE-3F
	50'S=Start with 4 KOW +1 each wall
400	1x{1 x 150 on 4:30 Backstroke
	{2 x 50 on 1:45 Back-descend
	{1 x 100 on 3:15 Backstroke
	{1 x 50 on 1:45 Back-descend
200	8 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	6:59 PM 1,350 Yards - Stress Value = 35

Workout #27173 - Wednesday, 08 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
	6 x 25 on :45 Wednesday Warm-up
	1-16, 2-17, 3-18
75	5 x 15 on :45 Shooters
	All BLSR's 8 yds minimum
250	1x{2 x 25 on 1:00 Kick no board B
	{3 x 50 on 1:30 Kick no board L/R/S
	{2 x 25 on 1:00 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	Longer swims focus on PERFECT STREAMLINE-3F
	50'S=Start with 4 KOW +1 each wall
500	1x{1 x 150 on 3:45 Backstroke
	{3 x 50 on 1:30 Back-descend
	{1 x 100 on 2:45 Backstroke
	{2 x 50 on 1:30 Back-descend
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,575 Yards - Stress Value = 43

Workout #27190 - Thursday, 09 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 25:00 Spotlight/DS/Showers
	15 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 100 Free Pace
300	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
750	30 x 25 on :30 100 Breast Pace

1 on 11:00 Cross Pool Undwtr Racing E
5:15 PM 2,025 Yards - Stress Value = 165

Workout #27176 - Thursday, 09 September 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
	1 x 300 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
400	1x{1 x 200 on 4:30 Kick
	{1 x 100 on 2:15 Kick
	{1 x 100 on 2:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
350	14 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:00 PM 1,475 Yards - Stress Value = 46

Workout #27181 - Thursday, 09 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
	1 x 200 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
250	1x{1 x 100 on 3:30 Kick
	{1 x 100 on 3:20 Kick
	{1 x 50 on 1:45 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
225	9 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,050 Yards - Stress Value = 30

Workout #27177 - Thursday, 09 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
	1 x 300 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
350	1x{1 x 200 on 4:45 Kick
	{1 x 100 on 2:20 Kick
	{1 x 50 on 1:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
350	14 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:00 PM 1,425 Yards - Stress Value = 45

Workout #27178 - Thursday, 09 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 150 on 4:00 Kick
	{1 x 100 on 2:35 Kick
	{1 x 50 on 1:15 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
325	13 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
	6:59 PM 1,250 Yards - Stress Value = 41

Workout #27180 - Thursday, 09 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 100 on 3:00 Kick
	{1 x 100 on 2:55 Kick
	{1 x 100 on 2:50 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
300	12 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 39

Workout #27179 - Thursday, 09 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 150 on 4:10 Kick
	{1 x 100 on 2:40 Kick
	{1 x 50 on 1:20 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 :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,250 Yards - Stress Value = 41

Workout #27191 - Friday, 10 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 11:00 DS/Shows		REC
225	15 x 15 on :45 Racing Skills-IM Shooters		SP3
150	6 x 25 on 3:00 50 Breast Pace		SP2

1 on 5:00 Mobility Drills	REC
400 20 x 20 on :30 100 Back Pace*	SP2
1 on 5:00 Mobility Drills	REC
400 20 x 20 on :30 100 Fly Pace*	SP2
1 on 5:00 Mobility Drills	REC
400 20 x 20 on :30 100 Free Pace*	SP2
5:15 PM 1,575 Yards - Stress Value = 144	

Workout #27187 - Friday, 10 September 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 40:00 DS/Dryland	RE
300	4 x 75 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
600	4x{6 x 25 on 1:00 Butterfly	EN
	{1 on 1:00 Rest	RE
	Only do 4 on the 4th round	
200	1 x 200 on 4:00 Stroke Drills	RE
	6:32 PM 1,250 Yards - Stress Value = 18	

Workout #27182 - Friday, 10 September 2021

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 40:00 DS/Dryland	RE
500	4 x 125 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,200	6x{8 x 25 on :25 Butterfly	EN
	{1 on 1:00 Rest	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	6:30 PM 2,050 Yards - Stress Value = 30	

Workout #27183 - Friday, 10 September 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 40:00 DS/Dryland	RE
500	4 x 125 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,000	5x{8 x 25 on :30 Butterfly	EN
	{1 on 1:00 Rest	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	6:29 PM 1,850 Yards - Stress Value = 26	

Workout #27184 - Friday, 10 September 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 40:00 DS/Dryland	RE
400	4 x 100 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,000	5x{8 x 25 on :35 Butterfly	EN
	{1 on 1:00 Rest	RE
	Only do 4 on the 5th round	
200	1 x 200 on 4:00 Stroke Drills	RE
	6:33 PM 1,750 Yards - Stress Value = 26	

Workout #27186 - Friday, 10 September 2021

7:00 PM 2,190 Yards - Stress Value = 64

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
300	4 x 75 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
800	4x{8 x 25 on :45 Butterfly	EN
	{1 on 1:00 Rest	RE
	Only do 6 on the 4th round	
200	1 x 200 on 4:00 Stroke Drills	RE
	6:32 PM 1,450 Yards - Stress Value = 22	

Workout #27185 - Friday, 10 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
400	4 x 100 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
800	4x{8 x 25 on :40 Butterfly	EN
	{1 on 1:00 Rest	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	6:30 PM 1,550 Yards - Stress Value = 22	

Workout #27222 - Monday, 13 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,250	25 x 50 on :50 200 Fly Pace	S
	1 on 5:00 Video Evaluations 2-	F
750	30 x 25 on :30 100 Back Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
750	30 x 25 on :30 100 Back Pace	S
	5:31 PM 3,275 Yards - Stress Value = 290	

Workout #27192 - Monday, 13 September 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
90	6 x 15 on :45 Shooters	
375	15 x 25 on :35 USRPT-100 Breast Pace	
425	1x{5 x 75 on 1:35 Breast Kick w/board	
	{1 x 50 on 1:05 Breast Kick-100%	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
650	1x{2 x 200 on 4:00 Breast w/2X pullots bhw	
	{1 x 150 on 3:00 Breast w/2X pullots bhw	
	{1 x 100 on 2:00 Breast w/2X pullots bhw	
	1 on 9:00 Breast Relay	
250	1 x 250 on 5:00 Stroke Drills	

Workout #27197 - Monday, 13 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	
150	1 x 150 on 5:00 Underwater trn drill	
90	6 x 15 on :45 Shooters	
225	9 x 25 on 1:00 USRPT-100 Breast Pace	
200	1x{4 x 50 on 2:15 Breast Kick w/board	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
350	1x{1 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	
	{1 x 25 on 1:00 Breast w/2X pullouts bhw	
	1 on 9:00 Breast Relay	
250	1 x 250 on 5:00 Stroke Drills	
	7:00 PM 1,365 Yards - Stress Value = 37	

Workout #27193 - Monday, 13 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
90	6 x 15 on :45 Shooters	
325	13 x 25 on :40 USRPT-100 Breast Pace	
375	1x{5 x 75 on 1:45 Breast Kick w/board	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
600	1x{1 x 200 on 4:20 Breast w/2X pullots bhw	
	{1 x 150 on 3:15 Breast w/2X pullots bhw	
	{2 x 100 on 2:10 Breast w/2X pullots bhw	
	{1 x 50 on 1:00 Breast w/2X pullots bhw	
	1 on 9:00 Breast Relay	
250	1 x 250 on 5:00 Stroke Drills	
	7:00 PM 2,040 Yards - Stress Value = 56	

Workout #27194 - Monday, 13 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	
250	1 x 250 on 5:00 Underwater trn drill	
90	6 x 15 on :45 Shooters	
325	13 x 25 on :40 USRPT-100 Breast Pace	
350	1x{4 x 75 on 1:55 Breast Kick w/board	
	{1 x 50 on 1:15 Breast-100%	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
550	1x{1 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	
	1 on 9:00 Breast Relay	
250	1 x 250 on 5:00 Stroke Drills	
	7:00 PM 1,915 Yards - Stress Value = 54	

Workout #27196 - Monday, 13 September 2021

5:31 PM 2,975 Yards - Stress Value = 284

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
90	6 x 15 on :45 Shooters
275	11 x 25 on :45 USRPT-100 Breast Pace
300	1x{4 x 75 on 2:15 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
500	1x{1 x 200 on 5:20 Breast w/2X pullots bhw
	{1 x 150 on 4:00 Breast w/2X pullots bhw
	{2 x 75 on 2:00 Breast w/2X pullots bhw
	1 on 9:00 Breast Relay
250	1 x 250 on 5:00 Stroke Drills
	7:01 PM 1,715 Yards - Stress Value = 48

Workout #27195 - Monday, 13 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
90	6 x 15 on :45 Shooters
275	11 x 25 on :45 USRPT-100 Breast Pace
300	1x{4 x 75 on 2:05 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
500	1x{1 x 200 on 5:00 Breast w/2X pullots bhw
	{1 x 150 on 3:45 Breast w/2X pullots bhw
	{1 x 100 on 2:30 Breast w/2X pullots bhw
	{1 x 50 on 1:15 Breast w/2X pullouts bhw
	1 on 9:00 Breast Relay
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,765 Yards - Stress Value = 48

Workout #27223 - Tuesday, 14 September 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch-Shower	F
225	15 x 15 on :45 Racing Skills-Your #1 Shooters	S
2,500	25 x 100 on 1:30 1650 Free Pace	S
	Must swim 16	
	1 on 6:00 Video Evaluations 1+/1-	F
200	10 x 20 on 1:00 Cross Pool Underwaters	E
	with fins	
	6:53 AM 2,925 Yards - Stress Value = 263	

Workout #27224 - Tuesday, 14 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,250	25 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Video Evaluations 2-	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-TN Turn Drills	REC
750	30 x 25 on :30 100 Free Pace	SP2

Workout #27198 - Tuesday, 14 September 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-CountStrokes
90	6 x 15 on :45 Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
	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
	1 on 10:00 Racing Skills-back starts
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 2,165 Yards - Stress Value = 64

Workout #27203 - Tuesday, 14 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	1 x 150 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
250	10 x 25 on :45 USRPT-100 Back Pace
	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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,340 Yards - Stress Value = 40

Workout #27199 - Tuesday, 14 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
325	13 x 25 on :35 USRPT-100 Back Pace 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
200	1 on 10:00 Racing Skills-Back Starts 1 x 200 on 4:00 Stroke Drills 6:59 PM 1,990 Yards - Stress Value = 56

Workout #27200 - Tuesday, 14 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
325	13 x 25 on :35 USRPT-100 Back Pace 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
200	1 on 10:00 Racing Skills-back starts 1 x 200 on 4:00 Stroke Drills 6:59 PM 1,815 Yards - Stress Value = 53

Workout #27202 - Tuesday, 14 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
250	10 x 25 on :45 USRPT-100 Back Pace 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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
6:59 PM	1,440 Yards - Stress Value = 41

Workout #27201 - Tuesday, 14 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
300	12 x 25 on :40 USRPT-100 Back Pace All BLSR's 8 yds minimum
300	1x{4 x 25 on :45 Kick no board B {4 x 50 on 1:30 Kick no board L/R/S/C
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3F 50'S=Start with 4 KOW +1 each wall
450	1x{1 x 150 on 3:45 Backstroke {3 x 50 on 1:30 Back-descend {1 x 100 on 2:45 Backstroke {1 x 50 on 1:30 Back-descend
200	1 on 10:00 Racing Skills-back starts 1 x 200 on 4:00 Stroke Drills 6:59 PM 1,690 Yards - Stress Value = 49

Workout #27225 - Wednesday, 15 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,250	25 x 50 on :55 200 Breast Pace	SE
	1 on 5:00 Video Evaluations 2-	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 7:00 Racing Skills-Peer Coaching-Strt	RE
750	30 x 25 on :30 100 Fly Pace	SE
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #27209 - Wednesday, 15 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
125	5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22
90	6 x 15 on :45 Shooters
250	10 x 25 on :45 USRPT-Free
250	5 x 50 on 1:45 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
400	1x{2 x 75 on 2:25 Freestyle {2 x 75 on 2:30 Freestyle {2 x 50 on 1:20 Freestyle
	1 on 10:00 Relay
200	1 x 200 on 5:00 Stroke Drills 7:00 PM 1,415 Yards - Stress Value = 42

Workout #27204 - Wednesday, 15 September 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
375	10 x 25 on :30 Wednesday Warm-up
90	1-12, 2-13, 3-14, 4-15
450	15 x 25 on :30 USRPT-Free
100	6 x 15 on :45 Shooters
900	9 x 50 on 1:00 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea
250	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
250	1x{2 x 125 on 1:40 Freestyle
	{2 x 125 on 1:45 Freestyle
	{2 x 125 on 1:50 Freestyle
	{2 x 75 on 1:10 Freestyle
	1 on 10:00 Relay
250	1 x 250 on 5:00 Stroke Drills

7:00 PM 2,415 Yards - Stress Value = 69

5:30 PM Start

Yards	Set Description
125	1 on 25:00 DS/Dryland
90	5 x 25 on 1:00 Wednesday Warm-up
250	1-20, 2-21, 3-22
300	6 x 15 on :45 Shooters
100	10 x 25 on :45 USRPT-Free
500	6 x 50 on 1:30 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea
200	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
200	1x{2 x 100 on 2:25 Freestyle
	{2 x 100 on 2:30 Freestyle
	{2 x 50 on 1:20 Freestyle
	1 on 10:00 Relay
	1 x 200 on 5:00 Stroke Drills

7:00 PM 1,565 Yards - Stress Value = 45

Workout #27207 - Wednesday, 15 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #27205 - Wednesday, 15 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	8 x 25 on :35 Wednesday Warm-up
375	1-13, 2-14, 3-15, 2-16
400	6 x 15 on :45 Shooters
100	15 x 25 on :30 USRPT-Free
800	8 x 50 on 1:05 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea
250	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
250	1x{2 x 125 on 1:50 Freestyle
	{2 x 125 on 1:55 Freestyle
	{2 x 125 on 2:00 Freestyle
	{1 x 50 on :50 Freestyle
	1 on 10:00 Relay
250	1 x 250 on 5:00 Stroke Drills

7:00 PM 2,215 Yards - Stress Value = 66

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
90	6 x 25 on :45 Wednesday Warm-up
325	1-16, 2-17, 3-18
300	6 x 15 on :45 Shooters
100	13 x 25 on :35 USRPT-Free
700	6 x 50 on 1:20 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea
200	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
200	1x{2 x 125 on 2:25 Freestyle
	{2 x 125 on 2:30 Freestyle
	{2 x 100 on 2:05 Freestyle
	1 on 10:00 Relay
	1 x 200 on 5:00 Stroke Drills

7:00 PM 1,865 Yards - Stress Value = 56

Workout #27226 - Thursday, 16 September 2021

Group 3 - USRPT

1 minute rest between sets

Workout #27206 - Wednesday, 15 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 25:00 DS/Dryland
90	7 x 25 on :40 1-14, 2-15, 3-16, 1-17
325	6 x 15 on :45 Shooters
350	13 x 25 on :35 USRPT-Free
100	7 x 50 on 1:10 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea
750	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
250	1x{2 x 125 on 2:05 Freestyle
	{2 x 125 on 2:10 Freestyle
	{2 x 125 on 2:15 Freestyle
	1 on 10:00 Relay
250	1 x 250 on 5:00 Stroke Drills

7:00 PM 2,040 Yards - Stress Value = 58

3:45 PM Start

Yards	Set Description	EGY W
225	1 on 25:00 Sotlight/DS/Showers	REC
1,250	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	25 x 50 on :50 200 Free Pace	SP2
750	1 on 5:00 Video Evaluations 2-	REC
	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Sculling Drills	REC
	30 x 25 on :30 100 Breast Pace	SP2

5:31 PM 2,975 Yards - Stress Value = 284

Workout #27208 - Wednesday, 15 September 2021

Group 2 - Bronze

1 minute rest between sets

Workout #27215 - Thursday, 16 September 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	6 x 15 on :45 Shooters
100	1 on 15:00 TEACH DAY-Fly
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
200	8 x 25 on 1:00 USRPT-100 Fly Pace
200	1x{4 x 25 on 1:00 Kick no board S
	{1 x 50 on 2:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,090 Yards - Stress Value = 28

Workout #27210 - Thursday, 16 September 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	6 x 15 on :45 Shooters
100	1 on 15:00 TEACH DAY-Fly
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:15 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,365 Yards - Stress Value = 48

Workout #27211 - Thursday, 16 September 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	6 x 15 on :45 Shooters
100	1 on 15:00 TEACH DAY-Fly
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:25 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,315 Yards - Stress Value = 42

Workout #27212 - Thursday, 16 September 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	6 x 15 on :45 Shooters

100	1 on 15:00 TEACH DAY-Fly
325	4 x 25 on 1:00 Odds face in sculling drills
	13 x 25 on :35 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
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,315 Yards - Stress Value = 42

Workout #27214 - Thursday, 16 September 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	6 x 15 on :45 Shooters
100	1 on 15:00 TEACH DAY-Fly
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
275	11 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
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:01 PM	1,215 Yards - Stress Value = 37

Workout #27213 - Thursday, 16 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	6 x 15 on :45 Shooters
100	1 on 15:00 TEACH DAY-Fly
	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:45 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,290 Yards - Stress Value = 40

Workout #27227 - Friday, 17 September 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:16 PM	Start	
225	1 on 25:00 Spotlight/DS/Showers	RE
500	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	25 x 20 on :30 100 Back Pace*	SE
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
500	25 x 20 on :30 100 Fly Pace*	SE
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Free Pace*	SE
5:16 PM	1,825 Yards - Stress Value = 169	

Workout #27221 - Friday, 17 September 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
250	10 x 25 on :45 USRPT-Your #1
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 200 on 6:00 Individual Medley {4 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 {4 x 25 on 1:00 Back 5KOW+2 {1 x 100 on 2:55 Individual Medley {1 x 100 on 2:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 1,850 Yards - Stress Value = 49

Workout #27216 - Friday, 17 September 2021

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-Your #1
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,950	1x{1 x 300 on 4:30 Individual Medley {8 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 {8 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 {6 x 25 on :30 Breaststroke 2X Pullouts
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 3,075 Yards - Stress Value = 51

Workout #27217 - Friday, 17 September 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-Your #1
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,950	1x{1 x 300 on 4:45 Individual Medley {6 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 4:40 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
	{4 x 25 on :30 Breaststroke 2X Pullouts
	{1 x 100 on 1:25 Individual Medley
	{1 x 100 on 1:20 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 3,075 Yards - Stress Value = 81

Workout #27218 - Friday, 17 September 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-Your #1
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{1 x 300 on 5:30 Individual Medley {4 x 25 on :35 Fly lup+ldown {1 x 100 on 1:55 Individual Medley {1 x 100 on 1:50 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 300 on 5:25 Individual Medley {4 x 25 on :35 Back 5KOW+2 {1 x 100 on 1:50 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 300 on 5:20 Individual Medley {4 x 25 on :35 Breaststroke 2X pullouts
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,675 Yards - Stress Value = 70

Workout #27220 - Friday, 17 September 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
300	12 x 25 on :40 USRPT-Your #1
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{1 x 300 on 7:30 Individual Medley {4 x 25 on :40 Fly lup+ldown {1 x 100 on 2:30 Individual Medley {1 x 100 on 2:25 Individual Medley {1 x 50 on 1:30 Easy Free {1 x 200 on 4:55 Individual Medley {4 x 25 on :40 Back 5KOW+2 {1 x 100 on 2:25 Individual Medley {1 x 100 on 2:20 Individual Medley {4 x 25 on :45 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,200 Yards - Stress Value = 60

Workout #27219 - Friday, 17 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-Your #1
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 300 on 6:30 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 {1 x 200 on 4:10 Individual Medley {2 x 25 on :35 Breaststroke 2X pullouts
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,475 Yards - Stress Value = 46

Workout #27228 - Monday, 20 September 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
400	1x{4 x 25 on :30 Kick no board S {1 x 200 on 4:30 Fly Kick w/board {4 x 25 on :30 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,050	1x{2 x 75 on 1:30 Fly 25R, 25L, 25B {2 x 50 on :45 Fly lupldown+1 to 3 down {2 x 75 on 1:25 Fly 25R, 25L, 25B {2 x 50 on :50 Fly lupldown+1 to 3 down {2 x 75 on 1:20 Fly 25R, 25L, 25B {2 x 50 on :55 Fly lupldown+1 to 3 down {2 x 75 on 1:15 Fly 25R, 25L, 25B {3 x 50 on 1:00 Fly lupldown+1 to 3 down
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 3,000 Yards - Stress Value = 110

Workout #27258 - Monday, 20 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Spotlight/DS/Showers
225	15 x 15 on :45 Racing Skills-Free Shooters
1,500	30 x 50 on :50 200 Free Pace
	1 on 5:00 Video Evaluations 2-
750	30 x 25 on :30 100 Fly Pace
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck
1,500	30 x 50 on :50 200 Back Pace
	5:45 PM 4,275 Yards - Stress Value = 390

Workout #27229 - Monday, 20 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
350	1x{4 x 25 on :35 Kick no board S {1 x 150 on 3:30 Fly Kick w/board {4 x 25 on :35 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
950	1x{2 x 75 on 1:40 Fly 25R, 25L, 25B {2 x 50 on :50 Fly lupldown+1 to 3 down {2 x 75 on 1:35 Fly 25R, 25L, 25B {2 x 50 on :55 Fly lupldown+1 to 3 down {2 x 75 on 1:30 Fly 25R, 25L, 25B {2 x 50 on 1:00 Fly lupldown+1 to 3 down {2 x 75 on 1:25 Fly 25R, 25L, 25B {1 x 50 on 1:05 Fly lupldown+1 to 3 down
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,725 Yards - Stress Value = 94

Workout #27233 - Monday, 20 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1x{2 x 25 on 1:00 Kick no board S {1 x 100 on 4:55 Fly Kick w/board {2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
475	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B {1 x 50 on 2:00 Fly lupldown+1 to 3 down {2 x 75 on 2:35 Fly 25R, 25L, 25B {1 x 50 on 2:00 Fly lupldown+1 to 3 down {1 x 75 on 2:30 Fly 25R, 25L, 25B
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:14 PM 1,750 Yards - Stress Value = 58

Workout #27230 - Monday, 20 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
550	22 x 25 on :40 USRPT-100 Fly Pace
150	10 x 15 on :45 Racing Skills-Fly Shooters
300	1x{4 x 25 on :40 Kick no board S {1 x 100 on 2:30 Fly Kick w/board {4 x 25 on :40 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
825	1x{2 x 75 on 1:50 Fly 25R, 25L, 25B {2 x 50 on 1:00 Fly lup1down+1 to 3 down {2 x 75 on 1:45 Fly 25R, 25L, 25B {2 x 50 on 1:05 Fly lup1down+1 to 3 down {2 x 75 on 1:40 Fly 25R, 25L, 25B {2 x 50 on 1:10 Fly lup1down+1 to 3 down {1 x 75 on 1:35 Fly 25R, 25L, 25B
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,425 Yards - Stress Value = 84

Workout #27232 - Monday, 20 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	18 x 25 on :50 USRPT-100 Fly Pace
250	1x{2 x 25 on 1:00 Kick no board S {1 x 150 on 4:55 Fly Kick w/board {2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	1x{2 x 75 on 2:20 Fly 25R, 25L, 25B {2 x 50 on 1:30 Fly lup1down+1 to 3 down {2 x 75 on 2:15 Fly 25R, 25L, 25B {1 x 50 on 1:35 Fly lup1down+1 to 3 down {2 x 75 on 2:10 Fly 25R, 25L, 25B
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,000 Yards - Stress Value = 68

Workout #27231 - Monday, 20 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
300	1x{4 x 25 on :45 Kick no board S {1 x 100 on 2:45 Fly Kick w/board {4 x 25 on :45 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
750	1x{2 x 75 on 2:00 Fly 25R, 25L, 25B {2 x 50 on 1:05 Fly lup1down+1 to 3 down {2 x 75 on 1:55 Fly 25R, 25L, 25B {2 x 50 on 1:10 Fly lup1down+1 to 3 down {2 x 75 on 1:50 Fly 25R, 25L, 25B {2 x 50 on 1:15 Fly lup1down+1 to 3 down

1 on 10:00 Game
250 1 x 250 on 5:00 Stroke Drills
7:16 PM 2,300 Yards - Stress Value = 77

Workout #27259 - Tuesday, 21 September 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 12:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-#1 Shooter	S
2,500	25 x 100 on 1:25 1650 Free Pace	S
	1 on 5:00 Video Evaluations-	F
200	10 x 20 on 1:00 Cross Pool Underwaters w/fins	S
	6:47 AM 2,925 Yards - Stress Value = 275	

Workout #27260 - Tuesday, 21 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Spotlight/Team Mtg/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP2
1,250	25 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Video Evaluations 2-	REC
625	25 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-Stanford Turn Drill	REC
1,250	25 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations 1+	REC
	5:46 PM 3,350 Yards - Stress Value = 321	

Workout #27234 - Tuesday, 21 September 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

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

Workout #27239 - Tuesday, 21 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #27235 - Tuesday, 21 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #27236 - Tuesday, 21 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #27238 - Tuesday, 21 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #27237 - Tuesday, 21 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #27261 - Wednesday, 22 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
1	on 25:00 Spotlight/DS/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 Video Evaluations 2-	RE
750	30 x 25 on :30 100 Breast Pace	SE
1	on 10:00 Racing Skills-Tivo Starts	RE
1,500	30 x 50 on :50 200 Free Pace	SE
5:45 PM 3,975 Yards - Stress Value = 384		

Workout #27245 - Wednesday, 22 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on 1:00 Wednesday Warm-up 2-20, 2-21, 2-22
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT Your #1
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
800	4x{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 2,300 Yards - Stress Value = 75

Workout #27240 - Wednesday, 22 September 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	12 x 25 on :30 Wednesday Warm-up 2-13, 4-14, 6-15
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT Your #1
550	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:10 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 100 on 2:00 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,400	7x{1 x 100 on 1:30 Individual Medley {1 x 50 on :45 Freestyle {1 x 50 on 1:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 3,500 Yards - Stress Value = 113

Workout #27241 - Wednesday, 22 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 4-16
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT Your #1
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:20 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:05 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	.
	On the last round do 2X50's@:50

1,200	6x{1 x 100 on 1:40 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 3,075 Yards - Stress Value = 96

Workout #27242 - Wednesday, 22 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
225	9 x 25 on :40 Wednesday Warm-up 2-15, 3-16, 4-17
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT Your #1
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:30 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	.
	On the last round don't do the easy 50
1,200	6x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:16 PM 3,050 Yards - Stress Value = 96

Workout #27244 - Wednesday, 22 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :45 Wednesday Warm-up 2-20, 3-21, 2-22
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT Your #1
400	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	.
	On the last round do 2X50's@1:15
800	4x{1 x 100 on 2:30 Individual Medley {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	7:13 PM 2,400 Yards - Stress Value = 76

Workout #27243 - Wednesday, 22 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	8 x 25 on :45 Wednesday Warm-up 2-16, 3-17, 2-18
550	10 x 15 on :45 Racing Skills-Crossover Turns
500	22 x 25 on :40 USRPT Your #1
1,000	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board
250	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks . On the last round do 2X50's@1:00
7:14 PM	5x{1 x 100 on 2:00 Individual Medley {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Freestyle 1 x 250 on 4:00 Stroke Drills 2,750 Yards - Stress Value = 86

Workout #27262 - Thursday, 23 September 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 12:00 DS/Showers	REC
1,500	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 6:00 Video Evaluations 1-	REC
	1 on 15:00 Lane Line Survivor	EN2
6:45 AM	1,725 Yards - Stress Value = 159	

Workout #27263 - Thursday, 23 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
225	1 on 25:00 Spotlight/DS/Showers	REC
750	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	30 x 25 on :30 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations 2-	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Tic Tac Toe Relay	EN2
1,500	30 x 50 on :55 200 Breast Pace	SP2
100	1 x 100 on 6:00 Timed 100 OTB-your Choice	SP2
5:45 PM	3,325 Yards - Stress Value = 319	

Workout #27251 - Thursday, 23 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Free Shooters

100	1 on 20:00 Teach Day Freestyle
	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
250	5 x 50 on 1:45 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
7:15 PM	1,450 Yards - Stress Value = 61

Workout #27246 - Thursday, 23 September 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 Teach Day Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Free Pace
450	9 x 50 on 1:00 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
7:15 PM	2,000 Yards - Stress Value = 90

Workout #27247 - Thursday, 23 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Free Shooters
	#1 fast turn, #2 no board, #3 FAST
	1 on 20:00 Teach Day Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Free Pace
400	8 x 50 on 1:05 Free Kick
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
7:15 PM	1,825 Yards - Stress Value = 76

Workout #27248 - Thursday, 23 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 Teach Day Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Free Pace
350	7 x 50 on 1:10 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
7:15 PM	1,725 Yards - Stress Value = 75

Workout #27250 - Thursday, 23 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 Teach Day Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Free Pace
300	6 x 50 on 1:30 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,550 Yards - Stress Value = 67

Workout #27249 - Thursday, 23 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 Teach Day Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Free Pace
300	6 x 50 on 1:20 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 1,600 Yards - Stress Value = 67

Workout #27264 - Friday, 24 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
520	26 x 20 on :30 100 Back Pace*	SE
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
520	26 x 20 on :30 100 Fly Pace*	SE
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
520	26 x 20 on :30 100 Free Pace*	SE
	5:14 PM 1,785 Yards - Stress Value = 165	

Workout #27252 - Friday, 24 September 2021

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
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
1,375	1x{4 x 25 on :30 Kick no board S { 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
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,925 Yards - Stress Value = 62

Workout #27257 - Friday, 24 September 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on 1:00 USRPT-100 Back Pace
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 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 { 2 x 50 on 1:45 Back alt 25's 7 KOW
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 1,775 Yards - Stress Value = 58

Workout #27253 - Friday, 24 September 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
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
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
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 2,850 Yards - Stress Value = 58

Workout #27254 - Friday, 24 September 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
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
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
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 2,650 Yards - Stress Value = 55

Workout #27256 - Friday, 24 September 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
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
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 2,050 Yards - Stress Value = 73

Workout #27255 - Friday, 24 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
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
1,050	1x{1 x 150 on 3:00 Backstroke {3 x 75 on 1:45 Back alt 25's 10 yds under {1 x 150 on 2:55 Backstroke {3 x 75 on 1:45 Back alt 25's 10yds under {1 x 150 on 2:50 Backstroke {2 x 75 on 1:45 Back alt 25's 10yds under
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,350 Yards - Stress Value = 81

Workout #27295 - Monday, 27 September 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 12:00 DS>Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooter		SP3
3,000	30 x 100 on 1:25 1650 Free Pace*		SP2
	1 on 5:00 Video Evaluations-		REC
	If you are out early, you will do the Diving well UW kick set		
	6:42 AM 3,225 Yards - Stress Value = 309		

Workout #27296 - Monday, 27 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 Spotlight/DS>Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,500	30 x 50 on :55 200 Breast Pace*	S
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Back Pace*	S
	1 on 5:00 Active Recovery	F
750	30 x 25 on :30 100 Fly Pace*	S
	1 on 5:00 Active Recovery	F
750	30 x 25 on :30 100 Free Pace*	S
	. If time permits	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
	6:14 PM 5,025 Yards - Stress Value = 465	

Workout #27270 - Monday, 27 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-Free
300	1x{ #1 Fast Turn, #2 no board {2 x 100 on 3:15 Kick {2 x 50 on 1:10 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
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,000 Yards - Stress Value = 72

Workout #27265 - Monday, 27 September 2021

7:15 PM 2,775 Yards - Stress Value = 98

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-Free
450	1x{ #1 Fast Turn, #2 no board , -Repeat
	{2 x 100 on 2:00 Kick
	{2 x 100 on 1:55 Kick
	{1 x 50 on :55 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
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,300 Yards - Stress Value = 118

Workout #27266 - Monday, 27 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-Free
400	1x{ #1 Fast Turn, #2 no board Repeat
	{2 x 100 on 2:10 Kick
	{2 x 100 on 2:05 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
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,100 Yards - Stress Value = 115

Workout #27267 - Monday, 27 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-Free
400	1x{ #1 Fast Turn, #2 no board
	{2 x 100 on 2:20 Kick
	{2 x 75 on 1:40 Kick
	{1 x 50 on :55 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
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills

Workout #27269 - Monday, 27 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-Free
300	1x{ #1 Fast Turn, #2 no board
	{2 x 100 on 3:00 Kick
	{2 x 50 on 1:20 Kick-100%
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
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,250 Yards - Stress Value = 82

Workout #27268 - Monday, 27 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-Free
350	1x{ #1 Fast Turn, #2 no board
	{2 x 100 on 2:40 Kick
	{2 x 75 on 1:45 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
950	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 125 on 2:25 Freestyle
	{3 x 125 on 2:30 Freestyle
	{2 x 100 on 2:05 Freestyle
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,625 Yards - Stress Value = 95

Workout #27297 - Tuesday, 28 September 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 8:00 Video Evaluations 1-	REC
625	25 x 25 on :30 Your #1-100	SP2
	6:46 AM 2,350 Yards - Stress Value = 216	

Workout #27298 - Tuesday, 28 September 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:45 PM Start	
=====	=====	=====
	1 on 25:00 Spotlight/DS/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 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Fly Pace*	SP2
	1 on 5:00 Active Recovery	REC
750	30 x 25 on :30 100 Back Pace*	SP2
	1 on 5:00 Active Recovery	REC
750	30 x 25 on :30 100 Breast Pace*	SP2
	.	
	If time permits	
	1 on 10:00 Racing Skills-UW Racing	EN2
	6:11 PM 4,725 Yards - Stress Value = 459	

Workout #27276 - Tuesday, 28 September 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1x{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
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
	1 on 10:00 Tivo Starts
200	1 x 200 on 5:00 Stroke Drills
	7:16 PM 1,725 Yards - Stress Value = 58

Workout #27271 - Tuesday, 28 September 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
=====	=====
	1 on 25:00 DS/Dryland
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
450	1x{4 x 25 on :30 Kick no board S
	{1 x 150 on 3:00 Fly Kick w/board
	{2 x 25 on :30 Kick no board S
	{1 x 150 on 3:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{2 x 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
	1 on 10:00 Tivo Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,000 Yards - Stress Value = 111

Workout #27272 - Tuesday, 28 September 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
=====	=====
	1 on 25:00 DS/Dryland
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
400	1x{4 x 25 on :30 Kick no board S
	{1 x 150 on 3:15 Fly Kick w/board
	{2 x 25 on :30 Kick no board S
	{1 x 100 on 2:10 Fly Kick w/board
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
	1 on 10:00 Tivo Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,725 Yards - Stress Value = 95

Workout #27273 - Tuesday, 28 September 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
=====	=====
	1 on 25:00 DS/Dryland
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
350	1x{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:30 Fly Kick w/board
	{2 x 25 on :35 Kick no board S
	{1 x 50 on 1:10 Fly Kick w/board
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
	1 on 10:00 Tivo Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,425 Yards - Stress Value = 85

Workout #27275 - Tuesday, 28 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Fly Shooters
300	20 x 25 on :45 USRPT-100 Fly Pace
100	1x{2 x 25 on :45 Kick no board S
	{1 x 200 on 6:00 Fly Kick w/board
	{2 x 25 on :45 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	1 on 10:00 Tivo Starts
200	1 x 200 on 4:00 Stroke Drills

7:14 PM 2,025 Yards - Stress Value = 74

Workout #27274 - Tuesday, 28 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Fly Shooters
325	22 x 25 on :40 USRPT-100 Fly Pace
100	1x{4 x 25 on :40 Kick no board S
	{1 x 150 on 3:45 Fly Kick w/board
	{3 x 25 on :40 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{2 x 75 on 2:00 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:55 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:15 Fly lupldown+1 to 3 down
	1 on 10:00 Tivo Starts
200	1 x 200 on 4:00 Stroke Drills

7:15 PM 2,325 Yards - Stress Value = 83

Workout #27299 - Wednesday, 29 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
	1 on 25:00 Spotlight/DS/Shower	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 Video Evaluations 1+/1-	RE
1,500	30 x 50 on :55 200 Breast Pace*	SE
	1 on 5:00 Active Recovery	RE
750	30 x 25 on :30 100 Free Pace*	SE
	1 on 5:00 Active Recovery	RE
750	30 x 25 on :30 100 Fly Pace	SE

6:04 PM 4,725 Yards - Stress Value = 459

Workout #27277 - Wednesday, 29 September 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
	2-13, 4-14, 4-15
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
650	1x{2 x 125 on 2:30 Breast Kick w/board
	{3 x 100 on 2:00 Breast Kick w/board
	{2 x 50 on 1:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,075	1x{1 x 250 on 4:45 Breast 2X pullouts start wal
	{2 x 200 on 3:45 Breast 2X pullouts start wal
	{3 x 100 on 1:50 Breast 2X pullouts start wal
	{2 x 50 on :55 Breast 2 pullouts start wall
	{1 x 25 on :30 Breast 2X Pullouts start wall
200	1 x 200 on 3:00 Stroke Drills

7:15 PM 3,050 Yards - Stress Value = 102

Workout #27282 - Wednesday, 29 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
	2-20, 3-21, 2-22
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
375	1x{1 x 125 on 4:25 Breast Kick w/board
	{2 x 100 on 3:30 Breast Kick w/board
	{1 x 50 on 1:45 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
550	1x{1 x 200 on 7:00 Breast 2X pullouts start wal
	{1 x 150 on 5:15 Breast 2X pullouts start wal
	{2 x 100 on 3:30 Breast 2X pullouts start wal
200	1 x 200 on 3:00 Stroke Drills

7:15 PM 1,900 Yards - Stress Value = 62

Workout #27278 - Wednesday, 29 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
	2-14, 4-15, 4-16
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
600	1x{2 x 125 on 2:40 Breast Kick w/board
	{2 x 100 on 2:10 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick NO board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,050	1x{1 x 250 on 5:00 Breast 2X pullouts start wal
	{2 x 200 on 3:55 Breast 2X pullouts start wal
	{3 x 100 on 1:55 Breast 2X pullouts start wal
	{2 x 50 on 1:00 Breast 2X pullouts start wall
200	1 x 200 on 3:00 Stroke Drills

7:15 PM 2,900 Yards - Stress Value = 94

Workout #27279 - Wednesday, 29 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up 2-15, 3-16, 3-17
550	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
100	1x{2 x 125 on 2:55 Breast Kick w/board {2 x 100 on 2:20 Breast Kick w/board {2 x 50 on 1:10 Breast Kick w/board
900	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	1x{1 x 250 on 5:40 Breast 2X pullouts start wal {2 x 200 on 4:30 Breast 2X pullouts start wal {2 x 100 on 2:10 Breast 2X pullouts start wal {1 x 50 on 1:05 Breast 2X pullouts start wall
	1 x 200 on 3:00 Stroke Drills

7:15 PM 2,650 Yards - Stress Value = 90

Workout #27281 - Wednesday, 29 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
120	1 on 30:00 DS/Dryland
150	6 x 20 on :45 Wednesday Warm-up 1-20, 2-21, 3-22
500	10 x 15 on :45 Racing Skills-Breast Shooters
425	20 x 25 on :45 USRPT-100 Breast Pace
100	1x{2 x 125 on 3:45 Breast Kick w/board {1 x 100 on 3:00 Breast Ki k w/board {3 x 25 on :45 Breast Kick w/board
700	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	1x{1 x 200 on 5:45 Breast 2X pullouts start wal {2 x 150 on 4:10 Breast 2X pullouts start wal {2 x 100 on 2:45 Breast 2X pullouts start wal
	1 x 200 on 3:00 Stroke Drills

7:14 PM 2,195 Yards - Stress Value = 79

Workout #27280 - Wednesday, 29 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up 2-16, 3-17, 3-18
550	10 x 15 on :45 Racing Skills-Breast Shooters
500	22 x 25 on :40 USRPT-100 Breast Pace
100	1x{2 x 125 on 3:10 Breast Kick w/board {2 x 100 on 2:30 Breast Ki k w/board {1 x 50 on 1:15 Breast Kick w/board
850	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	1x{1 x 250 on 6:00 Breast 2X pullouts start wal {2 x 200 on 4:45 Breast 2X pullouts start wal {1 x 100 on 2:20 Breast 2X pullouts start wal {2 x 50 on 1:15 Breast 2X pullouts start wall
	1 x 200 on 3:00 Stroke Drills

7:15 PM 2,550 Yards - Stress Value = 88

Workout #27300 - Thursday, 30 September 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
1	on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
2,250	30 x 75 on 1:05 500 Free Pace*	SP2
1	on 8:00 Video Evals	EN1
125	5 x 25 on 3:00 Your #1 non free 50 pace-OTB	SP1

6:51 AM 2,600 Yards - Stress Value = 244

Workout #27301 - Thursday, 30 September 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EG
1	on 25:00 Spotlight/DS/Shower	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SP
1,000	40 x 25 on :30 200 Fly Pace*	SP
1,500	1 on 5:00 Your Choice Recovery	RE
	30 x 50 on :50 200 Free Pace*	SP
	1 on 5:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Breast Pace*	SP
	1 on 5:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Back Pace*	SP

All sets individualized rest. Non best set 5:00 set 7:00 rest, make 24 in a row or finish set
5:56 PM 4,225 Yards - Stress Value = 409

Workout #27283 - Thursday, 30 September 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 20:00 Teach Day-Backstroke
750	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	30 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
	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
	1 on 12:00 Racing Skills-back starts

7:15 PM 1,900 Yards - Stress Value = 93

Workout #27288 - Thursday, 30 September 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 20:00 Teach Day-Backstroke
375	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
300	15 x 25 on 1:00 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
7:15 PM	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 1 on 12:00 Racing Skills-back starts 1,125 Yards - Stress Value = 50

Workout #27284 - Thursday, 30 September 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Back Shooters
100	1 on 20:00 Teach Day-Backstroke
750	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	30 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
7:15 PM	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 1 on 12:00 Racing Skills-back starts 1,850 Yards - Stress Value = 92

Workout #27285 - Thursday, 30 September 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Back Shooters
625	1 on 20:00 Teach Day-Backstroke
500	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
7:15 PM	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
	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 1 on 12:00 Racing Skills-back starts 1,625 Yards - Stress Value = 78

Workout #27287 - Thursday, 30 September 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description

200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Back Shooters
550	1 on 20:00 Teach Day-Backstroke
400	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
7:16 PM	22 x 25 on :40 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
	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 1 on 12:00 Racing Skills-back starts 1,400 Yards - Stress Value = 69

Workout #27286 - Thursday, 30 September 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Back Shooters
625	1 on 20:00 Teach Day-Backstroke
500	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
7:16 PM	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:20 Kick no board L/R/S {4 x 25 on :40 Kick no board B {3 x 50 on 1:15 Kick no board L/R/S 1 on 12:00 Racing Skills-back starts 1,625 Yards - Stress Value = 78

Workout #27302 - Friday, 01 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
225	1 on 12:00 DS/Shower	RE
600	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	All sets goal set times!!	
600	30 x 20 on :30 100 Free Pace*	SE
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Breast Pace*	SE
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
	30 x 20 on :30 100 Back Pace*	SE
6:52 AM	2,025 Yards - Stress Value = 189	

Workout #27294 - Friday, 01 October 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
375	10 x 15 on :45 Racing Skills-Crossover Turns
100	15 x 25 on 1:00 USRPT-Your Choice
800	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	4x{1 x 100 on 3:00 Individual Medley {1 x 50 on 1:30 Freestyle {1 x 50 on 2:00 Freestyle 1 x 200 on 3:00 Stroke Drills
6:31 PM	1,825 Yards - Stress Value = 56

Workout #27289 - Friday, 01 October 2021

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-your choice
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,600	8x{1 x 100 on 1:25 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 3,100 Yards - Stress Value = 105

Workout #27290 - Friday, 01 October 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-your choice
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,400	7x{1 x 100 on 1:35 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,900 Yards - Stress Value = 102

Workout #27291 - Friday, 01 October 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-Your Choice
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle on round 6 do 2X50's @:55
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 2,525 Yards - Stress Value = 86

Workout #27293 - Friday, 01 October 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :45 USRPT-Your Choice
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,000	5x{1 x 100 on 2:20 Individual Medley {1 x 50 on 1:10 Freestyle

{1 x 50 on 1:30 Freestyle
1 x 200 on 3:00 Stroke Drills
6:30 PM 2,150 Yards - Stress Value = 71

Workout #27292 - Friday, 01 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-Your Choice
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:55 Individual Medley {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,575 Yards - Stress Value = 86

Workout #27303 - Monday, 04 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 12:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#4 Shooter		SP3
	1 on 8:00 Video Evaluations for Shooters		REC
3,000	30 x 100 on 1:25 1650 Free Pace		SP2
	Make 1 subtract one If you finish before 6:45 do cross pool underwater in DW with fins		
	6:45 AM 3,225 Yards - Stress Value = 309		

Workout #27304 - Monday, 04 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 30:00 Spotlight/DS/Showers/Tm Mtg	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,500	30 x 50 on :50 200 Back Pace*	S
	1 on 8:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Fly Pace*	S
	1 on 5:00 Ankle Mobility	F
750	30 x 25 on :30 100 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
600	30 x 20 on :30 100 Breast Pace	S
	6:14 PM 4,875 Yards - Stress Value = 450	

Workout #27315 - Monday, 04 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 25:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Free Pace
400	1x{1 x 100 on 3:00 Free Kick w/board { 2 x 100 on 3:05 Free Kick w/board { 1 x 100 on 3:10 Free Kick w/board
	1 on 10:00 Racing Skills Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,425 Yards - Stress Value = 52

Workout #27310 - Monday, 04 October 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 25:00 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
700	1x{1 x 100 on 1:45 Free Kick w/board { 2 x 100 on 1:50 Free Kick w/board { 3 x 100 on 1:55 Free Kick w/board { 1 x 100 on 2:00 Free Kick w/board
	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 = 95

Workout #27311 - Monday, 04 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 25:00 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
650	1x{1 x 100 on 1:55 Free Kick w/board { 2 x 100 on 2:00 Free Kick w/board { 3 x 100 on 2:05 Free Kick w/board { 1 x 50 on 1:05 Free Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 94

Workout #27312 - Monday, 04 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 25:00 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
600	1x{1 x 100 on 2:05 Free Kick w/board { 2 x 100 on 2:10 Free Kick w/board { 3 x 100 on 2:15 Free Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,925 Yards - Stress Value = 80

Workout #27314 - Monday, 04 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 25:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
500	1x{1 x 100 on 2:40 Free Kick w/board { 2 x 100 on 2:45 Free Kick w/board { 2 x 100 on 2:50 Free Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,650 Yards - Stress Value = 66

Workout #27313 - Monday, 04 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 25:00 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 100 on 2:20 Free Kick w/board { 2 x 100 on 2:25 Free Kick w/board { 2 x 100 on 2:30 Free Kick w/board { 1 x 50 on 1:20 Free Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 72

Workout #27305 - Tuesday, 05 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 13:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooters	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Video Evaluations 2-	REC
	Start 20's as soon as you finish video eval	eval
600	30 x 20 on :25 Your #1-100	SP2
	6:50 AM 2,325 Yards - Stress Value = 214	

125	5 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	15 x 50 on 1:00 USRPT-100 Breast Pace
800	1x{3 x 100 on 3:15 Breast Kick-descend
	{1 x 50 on 2:00 Kick-JMI
	{3 x 100 on 3:10 Breast Kick-Descend
	{1 x 50 on 2:00 Kick-JMI
	{2 x 50 on 1:30 Breast Kick-Descend
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
	1 on 12:00 Racing Skills-Breast Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 108

Workout #27317 - Wednesday, 06 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 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
1,350	1x{3 x 100 on 2:05 Breast Kick-descend
	{1 x 50 on 1:05 Kick-JMI
	{3 x 100 on 2:00 Breast Kick-Descend
	{1 x 50 on 1:05 Kick-JMI
	{3 x 100 on 1:55 Breast Kick-Descend
	{1 x 50 on 1:05 Kick-JMI
	{3 x 100 on 1:50 Kick-Descend
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
	1 on 12:00 Racing Skills-Breast Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,925 Yards - Stress Value = 105

Workout #27306 - Wednesday, 06 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Spotlight/DS>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 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 6:00 Hip Mobility	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Active Recovery	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	EN2
	6:15 PM 4,725 Yards - Stress Value = 459	

Workout #27316 - Wednesday, 06 October 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 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
1,400	1x{3 x 100 on 2:00 Breast Kick-descend
	{1 x 50 on 1:00 Kick-JMI
	{3 x 100 on 1:55 Breast Kick-Descend
	{1 x 50 on 1:00 Kick-JMI
	{3 x 100 on 1:50 Breast Kick-Descend
	{1 x 50 on 1:00 Kick-JMI
	{3 x 100 on 1:45 Kick-Descend
	{1 x 50 on 1:00 Kick-JMI
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
	1 on 12:00 Racing Skills-Breast Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,975 Yards - Stress Value = 105

Workout #27318 - Wednesday, 06 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,200	1x{3 x 100 on 2:15 Breast Kick-descend
	{1 x 50 on 1:10 Kick-JMI
	{3 x 100 on 2:10 Breast Kick-Descend
	{1 x 50 on 1:10 Kick-JMI
	{3 x 100 on 2:05 Breast Kick-Descend
	{1 x 50 on 1:10 Kick-JMI
	{1 x 100 on 2:00 Kick-Descend
	{1 x 50 on 1:10 Kick-JMI
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
	1 on 12:00 Racing Skills-Breast Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 94

Workout #27321 - Wednesday, 06 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

Workout #27320 - Wednesday, 06 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
1,000	1x{3 x 100 on 2:45 Breast Kick-descend {1 x 50 on 1:30 Kick-JMI {3 x 100 on 2:40 Breast Kick-Descend {1 x 50 on 1:30 Kick-JMI {3 x 100 on 2:35 Breast Kick-Descend
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
	1 on 12:00 Racing Skills-Breast Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 75

Workout #27319 - Wednesday, 06 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,150	1x{3 x 100 on 2:20 Breast Kick-descend {1 x 50 on 1:15 Kick-JMI {3 x 100 on 2:15 Breast Kick-Descend {1 x 50 on 1:15 Kick-JMI {3 x 100 on 2:10 Breast Kick-Descend {1 x 50 on 1:15 Kick-JMI {1 x 100 on 2:05 Kick-Descend
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
	1 on 12:00 Racing Skills-Breast Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 89

Workout #27307 - Thursday, 07 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
	1 on 8:00 Video Evaluations for Shooters	REC
2,250	30 x 75 on 1:05 500 Free Pace	SP2
	Make one subtract one	
	1 on 10:00 Racing Skills-underwater racing	EN2
	6:45 AM 2,475 Yards - Stress Value = 234	

Workout #27308 - Thursday, 07 October 2021

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS/Shower	RE

225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
	Best Set Protocol 5 misses or 3 in a row	
750	30 x 25 on :30 100 Fly Pace	SI
	1 on 7:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Back Pace	SI
	1 on 6:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Breast Pace	SI
	1 on 6:00 Your Choice Recovery	RE
600	30 x 20 on :30 100 Back Pace	SI
	All sets individualized rest.	
	Non best set 5:00, best	
	set 7:00 rest, make 24 in a row	
	or finish set 9:00 rest	
	6:15 PM 3,075 Yards - Stress Value = 294	

Workout #27327 - Thursday, 07 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{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 {2 x 100 on 3:00 75 Free 25 Fly w/free kick {4 x 25 on 1:00 Fly 8/9/10/11 KOW {3 x 100 on 3:00 75 Free 25 Fly w/free kick {4 x 25 on 1:00 Fly 8/9/10/11 KOW {1 x 100 on 3:00 25 Free 25 Fly w/free kick
	1 on 15:00 Racing Skills-Fly Starts
200	1 x 200 on 5:00 Stroke Drills
	7:30 PM 2,025 Yards - Stress Value = 34

Workout #27322 - Thursday, 07 October 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,000	1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 8/9/10/11 KOW {2 x 100 on 1:30 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 9/10/11/12 KOW {3 x 100 on 1:30 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 10/11/12/13 KOW {4 x 100 on 1:30 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 11/12/13/14 KOW {5 x 100 on 1:30 75 Free 25 Fly w/free kick {4 x 25 on :30 Fly 12/13/14/15 KOW {1 on 15:00 Racing Skills-Fly Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,550 Yards - Stress Value = 61

Workout #27323 - Thursday, 07 October 2021

7:30 PM 2,350 Yards - Stress Value = 40

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 8/9/10/11 KOW {2 x 100 on 1:40 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 9/10/11/12 KOW {3 x 100 on 1:40 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 10/11/12/13 KOW {4 x 100 on 1:40 75 Free 25 Fly w/free kick {4 x 25 on :35 Fly 11/12/13/14 KOW {4 x 100 on 1:40 75 Free 25 Fly w/free kick 1 on 15:00 Racing Skills-Fly Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 54

Workout #27324 - Thursday, 07 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	1x{1 x 100 on 1:50 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 {3 x 100 on 1:50 75 Free 25 Fly w/free kick {4 x 25 on :40 Fly 10/11/12/13 KOW {4 x 100 on 1:50 75 Free 25 Fly w/free kick {4 x 25 on :40 Fly 12/13/14/15 KOW {2 x 100 on 1:50 75 Free 25 Fly w/free kick 1 on 15:00 Racing Skills-Fly Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 49

Workout #27326 - Thursday, 07 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:30 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 8/9/10/11 KOW {3 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {3 x 100 on 2:30 75 Free 25 Fly w/free kick 1 on 15:00 Racing Skills-Fly Starts
200	1 x 200 on 5:00 Stroke Drills

Workout #27325 - Thursday, 07 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 8/9/10/11 KOW {2 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 9/10/11/12 KOW {3 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 10/11/12/13 KOW {4 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 11/12/13/14 KOW 1 on 15:00 Racing Skills-Fly Starts
250	1 x 250 on 5:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 45

Workout #27309 - Friday, 08 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Showers/Spotlight	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	All sets goal set times!!	
	Best Set Protocol 5 misses or 3 in a row	
600	30 x 20 on :30 100 Fly Pace*	SE
	1 on 5:00 Shoulder Mobility	RE
600	30 x 20 on :30 100 Free Pace*	SE
	1 on 5:00 Thoracic Mobility	RE
600	30 x 20 on :30 100 Breast Pace*	SE
	5:20 PM 2,025 Yards - Stress Value = 189	

Workout #27328 - Friday, 08 October 2021

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 40:00 DS/Dryland	F
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
1,900	1x{1 x 100 on 1:20 Backstroke 3KOW+1	E
	{3 x 50 on :50 Back descend-min 5KOW	E
	{2 x 100 on 1:25 Backstroke 3KOW+1	E
	{3 x 50 on :50 Back descend-min 5KOW	E
	{3 x 100 on 1:30 Backstroke 3KOW+1	E
	{3 x 50 on :50 Back descend-min 5KOW	E
	{4 x 100 on 1:35 Backstroke 3KOW+1	E
	{3 x 50 on :50 Back descend 3KOW+1	E
	{3 x 100 on 1:40 Back descend-min 5KOW	E
200	1 x 200 on 4:00 Stroke Drills	F
	6:30 PM 2,550 Yards - Stress Value = 44	

Workout #27333 - Friday, 08 October 2021

Group 2 - Copper

1 minute rest between sets

Table with columns: Yards, Set Description, E. Includes start time 5:00 PM and total yards 1,500.

Workout #27329 - Friday, 08 October 2021

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, E. Includes start time 5:00 PM and total yards 2,200.

Workout #27330 - Friday, 08 October 2021

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, E. Includes start time 5:00 PM and total yards 2,150.

Workout #27332 - Friday, 08 October 2021

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, E. Includes start time 5:00 PM and total yards 1,200.

Table with columns: Yards, Set Description, E. Includes start time 6:30 PM and total yards 1,750.

Workout #27331 - Friday, 08 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, E. Includes start time 5:00 PM and total yards 2,000.

Workout #27334 - Monday, 11 October 2021

Group 3 - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY WC. Includes start time 5:30 AM and total yards 3,225.

Workout #27335 - Monday, 11 October 2021

Group 3 - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, E. Includes start time 3:45 PM and total yards 4,875.

Workout #27346 - Monday, 11 October 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-IM Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 100 on 3:45 Individual Medley {4 x 25 on 1:00 Fly lup2down {2 x 100 on 3:40 Individual Medley {4 x 25 on 1:00 Back 5KOW+1 {3 x 100 on 3:35 Individual Medley {4 x 25 on 1:00 Breast 2K1P {1 x 100 on 3:30 Individual Medley
200	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 2,150 Yards - Stress Value = 76	

Workout #27343 - Monday, 11 October 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-IM 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
1,950	1x{1 x 200 on 3:40 Individual Medley {6 x 25 on :40 Fly lup2down {2 x 200 on 3:35 Individual Medley {6 x 25 on :40 Back 5KOW+1 {3 x 200 on 3:30 Individual Medley {6 x 25 on :40 Breast 2K1P {1 x 200 on 3:25 Individual Medley
200	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,275 Yards - Stress Value = 107	

Workout #27341 - Monday, 11 October 2021

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-IM Turns
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
2,450	1x{1 x 200 on 3:10 Individual Medley {6 x 25 on :30 Fly lup2down {2 x 200 on 3:05 Individual Medley {6 x 25 on :30 Back 5KOW+1 {3 x 200 on 3:00 Individual Medley {6 x 25 on :30 Breast 2K1P {4 x 200 on 2:55 Individual Medley
200	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,950 Yards - Stress Value = 130	

Workout #27345 - Monday, 11 October 2021

Group 2 - Bronze

1 minute rest between sets

Meters	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-IM Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{1 x 100 on 3:00 Individual Medley {4 x 25 on :45 Fly lup2down {2 x 100 on 2:55 Individual Medley {4 x 25 on :45 Back 5KOW+1 {3 x 100 on 2:50 Individual Medley {4 x 25 on :45 Breast 2K1P {4 x 100 on 2:45 Individual Medley
200	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 2,550 Meters - Stress Value = 92	

Workout #27342 - Monday, 11 October 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-IM 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
2,100	1x{1 x 200 on 3:20 Individual Medley {8 x 25 on :35 Fly lup2down {2 x 200 on 3:15 Individual Medley {8 x 25 on :35 Back 5KOW+1 {3 x 200 on 3:10 Individual Medley {8 x 25 on :35 Breast 2K1P {1 x 200 on 3:05 Individual Medley
200	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,475 Yards - Stress Value = 110	

Workout #27344 - Monday, 11 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-IM 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
1,800	1x{1 x 200 on 3:55 Individual Medley
	{6 x 25 on :40 Fly lup2down
	{2 x 200 on 3:50 Individual Medley
	{6 x 25 on :40 Back 5KOW+1
	{2 x 200 on 3:45 Individual Medley
	{6 x 25 on :40 Breast 2K1P
	{1 x 200 on 3:40 Individual Medley
	{6 x 25 on :40 Free 6BK
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 97

Workout #27336 - Tuesday, 12 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Video Evaluations 2-	REC
200	10 x 20 on 1:00 Cross Pool Underwaters	EN2
	6:49 AM 1,925 Yards - Stress Value = 158	

Workout #27337 - Tuesday, 12 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 20:00 Spotlight/DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 9:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 9:00 Hip Mobility	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 13:00 Racing Skills-UW Racing	EN2
600	30 x 20 on :30 100 Back Pace	SP2
	6:15 PM 4,575 Yards - Stress Value = 444	

Workout #27347 - Tuesday, 12 October 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 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
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
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 95

Workout #27352 - Tuesday, 12 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
350	1x{4 x 25 on 1:00 Kick no board B
	{1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on 1:00 Kick no board B
	{1 x 50 on 1:45 Kick 25SL/25 6ks
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,375 Yards - Stress Value = 51

Workout #27348 - Tuesday, 12 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
600	1x{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
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,975 Yards - Stress Value = 80

Workout #27349 - Tuesday, 12 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 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
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
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 72

Workout #27351 - Tuesday, 12 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 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
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
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,650 Yards - Stress Value = 65

Workout #27350 - Tuesday, 12 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 25:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
500	1x{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
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,750 Yards - Stress Value = 71

Workout #27338 - Wednesday, 13 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====

1	on 15:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooter	SP3
3,000	30 x 100 on 1:25 1650 Free Pace	SP2
	Make 1 subtract 1	
1	on 5:00 Video Evaluations-	REC
	If you are out early, you will do the	
	Diving well UW kick set	
	6:45 AM 3,225 Yards - Stress Value = 309	

Workout #27339 - Wednesday, 13 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 25:00 DS/Spotlight>Showers	F
225	15 x 15 on :45 Racing Skills-Brst/FlyShooters	S
750	30 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Back Pace	S
	1 on 10:00 Thoracic Mobility	F
1,000	40 x 25 on :30 200 Fly Pace	S
	1 on 13:00 Tic Tac Toe Relay	E
600	30 x 20 on :25 100 Free Pace	S
	6:10 PM 4,075 Yards - Stress Value = 394	

Workout #27358 - Wednesday, 13 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT 100 Fly Pace
1,100	1x{1 x 50 on 1:45 Fly Kick w/board
	{2 x 75 on 2:35 Fly Kick w/out board
	{1 x 100 on 3:30 Fly Kick w/board
	{2 x 125 on 4:25 Fly Kick w/out board
	{1 x 150 on 5:15 Fly Kick w/board
	{2 x 175 on 6:00 Fly Kick w/out board
	{1 x 50 on 1:45 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,275 Yards - Stress Value = 48

Workout #27353 - Wednesday, 13 October 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT 100 Fly Pace
2,000	1x{1 x 50 on :55 Fly Kick w/board
	{2 x 75 on 1:25 Fly Kick w/out board
	{1 x 100 on 1:55 Fly Kick w/board
	{2 x 125 on 2:25 Fly Kick w/out board
	{1 x 150 on 2:55 Fly Kick w/board
	{2 x 175 on 3:25 Fly Kick w/out board
	{1 x 200 on 3:55 Fly Kick w/board
	{2 x 225 on 4:25 Fly Kick w/out board
	{1 x 250 on 4:55 Fly Kick w/board
	{1 x 50 on :55 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 65

Workout #27354 - Wednesday, 13 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT 100 Fly Pace
1,800	1x{1 x 50 on 1:05 Fly Kick w/board
	{2 x 75 on 1:35 Fly Kick w/out board
	{1 x 100 on 2:10 Fly Kick w/board
	{2 x 125 on 2:40 Fly Kick w/out board
	{1 x 150 on 3:15 Fly Kick w/board
	{2 x 175 on 3:45 Fly Kick w/out board
	{1 x 200 on 4:15 Fly Kick w/board
	{2 x 225 on 4:45 Fly Kick w/out board
	{1 x 100 on 2:05 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 66

Workout #27355 - Wednesday, 13 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT 100 Fly Pace
1,700	1x{1 x 50 on 1:10 Fly Kick w/board
	{2 x 75 on 1:45 Fly Kick w/out board
	{1 x 100 on 2:20 Fly Kick w/board
	{2 x 125 on 2:55 Fly Kick w/out board
	{1 x 150 on 3:30 Fly Kick w/board
	{2 x 175 on 4:05 Fly Kick w/out board
	{1 x 200 on 4:40 Fly Kick w/board
	{2 x 225 on 5:15 Fly Kick w/out board

100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,175 Yards - Stress Value = 62

Workout #27357 - Wednesday, 13 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	18 x 25 on :50 USRPT 100 Fly Pace
1,250	1x{1 x 50 on 1:30 Fly Kick w/board
	{2 x 75 on 2:15 Fly Kick w/out board
	{1 x 100 on 3:00 Fly Kick w/board
	{2 x 125 on 3:45 Fly Kick w/out board
	{1 x 150 on 4:30 Fly Kick w/board
	{2 x 175 on 5:15 Fly Kick w/out board
	{1 x 200 on 6:00 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,500 Yards - Stress Value = 52

Workout #27356 - Wednesday, 13 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT 100 Fly Pace
1,475	1x{1 x 50 on 1:15 Fly Kick w/board
	{2 x 75 on 1:55 Fly Kick w/out board
	{1 x 100 on 2:30 Fly Kick w/board
	{2 x 125 on 3:10 Fly Kick w/out board
	{1 x 150 on 3:50 Fly Kick w/board
	{2 x 175 on 4:25 Fly Kick w/out board
	{1 x 200 on 5:00 Fly Kick w/board
	{1 x 225 on 5:30 Fly Kick w/out board
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,875 Yards - Stress Value = 58

Workout #27340 - Thursday, 14 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 11:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	All sets goal set times!!	
	Best Set Protocol 5 misses or 3 in a row	
500	25 x 20 on :30 100 Back Pace*	SE
	1 on 5:00 Thoracic Mobility	RE
500	25 x 20 on :30 100 Fly Pace*	SE
	1 on 5:00 Shoulder Mobility	RE
500	25 x 20 on :30 100 Free Pace*	SE
	6:45 AM 1,725 Yards - Stress Value = 159	

Workout #27359 - Thursday, 14 October 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
625	25 x 25 on :35 USRPT-100 Breast Pace
150	10 x 15 on :45 Racing Skills-Breast Shooters
950	1x{1 x 200 on 3:40 Breast Kick w/board
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 200 on 3:45 Breast Kick w/board
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 200 on 3:50 Breast Kick w/board
	{4 x 25 on :30 Breast Kick on Back-Streamline
	{1 x 50 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	5 x 100 on 6:00 100 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,875 Yards - Stress Value = 124

Workout #27364 - Thursday, 14 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
500	1x{1 x 100 on 4:00 Breast Kick w/board
	{4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{1 x 150 on 4:05 Breast Kick w/board
	{4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{1 x 50 on 2:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	5 x 100 on 6:00 100 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,075 Yards - Stress Value = 92

Workout #27360 - Thursday, 14 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3

150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
850	1x{1 x 200 on 4:15 Breast Kick w/board
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 200 on 4:20 Breast Kick w/board
	{4 x 25 on :35 Breast Kick on Back-Streamline
	{1 x 200 on 4:25 Breast Kick w/board
	{2 x 25 on :35 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	5 x 100 on 6:00 100 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,775 Yards - Stress Value = 122

Workout #27361 - Thursday, 14 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	1x{1 x 200 on 4:35 Breast Kick w/board
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 200 on 4:40 Breast Kick w/board
	{4 x 25 on :40 Breast Kick on Back-Streamline
	{1 x 150 on 3:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	5 x 100 on 6:00 100 Breast OTB
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,550 Yards - Stress Value = 114

Workout #27363 - Thursday, 14 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 150 on 4:05 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 150 on 4:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	5 x 100 on 6:00 100 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,350 Yards - Stress Value = 107

Workout #27362 - Thursday, 14 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	1x{1 x 200 on 4:55 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 200 on 5:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	5 x 100 on 6:00 100 Breast OTB
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:31 PM 2,550 Yards - Stress Value = 114

Workout #27365 - Monday, 18 October 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
3:45 PM Start		
=====	=====	
	1 on 25:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Free Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Fly Pace	S
	1 on 10:00 Ankle Mobility	F
1,500	30 x 50 on :50 200 Back Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
600	30 x 20 on :30 100 Breast Pace	S
	6:14 PM 4,875 Yards - Stress Value = 450	

Workout #27373 - Monday, 18 October 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,000	1x{10 x 25 on :30 Breast 2X Pullouts
	{1 x 50 on :55 Breast L.25 2k1p
	{2 x 75 on 1:20 Breast L.25 2k1p
	{3 x 100 on 1:45 Breast L.25 2k1p
	{4 x 125 on 2:15 Breast L.25 2k1p
	{3 x 100 on 1:45 Breast L.25 2k1p
	{2 x 75 on 1:20 Breast L.25 2k1p
	{1 x 50 on :55 Breast L.25 2k1p
	{10 x 25 on :30 Breast 2X Pullouts
	1 on 12:00 Rock Paper Scissors Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 108

Workout #27378 - Monday, 18 October 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	15 x 50 on 1:00 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{4 x 25 on :45 Breast 2X Pullouts
	{1 x 50 on 2:00 Breast L.25 2k1p
	{2 x 75 on 3:00 Breast L.25 2k1p
	{2 x 100 on 4:00 Breast L.25 2k1p
	{2 x 100 on 3:55 Breast L.25 2k1p
	{2 x 75 on 3:00 Breast 2X Pullouts
	{1 x 50 on 2:00 Breast L.25 2k1p
	{4 x 25 on :45 Breast 2X Pullouts
	1 on 12:00 Rock Paper Scissors Relay
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,400 Yards - Stress Value = 100

Workout #27374 - Monday, 18 October 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{6 x 25 on :35 Breast 2X Pullouts
	{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 2:30 Breast L.25 2k1p
	{3 x 100 on 2:00 Breast L.25 2k1p
	{2 x 75 on 1:30 Breast L.25 2k1p
	{1 x 50 on 1:00 Breast L.25 2k1p
	{6 x 25 on :35 Breast 2X Pullouts
	1 on 12:00 Rock Paper Scissors Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 97

Workout #27375 - Monday, 18 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{4 x 25 on :40 Breast 2X Pullouts {1 x 50 on 1:05 Breast L.25 2klp {2 x 75 on 1:35 Breast L.25 2klp {3 x 100 on 2:10 Breast L.25 2klp {4 x 125 on 2:45 Breast L.25 2klp {3 x 100 on 2:10 Breast L.25 2klp {2 x 75 on 1:35 Breast L.25 2klp {1 x 50 on :10 Breast L.25 2klp {4 x 25 on :40 Breast 2X Pullouts
	1 on 12:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 95

Workout #27377 - Monday, 18 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{4 x 25 on :45 Breast 2X Pullouts {1 x 50 on 1:30 Breast L.25 2klp {2 x 75 on 2:15 Breast L.25 2klp {3 x 100 on 3:00 Breast L.25 2klp {3 x 100 on 2:55 Breast L.25 2klp {2 x 75 on 2:10 Breast L.25 2klp {1 x 50 on 1:25 Breast L.25 2klp {4 x 25 on :45 Breast 2X Pullouts
	1 on 12:00 Rock Paper Scissors Relay
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,350 Yards - Stress Value = 80

Workout #27376 - Monday, 18 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,525	1x{6 x 25 on :40 Breast 2X Pullouts {1 x 50 on 1:10 Breast L.25 2klp {2 x 75 on 1:45 Breast L.25 2klp {3 x 100 on 2:20 Breast L.25 2klp {2 x 125 on 2:55 Breast L.25 2klp {3 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 {5 x 25 on :40 Breast 2X Pullouts
	1 on 12:00 Rock Paper Scissors Relay

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,775 Yards - Stress Value = 91

Workout #27366 - Tuesday, 19 October 2021

Group 3 - 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
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 Video Evaluations 2-
160	8 x 20 on 1:00 Cross Pool Underwaters
	6:47 AM 1,885 Yards - Stress Value = 157

Workout #27367 - Tuesday, 19 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	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 Video Evaluations 1+/-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 8:00 Hip Mobility	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
600	30 x 20 on :25 100 Back Pace	SP2
	6:13 PM 4,575 Yards - Stress Value = 444	

Workout #27384 - Tuesday, 19 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-IM Shooters
375	15 x 25 on 1:00 USRPT-Your #1 100 Pace
350	1x{2 x 25 on 1:00 Kick no board BS {1 x 50 on 2:00 Fly Kick w/board {2 x 25 on 1:00 Kick no board LR {1 x 50 on 2:00 Streamline Kick on back {2 x 25 on 1:00 Kick no board BS {1 x 50 on 2:00 Breast Kick w/board {2 x 25 on 1:00 Kick no board LR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 100 on 3:45 Individual Medley {4 x 25 on 1:00 Fly lup2down {1 x 100 on 3:40 Individual Medley {4 x 25 on 1:00 Back 5KOW+1 {1 x 100 on 3:35 Individual Medley {4 x 25 on 1:00 Breast 2K1P
	1 on 15:00 Sculling Drills
	7:29 PM 1,775 Yards - Stress Value = 63

Workout #27379 - Tuesday, 19 October 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-IM Shooters
750	30 x 25 on :30 USRPT-Your #1 Pace
700 1x	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Streamline Kick on back
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 2:00 Breast Kick w/board
	{4 x 25 on :30 Kick no board BSLR
100 1x	{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400 1x	{1 x 200 on 3:10 Individual Medley
	{8 x 25 on :30 Fly lup2down
	{1 x 200 on 3:05 Individual Medley
	{8 x 25 on :30 Back 5KOW+1
	{1 x 200 on 3:00 Individual Medley
	{8 x 25 on :30 Breast 2K1P
	{1 x 200 on 2:55 Individual Medley
	1 on 15:00 Sculling Drills
7:30 PM	3,400 Yards - Stress Value = 123

Workout #27380 - Tuesday, 19 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-IM Shooters
625	25 x 25 on :35 USRPT-Your #1 Pace
600 1x	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Streamline Kick on back
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Breast Kick w/board
100 1x	{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300 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
	{6 x 25 on :30 Free 6BK
	1 on 15:00 Sculling Drills
7:30 PM	3,075 Yards - Stress Value = 106

Workout #27381 - Tuesday, 19 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-IM Shooters
625	25 x 25 on :35 USRPT-Your #1 100 Pace
550 1x	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR

	{1 x 100 on 2:30 Streamline Kick on back
	{2 x 25 on :40 Kick no board BS
	{1 x 100 on 2:15 Breast Kick w/board
100 1x	{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250 1x	{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :35 Fly lup2down
	{1 x 200 on 3:35 Individual Medley
	{4 x 25 on :35 Back 5KOW+1
	{1 x 200 on 3:30 Individual Medley
	{4 x 25 on :40 Breast 2K1P
	{1 x 200 on 3:25 Individual Medley
	{6 x 25 on :30 Free 6BK
	1 on 15:00 Sculling Drills
7:30 PM	2,925 Yards - Stress Value = 104

Workout #27383 - Tuesday, 19 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-IM Shooters
500	20 x 25 on :45 USRPT-Your #1 100 Pace
400 1x	{2 x 25 on 1:00 Kick no board BS
	{1 x 50 on 1:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board LR
	{1 x 50 on 1:30 Streamline Kick on back
	{2 x 25 on 1:00 Kick no board BS
	{1 x 50 on 1:30 Breast Kick w/board
	{2 x 25 on 1:00 Kick no board LR
	{1 x 50 on 1:30 Free Kick w/board
100 1x	{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950 1x	{1 x 200 on 5:00 Individual Medley
	{4 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
	{4 x 25 on :45 Breast 2K1P
	{2 x 25 on :35 Free 6BK
	1 on 15:00 Sculling drills
7:30 PM	2,300 Yards - Stress Value = 83

Workout #27382 - Tuesday, 19 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-IM Shooters
625	25 x 25 on :35 USRPT-Your #1 100 Pace
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:45 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on back {2 x 25 on :45 Kick no board BS {1 x 50 on 1:15 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	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 {6 x 25 on :35 Free 6BK 1 on 15:00 Sculling drills
7:30 PM	2,775 Yards - Stress Value = 101

Workout #27368 - Wednesday, 20 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
2,250	30 x 75 on 1:10 1000 Free Pace	SP2
	1 on 12:00 Racing Skills-Lane Line Survivor	EN2
6:45 AM	2,475 Yards - Stress Value = 234	

Workout #27369 - Wednesday, 20 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Showers/Spotlight	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 Video Evaluations 1+/1-	RE
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 10:00 Thoracic Mobility	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 15:00 Tic Tac Toe Relay	EN
600	30 x 20 on :30 100 Free Pace	SE
6:14 PM	4,075 Yards - Stress Value = 394	

Workout #27385 - Wednesday, 20 October 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 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
950	1x{4 x 25 on :30 Kick no board B

	{3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :30 Kick no board B
	{2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :30 Kick no board B
	{1 x 100 on 2:00 Kick 25L/25R/25SL/25-6ks
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
675	1x{1 x 100 on 6:00 Backstroke 3KOW+1 {1 x 100 on :01 Backstroke 3KOW+1 {1 x 100 on 5:59 Easy Free {1 x 75 on 4:30 Backstroke 3KOW+1 {1 x 75 on :01 Backstroke 3KOW+1 {1 x 75 on 4:29 Easy Free {1 x 50 on 3:00 Backstroke 3KOW+1 {1 x 50 on :01 Backstroke 3KOW+1 {1 x 50 on 2:59 Easy Free
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,125 Yards - Stress Value = 129

Workout #27390 - Wednesday, 20 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
500	1x{4 x 25 on 1:00 Kick no board B {2 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks {4 x 25 on 1:00 Kick no board B {1 x 100 on 3:30 Kick 25L/25R/25SL/256ks
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
675	1x{1 x 100 on 6:00 Backstroke 3KOW+1 {1 x 100 on :01 Backstroke 3KOW+1 {1 x 100 on 5:59 Easy Free {1 x 75 on 4:30 Backstroke 3KOW+1 {1 x 75 on :01 Backstroke 3KOW+1 {1 x 75 on 4:29 Easy Free {1 x 50 on 3:00 Backstroke 3KOW+1 {1 x 50 on :01 Backstroke 3KOW+1 {1 x 50 on 2:59 Easy Free
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,325 Yards - Stress Value = 95

Workout #27386 - Wednesday, 20 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
850	1x{4 x 25 on :35 Kick no board B
	{3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :35 Kick no board B
	{2 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :35 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	1x{1 x 100 on 6:00 Backstroke 3KOW+1
	{1 x 100 on :01 Backstroke 3KOW+1
	{1 x 100 on 5:59 Easy Free
	{1 x 75 on 4:30 Backstroke 3KOW+1
	{1 x 75 on :01 Backstroke 3KOW+1
	{1 x 75 on 4:29 Easy Free
	{1 x 50 on 3:00 Backstroke 3KOW+1
	{1 x 50 on :01 Backstroke 3KOW+1
	{1 x 50 on 2:59 Easy Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 114

Workout #27387 - Wednesday, 20 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
750	1x{4 x 25 on :40 Kick no board B
	{3 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{2 x 25 on :40 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	1x{1 x 100 on 6:00 Backstroke 3KOW+1
	{1 x 100 on :01 Backstroke 3KOW+1
	{1 x 100 on 5:59 Easy Free
	{1 x 75 on 4:30 Backstroke 3KOW+1
	{1 x 75 on :01 Backstroke 3KOW+1
	{1 x 75 on 4:29 Easy Free
	{1 x 50 on 3:00 Backstroke 3KOW+1
	{1 x 50 on :01 Backstroke 3KOW+1
	{1 x 50 on 2:59 Easy Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 112

Workout #27389 - Wednesday, 20 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
600	1x{4 x 25 on :45 Kick no board B
	{2 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :45 Kick no board B

	{2 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	1x{1 x 100 on 6:00 Backstroke 3KOW+1
	{1 x 100 on :01 Backstroke 3KOW+1
	{1 x 100 on 5:59 Easy Free
	{1 x 75 on 4:30 Backstroke 3KOW+1
	{1 x 75 on :01 Backstroke 3KOW+1
	{1 x 75 on 4:29 Easy Free
	{1 x 50 on 3:00 Backstroke 3KOW+1
	{1 x 50 on :01 Backstroke 3KOW+1
	{1 x 50 on 2:59 Easy Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,425 Yards - Stress Value = 97

Workout #27388 - Wednesday, 20 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
700	1x{4 x 25 on :40 Kick no board B
	{3 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	1x{1 x 100 on 6:00 Backstroke 3KOW+1
	{1 x 100 on :01 Backstroke 3KOW+1
	{1 x 100 on 5:59 Easy Free
	{1 x 75 on 4:30 Backstroke 3KOW+1
	{1 x 75 on :01 Backstroke 3KOW+1
	{1 x 75 on 4:29 Easy Free
	{1 x 50 on 3:00 Backstroke 3KOW+1
	{1 x 50 on :01 Backstroke 3KOW+1
	{1 x 50 on 2:59 Easy Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,625 Yards - Stress Value = 104

Workout #27370 - Thursday, 21 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	1x{10 x 50 on :55 200 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 200 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 200 IM Pace	SP2
	1 on 5:00 Your Choice Recovery	REC
625	25 x 25 on :30 Your #2-100	SP2
	6:47 AM 2,350 Yards - Stress Value = 221	

Workout #27371 - Thursday, 21 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
1	on 25:00 Spotlight/DS/Showers	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 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
1	on 10:00 Shoulder Mobility	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
1	on 5:00 Your Choice Recovery	REC
750	30 x 25 on :25 100 Fly Pace*	SP2

All sets individualized rest. Non best set 5:00 set 7:00 rest, make 24 in a row or finish set
6:09 PM 4,725 Yards - Stress Value = 459

Workout #27396 - Thursday, 21 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 x 25 on 1:00 USRPT-100 Free Pace
900	1x{1 x 100 on 2:50 Free Kick w/board {2 x 25 on 1:00 Sprint kick {2 x 100 on 2:55 Free Kick w/board {2 x 25 on 1:00 Sprint kick {3 x 100 on 3:00 Free Kick w/board {2 x 25 on 1:00 Sprint kick {2 x 50 on 1:25 Free Kick w/board {2 x 25 on 1:00 Sprint kick
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
1	on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,125 Yards - Stress Value = 66

Workout #27391 - Thursday, 21 October 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
1,300	1x{1 x 100 on 1:45 Free Kick w/board {4 x 25 on :45 Sprint kick {2 x 100 on 1:50 Free Kick w/board {4 x 25 on :45 Sprint kick {3 x 100 on 1:55 Free Kick w/board {4 x 25 on :45 Sprint kick {2 x 100 on 1:50 Free Kick w/board {4 x 25 on :45 Sprint kick {1 x 100 on 1:45 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
1	on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,000 Yards - Stress Value = 119

Workout #27392 - Thursday, 21 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
1,250	1x{1 x 100 on 1:55 Free Kick w/board {4 x 25 on :45 Sprint kick {2 x 100 on 2:00 Free Kick w/board {4 x 25 on :45 Sprint kick {3 x 100 on 2:05 Free Kick w/board {4 x 25 on :45 Sprint kick {2 x 100 on 1:55 Free Kick w/board {4 x 25 on :45 Sprint kick {1 x 50 on :55 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
1	on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,950 Yards - Stress Value = 118

Workout #27393 - Thursday, 21 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
1,150	1x{1 x 100 on 2:05 Free Kick w/board {4 x 25 on :45 Sprint kick {2 x 100 on 2:10 Free Kick w/board {4 x 25 on :45 Sprint kick {3 x 100 on 2:15 Free Kick w/board {4 x 25 on :45 Sprint kick {2 x 75 on 1:40 Free Kick w/board {2 x 25 on :45 Sprint kick {1 x 50 on 1:05 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
1	on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,675 Yards - Stress Value = 103

Workout #27395 - Thursday, 21 October 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
950	1x{1 x 100 on 2:30 Free Kick w/board
	{2 x 25 on 1:00 Sprint kick
	{2 x 100 on 2:35 Free Kick w/board
	{2 x 25 on 1:00 Sprint kick
	{3 x 100 on 2:40 Free Kick w/board
	{2 x 25 on 1:00 Sprint kick
	{2 x 50 on 1:15 Free Kick w/board
	{4 x 25 on 1:00 Sprint kick
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 87

Workout #27394 - Thursday, 21 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
1,150	1x{1 x 100 on 2:15 Free Kick w/board
	{4 x 25 on :45 Sprint kick
	{2 x 100 on 2:20 Free Kick w/board
	{4 x 25 on :45 Sprint kick
	{3 x 100 on 2:15 Free Kick w/board
	{4 x 25 on :45 Sprint kick
	{2 x 50 on 1:10 Free Kick w/board
	{4 x 25 on :45 Sprint kick
	{1 x 50 on 1:00 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 103

Workout #27372 - Friday, 22 October 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	
	3:45 PM Start	
=====	=====	
	1 on 15:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	All sets goal set times!!	
	Best Set Protocol 5 misses or 3 in a row	
600	30 x 20 on :30 100 Fly Pace*	SE
	1 on 7:00 Shoulder Mobility	RE
600	30 x 20 on :30 100 Free Pace*	SE
	1 on 8:00 Thoracic Mobility	RE
600	30 x 20 on :30 100 Breast Pace*	SE
	5:15 PM 2,025 Yards - Stress Value = 189	

Workout #27402 - Friday, 22 October 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,125 Yards - Stress Value = 44

Workout #27397 - Friday, 22 October 2021

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,500 Yards - Stress Value = 81

Workout #27398 - Friday, 22 October 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,375 Yards - Stress Value = 68

Workout #27399 - Friday, 22 October 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:00 PM Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,375 Yards - Stress Value = 68

Workout #27401 - Friday, 22 October 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,200 Yards - Stress Value = 51

Workout #27400 - Friday, 22 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 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
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,300 Yards - Stress Value = 61

Workout #27403 - Monday, 25 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
750	30 x 25 on :30 100 Back Pace	S
	1 on 10:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :55 200 Breast Pace	S
	1 on 10:00 Ankle Mobility	F
1,500	30 x 50 on :50 200 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
	1 on 10:00 Hip Mobility	F
600	30 x 20 on :20 100 Fly Pace	S
	6:14 PM 4,875 Yards - Stress Value = 450	

Workout #27416 - Monday, 25 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
350	1x{1 x 100 on 4:00 Fly Kick w/board {2 x 75 on 3:00 Fly Kick w/board {2 x 50 on 2:00 Fly Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {3 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly
	1 on 12:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 1,925 Yards - Stress Value = 60

Workout #27411 - Monday, 25 October 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
750	1x{2 x 100 on 1:50 Fly Kick w/board {4 x 75 on 1:25 Fly Kick w/board {5 x 50 on :55 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{1 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {2 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {3 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {4 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {5 x 50 on :50 Butterfly {1 x 50 on :50 Freestyle {6 x 50 on :50 Butterfly
	1 on 12:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,550 Yards - Stress Value = 119

Workout #27412 - Monday, 25 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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{2 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{3 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{3 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{4 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{5 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 50 on 1:00 Butterfly
	1 on 12:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,125 Yards - Stress Value = 100

Workout #27413 - Monday, 25 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 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
550	1x{2 x 100 on 2:25 Fly Kick w/board
	{4 x 75 on 1:50 Fly Kick w/board
	{1 x 50 on 1:15 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{2 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{3 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{5 x 50 on 1:10 Butterfly
	1 on 12:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,825 Yards - Stress Value = 95

Workout #27415 - Monday, 25 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	18 x 25 on :50 USRPT-100 Fly Pace
450	1x{1 x 100 on 3:00 Fly Kick w/board
	{2 x 75 on 2:15 Fly Kick w/board
	{4 x 50 on 1:30 Fly Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
750	1x{1 x 50 on 1:30 Butterfly	
	{1 x 50 on 1:15 Freestyle	
	{2 x 50 on 1:30 Butterfly	
	{1 x 50 on 1:15 Freestyle	
	{3 x 50 on 1:30 Butterfly	
	{1 x 50 on 1:15 Freestyle	
	{4 x 50 on 1:30 Butterfly	
	{1 x 50 on 1:15 Freestyle	
	{1 x 50 on 1:30 Butterfly	
	1 on 12:00 Tic Tac Toe Relay	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,300 Yards - Stress Value = 72	

Workout #27414 - Monday, 25 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
500	1x{2 x 100 on 2:40 Fly Kick w/board
	{4 x 75 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 50 on 1:15 Butterfly
	{1 x 50 on 1:05 Freestyle
	{2 x 50 on 1:15 Butterfly
	{1 x 50 on 1:05 Freestyle
	{3 x 50 on 1:15 Butterfly
	{1 x 50 on 1:05 Freestyle
	{4 x 50 on 1:15 Butterfly
	{1 x 50 on 1:05 Freestyle
	{4 x 50 on 1:15 Butterfly
	1 on 12:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 86

Workout #27404 - Tuesday, 26 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY WOF
=====	=====	=== ==
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3
3,000	30 x 100 on 1:25 1650 Free Pace	SP2
	1 on 5:00 Video Evaluations-	REC
	Make 1 subtract one	
	1 on 10:00 Sculling Drill Relays	EN1
	6:52 AM 3,225 Yards - Stress Value = 309	

Workout #27415 - Monday, 25 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	18 x 25 on :50 USRPT-100 Fly Pace
450	1x{1 x 100 on 3:00 Fly Kick w/board
	{2 x 75 on 2:15 Fly Kick w/board
	{4 x 50 on 1:30 Fly Kick w/board

Workout #27405 - Tuesday, 26 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS>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 8:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Thoracic Mobility	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 12:00 Underwater Racing	EN2
600	30 x 20 on :30 100 Free Pace	SP2
	1 on 9:00 Shoulder Mobility	REC
	6:15 PM 4,575 Yards - Stress Value = 444	

	1 on 30:00 DS/Dryland	
300	1 x 300 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Racing Skills-Breast Shooters	
	1 on 23:00 TEACH DAY-Breast	
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
625	25 x 25 on :35 USRPT-100 Breast Pace	
1,150	1x{1 x 200 on 3:50 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 3:55 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:00 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {1 x 200 on 4:05 Breast Kick w/board	
200	{2 x 25 on :35 Breast Kick on Back-Streamline 1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,575 Yards - Stress Value = 88	

Workout #27419 - Tuesday, 26 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
1,250	1x{1 x 200 on 3:30 Breast Kick w/board {6 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:35 Breast Kick w/board {6 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:40 Breast Kick w/board {6 x 25 on :30 Breast Kick on Back-Streamline {1 x 200 on 3:45 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 90

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
1,000	1x{1 x 200 on 4:20 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:25 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:30 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 100 on 2:20 Breast Kick w/board
400	1 x 400 on 4:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 78

Workout #27421 - Tuesday, 26 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Breast Pace
700	1x{1 x 150 on 4:30 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {1 x 150 on 4:35 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {1 x 150 on 4:40 Breast Kick w/board {2 x 25 on 1:00 Breast Kick on Back-Streamlir
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,775 Yards - Stress Value = 55

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Breast Pace
750	1x{1 x 150 on 4:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {1 x 150 on 4:05 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {1 x 150 on 4:10 Breast Kick w/board {4 x 25 on :45 Breast Kick on Back-Streamline
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 63

Workout #27418 - Tuesday, 26 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #27420 - Tuesday, 26 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1 on 23:00 TEACH DAY-Breast
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Breast Pace
 900 1x{1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 4:45 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 4:50 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,200 Yards - Stress Value = 76

100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 #3Hb4SOW #4SA/NBIF
 1,650 1x{1 x 400 on 11:00 Freestyle
 {4 x 100 on 3:00 Freestyle
 {1 x 300 on 8:15 Freestyle
 {4 x 100 on 3:00 Freestyle
 {1 x 150 on 4:05 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,800 Yards - Stress Value = 89

Workout #27423 - Wednesday, 27 October 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 10 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 30 x 25 on :30 USRPT-100 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 3,200 1x{1 x 500 on 7:05 Freestyle
 {4 x 100 on 1:30 Freestyle
 {1 x 400 on 5:40 Freestyle
 {4 x 100 on 1:30 Freestyle
 {1 x 300 on 4:15 Freestyle
 {4 x 100 on 1:30 Freestyle
 {2 x 200 on 2:50 Freestyle
 {4 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,700 Yards - Stress Value = 145

Workout #27406 - Wednesday, 27 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 11:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 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 Video Evaluations 2-
 100 1 x 100 on 12:00 Lane Line Survivor
 6:45 AM 1,825 Yards - Stress Value = 156

Workout #27424 - Wednesday, 27 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 10 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 30 x 25 on :30 USRPT-100 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 3,000 1x{1 x 500 on 7:30 Freestyle
 {4 x 100 on 1:40 Freestyle
 {1 x 400 on 6:00 Freestyle
 {4 x 100 on 1:40 Freestyle
 {1 x 300 on 4:30 Freestyle
 {4 x 100 on 1:40 Freestyle
 {1 x 200 on 3:00 Freestyle
 {4 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,500 Yards - Stress Value = 141

Workout #27407 - Wednesday, 27 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Breast Shooters
 750 30 x 25 on :30 100 Fly Pace
 1 on 8:00 Video Evaluations 1+/1-
 1,500 30 x 50 on :50 200 Free Pace
 1 on 10:00 Ankle Mobility
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 5:00 Active Recovery
 600 30 x 20 on :30 100 Back Pace
 1 on 13:00 Tic Toe Relay
 6:15 PM 4,575 Yards - Stress Value = 444

Workout #27428 - Wednesday, 27 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 150 6 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 500 20 x 25 on :45 USRPT-100 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

Workout #27425 - Wednesday, 27 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 8 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 625 25 x 25 on :35 USRPT-100 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 2,700 1x{1 x 500 on 7:20 Freestyle
 {4 x 100 on 1:50 Freestyle
 {1 x 400 on 6:40 Freestyle
 {4 x 100 on 1:50 Freestyle
 {1 x 300 on 5:00 Freestyle
 {4 x 100 on 1:50 Freestyle
 {1 x 200 on 3:20 Freestyle
 {1 x 100 on 1:50 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,025 Yards - Stress Value = 122

Workout #27427 - Wednesday, 27 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 150 6 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 500 20 x 25 on :45 USRPT-100 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 1,900 1x{1 x 400 on 9:20 Freestyle
 {4 x 100 on 2:30 Freestyle
 {1 x 300 on 7:00 Freestyle
 {4 x 100 on 2:30 Freestyle
 {1 x 200 on 4:40 Freestyle
 {2 x 100 on 2:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,050 Yards - Stress Value = 94

Workout #27426 - Wednesday, 27 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 8 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 625 25 x 25 on :35 USRPT-100 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 2,500 1x{1 x 500 on 9:10 Freestyle
 {4 x 100 on 1:55 Freestyle
 {1 x 400 on 7:20 Freestyle
 {4 x 100 on 1:55 Freestyle
 {1 x 300 on 5:30 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 200 on 3:40 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 118

Workout #27408 - Thursday, 28 October 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY WOF
 =====
 1 on 11:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 2,250 30 x 75 on 1:10 500 Free Pace SP2
 Make one subtract one
 If time vid evals 1+/1-
 750 30 x 25 on :30 Your #1 100 Pace SP2
 6:45 AM 3,225 Yards - Stress Value = 309

Workout #27409 - Thursday, 28 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers 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 Your Choice Recovery REC
 1,000 40 x 25 on :30 200 Fly Pace* SP2
 1 on 8:00 Your Choice Recovery REC
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 8:00 Your Choice Recovery REC
 600 30 x 20 on :30 100 Breast Pace-Diving Well* SP2
 All sets individualized rest. Non best set 5:00
 set 7:00 rest, make 24 in a row or finish set
 5:55 PM 4,075 Yards - Stress Value = 394

Workout #27434 - Thursday, 28 October 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-IM Shooters
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 350 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 1:45 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Stremline Kick on Back
 {2 x 25 on 1:00 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4x{1 x 100 on 2:45 Individual Medley
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 2:00 Freestyle
 only do 1st 50 on 4th round
 200 1 on 10:00 Racing Skills-Relay Starts
 1 x 200 on 4:00 Stroke Drills
 7:33 PM 2,175 Yards - Stress Value = 25

Workout #27429 - Thursday, 28 October 2021

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-IM 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 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:55 Stremline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Breat Kick w/board
	{4 x 25 on :30 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	8x{1 x 100 on 1:20 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on 1:00 Freestyle
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 119

Workout #27430 - Thursday, 28 October 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-IM 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 2:05 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Stremline Kick on Back
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Breat Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	7x{1 x 100 on 1:30 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:05 Freestyle
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 101

Workout #27431 - Thursday, 28 October 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-IM Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
500	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:15 Stremline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:10 Breat Kick w/board
	{2 x 25 on :40 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:45 Individual Medley

{1 x 50 on :50 Freestyle
 {1 x 50 on 1:10 Freestyle
 6th round do 2 of each 50
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 3,025 Yards - Stress Value = 90

Workout #27433 - Thursday, 28 October 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-IM Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
350	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:25 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:30 Stremline Kick on Back
	{2 x 25 on 1:00 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	5x{1 x 100 on 2:15 Individual Medley
	{1 x 50 on 1:05 Freestyle
	{1 x 50 on 1:30 Freestyle
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,500 Yards - Stress Value = 28

Workout #27432 - Thursday, 28 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-IM Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:20 Stremline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:15 Breat Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:15 Freestyle
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 33

Workout #27479 - Friday, 29 October 2021

Autumn Baumgartner - Race day warmup

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch	REC
750	1 x 750 on 10:00 Choice	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
400	4 x 100 on 1:45 Kick	EN1
	L.25 of each 100-sprint	
400	8 x 50 on 1:00 Down drill back build	EN1
	Odds free evens non free	
	2@1:00, 2@:55, 2@:50, 2@:45	
400	16 x 25 on :30 Variable Speed	SP3
50	2 x 25 on 2:00 OTB	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	8:10 AM 2,400 Yards - Stress Value = 31	

Workout #27410 - Friday, 29 October 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	All sets goal set times	
	Best set protocol 5 misses or 3 in a row	
600	30 x 20 on :30 100 Back Pace*	SE
	1 on 7:00 Shoulder Mobility	RE
600	30 x 20 on :30 100 Fly Pace*	SE
	1 on 8:00 Thoracic Mobility	RE
600	30 x 20 on :30 100 Free Pace*	SE
	5:15 PM 2,025 Yards - Stress Value = 189	

Workout #27435 - Friday, 29 October 2021

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
1,150	1x{8 x 25 on :30 Kick no board B
	{3 x 100 on 1:55 Kick 25L/25R/25SL/25 6ks
	{8 x 25 on :30 Kick no board B
	{2 x 100 on 1:55 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :30 Kick no board B
	{1 x 100 on 1:55 Kick 25L/25R/25SL/25-6ks
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,150 Yards - Stress Value = 41

Workout #27440 - Friday, 29 October 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
600	1x{4 x 25 on 1:00 Kick no board B
	{2 x 100 on 3:20 Kick 25L/25R/25SL/25 6ks

	{4 x 25 on 1:00 Kick no board B
	{1 x 100 on 3:20 Kick 25L/25R/25SL/256ks
	{4 x 25 on 1:00 Kick no board B
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,500 Yards - Stress Value = 30

Workout #27436 - Friday, 29 October 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
1,050	1x{6 x 25 on :35 Kick no board B
	{3 x 100 on 2:05 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :35 Kick no board B
	{2 x 100 on 2:05 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :35 Kick no board B
	{1 x 100 on 2:05 Kick 25L/25R/25SL/25 6ks
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,050 Yards - Stress Value = 39

Workout #27437 - Friday, 29 October 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
950	1x{6 x 25 on :40 Kick no board B
	{3 x 100 on 2:20 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 2:20 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{1 x 100 on 2:20 Kick 25L/25R/25SL/25 6ks
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
	6:31 PM 1,900 Yards - Stress Value = 37

Workout #27439 - Friday, 29 October 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
700	10 x 15 on :45 Racing Skills-Back Shooters
1x{4 x 25 on :45 Kick no board B	
	{2 x 100 on 3:10 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :45 Kick no board B
	{2 x 100 on 3:10 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :45 Kick no board B
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills

6:30 PM 1,600 Yards - Stress Value = 24

Workout #27438 - Friday, 29 October 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
850	10 x 15 on :45 Racing Skills-Back Shooters
1x{4 x 25 on :40 Kick no board B	
	{3 x 100 on 2:30 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{2 x 100 on 2:30 Kick 25L/25R/25SL/25 6ks
	{2 x 25 on :40 Kick no board B
	{1 x 100 on 2:30 Kick 25L/25R/25SL/25 6ks
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Back for Time
200	1 x 200 on 4:00 Stroke Drills

6:30 PM 1,800 Yards - Stress Value = 35

Workout #27441 - Monday, 01 November 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
225	1 on 15:00 DS>Showers	F
750	15 x 15 on :45 Racing Skills-Free Shooters	S
	30 x 25 on :30 100 Breast Pace	S
	1 on 9:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Back Pace	S
	1 on 10:00 Ankle Mobility	F
1,500	30 x 50 on :50 200 Fly Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
	1 on 10:00 Hip Mobility	F
600	30 x 20 on :30 100 Free Pace	S

6:15 PM 4,875 Yards - Stress Value = 450

Workout #27449 - Monday, 01 November 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Breast Shooters
150	25 x 25 on :35 USRPT-100 Breast Pace
2,100	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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
	{1 on 1:00 Rest
	{2 x 100 on 1:45 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:45 Breaststroke
	1 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,525 Yards - Stress Value = 110

Workout #27454 - Monday, 01 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Breast Shooters
150	15 x 25 on 1:00 USRPT-100 Breast Pace
1,200	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{5 x 100 on 3:00 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 4:00 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 3:00 Breaststroke
	1 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 2,275 Yards - Stress Value = 68

Workout #27450 - Monday, 01 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Breast Shooters
150	25 x 25 on :35 USRPT-100 Breast Pace
2,000	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{6 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 1:50 Breaststroke
100	1 x 100 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 3,525 Yards - Stress Value = 108

Workout #27451 - Monday, 01 November 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{6 x 100 on 2:00 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:00 Breaststroke {1 on 1:00 Rest {4 x 100 on 2:00 Breaststroke {1 on 1:00 Rest {3 x 100 on 2:00 Breaststroke {1 on 1:00 Rest {1 x 100 on 2:00 Breaststroke
	1 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 99

Workout #27453 - Monday, 01 November 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	18 x 25 on :50 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,550	1x{6 x 100 on 2:30 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:30 Breaststroke {1 on 1:00 Rest {4 x 100 on 2:30 Breaststroke {1 on 1:00 Rest {1 x 50 on 1:15 Breaststroke
	1 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 82

Workout #27452 - Monday, 01 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{6 x 100 on 2:15 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:15 Breaststroke {1 on 1:00 Rest {4 x 100 on 2:15 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:15 Breaststroke
	1 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 95

Workout #27442 - Tuesday, 02 November 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
	5:30 AM Start
	1 on 11:00 DS/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 {1 on 10:00 Video Evaluations 2- 1 on 12:00 Lane Line Survivor
	6:45 AM 1,725 Yards - Stress Value = 154

Workout #27443 - Tuesday, 02 November 2021

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:45 PM Start	
	1 on 15:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Thoracic Mobility	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
	1 on 10:00 Shoulder Mobility	REC
600	30 x 20 on :30 100 Fly Pace	SP2
	6:15 PM 4,500 Yards - Stress Value = 441	

Workout #27460 - Tuesday, 02 November 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Freestyle
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
600	1x{2 x 150 on 4:30 Free Kick w/board {2 x 100 on 3:00 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board
	1 on 12:00 Racing Skills-TN turn drills
	7:31 PM 1,600 Yards - Stress Value = 68

Workout #27455 - Tuesday, 02 November 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Freestyle
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
1,000	1x{2 x 150 on 2:35 Free Kick w/board
	{2 x 125 on 2:10 Free Kick w/board
	{2 x 100 on 1:45 Free Kick w/board
	{2 x 75 on 1:20 Free Kick w/board
	{2 x 50 on :55 Free Kick w/board
	1 on 12:00 Racing Skills-TN turn drills
	7:30 PM 2,350 Yards - Stress Value = 101

Workout #27456 - Tuesday, 02 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Freestyle
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
900	1x{2 x 150 on 2:50 Free Kick w/board
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{2 x 75 on 1:35 Free Kick w/board
	1 on 12:00 Racing Skills-TN turn drills
	7:30 PM 2,250 Yards - Stress Value = 99

Workout #27457 - Tuesday, 02 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Freestyle
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
800	1x{2 x 150 on 3:10 Free Kick w/board
	{2 x 125 on 2:45 Free Kick w/board
	{2 x 100 on 2:15 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
	1 on 12:00 Racing Skills-TN turn drills
	7:30 PM 2,025 Yards - Stress Value = 84

Workout #27459 - Tuesday, 02 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes

150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Freestyle
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
650	1x{2 x 150 on 4:10 Free Kick w/board
	{2 x 100 on 2:45 Free Kick w/board
	{3 x 50 on 1:25 Free Kick w/board
	1 on 12:00 Racing Skills-TN turn drills
	7:31 PM 1,700 Yards - Stress Value = 74

Workout #27458 - Tuesday, 02 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Freestyle
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
750	1x{2 x 150 on 3:35 Free Kick w/board
	{2 x 125 on 2:55 Free Kick w/board
	{2 x 100 on 2:25 Free Kick w/board
	1 on 12:00 Racing Skills-TN turn drills
	7:30 PM 1,925 Yards - Stress Value = 83

Workout #27444 - Wednesday, 03 November 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 12:00 DS>Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooter		SP3
	Make one subtract one		
3,000	30 x 100 on 1:25 1650 Free Pace		SP2
	1 on 8:00 Video Evaluations-		REC
	1 on 10:00 Sculling Drill Relay		EN1
	6:55 AM 3,225 Yards - Stress Value = 309		

Workout #27445 - Wednesday, 03 November 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 15:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
750	30 x 25 on :30 100 Free Pace	SI
	1 on 10:00 Video Evaluations 1+/1-	RE
1,000	40 x 25 on :30 200 Fly Pace	SI
	1 on 10:00 Ankle Mobility	RE
1,500	30 x 50 on :50 200 Back Pace	SI
	1 on 10:00 Hip Mobility	RE
600	30 x 20 on :30 100 Breast Pace	SI
	1 on 14:00 Tic Tac Toe Relay	EN
	6:15 PM 4,075 Yards - Stress Value = 394	

Workout #27461 - Wednesday, 03 November 2021

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	10 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
900	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
	{3 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
1,725	1x{6 x 75 on 1:15 Backstroke
	{8 x 75 on 1:10 Backstroke
	{8 x 75 on 1:05 Backstroke
	{1 x 75 on 1:00 Backstroke
	1 on 10:00 Game
7:30 PM	3,875 Yards - Stress Value = 134

Workout #27463 - Wednesday, 03 November 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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 :40 Kick no board BSLR
	{1 x 100 on 2:20 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{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
1,350	1x{6 x 75 on 1:30 Backstroke
	{6 x 75 on 1:25 Backstroke
	{6 x 75 on 1:20 Backstroke
	1 on 10:00 Game
7:29 PM	3,075 Yards - Stress Value = 108

Workout #27466 - Wednesday, 03 November 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
500	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{6 x 50 on 1:55 Backstroke
	{4 x 50 on 1:50 Backstroke
	{4 x 50 on 1:45 Backstroke
	1 on 10:00 Game
7:29 PM	1,975 Yards - Stress Value = 30

Workout #27465 - Wednesday, 03 November 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
550	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
	{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
1,050	1x{5 x 75 on 1:55 Backstroke
	{5 x 75 on 1:50 Backstroke
	{4 x 75 on 1:45 Backstroke
	1 on 10:00 Game
7:29 PM	2,500 Yards - Stress Value = 39

Workout #27462 - Wednesday, 03 November 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
750	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
	{2 x 100 on 2:05 Streamline Kick on Back
	{2 x 25 on :30 Kick no board BS
	{2 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
1,500	1x{6 x 75 on 1:20 Backstroke
	{6 x 75 on 1:15 Backstroke
	{8 x 75 on 1:10 Backstroke
	1 on 10:00 Game
7:30 PM	3,425 Yards - Stress Value = 113

Workout #27464 - Wednesday, 03 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
650	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{6 x 75 on 1:40 Backstroke
	{6 x 75 on 1:35 Backstroke
	{4 x 75 on 1:30 Backstroke
	1 on 10:00 Game
7:29 PM	2,850 Yards - Stress Value = 98

Workout #27446 - Thursday, 04 November 2021

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
1	on 11:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter Make one subtract one	SP3	
2,250	30 x 75 on 1:10 1000 Free Pace If time, vid evals +1/-1	SP2	
750	30 x 25 on :30 Your #1 100 Pace	SP2	
6:45 AM 3,225 Yards - Stress Value = 309			

Workout #27447 - Thursday, 04 November 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WOF
1	on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace*	SP2	
1	on 10:00 Video Evaluations 1+/-1-	REC	
1,500	30 x 50 on :50 200 Free Pace*	SP2	
1	on 10:00 Thoracic Mobility	REC	
1,500	30 x 50 on :55 200 Breast Pace*	SP2	
1	on 10:00 Shoulder Mobility	REC	
600	30 x 20 on :25 100 Back Pace-Diving Well* All sets individualized rest. Non best set 5: set 7:00 rest, make 24 in a row or finish set	SP2	
6:06 PM 4,575 Yards - Stress Value = 444			

Workout #27472 - Thursday, 04 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
1	on 30:00 DS/Dryland		
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Racing Skills-Fly Shooters		
375	15 x 25 on 1:00 USRPT-100 Fly Pace 2nd time through use fins		
1,000	2x{2 x 100 on 4:00 Fly Kick w/board {2 x 75 on 3:00 Fly Kick w/board {3 x 50 on 2:00 Fly Kick w/board		
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time		
200	1 x 200 on 4:00 Stroke Drills		
7:31 PM 2,225 Yards - Stress Value = 68			

Workout #27467 - Thursday, 04 November 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
1	on 30:00 DS/Dryland		
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Racing Skills-Fly Shooters		
750	30 x 25 on :30 USRPT-100 Fly Pace 2nd time through with fins		
2,150	2x{5 x 100 on 1:45 Fly Kick w/board {5 x 75 on 1:20 Fly Kick w/board {4 x 50 on :55 Fly Kick w/board		
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,850 Yards - Stress Value = 136	

Workout #27468 - Thursday, 04 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
1	on 30:00 DS/Dryland		
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Racing Skills-Fly Shooters		
625	25 x 25 on :35 USRPT-100 Fly Pace 2nd time through with fins		
1,800	2x{5 x 100 on 2:05 Fly Kick w/board {4 x 75 on 1:35 Fly Kick w/board {2 x 50 on 1:05 Fly Kick w/board		
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time		
200	1 x 200 on 4:00 Stroke Drills		
7:29 PM 3,375 Yards - Stress Value = 116			

Workout #27469 - Thursday, 04 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
1	on 30:00 DS/Dryland		
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Racing Skills-Fly Shooters		
550	22 x 25 on :40 USRPT-100 Fly Pace 2nd time through with fins		
1,600	2x{4 x 100 on 2:25 Fly Kick w/board {4 x 75 on 1:50 Fly Kick w/board {2 x 50 on 1:15 Fly Kick w/board		
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time		
200	1 x 200 on 4:00 Stroke Drills		
7:30 PM 3,050 Yards - Stress Value = 105			

Workout #27471 - Thursday, 04 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
1	on 30:00 DS/Dryland		
200	1 x 200 on 5:00 Sun Yang Free w/snorkels		
150	10 x 15 on :45 Racing Skills-Fly Shooters		
500	20 x 25 on :45 USRPT-100 Fly Pace 2nd time through use fins		
1,300	2x{2 x 100 on 3:00 Fly Kick w/board {4 x 75 on 2:15 Fly Kick w/board {3 x 50 on 1:30 Fly Kick w/board		
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time		
200	1 x 200 on 4:00 Stroke Drills		
7:30 PM 2,650 Yards - Stress Value = 94			

Workout #27470 - Thursday, 04 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace 2nd time through use fins
1,400	2x{3 x 100 on 2:40 Fly Kick w/board {4 x 75 on 2:00 Fly Kick w/board {2 x 50 on 1:20 Fly Kick w/board
100	1 x 100 on 4:00 100 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,850 Yards - Stress Value = 101

	{1 on 1:00 Rest
	{3 x 100 on 1:30 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 1:30 Individual Medley
	{1 on 1:00 Rest
	{1 x 100 on 1:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,950 Yards - Stress Value = 52

Workout #27474 - Friday, 05 November 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-kick-pull-swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	1 x 750 on 13:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,400	1x{5 x 100 on 1:40 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:40 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:40 Individual Medley {1 on 1:00 Rest {2 x 100 on 1:40 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,800 Yards - Stress Value = 49

Workout #27448 - Friday, 05 November 2021

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	30 x 20 on :25 100 Fly Pace*	SE
	1 on 10:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :25 100 Free Pace*	SE
	1 on 9:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Breast Pace*	SE
	5:15 PM 2,025 Yards - Stress Value = 189	

Workout #27475 - Friday, 05 November 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
700	1 x 700 on 13:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,300	1x{5 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {3 x 100 on 1:50 Individual Medley {1 on 1:00 Rest {1 x 100 on 1:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,600 Yards - Stress Value = 46

Workout #27478 - Friday, 05 November 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
450	1 x 450 on 13:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
800	1x{3 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 {2 x 100 on 3:00 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 1,800 Yards - Stress Value = 31

Workout #27473 - Friday, 05 November 2021

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 x 800 on 13:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,500	1x{5 x 100 on 1:30 Individual Medley {1 on 1:00 Rest {4 x 100 on 1:30 Individual Medley

Workout #27477 - Friday, 05 November 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
550	10 x 15 on :45 Racing Skills-Crossover Turns
900	1 x 550 on 13:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
900	1x{3 x 100 on 2:30 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 2:30 Individual Medley
	{1 on 1:00 Rest
	{2 x 100 on 2:30 Individual Medley
	{1 on 1:00 Rest
	{1 x 100 on 2:30 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
6:29 PM 2,000 Yards - Stress Value = 35	

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Back Shooters
800	15 x 25 on 1:00 USRPT-100 Back Pace
800	1x{8 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{8 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
100	1 x 100 on 4:00 100 SL 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 4:00 OTB-100 Back for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,025 Yards - Stress Value = 34	

Workout #27476 - Friday, 05 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
650	10 x 15 on :45 Racing Skills-Crossover Turns
1,250	1 x 650 on 13:00 Kick-Sprint on every :40 tc alternate fly breast free kick on sprint
1,250	1x{5 x 100 on 1:55 Individual Medley
	{1 on 1:00 Rest
	{4 x 100 on 1:55 Individual Medley
	{1 on 1:00 Rest
	{3 x 100 on 1:55 Individual Medley
	{1 on 1:00 Rest
	{1 x 50 on :55 Free-100%
200	1 x 200 on 3:00 Stroke Drills
6:30 PM 2,500 Yards - Stress Value = 44	

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Back Shooters
1,250	25 x 25 on :35 USRPT-100 Back Pace
1,250	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Streamline Kick on Back
	{8 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
	{8 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Streamline Kick on Back
	{2 x 25 on :35 Kick no board BSLR
100	1 x 100 on 4:00 100 SL 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 4:00 OTB-100 Back for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 2,825 Yards - Stress Value = 105	

Workout #27480 - Monday, 08 November 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
750	10 x 15 on :45 Racing Skills-Back Shooters
1,400	30 x 25 on :30 USRPT-100 Back Pace
1,400	1x{8 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Streamline Kick on Back
	{8 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back
	{8 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:50 Streamline Kick on Back
	{8 x 25 on :30 Kick no board BSLR
100	1 x 100 on 4:00 100 SL 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 4:00 OTB-100 Back for Time
	1 on 11:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,100 Yards - Stress Value = 121	

Workout #27482 - Monday, 08 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Back Shooters
1,100	25 x 25 on :35 USRPT 100 Back Pace
1,100	1x{8 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Streamline Kick on Back
	{8 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{8 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{8 x 25 on :40 Kick no board BSLR
100	1 x 100 on 4:00 100 SL 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 4:00 OTB-100 Back for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 2,625 Yards - Stress Value = 102	

Workout #27485 - Monday, 08 November 2021

Group 2 - Copper

1 minute rest between sets

Workout #27484 - Monday, 08 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
500	10 x 15 on :45 Racing Skills-Back Shooters
950	20 x 25 on :45 USRPT-100 Back Pace
	1x{8 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{8 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{8 x 25 on :45 Kick no board BSLR
	{1 x 50 on 1:20 Streamline Kick on Back
100	1 x 100 on 4:00 100 SL 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 4:00 OTB-100 Back for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,300 Yards - Stress Value = 37

Workout #27483 - Monday, 08 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Back Shooters
1,100	22 x 25 on :40 USRPT-100 Back Pace
	1x{8 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{8 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{8 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
100	1 x 100 on 4:00 100 SL 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 4:00 OTB-100 Back for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,550 Yards - Stress Value = 95

Workout #27504 - Monday, 08 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 35:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :55 200 Fly Pace	SP2
	1 on 5:00 Recovery #1	REC
750	30 x 25 on :50 200 Back Pace	SP2
	1 on 6:00 Recovery #2	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 6:00 Recovery #3	REC
	7:45 AM 2,475 Yards - Stress Value = 234	

Workout #27505 - Monday, 08 November 2021

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Dynamic Stretch>Showers	REC	
	Alfa do buckets 7@1:30		
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP2	
750	30 x 25 on :30 100 Free Pace	SP2	
200	8 x 25 on 3:00 50 Fly Pace	SP2	
	Video evals for 50 Fly		
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
	Make one subtract one		
	Any time remaining ankle mobility		
	5:31 PM 4,175 Yards - Stress Value = 417		

Workout #27491 - Tuesday, 09 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 50 on 2:15 Butterfly
	{1 x 50 on 1:30 Freestyle
	{1 x 50 on 1:30 Freestyle
	{2 x 50 on 2:15 Butterfly
	{3 x 50 on 2:15 Butterfly
	{1 x 50 on 1:30 Freestyle
	{4 x 50 on 2:15 Butterfly
	{1 x 50 on 1:30 Butterfly
	{4 x 50 on 2:15 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 1,975 Yards - Stress Value = 60

Workout #27486 - Tuesday, 09 November 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,150	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 :55 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
	{1 x 50 on :50 Freestyle
	{7 x 50 on :50 Butterfly
	{1 x 50 on :50 Freestyle
	{8 x 50 on :50 Butterfly
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,700 Yards - Stress Value = 119

Workout #27487 - Tuesday, 09 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900 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
	{6 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{7 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on 1:00 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 101

Workout #27488 - Tuesday, 09 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 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
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650 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
	{6 x 50 on 1:10 Butterfly
	{1 x 50 on :55 Freestyle
	{6 x 50 on 1:10 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 96

Workout #27490 - Tuesday, 09 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 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
150 1x{	6 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
1,250 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
	{5 x 50 on 1:30 Butterfly
	{1 x 50 on 1:10 Freestyle
	{5 x 50 on 1:30 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,400 Yards - Stress Value = 72

Workout #27489 - Tuesday, 09 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500 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
	{6 x 50 on 1:15 Butterfly
	{1 x 50 on 1:00 Freestyle
	{3 x 50 on 1:15 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,800 Yards - Stress Value = 86

Workout #27506 - Tuesday, 09 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	
=====	=====	=
	1 on 35:00 DS/Weights/Back to Pool	F
	Bravo do buckets 7@1:30	
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Back Pace	S
	1 on 8:00 Recovery #1	F
1,500 1x{	10 x 50 on :55 400 IM Pace	S
	{1 on 1:00 Rest	F
	{10 x 50 on :55 400 IM Pace	S
	{1 on 1:00 Rest	F
	{10 x 50 on :55 400 IM Pace	S
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 #1 or #2 100 Pace	S
	1 on 8:00 Recovery #3	F
	7:44 AM 3,225 Yards - Stress Value = 309	

Workout #27507 - Tuesday, 09 November 2021

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3	
1,500	30 x 50 on :55 200 Breast Pace*	SP2	
	1 on 6:00 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	
	5:34 PM 3,975 Yards - Stress Value = 384		

Workout #27492 - Wednesday, 10 November 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
1,150	1x{1 x 200 on 3:45 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 175 on 3:15 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 150 on 2:45 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 91

Workout #27497 - Wednesday, 10 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Breast Pace
750	1x{1 x 200 on 6:00 Breast Kick w/board {2 x 25 on 1:00 Breast Kick-streamline on bac {2 x 150 on 4:30 Breast Kick w/board {2 x 25 on 1:00 Breast Kick-streamline on bac {2 x 75 on 2:15 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,775 Yards - Stress Value = 59

Workout #27493 - Wednesday, 10 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke

150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
1,100	1x{1 x 200 on 4:00 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 175 on 3:30 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 150 on 3:00 Breast Kick w/board {2 x 25 on :40 Breast Kick-streamline on back
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,475 Yards - Stress Value = 90

Workout #27494 - Wednesday, 10 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
950	1x{2 x 200 on 4:40 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back {2 x 175 on 4:05 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 80

Workout #27496 - Wednesday, 10 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Breast Pace
800	1x{1 x 200 on 5:30 Breast Kick w/board {2 x 25 on 1:00 Breast Kick-streamline on bac {2 x 150 on 4:05 Breast Kick w/board {2 x 25 on 1:00 Breast Kick-streamline on bac {2 x 100 on 2:45 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 67

Workout #27495 - Wednesday, 10 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
900	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 4:25 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{1 x 150 on 3:45 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 74

Workout #27508 - Wednesday, 10 November 2021

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 25:00 Yoga	REC
	Charlie do buckets 7@1:30	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
300	1x{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
1,500	30 x 50 on :50 #1 200 Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
750	30 x 25 on :30 Best Opposite Axis Stroke	SP2
	1 on 11:00 Lane Line Survivor	EN2
	5:30 PM 2,775 Yards - Stress Value = 240	

Workout #27512 - Wednesday, 10 November 2021

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 Dynamic Stretch>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 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
750	30 x 25 on :30 100 Free Pace	SP2
	5:35 PM 3,225 Yards - Stress Value = 309	

Workout #27503 - Thursday, 11 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters

500	20 x 25 on :45 USRPT-100 Free Pace
600	1x{2 x 150 on 4:30 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{2 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 200 on 5:15 Freestyle
	{3 x 100 on 2:45 Freestyle
	{1 x 150 on 4:00 Freestyle
	{3 x 100 on 2:45 Freestyle
	1 on 10:00 Racing Skills-Starts
	7:30 PM 2,500 Yards - Stress Value = 87

Workout #27498 - Thursday, 11 November 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
1,050	1x{2 x 150 on 2:45 Free Kick w/board
	{2 x 125 on 2:15 Free Kick w/board
	{2 x 100 on 1:45 Free Kick w/board
	{2 x 75 on 1:20 Free Kick w/board
	{3 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,750	1x{1 x 400 on 5:35 Freestyle
	{3 x 100 on 1:25 Freestyle
	{1 x 300 on 4:10 Freestyle
	{3 x 100 on 1:25 Freestyle
	{1 x 250 on 3:30 Freestyle
	{2 x 100 on 1:25 Freestyle
	1 on 10:00 Racing Skills-Starts
	7:30 PM 4,100 Yards - Stress Value = 137

Workout #27499 - Thursday, 11 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
950	1x{2 x 150 on 2:55 Free Kick w/board
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{2 x 75 on 1:25 Free Kick w/board
	{1 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,600	1x{1 x 400 on 6:00 Freestyle
	{3 x 100 on 1:35 Freestyle
	{1 x 300 on 4:30 Freestyle
	{3 x 100 on 1:35 Freestyle
	{1 x 200 on 3:00 Freestyle
	{1 x 100 on 1:35 Freestyle
	1 on 10:00 Racing Skills-Starts
	7:30 PM 3,850 Yards - Stress Value = 132

Workout #27500 - Thursday, 11 November 2021

7:29 PM 3,125 Yards - Stress Value = 108

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
800	1x{2 x 150 on 3:25 Free Kick w/board
	{2 x 125 on 2:50 Free Kick w/board
	{2 x 100 on 2:15 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,450	1x{1 x 250 on 4:05 Freestyle
	{3 x 100 on 1:45 Freestyle
	{1 x 200 on 3:15 Freestyle
	{3 x 100 on 1:45 Freestyle
	{1 x 200 on 3:15 Freestyle
	{2 x 100 on 1:45 Freestyle
	1 on 10:00 Racing Skills-Starts
7:30 PM	3,375 Yards - Stress Value = 113

Workout #27502 - Thursday, 11 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
650	1x{2 x 150 on 4:10 Free Kick w/board
	{2 x 100 on 2:45 Free Kick w/board
	{2 x 75 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 250 on 6:15 Freestyle
	{3 x 100 on 2:35 Freestyle
	{1 x 200 on 5:00 Freestyle
	{2 x 100 on 2:35 Freestyle
	1 on 10:00 Racing Skills-Starts
7:30 PM	2,600 Yards - Stress Value = 93

Workout #27501 - Thursday, 11 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
750	1x{2 x 150 on 3:45 Free Kick w/board
	{2 x 125 on 3:05 Free Kick w/board
	{2 x 100 on 2:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,250	1x{1 x 300 on 5:40 Freestyle
	{3 x 100 on 1:55 Freestyle
	{1 x 200 on 3:45 Freestyle
	{3 x 100 on 1:55 Freestyle
	{1 x 150 on 2:50 Freestyle
	1 on 10:00 Racing Skills-Starts

Workout #27509 - Thursday, 11 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
=====	=====	==
	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 Back Pace	SE
	1 on 10:00 Recovery #1	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 10:00 Recovery #2	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 9:00 Recovery #3	RE
750	30 x 25 on :30 100 Breast Pace	SE
7:45 AM	4,225 Yards - Stress Value = 409	

Workout #27510 - Thursday, 11 November 2021

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY WC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	REC
	Charlie do buckets 7@1:30	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
2,250	30 x 75 on 1:05 1000 Free Pace	SP2
	1 on 15:00 Sculling Drill Relays	REC
750	30 x 25 on :30 #2 100 (non free)	SP2
	1 on 18:00 Qswim	REC
5:30 PM	3,225 Yards - Stress Value = 309	

Workout #27511 - Friday, 12 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 7:00 Recovery #1	REC
1,500	30 x 50 on :55 200 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
750	30 x 25 on :30 100 Free Pace	SP2
7:50 AM	4,725 Yards - Stress Value = 459	

Workout #27518 - Monday, 15 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
450	1x{2 x 100 on 4:00 Fly Kick w/board
	{2 x 75 on 3:00 Fly Kick w/board
	{2 x 50 on 2:00 Fly Kick w/board
	1 on 10:00 Racing Skills-Starts
7:29 PM	1,325 Yards - Stress Value = 53

Workout #27513 - Monday, 15 November 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
	1 on 23:00 TEACH DAY-Fly
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,050	1x{5 x 100 on 1:50 Fly Kick w/board
	{4 x 75 on 1:25 Fly Kick w/board
	{5 x 50 on :50 Fly Kick w/board
	1 on 10:00 Racing Skills-Starts
7:30 PM	2,400 Yards - Stress Value = 102

Workout #27514 - Monday, 15 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
900	1x{5 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{2 x 50 on 1:05 Fly Kick w/board
	1 on 10:00 Relay
7:29 PM	2,125 Yards - Stress Value = 86

Workout #27515 - Monday, 15 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

550	22 x 25 on :40 USRPT-100 Fly Pace
850	1x{4 x 100 on 2:20 Fly Kick w/board
	{4 x 75 on 1:40 Fly Kick w/board
	{3 x 50 on 1:10 Fly Kick w/board
	1 on 10:00 Relay
7:30 PM	1,950 Yards - Stress Value = 78

Workout #27517 - Monday, 15 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Fly Pace
600	1x{2 x 100 on 3:00 Fly Kick w/board
	{4 x 75 on 2:15 Fly Kick w/board
	{2 x 50 on 1:30 Fly Kick w/board
	1 on 10:00 Racing Skills-Starts
7:29 PM	1,550 Yards - Stress Value = 63

Workout #27516 - Monday, 15 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
750	1x{3 x 100 on 2:35 Fly Kick w/board
	{4 x 75 on 1:55 Fly Kick w/board
	{3 x 50 on 1:20 Fly Kick w/board
	1 on 10:00 Racing Skills-Starts
7:30 PM	1,800 Yards - Stress Value = 71

Workout #27543 - Monday, 15 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 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 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 9:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
7:45 AM	3,225 Yards - Stress Value = 309	

Workout #27544 - Monday, 15 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 Dynamic Stretch>Showers	REC
	Bravo do buckets 10@1:15	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Breast Pace	SP2
300	1x{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
750	30 x 25 on :30 #1 100 Pace (Not Breast)	SP1
	Distance Crew do 12X100@125-1650 Pace	
	5:28 PM 3,525 Yards - Stress Value = 300	

Workout #27519 - Tuesday, 16 November 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
3,100	2x{8 x 75 on 1:15 Back 1st 25 11 KOW
	{6 x 75 on 1:10 Back 1st 25 9 KOW
	{4 x 75 on 1:05 Back 1st.25 7 KOW
	{2 x 75 on 1:00 Back 1st 25 5 KOW
	{1 x 50 on 1:00 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,600 Yards - Stress Value = 141

Workout #27524 - Tuesday, 16 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	2x{6 x 50 on 1:55 Back 1st 25 7 KOW
	{4 x 50 on 1:50 Back 1st 25 5 KOW
	{2 x 50 on 1:45 Back 1st 25 3 KOW
	{1 x 50 on 2:00 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,325 Yards - Stress Value = 30

Workout #27520 - Tuesday, 16 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,800	2x{8 x 75 on 1:20 Back 1st 25 11 KOW
	{6 x 75 on 1:15 Back 1st 25 9 KOW
	{4 x 75 on 1:10 Back 1st 25 7 KOW
	{1 x 50 on 1:10 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 4,175 Yards - Stress Value = 122

Workout #27521 - Tuesday, 16 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,350	2x{7 x 75 on 1:35 Back 1st 25 9 KOW
	{6 x 75 on 1:30 Back 1st.25 7 KOW
	{2 x 75 on 1:25 Back 1st 25 5 KOW
	{1 x 50 on 1:20 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,675 Yards - Stress Value = 113

Workout #27523 - Tuesday, 16 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	2x{6 x 75 on 1:55 Back 1st 25 7 KOW
	{4 x 75 on 1:50 Back 1st 25 5 KOW
	{2 x 75 on 1:45 Back 1st 25 3 KOW
	{1 x 50 on 1:40 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,050 Yards - Stress Value = 42

Workout #27522 - Tuesday, 16 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,200	2x{6 x 75 on 1:40 Back 1st 25 9 KOW
	{5 x 75 on 1:35 Back 1st 25 7 KOW
	{3 x 75 on 1:30 Back 1st 25 5 KOW
	{1 x 50 on 1:30 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,400 Yards - Stress Value = 98

Workout #27545 - Tuesday, 16 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
1	on 15:00 DS/Dryland/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace*	SP2
1	on 8:00 Recovery #1	REC
1,500	30 x 50 on :50 200 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
750	30 x 25 on :30 100 Free Pace	SP2
7:48 AM 4,725 Yards - Stress Value = 459		

Workout #27546 - Tuesday, 16 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
1	on 15:00 Dynamic Stretch/Showers	REC	
Charlie do buckets 10@1:15			
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
1	on 15:00 Lane Line Survivor	EN2	
750	30 x 25 on :30 100 Back Pace	SP2	
1	on 3:00 If time permits shooter relays	SP3	
5:30 PM 3,975 Yards - Stress Value = 384			

Workout #27530 - Wednesday, 17 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
2nd time through all intervals 5 sec faster	
1,300	2x{2 x 150 on 4:30 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{3 x 50 on 1:30 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,650 Yards - Stress Value = 99	

Workout #27525 - Wednesday, 17 November 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
2nd time through all intervals 5 sec faster	
2,100	2x{2 x 150 on 2:45 Free Kick w/board
	{2 x 125 on 2:15 Free Kick w/board
	{2 x 100 on 1:45 Free Kick w/board
	{2 x 75 on 1:20 Free Kick w/board
	{3 x 50 on :55 Free Kick w/board

100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,750 Yards - Stress Value = 135	

Workout #27526 - Wednesday, 17 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
2nd time through all intervals 5 sec faster	
2,000	2x{2 x 150 on 2:55 Free Kick w/board
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{2 x 75 on 1:25 Free Kick w/board
	{2 x 50 on :55 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,650 Yards - Stress Value = 133	

Workout #27527 - Wednesday, 17 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
2nd time through all intervals 5 sec faster	
1,700	2x{2 x 150 on 3:25 Free Kick w/board
	{2 x 125 on 2:50 Free Kick w/board
	{2 x 100 on 2:15 Free Kick w/board
	{2 x 50 on 1:05 Free Kick w/board
100	1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 3,175 Yards - Stress Value = 114	

Workout #27529 - Wednesday, 17 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 150 6 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 550 22 x 25 on :40 USRPT-100 Free Pace
 2nd time through all intervals 5 sec faster
 1,400 2x{2 x 150 on 4:10 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 75 on 2:15 Free Kick w/board
 {1 x 50 on 1:30 Free Kick w/board
 100 1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,750 Yards - Stress Value = 99

{2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly lup2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,975 Yards - Stress Value = 63

Workout #27528 - Wednesday, 17 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 8 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 625 25 x 25 on :35 USRPT-100 Free Pace
 2nd time through all intervals 5 sec faster
 1,500 2x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1 x 100 on 4:00 100 Free 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 4:00 OTB-100 Free for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,975 Yards - Stress Value = 110

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 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 USRPT-100 Breast Pace
 800 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 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
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 122

Workout #27547 - Wednesday, 17 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EC
 =====
 1 on 35:00 DS/Yoga RE
 Delta do buckets 10@1:15
 675 15 x 45 on :45 Racing Skills-Crossover Turns SE
 1,500 30 x 50 on :55 200 Back Pace SE
 1 on 13:00 Racing Skills-UW Racing EN
 750 30 x 25 on :30 100 Fly Pace SE
 5:30 PM 2,925 Yards - Stress Value = 252

Workout #27536 - Thursday, 18 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board

Workout #27532 - Thursday, 18 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-100 Breast Pace
700	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Streamline Kick on back
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Breast Kick w/board
	{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
1,200	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
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 106

Workout #27533 - Thursday, 18 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
600	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on back
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:15 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :40 Fly lup2down
	{1 x 200 on 3:35 Individual Medley
	{4 x 25 on :40 Back 5KOW+1
	{1 x 200 on 3:30 Individual Medley
	{4 x 25 on :40 Breast 2K1P
	{1 x 150 on 2:35 IM w/out the free
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 94

Workout #27535 - Thursday, 18 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
500	20 x 25 on :45 USRPT-100 Breast Pace
450	1x{2 x 25 on 1:00 Kick no board BS

	{1 x 50 on 1:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board LR
	{1 x 50 on 1:30 Streamline Kick on back
	{2 x 25 on 1:00 Kick no board BS
	{1 x 50 on 1:30 Breast Kick w/board
	{2 x 25 on 1:00 Kick no board LR
	{1 x 100 on 3:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,400 Yards - Stress Value = 81

Workout #27534 - Thursday, 18 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
550	22 x 25 on :40 USRPT-100 Breast Pace
550	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on back
	{2 x 25 on :45 Kick no board BS
	{1 x 100 on 2:40 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,825 Yards - Stress Value = 92

Workout #27548 - Thursday, 18 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 DS/Weights/Back to Pool	RE
150	10 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 Free 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 on 5:00 If time permits sd relay	EN
	7:45 AM 2,650 Yards - Stress Value = 256	

Workout #27549 - Thursday, 18 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
	Echo do buckets 10@1:15	
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Shoulder Mobillity	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Thoracic Mobility	REC
	5:19 PM 2,475 Yards - Stress Value = 234	

Workout #27537 - Friday, 19 November 2021

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
2,100	1x{6 x 100 on 1:40 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:40 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
	{1 on 1:00 Rest
	{1 x 100 on 1:30 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,750 Yards - Stress Value = 48

Workout #27542 - Friday, 19 November 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,200	1x{5 x 100 on 3:00 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 2:55 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:50 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:45 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 1,750 Yards - Stress Value = 30

Workout #27538 - Friday, 19 November 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim

150	10 x 15 on :45 Racing Skills-Breast Shooters
2,000	1x{6 x 100 on 1:50 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
	{1 on 1:00 Rest
	{2 x 100 on 1:40 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,650 Yards - Stress Value = 46

Workout #27539 - Friday, 19 November 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,800	1x{6 x 100 on 2:00 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
	{1 on 1:00 Rest
	{1 x 100 on 1:50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 2,400 Yards - Stress Value = 42

Workout #27541 - Friday, 19 November 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,400	1x{6 x 100 on 2:35 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 2:35 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:30 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:25 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 1,950 Yards - Stress Value = 34

Workout #27540 - Friday, 19 November 2021

9:00 AM 3,225 Yards - Stress Value = 309

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,600	1x{6 x 100 on 2:15 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 2:10 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 2:10 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:05 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	6:29 PM 2,250 Yards - Stress Value = 38

Workout #27550 - Friday, 19 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Fly Shooters SP3		
	*=Standard set, **=Goal time set		
	3 misses in a row or 5 misses total		
1,500	30 x 50 on :55 200 Breast 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 Fly Pace **	SP2	
	1 on 8:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace **	SP2	
	7:48 AM 4,725 Yards - Stress Value = 459		

Workout #27551 - Friday, 19 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 35:00 DS/Yoga	REC	
	Alfa do buckets 10@1:15		
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
2,250	30 x 75 on 1:05 500 Free Pace	SP2	
	Make one subtract one		
	1 on 15:00 Tic Tac Toe Relay	EN2	
750	30 x 25 on :30 Your #1 100		
	5:37 PM 3,225 Yards - Stress Value = 234		

Workout #27552 - Saturday, 20 November 2021

HighSchl - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Back Pace*	SP2	
	1 on 5:00 Ankle Mobility	REC	
750	30 x 25 on :30 200 Breast Pace*	SP2	
	1 on 5:00 Hip Mobility	REC	
750	30 x 25 on :30 200 Free Pace*	SP2	
	1 on 5:00 Thoracic Mobility	REC	
750	30 x 25 on :30 200 Fly Pace*	SP2	
	1 on 44:00 Weights	REC	

Workout #27558 - Monday, 22 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
150	1x{6 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 10:00 Freestyle
	{3 x 100 on 2:45 Freestyle
	{1 x 300 on 7:30 Freestyle
	{2 x 100 on 2:45 Freestyle
	{1 x 200 on 5:00 Freestyle
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 84

Workout #27553 - Monday, 22 November 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
2,600	1x{1 x 500 on 7:05 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 400 on 5:40 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 300 on 4:15 Freestyle
	{3 x 100 on 1:20 Freestyle
	{1 x 200 on 2:50 Freestyle
	{3 x 100 on 1:20 Freestyle
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 4,150 Yards - Stress Value = 133

Workout #27554 - Monday, 22 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
2,400	1x{1 x 500 on 7:30 Freestyle {3 x 100 on 1:30 Freestyle {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 200 on 3:00 Freestyle {1 x 100 on 1:30 Freestyle
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,950 Yards - Stress Value = 119

Workout #27556 - Monday, 22 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,900	1x{1 x 500 on 9:35 Freestyle {3 x 100 on 1:55 Freestyle {1 x 400 on 7:40 Freestyle {3 x 100 on 1:55 Freestyle {1 x 300 on 5:45 Freestyle {1 x 100 on 1:55 Freestyle
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 106

Workout #27555 - Monday, 22 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
2,200	1x{1 x 500 on 7:20 Freestyle {3 x 100 on 1:40 Freestyle {1 x 400 on 6:40 Freestyle {3 x 100 on 1:40 Freestyle {1 x 300 on 5:00 Freestyle {2 x 100 on 1:40 Freestyle {1 x 200 on 3:20 Freestyle
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,575 Yards - Stress Value = 112

Workout #27577 - Monday, 22 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 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 10:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace	SP2
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 10:00 Recovery #2	REC
	7:45 AM 3,225 Yards - Stress Value = 309	

Workout #27578 - Monday, 22 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
	Charlie Do Buckets 10@1:00		
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,500	30 x 50 on :50 200 Back Pace*	SP2	
	1 on 10:00 Recovery #3	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
2,400	24 x 100 on 1:25 1650 Pace	SP2	
	Make one subtract one		
	5:39 PM 4,875 Yards - Stress Value = 474		

Workout #27557 - Monday, 22 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,600	1x{1 x 400 on 9:00 Freestyle {3 x 100 on 2:30 Freestyle {1 x 300 on 6:45 Freestyle {3 x 100 on 2:15 Freestyle {1 x 200 on 4:30 Freestyle {1 x 100 on 2:15 Freestyle
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 93

Workout #27579 - Tuesday, 23 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/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 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 Fly Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Back Pace	SP2
	7:48 AM 4,725 Yards - Stress Value = 459	

250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
1,050	1x{5 x 100 on 1:45 Fly Kick w/board
	{4 x 75 on 1:20 Fly Kick w/board
	{5 x 50 on :50 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{2 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{3 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{5 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{3 x 50 on :55 Butterfly
	1 on 10:00 Game
	7:30 AM 3,700 Yards - Stress Value = 126

Workout #27580 - Tuesday, 23 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
	Delta Do Buckets 10@1:00	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
	1 on 10:00 Hip Mobility	REC
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Shoulder Mobillity	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Thoracic Mobility	REC
	5:29 PM 2,475 Yards - Stress Value = 234	

Workout #27560 - Wednesday, 24 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
900	1x{5 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{2 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	1 on 10:00 Game
	7:30 PM 3,325 Yards - Stress Value = 107

Workout #27564 - Wednesday, 24 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
450	1x{2 x 100 on 4:00 Fly Kick w/board
	{2 x 75 on 3:00 Fly Kick w/board
	{2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 50 on 2:15 Butterfly
	{1 x 50 on 1:30 Freestyle
	{1 x 50 on 1:30 Freestyle
	{2 x 50 on 2:15 Butterfly
	{3 x 50 on 2:15 Butterfly
	{1 x 50 on 1:30 Freestyle
	{3 x 50 on 2:15 Butterfly
	1 on 10:00 Game
	7:29 PM 1,825 Yards - Stress Value = 63

Workout #27559 - Wednesday, 24 November 2021

Group 2 - Fly

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland

Workout #27561 - Wednesday, 24 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
750	1x{4 x 100 on 2:25 Fly Kick w/board
	{4 x 75 on 1:50 Fly Kick w/board
	{1 x 50 on 1:15 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 50 on 1:05 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 50 on 1:05 Butterfly
	{1 x 50 on :55 Freestyle
	{3 x 50 on 1:05 Butterfly
	{1 x 50 on :55 Freestyle
	{4 x 50 on 1:05 Butterfly
	{1 x 50 on :55 Freestyle
	{5 x 50 on 1:05 Butterfly
	{1 x 50 on :55 Freestyle
	{3 x 50 on 1:05 Butterfly
	1 on 10:00 Game
7:30 PM	2,900 Yards - Stress Value = 95

Workout #27563 - Wednesday, 24 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
600	1x{2 x 100 on 3:00 Fly Kick w/board
	{4 x 75 on 2:15 Fly Kick w/board
	{2 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 50 on 1:30 Butterfly
	{1 x 50 on 1:10 Freestyle
	{2 x 50 on 1:30 Butterfly
	{1 x 50 on 1:10 Freestyle
	{3 x 50 on 1:30 Butterfly
	{1 x 50 on 1:10 Freestyle
	{3 x 50 on 1:25 Butterfly
	{1 x 50 on 1:10 Freestyle
	{3 x 50 on 1:25 Butterfly
	{1 x 50 on 1:10 Freestyle
	{1 x 50 on 1:25 Butterfly
	1 on 10:00 Game
7:29 PM	2,400 Yards - Stress Value = 82

Workout #27562 - Wednesday, 24 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
700	1x{3 x 100 on 2:40 Fly Kick w/board
	{4 x 75 on 2:00 Fly Kick w/board
	{2 x 50 on 1:20 Fly Kick w/board

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{2 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{3 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{5 x 50 on 1:10 Butterfly
	{1 x 50 on 1:00 Freestyle
	{2 x 50 on 1:10 Butterfly
	1 on 10:00 Game
7:30 PM	2,750 Yards - Stress Value = 88

Workout #27581 - Wednesday, 24 November 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
225	15 x 15 on :45 Racing Skills-Breast Shooters
750	30 x 25 on :30 100 Free Pace*
	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace*
	1 on 8:00 Recovery #2
1,500	30 x 50 on :50 200 Back Pace*
	1 on 8:00 Recovery #3
300	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
9:29 AM	3,525 Yards - Stress Value = 315

Workout #27582 - Wednesday, 24 November 2021

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 30:00 DS/Yoga		REC
225	15 x 15 on :45 Racing Skills-#3 Shooters		SP3
1,000	40 x 25 on :30 200 Fly Pace*		SP2
	1 on 8:00 Ankle Mobility		REC
2,250	30 x 75 on 1:05 1000 Free Pace		SP2
	Make one subtract one		
4:44 PM	3,475 Yards - Stress Value = 334		

Workout #27565 - Friday, 26 November 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
2,150	1x{1 x 200 on 3:30 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {2 x 200 on 3:35 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {3 x 200 on 3:40 Breast Kick w/board {4 x 25 on :30 Breast Kick on Back-Streamline {2 x 200 on 3:45 Breast Kick w/board {2 x 25 on :30 Breast Kick on Back Streamline {1 x 200 on 3:50 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	11:31 AM 3,725 Yards - Stress Value = 120

Workout #27570 - Friday, 26 November 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
1,150	1x{1 x 100 on 3:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {2 x 100 on 3:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlir {3 x 100 on 3:00 Breast Kick w/board {4 x 25 on 1:00 Breast Kick on Back-Streamlne {2 x 100 on 3:00 Breast Kick w/board {2 x 25 on 1:00 Breast Kick on Back-Streamlir
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,375 Yards - Stress Value = 77

Workout #27566 - Friday, 26 November 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
1,900	1x{1 x 200 on 3:55 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {2 x 200 on 4:00 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {3 x 200 on 4:05 Breast Kick w/board {4 x 25 on :35 Breast Kick on Back-Streamline {2 x 200 on 4:10 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	11:31 AM 3,475 Yards - Stress Value = 115

Workout #27567 - Friday, 26 November 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,700	1x{1 x 200 on 4:15 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {2 x 200 on 4:20 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {3 x 200 on 4:25 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:30 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,150 Yards - Stress Value = 105

Workout #27569 - Friday, 26 November 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
450	18 x 25 on :50 USRPT-100 Breast Pace
1,350	1x{1 x 150 on 4:00 Breast Kick w/board {4 x 25 on :50 Breast Kick on Back-Streamline {2 x 150 on 4:05 Breast Kick w/board {4 x 25 on :50 Breast Kick on Back-Streamline {3 x 150 on 4:10 Breast Kick w/board {4 x 25 on :50 Breast Kick on Back-Streamline {1 x 150 on 4:15 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,650 Yards - Stress Value = 88

Workout #27568 - Friday, 26 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
1,600	1x{1 x 200 on 4:30 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{2 x 200 on 4:35 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{3 x 200 on 4:40 Breast Kick w/board
	{4 x 25 on :45 Breast Kick on Back-Streamline
	{1 x 100 on 2:25 Breast Kick w/board
100	1 x 100 on 4:00 100 Breast 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 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	11:31 AM 3,050 Yards - Stress Value = 103

Workout #27583 - Friday, 26 November 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 45:00 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 8:00 Recovery #1	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 8:00 Recovery #2	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 10:00 Underwater trn drill	EN2	
	9:34 AM 3,975 Yards - Stress Value = 384		

Workout #27584 - Friday, 26 November 2021

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Recovery #3	REC	
	1 on 12:00 Racing Skills-TTT Relay	EN2	
	Goal Set Protocol: 5 total or 3 misses in a rc		
1,500	30 x 50 on :50 200 Free Pace**	SP2	
	4:29 PM 2,475 Yards - Stress Value = 234		

Workout #27571 - Saturday, 27 November 2021

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
950	1x{8 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Streamline Kick on Back
	{6 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back

	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,575	1x{8 x 75 on 1:15 Back 1st 25 11 KOW
	{6 x 75 on 1:10 Back 1st 25 9 KOW
	{4 x 75 on 1:05 Back 1st.25 7 KOW
	{3 x 75 on 1:00 Back 1st 25 5 KOW
	1 on 10:00 Relay
	11:30 AM 3,825 Yards - Stress Value = 131

Workout #27576 - Saturday, 27 November 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
375	15 x 25 on 1:00 USRPT-100 Back Pace
550	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{6 x 50 on 1:55 Back 1st 25 7 KOW
	{4 x 50 on 1:50 Back 1st 25 5 KOW
	{3 x 50 on 1:45 Back 1st 25 3 KOW
	1 on 10:00 Relay
	11:30 AM 2,025 Yards - Stress Value = 30

Workout #27572 - Saturday, 27 November 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
850	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Streamline Kick on Back
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
	{2 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{8 x 75 on 1:20 Back 1st 25 11 KOW
	{6 x 75 on 1:15 Back 1st 25 9 KOW
	{4 x 75 on 1:10 Back 1st 25 7 KOW
	{2 x 75 on 1:05 Back 1st 25 5 KOW
	1 on 10:00 Relay
	11:31 AM 3,525 Yards - Stress Value = 115

Workout #27573 - Saturday, 27 November 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 625 25 x 25 on :35 USRPT 100 Back Pace
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back 1st 25 9 KOW
 {6 x 75 on 1:30 Back 1st.25 7 KOW
 {3 x 75 on 1:25 Back 1st 25 5 KOW
 1 on 10:00 Relay
 11:30 AM 3,075 Yards - Stress Value = 106

Workout #27575 - Saturday, 27 November 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:45 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{6 x 75 on 1:55 Back 1st 25 7 KOW
 {4 x 75 on 1:50 Back 1st 25 5 KOW
 {3 x 75 on 1:45 Back 1st 25 3 KOW
 1 on 10:00 Relay
 11:30 AM 2,400 Yards - Stress Value = 37

Workout #27574 - Saturday, 27 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 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
 550 22 x 25 on :40 USRPT-100 Back Pace
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{6 x 75 on 1:40 Back 1st 25 9 KOW
 {5 x 75 on 1:35 Back 1st 25 7 KOW
 {4 x 75 on 1:30 Back 1st 25 5 KOW
 1 on 10:00 Relays
 11:29 AM 2,875 Yards - Stress Value = 98

Workout #27585 - Saturday, 27 November 2021

HighSchl - USRPT

1 minute rest between sets

7:45 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Yoga RE
 225 15 x 15 on :45 Racing Skills-Crossover Turns SE
 1,000 40 x 25 on :30 200 Back Pace* SE
 1 on 8:00 Recovery #1 RE
 1,000 40 x 25 on :30 200 Breast Pace* SE
 1 on 8:00 Recovery #2 RE
 1,000 40 x 25 on :30 200 Free Pace* SE
 1 on 8:00 Recovery #3 RE
 1,000 40 x 25 on :30 200 Fly Pace* SE
 10:25 AM 4,225 Yards - Stress Value = 409

Workout #27599 - Monday, 29 November 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 3:30 2 strokes fly off walls
 {1 x 75 on 2:40 3 strokes fly off walls
 {1 x 50 on 1:45 4 strokes fly off walls
 {1 x 25 on 1:00 5 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 {2 x 100 on 3:30 3 strokes fly off walls
 {2 x 75 on 2:40 4 strokes fly off walls
 {2 x 50 on 1:45 5 strokes fly off walls
 {2 x 25 on 1:00 6 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 {1 x 100 on 3:30 4 strokes fly off walls
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:31 PM 2,125 Yards - Stress Value = 65

Workout #27594 - Monday, 29 November 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,250	1x{1 x 100 on 1:35 2 strokes fly off walls {1 x 75 on 1:10 3 strokes fly off walls {1 x 50 on :50 4 strokes fly off walls {1 x 25 on :30 5 strokes fly off walls {1 x 250 on 4:20 Butterfly {2 x 100 on 1:35 3 strokes fly off walls {2 x 75 on 1:10 4 strokes fly off walls {2 x 50 on :50 5 strokes fly off walls {2 x 25 on :30 6 strokes fly off walls {1 x 250 on 4:15 Butterfly {3 x 100 on 1:35 4 strokes fly off walls {3 x 75 on 1:10 5 strokes fly off walls {3 x 50 on :50 6 strokes fly off walls {3 x 25 on :30 7 strokes fly off walls {1 x 250 on 4:10 Butterfly 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,800 Yards - Stress Value = 126

Workout #27595 - Monday, 29 November 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,050	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 200 on 4:00 Butterfly {2 x 100 on 1:40 3 strokes fly off walls {2 x 75 on 1:15 4 strokes fly off walls {2 x 50 on :55 5 strokes fly off walls {2 x 25 on :35 6 strokes fly off walls {1 x 200 on 3:55 Butterfly {3 x 100 on 1:40 4 strokes fly off walls {3 x 75 on 1:15 5 strokes fly off walls {3 x 50 on :55 6 strokes fly off walls {1 x 25 on :35 7 strokes fly off walls {1 x 200 on 3:50 Butterfly 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,475 Yards - Stress Value = 108

Workout #27596 - Monday, 29 November 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,850	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 {2 x 100 on 1:55 3 strokes fly off walls {2 x 75 on 1:25 4 strokes fly off walls {2 x 50 on 1:00 5 strokes fly off walls {2 x 25 on :40 6 strokes fly off walls {1 x 150 on 3:25 Butterfly {3 x 100 on 1:55 4 strokes fly off walls {3 x 75 on 1:25 5 strokes fly off walls {3 x 50 on 1:00 6 strokes fly off walls {1 x 25 on :40 7 strokes fly off walls {1 x 100 on 2:15 Butterfly 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,225 Yards - Stress Value = 104

Workout #27598 - Monday, 29 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT 100 Fly Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,425	1x{1 x 100 on 2:30 2 strokes fly off walls {1 x 75 on 1:50 3 strokes fly off walls {1 x 50 on 1:15 4 strokes fly off walls {1 x 25 on :50 5 strokes fly off walls {1 x 100 on 3:00 Butterfly {2 x 100 on 2:30 3 strokes fly off walls {2 x 75 on 1:50 4 strokes fly off walls {2 x 50 on 1:15 5 strokes fly off walls {2 x 25 on :50 6 strokes fly off walls {1 x 100 on 3:00 Butterfly {3 x 100 on 2:30 4 strokes fly off walls {2 x 75 on 1:50 5 strokes fly off walls {1 x 25 on :50 7 strokes fly off walls 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	2,625 Yards - Stress Value = 84

Workout #27597 - Monday, 29 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	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 {2 x 100 on 2:05 3 strokes fly off walls {2 x 75 on 1:35 4 strokes fly off walls {2 x 50 on 1:05 5 strokes fly off walls {2 x 25 on :45 6 strokes fly off walls {1 x 150 on 3:40 Butterfly {3 x 100 on 2:05 4 strokes fly off walls {3 x 75 on 1:35 5 strokes fly off walls {1 x 50 on 1:05 6 strokes fly off walls {1 x 25 on :45 7 strokes fly off walls {1 x 50 on 1:00 Butterfly 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,000 Yards - Stress Value = 94

Workout #27586 - Monday, 29 November 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 45:00 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 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 4:00 Video Evaluations 1+/1-	REC
7:45 AM	3,225 Yards - Stress Value = 309	

Workout #27587 - Monday, 29 November 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM	Start	
=====	=====	=====
	1 on 15:00 DS/Dryland/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 8:00 Recovery #3	REC
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck	EN2 REC EN2 REC EN2 REC EN2
750	30 x 25 on :30 100 Free Pace** 1 on 15:00 Ankle Mobility	SP2 REC
5:30 PM	2,775 Yards - Stress Value = 240	

Workout #27600 - Tuesday, 30 November 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
1,900	1x{1 x 250 on 4:20 Breast Kick w/board {4 x 25 on :40 Breast Pull {2 x 200 on 3:30 Breast Kick w/board {4 x 25 on :40 Breast Pull {3 x 150 on 2:35 Breast Kick w/board {4 x 25 on :40 Breast Pull {4 x 100 on 1:45 Breast Kick w/board {4 x 25 on :40 Breast Pull
100	1 x 100 on 4:00 100 Breast Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,525 Yards - Stress Value = 118

Workout #27605 - Tuesday, 30 November 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
900	1x{1 x 150 on 6:00 Breast Kick w/board {4 x 25 on 1:00 Breast Pull {3 x 100 on 4:00 Breast Kick w/board {4 x 25 on 1:00 Breast Pull {3 x 50 on 2:00 Breast Kick w/board {4 x 25 on 1:00 Breast Pull
100	1 x 100 on 4:00 100 Breast Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,175 Yards - Stress Value = 74

Workout #27601 - Tuesday, 30 November 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
1,800	1x{1 x 250 on 4:55 Breast Kick w/board {4 x 25 on :40 Breast Pull {2 x 200 on 3:55 Breast Kick w/board {4 x 25 on :40 Breast Pull {3 x 150 on 2:55 Breast Kick w/board {4 x 25 on :40 Breast Pull {3 x 100 on 1:55 Breast Kick w/board {4 x 25 on :40 Breast Pull
100	1 x 100 on 4:00 100 Breast Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,425 Yards - Stress Value = 116

Workout #27602 - Tuesday, 30 November 2021

7:30 PM 2,900 Yards - Stress Value = 101

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,550	1x{1 x 250 on 5:25 Breast Kick w/board {4 x 25 on :45 Breast Pull {2 x 200 on 4:20 Breast Kick w/board {4 x 25 on :45 Breast Pull {3 x 150 on 3:25 Breast Kick w/board {4 x 25 on :45 Breast Pull {1 x 100 on 2:10 Breast Kick w/board {2 x 25 on :40 Breast Pull
100	1 x 100 on 4:00 100 Breast Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 111

Workout #27604 - Tuesday, 30 November 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,100	1x{1 x 200 on 6:00 Breast Kick w/board {4 x 25 on 1:00 Breast Pull {2 x 150 on 4:30 Breast Kick w/board {4 x 25 on 1:00 Breast Pull {3 x 100 on 3:00 Breast Kick w/board {4 x 25 on 1:00 Breast Pull
100	1 x 100 on 4:00 100 Breast Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,500 Yards - Stress Value = 90

Workout #27603 - Tuesday, 30 November 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,400	1x{1 x 200 on 4:50 Breast Kick w/board {4 x 25 on :45 Breast Pull {2 x 150 on 3:40 Breast Kick w/board {4 x 25 on :45 Breast Pull {3 x 100 on 2:25 Breast Kick w/board {4 x 25 on :45 Breast Pull {4 x 50 on 1:10 Breast Kick w/board {4 x 25 on :45 Breast Pull
100	1 x 100 on 4:00 100 Breast Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Breast for Time
200	1 x 200 on 4:00 Stroke Drills

Workout #27588 - Tuesday, 30 November 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Back Pace	SP2
	1 on 8:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Fly Pace*	SP2
	7:51 AM 4,725 Yards - Stress Value = 459	

Workout #27589 - Tuesday, 30 November 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
	1 on 10:00 Lane Line Survivor	EN2	
750	30 x 25 on :30 100 Breast Pace**	SP2	
	1 on 10:00 Hip Mobility	REC	
	5:32 PM 3,975 Yards - Stress Value = 384		

Workout #27606 - Wednesday, 01 December 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 100 Back Pace
950	1x{8 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick on L/R/S {6 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick on L/R/S {6 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick on L/R/S
	1 on 10:00 Racing Skills-Back Finishes
	7:30 PM 2,250 Yards - Stress Value = 100

Workout #27611 - Wednesday, 01 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 100 Back Pace
450 1x{4	4 x 25 on 1:00 Kick no board B
	{ 2 x 50 on 2:00 Kick on L/R
	{ 4 x 25 on 1:00 Kick no board B
	{ 3 x 50 on 2:00 Kick L/R/S
	1 on 10:00 Racing Skills-Back Finishes
7:29 PM	1,275 Yards - Stress Value = 53

Workout #27607 - Wednesday, 01 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 100 Back Pace
850 1x{8	8 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:05 Kick on L/R/S
	{ 6 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:05 Kick on L/R/S
	{ 4 x 25 on :35 Kick no board B
	{ 2 x 50 on 1:05 Kick on L/R
	1 on 10:00 Racing Skills-Back Finishes
7:30 PM	2,025 Yards - Stress Value = 85

Workout #27608 - Wednesday, 01 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 100 Back Pace
750 1x{8	8 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:15 Kick on L/R/S
	{ 6 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:15 Kick on L/R/S
	{ 4 x 25 on :40 Kick no board B
	1 on 10:00 Racing Skills-Back Finishes
7:30 PM	1,875 Yards - Stress Value = 83

Workout #27610 - Wednesday, 01 December 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 100 Back Pace
550 1x{4	4 x 25 on 1:00 Kick no board B
	{ 3 x 50 on 1:30 Kick on L/R/S
	{ 4 x 25 on 1:00 Kick no board B
	{ 3 x 50 on 1:30 Kick Streamline on back
	{ 2 x 25 on 1:00 Kick no board B
	1 on 10:00 Racing Skills-Back Finishes
7:30 PM	1,500 Yards - Stress Value = 67

Workout #27609 - Wednesday, 01 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 100 Back Pace
700 1x{6	6 x 25 on :45 Kick no board B
	{ 3 x 50 on 1:20 Kick on L/R/S
	{ 6 x 25 on :45 Kick no board B
	{ 3 x 50 on 1:20 Kick on L/R/S
	{ 4 x 25 on :45 Kick no board B
	1 on 10:00 Racing Skills-Back Finishes
7:31 PM	1,750 Yards - Stress Value = 75

Workout #27590 - Wednesday, 01 December 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers		REC
225	15 x 15 on :45 Racing Skills-#3 Shooters		SP3
2,250	30 x 75 on 1:05 500 Free Pace		SP2
	1 on 10:00 Underwater Racing		EN2
750	30 x 25 on :30 100 Fly Pace**		SP2
	1 on 9:00 Thoracic Mobility		REC
	1 on 9:00 Peer Coaching Starts		REC
5:30 PM	3,225 Yards - Stress Value = 309		

Workout #27617 - Thursday, 02 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
525	1x{1 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 4:00 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 4:00 Free Kick w/board
	{1 x 25 on 1:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:00 Free L.25 6bk
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 84

Workout #27612 - Thursday, 02 December 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
950	1x{1 x 100 on 1:40 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{2 x 100 on 1:45 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 1:50 Free Kick w/board
	{3 x 50 on 1:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,000	1x{1 x 100 on 1:30 Free L.25 6BK
	{1 x 100 on 1:30 Free L.25 2 breaths
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:25 Free L.25 6BK
	{2 x 100 on 1:25 Free L.25 2 breaths
	{2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:20 Free L.25 6bk
	{3 x 100 on 1:20 Free L.25 2 breaths
	{3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:15 Free L.25 6bk
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,500 Yards - Stress Value = 137

Workout #27613 - Thursday, 02 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
850	1x{1 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board

	{1 x 100 on 2:15 Free Kick w/board
	{3 x 100 on 2:00 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 100 on 1:40 Free L.25 6BK
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:35 Free L.25 6BK
	{2 x 100 on 1:35 Free L.25 2 breaths
	{2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:30 Free L.25 6bk
	{3 x 100 on 1:30 Free L.25 2 breaths
	{3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,200 Yards - Stress Value = 131

Workout #27614 - Thursday, 02 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
800	1x{1 x 100 on 2:05 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{3 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,775 Yards - Stress Value = 114

Workout #27616 - Thursday, 02 December 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
650	1x{1 x 100 on 2:35 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board {2 x 100 on 2:40 Free Kick w/board {1 x 50 on 1:45 Free Kick w/board {2 x 100 on 2:45 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:20 Free L.25 6bk {1 x 100 on 2:20 Free L.25 2 breaths {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,000 Yards - Stress Value = 92

Workout #27615 - Thursday, 02 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
700	1x{1 x 100 on 2:20 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board {2 x 100 on 2:30 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{1 x 100 on 2:05 Free L.25 6BK {1 x 100 on 2:05 Free L.25 2 breaths {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:00 Free L.25 6BK {2 x 100 on 2:00 Free L.25 2 breaths {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:55 Free L.25 6bk {2 x 100 on 1:55 Free L.25 2 breaths {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,475 Yards - Stress Value = 110

Workout #27591 - Thursday, 02 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
	1 on 45:00 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
7:44 AM 2,725 Yards - Stress Value = 259

Workout #27592 - Friday, 03 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
	1 on 30:00 DS/Dryland	
225	15 x 15 on :45 Racing Skills-Fly Shooters	REC SP3
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Back Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace*	SP2
	7:51 AM 4,725 Yards - Stress Value = 459	

Workout #27593 - Friday, 03 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 12:00 Tic Tac Toe Relay	EN
750	30 x 25 on :30 100 Back Pace**	SE
	1 on 12:00 Peer Coaching-Relay Starts	EN
	1 on 12:00 Shoulder Mobility	RE
	5:30 PM 2,475 Yards - Stress Value = 234	

Workout #27626 - Monday, 06 December 2021

Group 2 - Back

1 minute rest between sets

Yards	Set Description
	1 on 30:00 DS/Dryland
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
1,350	1x{1 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:00 Alt 25 kick on each side {3 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {3 x 50 on 1:00 Alt 25 kick on each side {4 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 120

5:30 PM Start
7:30 PM 3,100 Yards - Stress Value = 120

Workout #27631 - Monday, 06 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 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
700	1x{1 x 100 on 4:00 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 2:00 Alt 25 kick on each side
	{2 x 100 on 4:00 Streamline Kick on back
	{2 x 50 on 2:00 Alt 25 kick on each side
	{1 x 100 on 4:00 Streamline Kick on back
	{2 x 50 on 2:00 Alt 25 kick on each side
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,225 Yards - Stress Value = 92

Workout #27627 - Monday, 06 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,250	1x{1 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:05 Alt 25 kick on each side
	{2 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:05 Alt 25 kick on each side
	{3 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd
	{3 x 50 on 1:05 Alt 25 kick on each side
	{3 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,875 Yards - Stress Value = 105

Workout #27628 - Monday, 06 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,150	1x{1 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:10 Alt 25 kick on each side
	{3 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
	{3 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,725 Yards - Stress Value = 103

Workout #27630 - Monday, 06 December 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,000	1x{1 x 100 on 2:45 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:20 Alt 25 kick on each side
	{2 x 100 on 2:45 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:20 Alt 25 kick on each side
	{3 x 100 on 2:45 Streamline Kick on back
	{2 x 50 on 1:20 Alt 25 kick on each side
	{1 x 100 on 2:30 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 92

Workout #27629 - Monday, 06 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,100	1x{1 x 100 on 2:25 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:25 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:25 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{3 x 100 on 2:25 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 94

Workout #27618 - Monday, 06 December 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Free 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
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Video Evaluations 1+/-	REC
	7:46 AM 3,225 Yards - Stress Value = 309	

Workout #27619 - Monday, 06 December 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
400	8 x 50 on 3:00 50 Free Pace	SP2
300	1x{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 8:00 Recovery #3	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Ankle Mobility	REC
	5:33 PM 2,425 Yards - Stress Value = 205	

Workout #27632 - Tuesday, 07 December 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
900	1x{1 x 200 on 3:50 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:20 Breast Kick w/board
	{2 x 25 on :40 Breast Kick-streamline on back
	{2 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{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
	1 on 10:00 Racing Skills-Breast Starts
	7:31 PM 3,375 Yards - Stress Value = 112

Workout #27637 - Tuesday, 07 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
525	1x{1 x 200 on 7:00 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on bac
	{2 x 100 on 3:30 Breast Kick w/board
	{3 x 25 on 1:00 Breast Kick-streamline on bac
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 200 on 7:00 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on 1:00 Breast TO Drill w/fins
	{1 x 150 on 5:00 Breaststroke
	{1 on :30 Put fins on

{4 x 25 on 1:00 Breast TO drill w/fins
 {2 x 50 on 1:40 Breaststroke
 1 on 10:00 Racing Skills-Breast Starts
 7:30 PM 2,000 Yards - Stress Value = 68

Workout #27633 - Tuesday, 07 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
850	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
	{1 x 100 on 2:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{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
	1 on 10:00 Racing Skills-Breast Starts
	7:30 PM 3,225 Yards - Stress Value = 109

Workout #27634 - Tuesday, 07 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 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
750	1x{1 x 200 on 4:35 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:00 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	1 on 10:00 Racing Skills-Breast Starts
	7:31 PM 2,900 Yards - Stress Value = 97

Workout #27636 - Tuesday, 07 December 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
650	1x{1 x 200 on 5:30 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back {2 x 150 on 4:10 Breast Kick w/board {2 x 25 on :45 Breast Kick-streamline on back}
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{2 x 150 on 4:15 Breaststroke {1 on :30 Put fins on {4 x 25 on :45 Breast TO Drill w/fins {2 x 100 on 2:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {3 x 50 on 1:20 Breaststroke 1 on 10:00 Racing Skills-Breast Starts
7:30 PM	2,550 Yards - Stress Value = 86

Workout #27635 - Tuesday, 07 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
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
700	1x{1 x 200 on 5:00 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back {2 x 150 on 3:45 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back}
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{2 x 200 on 4:55 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO Drill w/fins {2 x 100 on 2:25 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {2 x 75 on 1:45 Breaststroke 1 on 10:00 Racing Skills-Breast Starts
7:30 PM	2,700 Yards - Stress Value = 94

Workout #27620 - Tuesday, 07 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	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
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Recovery #3	REC
1,500	30 x 50 on :30 200 Fly Pace	SP2
	1 on 10:00 Shoulder Mobility	REC
7:45 AM	4,725 Yards - Stress Value = 459	

Workout #27643 - Wednesday, 08 December 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	2x{1 x 100 on 3:00 Free L.25 6BK {1 x 100 on 3:00 Free L.25 2 breaths {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:55 Free L.25 6BK {2 x 100 on 2:55 Free L.25 2 breaths {3 x 50 on 1:30 Free L.25 5 KOW-Sprint to fir {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,650 Yards - Stress Value = 86

Workout #27638 - Wednesday, 08 December 2021

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
3,200	2x{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 {1 x 100 on 1:15 Free L.25 5 KOW-Sprint to fi {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,700 Yards - Stress Value = 145

Workout #27639 - Wednesday, 08 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,800	2x{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 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	4,300 Yards - Stress Value = 137

Workout #27640 - Wednesday, 08 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,500	2x{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 {1 x 100 on 1:40 Free L.25 2 breaths {2 x 75 on 1:15 Free L.25 5 KOW-Sprint to fir {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,825 Yards - Stress Value = 118

Workout #27642 - Wednesday, 08 December 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	2x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:25 Free L.25 6BK {1 x 100 on 2:25 Free L.25 2 breaths {1 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:20 Free L.25 6bk {1 x 100 on 2:20 Free L.25 2 breaths {1 x 100 on 2:20 Free L.25 5 KOW-Sprint to fi

{1 on 1:00 Rest

200 1 x 200 on 4:00 Stroke Drills
7:29 PM 3,000 Yards - Stress Value = 97

Workout #27641 - Wednesday, 08 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,300	2x{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 50 on :55 Free L.25 5 KOW-Sprint to fini {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,600 Yards - Stress Value = 114

Workout #27621 - Wednesday, 08 December 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC	
	Alfa Do Buckets 10@1:00		
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
400	8 x 50 on 3:00 50 Fly Pace	SP2	
	1 on 10:00 Hip Mobility	REC	
3,000	30 x 100 on 1:25 1650 Pace	SP2	
	Make 1 subtract 1		
	1 on 5:00 Video Evaluations 1+/1-	REC	
5:35 PM	3,625 Yards - Stress Value = 349		

Workout #27644 - Thursday, 09 December 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
900	1x{1 x 200 on 3:45 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 175 on 3:15 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 75 on 1:20 Breast Kick w/board
	1 on 10:00 Racing Skills-Breast Starts
7:29 PM	2,125 Yards - Stress Value = 86

Workout #27649 - Thursday, 09 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 600 1x{1 x 100 on 3:00 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {2 x 150 on 4:30 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {1 x 100 on 3:00 Breast Kick w/board
 1 on 10:00 Racing Skills-Breast Starts
 7:30 PM 1,475 Yards - Stress Value = 56

Workout #27645 - Thursday, 09 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Breast Pace
 850 1x{1 x 200 on 4:00 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {1 x 100 on 2:00 Breast Kick w/board
 1 on 10:00 Racing Skills-Breast Starts
 7:29 PM 2,075 Yards - Stress Value = 85

Workout #27646 - Thursday, 09 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1 on 23:00 TEACH DAY-Breaststroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Breast Pace
 750 1x{1 x 150 on 3:30 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 175 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {1 x 50 on 1:10 Breast Kick w/board
 1 on 10:00 Racing Skills-Breast Starts
 7:29 PM 1,850 Yards - Stress Value = 76

Workout #27648 - Thursday, 09 December 2021

Group 2 - Bronze

1 minute rest between sets

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

1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1 on 23:00 TEACH DAY-Breaststroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Breast Pace
 600 1x{1 x 100 on 2:45 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {2 x 150 on 4:05 Breast Kick w/board
 {2 x 25 on 1:00 Breast Kick-streamline on bac
 {1 x 100 on 2:45 Breast Kick w/board
 1 on 10:00 Racing Skills-Breast Starts
 7:28 PM 1,600 Yards - Stress Value = 68

Workout #27647 - Thursday, 09 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1 on 23:00 TEACH DAY-Breaststroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Breast Pace
 700 1x{1 x 100 on 2:30 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {2 x 175 on 4:25 Breast Kick w/board
 {4 x 25 on :45 Breast Kick-streamline on back
 {1 x 50 on 1:15 Breast Kick w/board
 1 on 10:00 Racing Skills-Breast Starts
 7:29 PM 1,800 Yards - Stress Value = 75

Workout #27622 - Thursday, 09 December 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====
 1 on 45:00 DS/Weights/Back to Pool RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 750 30 x 25 on :30 100 Fly Pace* SF
 1 on 8:00 Recovery #1 RE
 750 30 x 25 on :30 100 Free Pace* SF
 1 on 8:00 Recovery #2 RE
 1,500 30 x 50 on :55 200 Breast Pace* SF
 1 on 5:00 Video Evaluations 1+/- RE
 7:48 AM 3,225 Yards - Stress Value = 309

Workout #27656 - Thursday, 09 December 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 Bravo Do Buckets 10@1:00
 225 15 x 15 on :45 Racing Skills-#3 Shooters SP3
 400 8 x 50 on 3:00 50 Back Pace SP2
 1 on 10:00 Underwater Racing EN2
 1 on 9:00 Shoulder Mobility REC
 2,250 30 x 75 on 1:05 500 Free Pace SP2
 Make 1 subtract 1
 1 on 9:00 Peer Coaching Starts REC
 5:38 PM 2,875 Yards - Stress Value = 274

Workout #27655 - Friday, 10 December 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	5 x 50 on 3:00 50 Fly OTB	SE
650	1x{1 x 100 on 3:30 2 strokes fly off walls	EN
	{1 x 75 on 2:35 3 strokes fly off walls	EN
	{1 x 50 on 1:45 4 strokes fly off walls	EN
	{1 x 25 on 1:00 5 strokes fly off walls	EN
	{1 x 50 on 2:00 Butterfly	EN
	{1 x 100 on 3:30 3 strokes fly off walls	EN
	{1 x 75 on 2:35 4 strokes fly off walls	EN
	{1 x 50 on 1:45 5 strokes fly off walls	EN
	{1 x 25 on 1:00 6 strokes fly off walls	EN
	{1 x 100 on 4:00 Butterfly	EN
200	1 x 200 on 5:00 Stroke Drills	RE
	6:31 PM 1,450 Yards - Stress Value = 44	

Workout #27650 - Friday, 10 December 2021

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	5 x 50 on 3:00 50 Fly OTB	SE
1,500	1x{1 x 100 on 1:35 2 strokes fly off walls	EN
	{1 x 75 on 1:10 3 strokes fly off walls	EN
	{1 x 50 on :50 4 strokes fly off walls	EN
	{1 x 25 on :30 5 strokes fly off walls	EN
	{1 x 250 on 4:20 Butterfly	EN
	{1 x 100 on 1:35 3 strokes fly off walls	EN
	{1 x 75 on 1:10 4 strokes fly off walls	EN
	{1 x 50 on :50 5 strokes fly off walls	EN
	{1 x 25 on :30 6 strokes fly off walls	EN
	{1 x 250 on 4:15 Butterfly	EN
	{1 x 100 on 1:35 4 strokes fly off walls	EN
	{1 x 75 on 1:10 5 strokes fly off walls	EN
	{1 x 50 on :50 6 strokes fly off walls	EN
	{1 x 25 on :30 7 strokes fly off walls	EN
	{1 x 250 on 4:10 Butterfly	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:31 PM 2,400 Yards - Stress Value = 61	

Workout #27651 - Friday, 10 December 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	5 x 50 on 3:00 50 Fly OTB	SE
1,350	1x{1 x 100 on 1:40 2 strokes fly off walls	EN
	{1 x 75 on 1:15 3 strokes fly off walls	EN
	{1 x 50 on :55 4 strokes fly off walls	EN
	{1 x 25 on :35 5 strokes fly off walls	EN
	{1 x 200 on 4:00 Butterfly	EN
	{1 x 100 on 1:40 3 strokes fly off walls	EN
	{1 x 75 on 1:15 4 strokes fly off walls	EN
	{1 x 50 on :55 5 strokes fly off walls	EN
	{1 x 25 on :35 6 strokes fly off walls	EN
	{1 x 200 on 3:55 Butterfly	EN

{1 x 100 on 1:40 4 strokes fly off walls	EN
{1 x 75 on 1:15 5 strokes fly off walls	EN
{1 x 50 on :55 6 strokes fly off walls	EN
{1 x 25 on :35 7 strokes fly off walls	EN
{1 x 200 on 3:50 Butterfly	EN
250 1 x 250 on 5:00 Stroke Drills	RE
6:32 PM 2,300 Yards - Stress Value = 58	

Workout #27652 - Friday, 10 December 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	5 x 50 on 3:00 50 Fly OTB	SE
1,150	1x{1 x 100 on 1:55 2 strokes fly off walls	EN
	{1 x 75 on 1:25 3 strokes fly off walls	EN
	{1 x 50 on 1:00 4 strokes fly off walls	EN
	{1 x 25 on :40 5 strokes fly off walls	EN
	{1 x 150 on 3:30 Butterfly	EN
	{1 x 100 on 1:55 3 strokes fly off walls	EN
	{1 x 75 on 1:25 4 strokes fly off walls	EN
	{1 x 50 on 1:00 5 strokes fly off walls	EN
	{1 x 25 on :40 6 strokes fly off walls	EN
	{1 x 150 on 3:25 Butterfly	EN
	{1 x 100 on 1:55 4 strokes fly off walls	EN
	{1 x 75 on 1:25 5 strokes fly off walls	EN
	{1 x 50 on 1:00 6 strokes fly off walls	EN
	{1 x 25 on :40 7 strokes fly off walls	EN
	{1 x 100 on 2:15 Butterfly	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:31 PM 2,000 Yards - Stress Value = 54	

Workout #27654 - Friday, 10 December 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	5 x 50 on 3:00 50 Fly OTB	SE
950	1x{1 x 100 on 2:30 2 strokes fly off walls	EN
	{1 x 75 on 1:50 3 strokes fly off walls	EN
	{1 x 50 on 1:15 4 strokes fly off walls	EN
	{1 x 25 on :50 5 strokes fly off walls	EN
	{1 x 100 on 3:00 Butterfly	EN
	{1 x 100 on 2:30 3 strokes fly off walls	EN
	{1 x 75 on 1:50 4 strokes fly off walls	EN
	{1 x 50 on 1:15 5 strokes fly off walls	EN
	{1 x 25 on :50 6 strokes fly off walls	EN
	{1 x 100 on 3:00 Butterfly	EN
	{1 x 100 on 2:30 4 strokes fly off walls	EN
	{1 x 75 on 1:50 5 strokes fly off walls	EN
	{1 x 50 on 1:15 6 strokes fly off walls	EN
	{1 x 25 on :50 7 strokes fly off walls	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:32 PM 1,750 Yards - Stress Value = 50	

Workout #27653 - Friday, 10 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	5 x 50 on 3:00 50 Fly OTB	SE
1,100	1x{1 x 100 on 2:05 2 strokes fly off walls	EN
	{1 x 75 on 1:35 3 strokes fly off walls	EN
	{1 x 50 on 1:05 4 strokes fly off walls	EN
	{1 x 25 on :45 5 strokes fly off walls	EN
	{1 x 150 on 3:45 Butterfly	EN
	{1 x 100 on 2:05 3 strokes fly off walls	EN
	{1 x 75 on 1:35 4 strokes fly off walls	EN
	{1 x 50 on 1:05 5 strokes fly off walls	EN
	{1 x 25 on :45 6 strokes fly off walls	EN
	{1 x 150 on 3:40 Butterfly	EN
	{1 x 100 on 2:05 4 strokes fly off walls	EN
	{1 x 75 on 1:35 5 strokes fly off walls	EN
	{1 x 50 on 1:05 6 strokes fly off walls	EN
	{1 x 25 on :45 7 strokes fly off walls	EN
	{1 x 50 on 1:00 Butterfly	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:31 PM 1,950 Yards - Stress Value = 53	

Workout #27623 - Friday, 10 December 2021

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY V
=====	=====	=== =
	1 on 15:00 Dynamic Stretch/Showers	REC
	Charlie Do Buckets 10@1:00	
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 10:00 Racing Skills-UW Racing	EN2
	7:50 AM 4,225 Yards - Stress Value = 409	

Workout #27624 - Friday, 10 December 2021

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY WC
=====	=====	=== ==
	1 on 15:00 Dynamic Stretch/Showers	REC
	Delta Do Buckets 10@1:00	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
400	8 x 50 on 3:00 50 Breast Pace	SP2
	1 on 10:00 Thoracic Mobility	REC
1,500	30 x 50 on :50 200 Back Pace*	SP2
	1 on 15:00 Racing Skills-TTT Relay	EN2
	5:28 PM 2,125 Yards - Stress Value = 199	

Workout #27625 - Saturday, 11 December 2021

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-Crossover Turns	SE
750	30 x 25 on :30 200 Breast Pace*	SE
	1 on 5:00 Mobility	RE
750	30 x 25 on :30 200 Free Pace*	SE
	1 on 5:00 Mobility	RE
750	30 x 25 on :30 200 Fly Pace*	SE
	1 on 5:00 Mobility	RE
750	30 x 25 on :30 200 Back Pace*	SE
	1 on 45:00 Weights	RE
	9:31 AM 3,225 Yards - Stress Value = 309	

Workout #27664 - Monday, 13 December 2021

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,950	1x{4 x 200 on 3:30 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{3 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
	{6 x 25 on :30 Breast TO Drill w/fins
	{1 x 50 on :50 Breaststroke
200	1 on 10:00 Racing Skills-LP Turns
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 107

Workout #27669 - Monday, 13 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{2 x 200 on 7:00 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on 1:00 Breast TO Drill w/fins
	{2 x 150 on 5:00 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on 1:00 Breast TO drill w/fins
	{2 x 50 on 1:40 Breaststroke
	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,075 Yards - Stress Value = 64

Workout #27665 - Monday, 13 December 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,850	1x{4 x 200 on 3:50 Breaststroke {1 on :30 Put fins on {6 x 25 on :30 Breast TO Drill w/fins {3 x 150 on 2:50 Breaststroke {1 on :30 Put fins on {6 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 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,275 Yards - Stress Value = 105

Workout #27667 - Monday, 13 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{3 x 200 on 4:40 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO Drill w/fins {3 x 150 on 3:30 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {2 x 100 on 2:15 Breaststroke
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 90

Workout #27666 - Monday, 13 December 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{4 x 200 on 4:10 Breaststroke {1 on :30 Put fins on {4 x 25 on :35 Breast TO Drill w/fins {3 x 150 on 3:10 Breaststroke {1 on :30 Put fins on {4 x 25 on :35 Breast TO drill w/fins {2 x 100 on 2:05 Breaststroke {1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,950 Yards - Stress Value = 94

Workout #27657 - Monday, 13 December 2021

Beat Penn - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
	1 on 45:00 DS/Weights/Back to Pool	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :50 200 Free Pace	SP2	
	1 on 8:00 Recovery #1	REC	
750	15 x 50 on :55 200 Breast Pace	SP2	
	1 on 8:00 Recovery #2	REC	
375	15 x 25 on :30 100 Back Pace	SP2	
	1 on 8:00 Recovery #3	REC	
375	15 x 25 on :30 100 Fly Pace	SP2	
	7:38 AM 2,475 Yards - Stress Value = 235		

Workout #27658 - Monday, 13 December 2021

Beat Penn - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:45 PM Start	
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
750	30 x 25 on :30 #1 non-free 100 pace**	SP2
	1 on 8:00 Mobility-Choice	REC
300	1x{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 8:00 Mobility-Choice	REC
2,000	20 x 100 on 1:25 1650 Free Pace	SP2
	Make 1 subtract 1	
	1 on 8:00 Mobility-Choice	REC
	5:31 PM 3,275 Yards - Stress Value = 290	

Workout #27668 - Monday, 13 December 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{4 x 150 on 4:15 Breaststroke {1 on :30 Put fins on {4 x 25 on :45 Breast TO Drill w/fins {3 x 100 on 2:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :45 Breast TO drill w/fins {3 x 50 on 1:20 Breaststroke {1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 81

Workout #27675 - Tuesday, 14 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
1,000	1x{1 x 200 on 6:00 Free Kick w/board {2 x 50 on 1:45 Free Kick w/board {2 x 150 on 4:45 Free Kick w/board {2 x 50 on 1:45 Free Kick w/board {3 x 100 on 3:10 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Spinners
	7:30 PM 2,200 Yards - Stress Value = 87

Workout #27670 - Tuesday, 14 December 2021

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,750	1x{1 x 200 on 3:20 Free Kick w/board {2 x 50 on 1:00 Free Kick w/board {2 x 175 on 3:00 Free Kick w/board {2 x 50 on 1:00 Free Kick w/board {3 x 150 on 2:40 Free Kick w/board {2 x 50 on 1:00 Free Kick w/board {4 x 100 on 1:50 Free Kick w/board {1 x 50 on 1:00 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Spinners
	7:30 PM 3,300 Yards - Stress Value = 125

Workout #27671 - Tuesday, 14 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,650	1x{1 x 200 on 3:40 Free Kick w/board {2 x 50 on 1:05 Free Kick w/board {2 x 175 on 3:15 Free Kick w/board {2 x 50 on 1:05 Free Kick w/board {3 x 150 on 2:50 Free Kick w/board {2 x 50 on 1:05 Free Kick w/board {3 x 100 on 1:55 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Spinners
	7:30 PM 3,200 Yards - Stress Value = 122

Workout #27672 - Tuesday, 14 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,450	1x{1 x 200 on 4:15 Free Kick w/board {2 x 50 on 1:10 Free Kick w/board {2 x 175 on 3:45 Free Kick w/board {2 x 50 on 1:10 Free Kick w/board {3 x 150 on 3:15 Free Kick w/board {2 x 50 on 1:10 Free Kick w/board {2 x 75 on 1:40 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Spinners
	7:30 PM 2,825 Yards - Stress Value = 106

Workout #27674 - Tuesday, 14 December 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,100	1x{1 x 200 on 5:20 Free Kick w/board {2 x 50 on 1:35 Free Kick w/board {2 x 175 on 4:45 Free Kick w/board {2 x 50 on 1:35 Free Kick w/board {2 x 150 on 4:15 Free Kick w/board {1 x 50 on 1:25 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Spinners
	7:30 PM 2,350 Yards - Stress Value = 95

Workout #27673 - Tuesday, 14 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,300	1x{1 x 200 on 4:40 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board {2 x 175 on 4:10 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board {3 x 150 on 3:40 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time 1 on 10:00 Racing Skills-Spinners
	7:30 PM 2,675 Yards - Stress Value = 103

Workout #27659 - Tuesday, 14 December 2021

Beat Penn - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :55 200 Back Pace	SP2	
	1 on 8:00 Recovery #1	REC	
750	15 x 50 on :55 200 Fly Pace	SP2	
	1 on 8:00 Recovery #2	REC	
375	15 x 25 on :30 100 Free Pace	SP2	
	1 on 8:00 Recovery #3	REC	
375	15 x 25 on :30 100 Breast Pace	SP2	
	7:39 AM 2,475 Yards - Stress Value = 235		

Workout #27681 - Wednesday, 15 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 24:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
225	15 x 15 on 1:00 USRPT-100 Fly Pace
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 10:00 Racing Skills-Fly Breakouts
	7:30 PM 1,125 Yards - Stress Value = 37

Workout #27676 - Wednesday, 15 December 2021

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters

	1 on 24:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
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 10:00 Racing Skills-Fly Breakouts
	7:30 PM 2,250 Yards - Stress Value = 100

Workout #27677 - Wednesday, 15 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 24:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
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 10:00 Racing Skills-Fly Breakouts
	7:30 PM 2,025 Yards - Stress Value = 85

Workout #27678 - Wednesday, 15 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 24:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
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 10:00 Racing Skills-Fly Breakouts
	7:30 PM 1,875 Yards - Stress Value = 83

Workout #27680 - Wednesday, 15 December 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 24:00 TEACH DAY-Fly
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
600 1x{4	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 10:00 Racing Skills-Fly Breakouts
7:30 PM	1,550 Yards - Stress Value = 68

Workout #27679 - Wednesday, 15 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 24:00 TEACH DAY-Fly
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
700 1x{4	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 10:00 Racing Skills-Fly Breakouts
7:30 PM	1,750 Yards - Stress Value = 75

Workout #27660 - Wednesday, 15 December 2021

Beat Penn - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
375	15 x 25 on :30 100 Free Pace**	SP2
	1 on 16:00 Yoga	REC
750 1x{5	5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	1 on 15:00 Racing Skills-1 leg starts	REC
	1 on 20:00 Team Meeting	REC
5:28 PM	1,350 Yards - Stress Value = 122	

Workout #27682 - Thursday, 16 December 2021

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3

150	10 x 15 on :45 Racing Skills-Back Shooters
450	6 x 75 on 3:00 Backstroke
	3+/4+/5+/6+/7+/8+
800 1x{1	1 x 100 on 1:55 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:55 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:55 Streamline Kick on back
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700 1x{5	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
	{3 x 50 on :50 Back-Descend
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,750 Yards - Stress Value = 91

Workout #27687 - Thursday, 16 December 2021

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
450	6 x 75 on 3:00 Backstroke
	3+/4+/5+/6+/7+/8+
500 1x{1	1 x 100 on 3:00 Streamline Kick on back
	{2 x 50 on 1:30 Alt 25 kick on each side
	{2 x 100 on 3:00 Streamline Kick on back
	{2 x 50 on 1:30 Alt 25 kick on each side
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875 1x{4	4 x 100 on 3:00 Back alt 25's 10KOW
	{3 x 50 on 1:30 Back-descend
	{3 x 75 on 2:15 Back alt 25's 10KOW
	{2 x 50 on 1:30 Back-descend
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,525 Yards - Stress Value = 69

Workout #27683 - Thursday, 16 December 2021

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
450	6 x 75 on 3:00 Backstroke
	3+/4+/5+/6+/7+/8+
750 1x{1	1 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{2 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{2 x 100 on 2:05 Streamline Kick on back
	{1 x 50 on 1:05 Atl 25 kick on each side
150 1x{6	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550 1x{5	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
	{3 x 75 on 1:15 Back alt 25's 10KOW
	{1 x 50 on :55 Backstroke-fast
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,550 Yards - Stress Value = 87

Workout #27684 - Thursday, 16 December 2021

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 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
 450 6 x 75 on 3:00 Backstroke
 3+/4+/5+/6+/7+/8+
 700 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,425 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
 {2 x 75 on 1:20 Back alt 25's 10KOW
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,325 Yards - Stress Value = 84

{ Evens-underwaters, count kicks
 1,175 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
 {2 x 50 on 1:05 Back-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,125 Yards - Stress Value = 81

Workout #27661 - Thursday, 16 December 2021

Beat Penn - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY W
 =====
 1 on 15:00 Dynamic Stretch>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 10:00 Recovery #1 REC
 225 15 x 15 on :50 200 Free Pace SP2
 1 on 10:00 Recovery #2 REC
 375 15 x 25 on :30 100 Fly Pace SP2
 1 on 10:00 Recovery #3 REC
 375 15 x 25 on :30 100 Back Pace SP2
 5:29 PM 1,950 Yards - Stress Value = 182

Workout #27686 - Thursday, 16 December 2021

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 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
 450 6 x 75 on 3:00 Backstroke
 3+/4+/5+/6+/7+/8+
 550 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
 {1 x 100 on 2:45 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,075 1x{4 x 100 on 2:25 Back at 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {3 x 75 on 1:50 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {2 x 50 on 1:10 Back alt 25's 10KOW
 {1 x 50 on 1:20 Backstroke-FAST
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,775 Yards - Stress Value = 74

Workout #27693 - Friday, 17 December 2021

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Dryland
 200 1 x 200 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 500 20 x 25 on :45 100 Back Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 6:00 Individual Medley
 {2 x 100 on 3:00 Mystery Medley
 {1 x 200 on 6:00 Individual Medley
 {2 x 100 on 3:00 Mystery Medley
 {1 x 200 on 6:00 Individual Medley
 {1 x 100 on 2:00 Mystery Medley
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,300 Yards - Stress Value = 78

Workout #27688 - Friday, 17 December 2021

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch>Showers
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 750 30 x 25 on :30 100 Back Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,000 1x{1 x 200 on 3:10 Individual Medley
 {3 x 100 on 1:30 Mystery Medley
 {1 x 200 on 3:05 Individual Medley
 {3 x 100 on 1:30 Mystery Medley
 {1 x 200 on 3:00 Individual Medley
 {3 x 100 on 1:30 Mystery Medley
 {1 x 200 on 2:55 Individual Medley
 {3 x 100 on 1:30 Mystery Medley
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 3,550 Yards - Stress Value = 121

Workout #27685 - Thursday, 16 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 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
 450 6 x 75 on 3:00 Backstroke
 3+/4+/5+/6+/7+/8+
 800 1x{1 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

Workout #27689 - Friday, 17 December 2021

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 15:00 Dynamic Stretch>Showers
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Crossover Turns
150	25 x 25 on :35 100 Back Pace
1,900	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 200 on 3:20 Individual Medley
	{3 x 100 on 1:40 Mystery Medley
	{1 x 200 on 3:15 Individual Medley
	{3 x 100 on 1:40 Mystery Medley
	{1 x 200 on 3:10 Individual Medley
	{3 x 100 on 1:40 Mystery Medley
	{1 x 200 on 3:05 Individual Medley
200	{2 x 100 on 1:40 Mystery Medley
	1 x 200 on 4:00 Stroke Drills
6:30 PM 3,325 Yards - Stress Value = 106	

Workout #27690 - Friday, 17 December 2021

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 15:00 Dynamic Stretch>Showers
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Crossover Turns
150	25 x 25 on :35 100 Back Pace
1,700	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 200 on 3:50 Individual Medley
	{2 x 100 on 1:50 Mystery Medley
	{1 x 200 on 3:45 Individual Medley
	{2 x 100 on 1:50 Mystery Medley
	{1 x 200 on 3:40 Individual Medley
	{3 x 100 on 1:50 Mystery Medley
	{1 x 200 on 3:35 Individual Medley
200	{2 x 100 on 1:50 Mystery Medley
	1 x 200 on 4:00 Stroke Drills
6:30 PM 3,075 Yards - Stress Value = 102	

Workout #27692 - Friday, 17 December 2021

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
500	10 x 15 on :45 Racing Skills-Crossover Turns
150	20 x 25 on :45 100 Back Pace
1,300	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 200 on 5:00 Individual Medley
	{3 x 100 on 2:30 Mystery Medley
	{1 x 200 on 4:55 Individual Medley
	{2 x 100 on 2:30 Mystery Medley
	{1 x 200 on 4:50 Individual Medley
	{2 x 100 on 2:30 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
6:31 PM 2,500 Yards - Stress Value = 82	

Workout #27691 - Friday, 17 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
550	10 x 15 on :45 Racing Skills-Crossover Turns
150	22 x 25 on :40 100 Back Pace
1,500	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{1 x 200 on 4:10 Individual Medley
	{3 x 100 on 2:00 Mystery Medley
	{1 x 200 on 4:05 Individual Medley
	{3 x 100 on 2:00 Mystery Medley
	{1 x 200 on 4:00 Individual Medley
	{3 x 100 on 2:00 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
6:29 PM 2,800 Yards - Stress Value = 91	

Workout #27662 - Friday, 17 December 2021

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 Dynamic Stretch>Showers		REC
500	15 x 15 on :45 Racing Skills-#2 Shooters		SP3
	20 x 25 on :30 200 Fly Pace		SP2
	1 on 10:00 Recovery #1		REC
225	15 x 15 on :50 200 Back Pace		SP2
	1 on 10:00 Recovery #2		REC
375	15 x 25 on :30 100 Breast Pace		SP2
	1 on 10:00 Recovery #3		REC
375	15 x 25 on :30 100 Free Pace		SP2
4:40 PM 1,700 Yards - Stress Value = 157			

Workout #27663 - Saturday, 18 December 2021

Beat Penn - USRPT

1 minute rest between sets

8:30 AM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 Dynamic Stretch>Showers		REC
750	15 x 15 on :45 Racing Skills-#1 Shooters		SP3
	15 x 50 on :50 #1 200 Pace		SP3
	1 on 10:00 Mobility-Choice		REC
375	15 x 25 on :30 #2 100 Pace		SP2
	1 on 30:00 Yoga		REC
9:59 AM 1,350 Yards - Stress Value = 77			

Workout #27705 - Monday, 20 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Free Pace
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
	1 on 10:00 Racing Skills-Finishes StrghtArm
11:29 AM 1,550 Yards - Stress Value = 67	

Workout #27700 - Monday, 20 December 2021

Group 2 - Freestylers

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 23:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Free Pace
 900 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 x 50 on :55 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes StrghtArm
 11:30 AM 2,250 Yards - Stress Value = 99

Workout #27701 - Monday, 20 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 23:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Free Pace
 850 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
 {2 x 25 on :45 Tombstone Kicking
 1 on 10:00 Racing Skills-Finishes StrghtArm
 11:30 AM 2,200 Yards - Stress Value = 98

Workout #27702 - Monday, 20 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 23:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT 100 Free Pace
 800 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
 {2 x 25 on :45 Tombstone Kicking
 1 on 10:00 Racing Skills-Finishes StrghtArm
 11:30 AM 1,975 Yards - Stress Value = 84

Workout #27704 - Monday, 20 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 23:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Free Pace
 650 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 2:30 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes StrghtArm
 11:30 AM 1,700 Yards - Stress Value = 74

Workout #27703 - Monday, 20 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Weights/Back to Pool
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 23:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 750 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 x 50 on 1:10 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes StrghtArm
 11:30 AM 1,925 Yards - Stress Value = 83

Workout #27694 - Monday, 20 December 2021

Beat Penn - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters SP3
 750 15 x 50 on :55 Your #2 200 Pace SP2
 1 on 10:00 Mobility-your choice REC
 375 15 x 25 on :30 Your #1 100 pace SP2
 1 on 45:00 Team Meeting REC
 4:45 PM 1,350 Yards - Stress Value = 122

Workout #27712 - Wednesday, 22 December 2021

Group 2 - Breast

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	5 x 50 on 3:00 Breaststroke-OTB
900	1x{1 x 200 on 3:45 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:15 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 100 on 1:50 Breast Kick w/board
	{2 x 25 on :40 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{2 x 200 on 3:30 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:35 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO drill w/fins
	{3 x 100 on 1:40 Breaststroke
	1 on 10:00 Game
11:30 AM	2,950 Yards - Stress Value = 75

Workout #27711 - Wednesday, 22 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
225	15 x 15 on 1:00 USRPT-100 Fly Pace
700	1x{4 x 25 on 1:00 Kick no board BSLR
	{4 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
	{2 x 25 on 1:00 Kick no board B
	{1 x 100 on 4:00 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
11:31 AM	1,825 Yards - Stress Value = 54

Workout #27717 - Wednesday, 22 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	5 x 50 on 3:00 Breaststroke-OTB
525	1x{1 x 200 on 7:00 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on bac
	{2 x 100 on 3:30 Breast Kick w/board
	{3 x 25 on 1:00 Breast Kick-streamline on bac
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 200 on 7:00 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on 1:00 Breast TO Drill w/fins

{1 x 150 on 5:00 Breaststroke	
{1 on :30 Put fins on	
{4 x 25 on 1:00 Breast TO drill w/fins	
{2 x 50 on 1:40 Breaststroke	
1 on 10:00 Game	
11:30 AM	1,825 Yards - Stress Value = 55

Workout #27723 - Wednesday, 22 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
500	20 x 25 on :45 USRPT-100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,275	1x{5 x 125 on 3:25 Back alt 25's 10KOW
	{3 x 50 on 1:30 Back-descend
	{4 x 100 on 3:00 Back alt 25's 10KOW
	{2 x 50 on 1:30 Back-FAST
	1 on 10:00 Racing Skills-back finishes
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	2,475 Yards - Stress Value = 81

Workout #27706 - Wednesday, 22 December 2021

Group 2 - Fly

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,400	1x{4 x 25 on :30 Kick no board BSLR
	{5 x 50 on :55 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{6 x 75 on 1:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:50 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	3,150 Yards - Stress Value = 121

Workout #27707 - Wednesday, 22 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,200	1x{4 x 25 on :35 Kick no board BSLR {5 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 {6 x 25 on :35 Kick no board BSLRBS {3 x 100 on 2:05 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,825 Yards - Stress Value = 104

Workout #27713 - Wednesday, 22 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	5 x 50 on 3:00 Breaststroke-OTB
850	1x{1 x 200 on 4:05 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {2 x 175 on 3:30 Breast Kick w/board {4 x 25 on :40 Breast Kick-streamline on back {1 x 100 on 1:55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{2 x 200 on 3:45 Breaststroke {1 on :30 Put fins on {4 x 25 on :30 Breast TO Drill w/fins {2 x 150 on 2:45 Breaststroke {1 on :30 Put fins on {4 x 25 on :30 Breast TO drill w/fins {2 x 100 on 1:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :30 Breast TO Drill w/fins 1 on 10:00 Game
	11:30 AM 2,800 Yards - Stress Value = 72

Workout #27708 - Wednesday, 22 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,050	1x{4 x 25 on :40 Kick no board BSLR {5 x 50 on 1:10 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {4 x 75 on 1:50 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:20 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks

100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,550 Yards - Stress Value = 94

Workout #27714 - Wednesday, 22 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	5 x 50 on 3:00 Breaststroke-OTB
800	1x{1 x 200 on 4:30 Breast Kick w/board {2 x 25 on :45 Breast Kick-streamline on back {2 x 175 on 3:55 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back {1 x 100 on 2:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{2 x 200 on 4:25 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO Drill w/fins {2 x 125 on 2:45 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {2 x 100 on 2:10 Breaststroke 1 on 10:00 Game
	11:31 AM 2,550 Yards - Stress Value = 68

Workout #27710 - Wednesday, 22 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	20 x 25 on :45 USRPT-100 Fly Pace
900	1x{4 x 25 on :45 Kick no board BSLR {4 x 50 on 1:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {4 x 75 on 2:15 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,300 Yards - Stress Value = 86

Workout #27716 - Wednesday, 22 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	5 x 50 on 3:00 Breaststroke-OTB
650	1x{1 x 200 on 5:30 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back {2 x 150 on 4:10 Breast Kick w/board {2 x 25 on :45 Breast Kick-streamline on back}
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{2 x 150 on 4:15 Breaststroke {1 on :30 Put fins on {4 x 25 on :45 Breast TO Drill w/fins {2 x 100 on 2:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {3 x 50 on 1:20 Breaststroke 1 on 10:00 Game
11:30 AM	2,150 Yards - Stress Value = 61

Workout #27709 - Wednesday, 22 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
1,000	1x{4 x 25 on :40 Kick no board BSLR {4 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 {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:40 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	2,500 Yards - Stress Value = 93

Workout #27715 - Wednesday, 22 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	5 x 50 on 3:00 Breaststroke-OTB
700	1x{1 x 200 on 5:00 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back {2 x 150 on 3:45 Breast Kick w/board {4 x 25 on :45 Breast Kick-streamline on back}
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{2 x 200 on 4:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO Drill w/fins {2 x 100 on 2:20 Breaststroke {1 on :30 Put fins on

{4 x 25 on :40 Breast TO drill w/fins
{2 x 75 on 1:45 Breaststroke
1 on 10:00 Game
11:30 AM 2,350 Yards - Stress Value = 64

Workout #27695 - Wednesday, 22 December 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 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 Free Pace	SP2
	1 on 8:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
9:30 AM	3,975 Yards - Stress Value = 384	

Workout #27696 - Wednesday, 22 December 2021

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Recovery #3	REC
3,000	30 x 100 on 1:25 1650 Pace	SP2
	Make one subtract one	
	1 on 5:00 Your Choice Recovery	REC
600	30 x 20 on :25 Your #1 100 Pace**	SP2
4:54 PM	4,575 Yards - Stress Value = 444	

Workout #27718 - Thursday, 23 December 2021

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,425	1x{6 x 150 on 2:15 Back atl 25's 10KOW {3 x 50 on :45 Back-descend {5 x 125 on 1:55 Back alt 25's 10KOW {3 x 50 on :45 Back-descend {4 x 100 on 1:30 Back alt 25's 10KOW {4 x 50 on :45 Back-descend
200	1 on 10:00 Racing Skills-back finishes 1 x 200 on 4:00 Stroke Drills
11:30 AM	3,975 Yards - Stress Value = 129

Workout #27719 - Thursday, 23 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,275	1x{6 x 150 on 2:30 Back alt 25's 10KOW {3 x 50 on :50 Back-descend {5 x 125 on 2:05 Back alt 25's 10KOW {4 x 50 on :50 Back-descend {4 x 100 on 1:40 Back alt 25's 10KOW
200	1 on 10:00 Racing Skills-back finishes
	1 x 200 on 4:00 Stroke Drills
	11:31 AM 3,700 Yards - Stress Value = 113

Workout #27720 - Thursday, 23 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
625	25 x 25 on :35 USRPT-100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,975	1x{6 x 150 on 2:50 Back alt 25's 10KOW {3 x 50 on :55 Back-descend {5 x 125 on 2:20 Back alt 25's 10KOW {4 x 50 on :55 Back-Descend {1 x 100 on 1:50 Back-alt 10 KOW
	1 on 10:00 Racing Skills-back finishes
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,350 Yards - Stress Value = 107

Workout #27722 - Thursday, 23 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
550	22 x 25 on :40 USRPT-100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,425	1x{5 x 125 on 3:00 Back at 25's 10KOW {4 x 50 on 1:20 Back-descend {4 x 100 on 2:40 Back alt 25's 10KOW {4 x 50 on 1:20 Back-descend
	1 on 10:00 Racing Skills-back finishes
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,675 Yards - Stress Value = 89

Workout #27721 - Thursday, 23 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{5 x 125 on 2:45 Back alt 25's 10KOW {4 x 50 on 1:05 Back-descend {4 x 100 on 2:10 Back alt 25's 10KOW {4 x 50 on 1:05 Back-descend {3 x 75 on 1:40 Back alt 25's 10KOW
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-back finishes
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,025 Yards - Stress Value = 100

Workout #27697 - Thursday, 23 December 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 45:00 DS/Weights/Back to Pool	RE
375	15 x 25 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
1,500	30 x 50 on :50 200 Fly Pace	SE
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
	9:29 AM 4,125 Yards - Stress Value = 390	

Workout #27698 - Thursday, 23 December 2021

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY W
=====	=====	== =
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #3	REC
2,250	30 x 75 on 1:05 500 Free Pace	SP2
	Make one subrtact one	
600	30 x 20 on :25 Your #2 100 Pace**	SP2
	4:39 PM 3,825 Yards - Stress Value = 369	

Workout #27699 - Friday, 24 December 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 45:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,000	40 x 25 on :30 Non free 200 Pace	SE
	1 on 6:00 Recovery #1	RE
1,800	18 x 100 on 2:01 Beat The Clock!	EN
	1 on 6:00 Recovery #2	RE
750	30 x 25 on :30 Non Free 100 Pace	SE
	100 and 200 should be different strokes	
	1 on 6:00 Recovery #3	RE
	1 on 15:00 Tic Tac Toe Relay	EN
	9:45 AM 3,775 Yards - Stress Value = 292	

Workout #27729 - Monday, 27 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
475	1x{4 x 25 on 1:00 Kick no board BSLR
	{2 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 75 on 3:00 Fly Kick w/board
	{1 x 25 on 1:00 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	5x{8 x 25 on :50 Butterfly
	{1 on 1:00 Rest
	1 on 10:00 Game
11:30 AM	1,975 Yards - Stress Value = 35

Workout #27724 - Monday, 27 December 2021

Group 2 - Fly

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	9x{8 x 25 on :25 Butterfly
	{1 on 1:00 Rest
	1 on 10:00 Game
11:31 AM	3,350 Yards - Stress Value = 61

Workout #27725 - Monday, 27 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
850	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:35 Fly Kick w/board
	{6 x 25 on :35 Kick no board BSLRBS
	{2 x 100 on 2:05 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	8x{8 x 25 on :30 Butterfly
	{1 on 1:00 Rest
	1 on 10:00 Game
11:32 AM	3,050 Yards - Stress Value = 55

Workout #27726 - Monday, 27 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:50 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	7x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
	1 on 10:00 Game
11:31 AM	2,700 Yards - Stress Value = 49

Workout #27728 - Monday, 27 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	1x{4 x 25 on :45 Kick no board BSLR
	{2 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 Fly Kick w/board
	{2 x 25 on :45 Kick no board BS
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 25 on :45 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{8 x 25 on :45 Butterfly
	{1 on 1:00 Rest
	1 on 10:00 Game
11:34 AM	2,325 Yards - Stress Value = 42

Workout #27727 - Monday, 27 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly 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 BSL
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{8 x 25 on :40 Butterfly
	{1 on 1:00 Rest
	1 on 10:00 Game
11:30 AM	2,450 Yards - Stress Value = 44

Workout #27754 - Monday, 27 December 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	REC
	Alfa do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 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 13:00 Turn Relay	SP3
750	30 x 25 on :30 100 Free Pace	SP2
	9:30 AM 3,225 Yards - Stress Value = 309	

Workout #27755 - Monday, 27 December 2021

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
	Bravo do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Fly Pace	SP2
	1 on 8:00 Recovery #3	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	4:30 PM 3,225 Yards - Stress Value = 309	

Workout #27735 - Tuesday, 28 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	
200	1 x 200 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Racing Skills-Free Shooters	
450	6 x 75 on 4:00 Free OTB	
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	
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	
	11:30 AM 2,300 Yards - Stress Value = 79	

Workout #27730 - Tuesday, 28 December 2021

Group 2 - Freestylers

1 minute rest between sets

9:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	
300	1 x 300 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Racing Skills-Free Shooters	
450	6 x 75 on 4:00 Free OTB	
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	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,675	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	
	{3 x 125 on 1:45 Freestyle	
	11:30 AM 3,525 Yards - Stress Value = 102	

Workout #27731 - Tuesday, 28 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	
300	1 x 300 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Racing Skills-Free Shooters	
450	6 x 75 on 4:00 Free-OTB	
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	
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	
	{4 x 50 on :50 Free-descend to 5s obt	
	{2 x 100 on 1:30 Freestyle	
	11:30 AM 3,375 Yards - Stress Value = 98	

Workout #27732 - Tuesday, 28 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	
250	1 x 250 on 5:00 SunYangFree-Count strokes	
150	10 x 15 on :45 Racing Skills-Free Shooters	
450	6 x 75 on 4:00 Free OTB	
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	
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 1:35 Freestyle	
	11:30 AM 3,125 Yards - Stress Value = 94	

Workout #27734 - Tuesday, 28 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
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
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 {4 x 100 on 2:10 Freestyle {3 x 50 on 1:10 Free-descend to 5s obt
	11:30 AM 2,600 Yards - Stress Value = 85

Workout #27733 - Tuesday, 28 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
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
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
	11:30 AM 2,950 Yards - Stress Value = 91

Workout #27756 - Tuesday, 28 December 2021

HighSchl - USRPT

1 minute rest between sets

10:15 AM Start

Yards	Set Description	EGY	WORK	STK	PACE
=====	=====	===	===	===	=====
	1 on 59:59 DS/Yoga/Shower	REC		L	DRY
	11:15 AM	0	Yards		

Workout #27736 - Wednesday, 29 December 2021

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 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
1,350	1x{1 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:00 Alt 25 kick on each side

{2 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd
{2 x 50 on 1:00 Alt 25 kick on each side
{3 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd
{3 x 50 on 1:00 Alt 25 kick on each side
{4 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd
100 1 x 100 on 4:00 100 SL Kick for Time
150 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100 1 x 100 on 4:00 OTB-100 Back for Time
1 on 10:00 Relay
200 1 x 200 on 4:00 Stroke Drills
11:30 AM 3,050 Yards - Stress Value = 120

Workout #27741 - Wednesday, 29 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
700	1x{1 x 100 on 4:00 Alt SL KoB/Fr Kck w/brd {2 x 50 on 2:00 Alt 25 kick on each side {2 x 100 on 4:00 Streamline Kick on back {2 x 50 on 2:00 Alt 25 kick on each side {1 x 100 on 4:00 Streamline Kick on back {2 x 50 on 2:00 Alt 25 kick on each side
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
1 on 10:00 Relay	
200	1 x 200 on 4:00 Stroke Drills
11:31 AM 2,175 Yards - Stress Value = 92	

Workout #27737 - Wednesday, 29 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,250	1x{1 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:05 Alt 25 kick on each side {2 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:05 Alt 25 kick on each side {3 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd {3 x 50 on 1:05 Alt 25 kick on each side {3 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
1 on 10:00 Relay	
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 2,825 Yards - Stress Value = 105	

Workout #27738 - Wednesday, 29 December 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Back Shooters
1,150	25 x 25 on :35 USRPT-100 Back Pace
	1x{1 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:10 Alt 25 kick on each side
	{3 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
	{3 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,675 Yards - Stress Value = 103

Workout #27740 - Wednesday, 29 December 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
150	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Back Shooters
1,000	25 x 25 on :35 USRPT-100 Back Pace
	1x{1 x 100 on 2:45 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:20 Alt 25 kick on each side
	{2 x 100 on 2:45 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:20 Alt 25 kick on each side
	{3 x 100 on 2:45 Streamline Kick on back
	{2 x 50 on 1:20 Alt 25 kick on each side
	{1 x 100 on 2:30 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,475 Yards - Stress Value = 92

Workout #27739 - Wednesday, 29 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Back Shooters
1,100	25 x 25 on :35 USRPT-100 Back Pace
	1x{1 x 100 on 2:25 Alt SL KoB/Fr Kck w/brd
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:25 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:25 Streamline Kick on back
	{2 x 50 on 1:05 Alt 25 kick on each side
	{3 x 100 on 2:25 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time

1 on 10:00 Relay
200 1 x 200 on 4:00 Stroke Drills
11:30 AM 2,625 Yards - Stress Value = 94

Workout #27757 - Wednesday, 29 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	7:00 AM Start	
	1 on 45:00 DS/Weights/Back to Pool	REC
	Charlie do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Free 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 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 13:00 Racing Skills-TN Turn Drill	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	9:30 AM 3,225 Yards - Stress Value = 309	

Workout #27758 - Wednesday, 29 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:00 PM Start	
	1 on 15:00 Dynamic Stretch/Showers	REC
	Delta do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
2,400	32 x 75 on 1:05 500 Free Pace	SP2
	Make 1 subtract 1	
	1 on 8:00 Recovery #3	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	4:40 PM 4,125 Yards - Stress Value = 399	

Workout #27742 - Thursday, 30 December 2021

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,950	1x{4 x 200 on 3:30 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{3 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
	{6 x 25 on :30 Breast TO Drill w/fins
	{1 x 50 on :50 Breaststroke
	1 on 10:00 Racing Skills-LP Turns
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,375 Yards - Stress Value = 107

Workout #27747 - Thursday, 30 December 2021

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{2 x 200 on 7:00 Breaststroke {1 on :30 Put fins on {4 x 25 on 1:00 Breast TO Drill w/fins {2 x 150 on 5:00 Breaststroke {1 on :30 Put fins on {4 x 25 on 1:00 Breast TO drill w/fins {2 x 50 on 1:40 Breaststroke
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,075 Yards - Stress Value = 64

Workout #27746 - Thursday, 30 December 2021

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{4 x 150 on 4:15 Breaststroke {1 on :30 Put fins on {4 x 25 on :45 Breast TO Drill w/fins {3 x 100 on 2:50 Breaststroke {1 on :30 Put fins on {4 x 25 on :45 Breast TO drill w/fins {3 x 50 on 1:20 Breaststroke
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,450 Yards - Stress Value = 81

Workout #27743 - Thursday, 30 December 2021

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,850	1x{4 x 200 on 3:50 Breaststroke {1 on :30 Put fins on {6 x 25 on :30 Breast TO Drill w/fins {3 x 150 on 2:50 Breaststroke {1 on :30 Put fins on {6 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 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,275 Yards - Stress Value = 105

Workout #27745 - Thursday, 30 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{3 x 200 on 4:40 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO Drill w/fins {3 x 150 on 3:30 Breaststroke {1 on :30 Put fins on {4 x 25 on :40 Breast TO drill w/fins {2 x 100 on 2:15 Breaststroke
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,750 Yards - Stress Value = 90

Workout #27744 - Thursday, 30 December 2021

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	9:30 AM Start
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{4 x 200 on 4:10 Breaststroke {1 on :30 Put fins on {4 x 25 on :35 Breast TO Drill w/fins {3 x 150 on 3:10 Breaststroke {1 on :30 Put fins on {4 x 25 on :35 Breast TO drill w/fins {2 x 100 on 2:05 Breaststroke
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,950 Yards - Stress Value = 94

Workout #27759 - Thursday, 30 December 2021

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK	PACE
	10:15 AM Start				
	1 on 59:59 DS/Yoga/Shower	REC		L	DRY
	11:15 AM 0 Yards				

Workout #27753 - Friday, 31 December 2021

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 Teach Day-IM
150	1x{6 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
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 board 1L1R1C
	1 on 10:00 Racing Skills-Crossover Turns
	11:30 AM 2,475 Yards - Stress Value = 166

Workout #27748 - Friday, 31 December 2021

Group 2 - IM'ers

1 minute rest between sets

9:30 AM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Turns
	1 on 23:00 Teach Day-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,000	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 10:00 Racing Skills-Crossover Turns
	11:30 AM 2,350 Yards - Stress Value = 101

Workout #27749 - Friday, 31 December 2021

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 Teach Day-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Fly Pace
900	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 { 8 x 25 on :35 Kick no board 4L4R { 4 x 50 on 1:00 Kick 1fly 1brst 2free
	1 on 10:00 Racing Skills-Crossover Turns
	11:30 AM 2,250 Yards - Stress Value = 99

Workout #27750 - Friday, 31 December 2021

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 Teach Day-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Fly Pace
800	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 { 4 x 50 on 1:10 Kick 1fly 1brst 2free
	1 on 10:00 Racing Skills-Crossover Turns
	11:30 AM 1,975 Yards - Stress Value = 84

Workout #27752 - Friday, 31 December 2021

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 Teach Day-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Fly Pace
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 { 4 x 50 on 1:30 Kick 1fly 1brst 2free { 4 x 25 on :45 Kick no board 2L2R
	1 on 10:00 Racing Skills-Crossover Turns
	11:30 AM 1,650 Yards - Stress Value = 69

Workout #27751 - Friday, 31 December 2021

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 Teach Day-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Fly Pace
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
	1 on 10:00 Racing Skills-Crossover Turns
	11:30 AM 1,850 Yards - Stress Value = 76

Workout #27760 - Friday, 31 December 2021

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	REC
	Alfa do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 13:00 Racing Skills-UW Racing	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	9:30 AM 3,225 Yards - Stress Value = 309	

Workout #27761 - Friday, 31 December 2021

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	F
	Bravo do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Back Shooters	S
1,500	1x{10 x 50 on :55 400 IM Pace	S
	{1 on 1:00 Rest	F
	{10 x 50 on :55 400 IM Pace	S
	{1 on 1:00 Rest	F
	{10 x 50 on :55 400 IM Pace	S
	1 on 8:00 Recovery #3	F
1,500	30 x 50 on :50 200 Free Pace	S
	4:32 PM 3,225 Yards - Stress Value = 309	