

Workout #27762 - Saturday, 01 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
10:00 AM Start		
225	15 x 15 on :45 Racing Skills-Crossover Turns	SI
1,000	40 x 25 on :30 200 Fly Pace*	SI
	1 on 8:00 Recovery #1	RE
1,000	40 x 25 on :30 200 Back Pace*	SI
	1 on 8:00 Recovery #2	RE
1,000	40 x 25 on :30 200 Breast Pace*	SI
	1 on 8:00 Recovery #3	RE
1,000	40 x 25 on :30 200 Free Pace*	SI
	1 on 15:00 Scullilng Drill Relay	RE
	12:30 PM 4,225 Yards - Stress Value = 409	

Yards	Set Description	EC
	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	
1,700	1x{8 x 25 on :35 Kick no board BSLR	
	{5 x 50 on 1:05 Fly Kick w/board	
	{8 x 25 on :35 Kick no board BSLR	
	{6 x 75 on 1:35 Fly Kick w/board	
	{8 x 25 on :35 Kick no board BSLR	
	{4 x 100 on 2:00 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	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,325 Yards - Stress Value = 114	

Workout #27765 - Monday, 03 January 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
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	
225	15 x 15 on 1:00 USRPT-100 Fly Pace	
900	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	
	{4 x 75 on 3:00 Fly Kick w/board	
	{4 x 25 on 1:00 Kick no board BSLR	
	{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	
200	1 x 200 on 4:00 Stroke Drills	
	7:29 PM 2,025 Yards - Stress Value = 50	

Yards	Set Description	EC
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	
1,500	1x{8 x 25 on :40 Kick no board BSLR	
	{5 x 50 on 1:10 Fly Kick w/board	
	{8 x 25 on :40 Kick no board BSLR	
	{6 x 75 on 1:40 Fly Kick w/board	
	{8 x 25 on :40 Kick no board BSLR	
	{2 x 100 on 2:10 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	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,000 Yards - Stress Value = 103	

Workout #27767 - Monday, 03 January 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
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	
1,950	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 75 on 1:25 Fly Kick w/board	
	{8 x 25 on :30 Kick no board BSLR	
	{6 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	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,700 Yards - Stress Value = 130	

Yards	Set Description	EC
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	
500	20 x 25 on :45 USRPT-100 Fly Pace	
1,200	1x{8 x 25 on :45 Kick no board BSLR	
	{4 x 50 on 1:30 Fly Kick w/board	
	{8 x 25 on :45 Kick no board BSLR	
	{4 x 75 on 2:15 Fly Kick w/board	
	{8 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	
200	1 x 200 on 4:00 Stroke Drills	
	7:29 PM 2,600 Yards - Stress Value = 90	

Workout #27764 - Monday, 03 January 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM Start		

Yards	Set Description	EC
5:30 PM Start		

Workout #27766 - Monday, 03 January 2022

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
1,400	1x{8 x 25 on :40 Kick no board BSLR
	{ 6 x 50 on 1:20 Fly Kick w/board
	{ 8 x 25 on :40 Kick no board BSLR
	{ 4 x 75 on 1:55 Fly Kick w/board
	{ 8 x 25 on :40 Kick no board BSLR
	{ 2 x 100 on 2:30 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 99

Workout #27787 - Monday, 03 January 2022

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
	Alfa do buckets 10X20@1:00	
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 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Recovery #3	REC
	7:49 AM 3,225 Yards - Stress Value = 309	

Workout #27788 - Monday, 03 January 2022

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-#4 Shooters	SP3	
400	8 x 50 on 3:00 50 Free Pace	SP2	
	1 on 11:00 Thoracic Mobility	REC	
1,500	30 x 50 on :50 200 Fly Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
	1 on 11:00 Hip Mobility	REC	
	5:30 PM 2,125 Yards - Stress Value = 199		

Workout #27774 - Tuesday, 04 January 2022

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
	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
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

7:29 PM 1,600 Yards - Stress Value = 72

Workout #27769 - Tuesday, 04 January 2022

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-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 4:35 Free Kick w/board
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 200 on 3:40 Free Kick w/board
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 150 on 2:45 Free Kick w/board
	{ 2 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes StrghtArm
	7:29 PM 2,200 Yards - Stress Value = 98

Workout #27770 - Tuesday, 04 January 2022

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-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
825	1x{1 x 250 on 4:55 Free Kick w/board
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 200 on 3:55 Free Kick w/board
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 150 on 2:55 Free Kick w/board
	{ 1 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes StrghtArm
	7:29 PM 2,175 Yards - Stress Value = 97

Workout #27771 - Tuesday, 04 January 2022

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
	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
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 1 on 10:00 Racing Skills-Finishes StrghtArm
7:29 PM	1,950 Yards - Stress Value = 83

Workout #27773 - Tuesday, 04 January 2022

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-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
600	1x{1 x 200 on 5:20 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {1 x 150 on 4:00 Free Kick w/board {4 x 25 on 1:00 Tombstone Kicking {1 x 50 on 1:20 Free Kick w/board 1 on 10:00 Racing Skills-Finishes StrghtArm
7:29 PM	1,650 Yards - Stress Value = 73

Workout #27772 - Tuesday, 04 January 2022

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-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
700	1x{1 x 200 on 5:00 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 150 on 3:45 Free Kick w/board {4 x 25 on :45 Tombstone Kicking {1 x 100 on 2:30 Free Kick w/board {2 x 25 on :45 Tombstone Kicking 1 on 10:00 Racing Skills-Finishes StrghtArm
7:29 PM	1,875 Yards - Stress Value = 82

Workout #27789 - Tuesday, 04 January 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	REC
	Charlie do buckets 10X20@1:00	
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 Fly 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
	7:49 AM 3,225 Yards - Stress Value = 309	

Workout #27775 - Wednesday, 05 January 2022

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,150	1x{2 x 200 on 4:00 Breast 2K1P {3 x 50 on 1:00 Breast descend {2 x 200 on 4:00 Breast 3-4-5-6 sec glide {4 x 50 on :55 Breast-descend {2 x 200 on 4:00 Breast-2K1P {4 x 50 on :50 Breast-descend {2 x 200 on 4:00 Breast 3-4-5-6 sec glide 1 on 10:00 Racing Skills-Starts
7:30 PM	3,325 Yards - Stress Value = 95

Workout #27780 - Wednesday, 05 January 2022

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
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
1,250	1x{2 x 100 on 3:15 Breast 2K1P {3 x 50 on 2:00 Breast descend {2 x 100 on 3:15 Breast 3-4-5-6 sec glide {3 x 50 on 1:55 Breast-descend {2 x 100 on 3:15 Breast-2K1P {3 x 50 on 1:50 Breast-descend {2 x 100 on 3:15 Breast-3-4-5-6 sec glide 1 on 10:00 Racing Skills-Starts
7:31 PM	2,075 Yards - Stress Value = 61

Workout #27776 - Wednesday, 05 January 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	10 x 25 on :30 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Breast Shooters
150	25 x 25 on :35 USRPT 100 Breast Pace
2,050	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{2 x 200 on 4:15 Breast 2K1P {3 x 50 on 1:05 Breast descend {2 x 200 on 4:15 Breast 3-4-5-6 sec glide {3 x 50 on 1:00 Breast-descend {2 x 200 on 4:15 Breast-2K1P {3 x 50 on :55 Breast-descend {2 x 200 on 4:15 Breast-3-4-5-6 sec glide 1 on 10:00 Racing Skills-Starts
7:31 PM	3,225 Yards - Stress Value = 93

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-Breast Shooters
150	22 x 25 on :40 USRPT 100 Breast Pace
1,650	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{2 x 200 on 5:10 Breast 2K1P {3 x 50 on 1:20 Breast descend {2 x 200 on 5:10 Breast 3-4-5-6 sec glide {3 x 50 on 1:15 Breast-descend {1 x 200 on 5:10 Breast-2K1P {3 x 50 on 1:10 Breast-descend {1 x 200 on 5:10 Breast-3-4-5-6 sec glide 1 on 10:00 Racing Skills-Starts
7:30 PM	2,700 Yards - Stress Value = 82

Workout #27790 - Wednesday, 05 January 2022

HighSchl - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY WC
225	1 on 15:00 Dynamic Stretch>Showers	REC
400	Delta Do Buckets 10@1:00	
400	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
3,200	8 x 50 on 3:00 50 Breast Pace	SP2
	1 on 10:00 Ankle Mobility	REC
	32 x 100 on 1:25 1650 Pace	SP2
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	REC
	5:38 PM 3,825 Yards - Stress Value = 369	

Workout #27777 - Wednesday, 05 January 2022

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
550	10 x 15 on :45 Racing Skills-Breast Shooters
150	22 x 25 on :40 USRPT 100 Breast Pace
1,850	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{2 x 200 on 4:40 Breast 2K1P {3 x 50 on 1:10 Breast descend {2 x 200 on 4:40 Breast 3-4-5-6 sec glide {4 x 50 on 1:05 Breast-descend {2 x 200 on 4:40 Breast-2K1P {4 x 50 on 1:00 Breast-descend {1 x 100 on 2:20 Breast-3-4-5-6 sec glide 1 on 10:00 Racing Skills-Starts
7:30 PM	2,900 Yards - Stress Value = 85

Workout #27781 - Thursday, 06 January 2022

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 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Back Shooters
950	30 x 25 on :30 USRPT-100 Back Pace
100	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:45 Streamline Kick on back {2 x 25 on :30 Kick no board B w/fins
1,700	100 1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 2x{1 x 150 on 2:15 Backstroke {2 x 125 on 1:50 Backstroke {2 x 100 on 1:25 Backstroke {2 x 75 on 1:05 Backstroke {1 x 100 on 2:00 EZ Free 1 on 10:00 Relay
7:31 PM	3,950 Yards - Stress Value = 130

Workout #27779 - Wednesday, 05 January 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
500	10 x 15 on :45 Racing Skills-Breast Shooters
150	20 x 25 on :45 USRPT 100 Breast Pace
1,500	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{2 x 150 on 4:15 Breast 2K1P {3 x 50 on 1:30 Breast descend {2 x 150 on 4:15 Breast 3-4-5-6 sec glide {3 x 50 on 1:25 Breast-descend {2 x 150 on 4:15 Breast-2K1P {3 x 50 on 1:20 Breast-FAST {1 x 150 on 4:15 Breast-3-4-5-6 glide 1 on 10:00 Racing Skills-Starts
7:30 PM	2,450 Yards - Stress Value = 76

Workout #27778 - Wednesday, 05 January 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Workout #27786 - Thursday, 06 January 2022

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
500	20 x 25 on :45 USRPT-100 Back Pace
550	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:35 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	2x{1 x 150 on 4:30 Backstroke
	{1 x 100 on 2:55 Backstroke
	{2 x 50 on 1:25 Backstroke
	{1 x 50 on 2:00 EZ Free
	1 on 10:00 RELAY
7:29 PM	2,300 Yards - Stress Value = 81

Workout #27782 - Thursday, 06 January 2022

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
625	25 x 25 on :35 USRPT-100 Back Pace
850	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:20 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:05 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	2x{1 x 150 on 2:40 Backstroke
	{2 x 125 on 2:10 Backstroke
	{1 x 100 on 1:45 Backstroke
	{2 x 75 on 1:15 Backstroke
	{1 x 50 on 1:45 EZ Free
	1 on 10:00 RELAY
7:31 PM	3,425 Yards - Stress Value = 111

Workout #27783 - Thursday, 06 January 2022

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
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
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:15 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	2x{1 x 150 on 3:05 Backstroke
	{1 x 125 on 2:30 Backstroke
	{2 x 100 on 1:55 Backstroke
	{1 x 75 on 1:25 Backstroke

{1 x 50 on 1:30 EZ Free
1 on 10:00 Relay
7:30 PM 3,050 Yards - Stress Value = 99

Workout #27785 - Thursday, 06 January 2022

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
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
900	2x{1 x 150 on 4:10 Backstroke
	{1 x 100 on 2:45 Backstroke
	{3 x 50 on 1:20 Backstroke
	{1 x 50 on 2:00 EZ Free
	1 on 10:00 RELAY
7:30 PM	2,500 Yards - Stress Value = 89

Workout #27784 - Thursday, 06 January 2022

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
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 2:25 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	2x{1 x 150 on 3:30 Backstroke
	{1 x 125 on 2:50 Backstroke
	{1 x 100 on 2:15 Backstroke
	{2 x 50 on 1:05 Backstroke
	{1 x 50 on 1:30 EZ Free
	1 on 10:00 RELAY
7:30 PM	2,850 Yards - Stress Value = 95

Workout #27791 - Thursday, 06 January 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 DS/Weights/Back to Pool	RF
	Alfa do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
750	30 x 25 on :30 100 Breast Pace	SF
	1 on 8:00 Recovery #1	RF
750	30 x 25 on :30 100 Free Pace	SF
	1 on 8:00 Recovery #2	RF
1,000	40 x 25 on :30 200 Fly Pace	SF
	1 on 8:00 Recovery #3	RF
7:44 AM	2,725 Yards - Stress Value = 259	

Workout #27792 - Thursday, 06 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:45 PM Start		
1	15:00 Dynamic Stretch/Showers	REC	
	Bravo 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 11:00 Thoracic Mobility	REC	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
	1 on 11:00 Hip Mobility	REC	
	5:30 PM 2,125 Yards - Stress Value = 199		

Workout #27793 - Friday, 07 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
	5:30 AM Start	
1	15:00 Dynamic Stretch/Showers	RE
	Charlie do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Fly Shooters	SE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 8:00 Recovery #3	RE
1,500	1x{10 x 50 on :55 400 IM Pace	SE
	{1 on 1:00 Rest	RE
	{10 x 50 on :55 400 IM Pace	SE
	{1 on 1:00 Rest	RE
	{10 x 50 on :55 400 IM Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
	1 on 8:00 Ankle Mobility	RE
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{6 x 15 on :20 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{4 x 15 on :15 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{2 x 15 on :10 Undr Wtr Fly Kck	EN
	1 on 18:00 Yoga	RE
	7:45 AM 3,525 Yards - Stress Value = 315	

Workout #27794 - Friday, 07 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:45 PM Start		
1	15:00 Dynamic Stretch/Showers	REC	
	Delta do buckets 10X20@1:00		
225	15 x 15 on :45 Racing Skills-#1 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	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
	5:33 PM 3,225 Yards - Stress Value = 309		

Workout #27795 - Saturday, 08 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
1	15:00 DS/Showers	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
1	on 15:00 UW Racing	EN
	9:30 AM 4,225 Yards - Stress Value = 409	

Workout #27796 - Monday, 10 January 2022

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
750	30 x 25 on :30 USRPT-100 Back Pace
900	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:00 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:55 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:45 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	1x{1 x 200 on 8:00 Backstroke
	{1 x 175 on 7:00 Backstroke
	{1 x 150 on 6:00 Backstroke
	{1 x 125 on 5:00 Backstroke
	{1 x 100 on 4:00 Backstroke
	{1 x 75 on 3:00 Backstroke
	{1 x 50 on 2:00 Backstroke
	7:32 PM 3,125 Yards - Stress Value = 169

Workout #27801 - Monday, 10 January 2022

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
500	20 x 25 on :45 USRPT-100 Back Pace
550	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:35 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	1x{1 x 200 on 8:00 Backstroke
	{1 x 175 on 7:00 Backstroke
	{1 x 150 on 6:00 Backstroke
	{1 x 125 on 5:00 Backstroke
	{1 x 100 on 4:00 Backstroke
	{1 x 75 on 3:00 Backstroke
	{1 x 50 on 2:00 Backstroke
	7:32 PM 2,425 Yards - Stress Value = 137

Workout #27797 - Monday, 10 January 2022

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
850	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:20 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:05 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	1x{1 x 200 on 8:00 Backstroke
	{1 x 175 on 7:00 Backstroke
	{1 x 150 on 6:00 Backstroke
	{1 x 125 on 5:00 Backstroke
	{1 x 100 on 4:00 Backstroke
	{1 x 75 on 3:00 Backstroke
	{1 x 50 on 2:00 Backstroke
7:32	PM 2,950 Yards - Stress Value = 155

Workout #27798 - Monday, 10 January 2022

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
750	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:35 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:30 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 50 on 1:15 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	1x{1 x 200 on 8:00 Backstroke
	{1 x 175 on 7:00 Backstroke
	{1 x 150 on 6:00 Backstroke
	{1 x 125 on 5:00 Backstroke
	{1 x 100 on 4:00 Backstroke
	{1 x 75 on 3:00 Backstroke
	{1 x 50 on 2:00 Backstroke
7:32	PM 2,800 Yards - Stress Value = 153

Workout #27800 - Monday, 10 January 2022

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
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	1x{1 x 200 on 8:00 Backstroke

{1 x 175 on 7:00 Backstroke
{1 x 150 on 6:00 Backstroke
{1 x 125 on 5:00 Backstroke
{1 x 100 on 4:00 Backstroke
{1 x 75 on 3:00 Backstroke
{1 x 50 on 2:00 Backstroke
7:32 PM 2,525 Yards - Stress Value = 143

Workout #27799 - Monday, 10 January 2022

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
550	22 x 25 on :40 USRPT-100 Back Pace
700	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 50 on 1:20 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
875	1x{1 x 200 on 8:00 Backstroke
	{1 x 175 on 7:00 Backstroke
	{1 x 150 on 6:00 Backstroke
	{1 x 125 on 5:00 Backstroke
	{1 x 100 on 4:00 Backstroke
	{1 x 75 on 3:00 Backstroke
	{1 x 50 on 2:00 Backstroke
7:32	PM 2,675 Yards - Stress Value = 145

Workout #27820 - Monday, 10 January 2022

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
	Alfa do buckets 10@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 Back Pace	SP2
	1 on 8:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Recovery #3	REC
7:49	AM 3,225 Yards - Stress Value = 309	

Workout #27821 - Monday, 10 January 2022

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@1:00	
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 9:00 Shoulder Mobility	REC
600	30 x 20 on :25 100 Fly Pace**	EN2
	1 on 10:00 Thoracic Mobility	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 10:00 Hip Mobility	REC
	5:30 PM 2,625 Yards - Stress Value = 177	

Workout #27822 - Tuesday, 11 January 2022

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
	Charlie do buckets 10@1:00	
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 #1	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Recovery #3	REC
	7:51 AM 3,225 Yards - Stress Value = 309	

Workout #27807 - Wednesday, 12 January 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 23:00 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	
	7:29 PM 1,125 Yards - Stress Value = 37	

Workout #27802 - Wednesday, 12 January 2022

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 23:00 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	
	7:29 PM 2,250 Yards - Stress Value = 100	

Workout #27803 - Wednesday, 12 January 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 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	
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	
	7:29 PM 2,025 Yards - Stress Value = 85	

Workout #27804 - Wednesday, 12 January 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 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	
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	
	7:29 PM 1,875 Yards - Stress Value = 83	

Workout #27806 - Wednesday, 12 January 2022

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 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
 600 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 1 on 10:00 Racing Skills-Fly Breakouts
 7:29 PM 1,550 Yards - Stress Value = 68

Workout #27805 - Wednesday, 12 January 2022

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 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
 700 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 25 on :40 Kick no board BS
 1 on 10:00 Racing Skills-Fly Breakouts
 7:29 PM 1,750 Yards - Stress Value = 75

Workout #27823 - Wednesday, 12 January 2022

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-#2 Shooters SP3
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 7:00 Video Evaluations 1+/1- REC
 600 30 x 20 on :25 100 Free Pace** SP2
 1 on 10:00 Foam Rolling/Lcrsse Ball REC
 1,000 40 x 25 on :30 200 Fly Pace SP2
 5:30 PM 3,325 Yards - Stress Value = 319

Workout #27808 - Thursday, 13 January 2022

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
 625 25 x 25 on :35 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:40 Breast 2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:40 Breast-3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:40 Breast-2k1p
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:40 Breast 3-4-5-6 glide
 1 on 10:00 Game
 7:30 PM 3,425 Yards - Stress Value = 104

Workout #27813 - Thursday, 13 January 2022

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
 450 1x{1 x 50 on 2:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {1 x 50 on 2:00 Breast Pull
 {1 x 100 on 4:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast descend
 {1 x 100 on 4:00 Breast 3-4-5-6 sec glide
 {1 x 50 on 1:55 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {2 x 50 on 1:50 Breast-descend
 1 on 10:00 Game
 7:30 PM 1,975 Yards - Stress Value = 63

Workout #27809 - Thursday, 13 January 2022

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 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 200 on 3:55 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 3:55 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 3:55 Breast-2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 100 on 1:55 Breast-3-4-5-6 sec glide
 1 on 10:00 Game
 7:30 PM 3,225 Yards - Stress Value = 101

Workout #27810 - Thursday, 13 January 2022

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
550	22 x 25 on :40 USRPT 100 Breast Pace
800	1x{1 x 50 on 1:10 Breast Kick w/board
	{ 3 x 50 on 1:10 Breast Pull
	{ 2 x 75 on 1:45 Breast Kick w/board
	{ 3 x 50 on 1:10 Breast Pull
	{ 3 x 100 on 2:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	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
	{ 2 x 50 on 1:00 Breast-descend
	1 on 10:00 Game
7:30	PM 2,900 Yards - Stress Value = 91

Workout #27812 - Thursday, 13 January 2022

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 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
500	20 x 25 on :45 USRPT 100 Breast Pace
650	1x{1 x 50 on 1:25 Breast Kick w/board
	{ 3 x 50 on 1:25 Breast Pull
	{ 2 x 75 on 2:05 Breast Kick w/board
	{ 2 x 50 on 1:25 Breast Pull
	{ 2 x 100 on 2:50 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	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
	{ 1 x 50 on 1:20 Breast-descend
	1 on 10:00 Game
7:30	PM 2,450 Yards - Stress Value = 82

Workout #27811 - Thursday, 13 January 2022

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 :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
	{ 1 x 100 on 2:30 Breast Kick w/board
	{ 2 x 50 on 1:15 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	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 on 10:00 Game
7:31	PM 2,750 Yards - Stress Value = 91

Workout #27824 - Thursday, 13 January 2022

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
	Alfa do buckets 10@1:00	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
750	30 x 25 on :30 100 Back Pace	SF
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Breast Pace	SF
	1 on 8:00 Recovery #2	RE
1,500	30 x 50 on :50 200 Free Pace	SF
	1 on 8:00 Recovery #3	RE
7:49	AM 3,225 Yards - Stress Value = 309	

Workout #27825 - Thursday, 13 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 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-#4 Shooters	SP3	
2,250	30 x 75 on 1:05 500 Free Pace	SP2	
	1 on 8:00 Thoracic Mobility	REC	
	1 on 8:00 Shoulder Mobility	REC	
	1 on 20:00 UndrwtrRcng/TTT Relay	EN2	
600	30 x 20 on :25 100 Back Pace**	SP2	
5:31	PM 3,075 Yards - Stress Value = 294		

Workout #27819 - Friday, 14 January 2022

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
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
900	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
	{ 3 x 50 on 1:30 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
6:29	PM 2,100 Yards - Stress Value = 74

Workout #27814 - Friday, 14 January 2022

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Dryland
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 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
 2,000 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
 { 4 x 50 on :45 Free-descend to 5s obt
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,500 Yards - Stress Value = 121

Workout #27815 - Friday, 14 January 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Dryland
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 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
 1,650 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
 { 3 x 50 on :50 Free-descend to 5s obt
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,200 Yards - Stress Value = 114

Workout #27816 - Friday, 14 January 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Dryland
 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 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
 { 3 x 50 on :55 Free-descend to 5s obt
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,925 Yards - Stress Value = 99

Workout #27818 - Friday, 14 January 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 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 Free Pace
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 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
 { 2 x 100 on 2:05 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,400 Yards - Stress Value = 80

Workout #27817 - Friday, 14 January 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 20:00 DS/Dryland
 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
 150 1x{6 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
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,775 Yards - Stress Value = 96

Workout #27826 - Friday, 14 January 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY W
 =====
 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
 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 8:00 Recovery #3 REC
 1,500 30 x 50 on :55 200 Breast Pace REC
 1 on 8:00 Video Evaluations REC
 9:25 AM 4,725 Yards - Stress Value = 309

Workout #27827 - Friday, 14 January 2022

HighSchl - USRPT

1 minute rest between sets

3:00 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 REC
 3,200 32 x 100 on 1:25 1650 Free Pace SP2
 Make one subtract one
 1 on 8:00 Video Evaluations 1+/1- REC
 600 30 x 20 on :25 100 Breast Pace** SP2
 4:36 PM 4,025 Yards - Stress Value = 380

Workout #27828 - Saturday, 15 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,000	40 x 25 on :30 200 Breast Pace*	SE
	1 on 8:00 Group Meetings	RE
1,000	40 x 25 on :30 200 Free Pace*	SE
	1 on 8:00 Group Meetings	RE
1,000	40 x 25 on :30 200 Fly Pace*	SE
	1 on 10:00 Team Meetings	RE
1,000	40 x 25 on :30 200 Back Pace*	SE
	1 on 15:00 Captain's Choice Game/Relay	EM
9:32 AM	4,225 Yards - Stress Value = 409	

Yards	Set Description
5:30 PM	Start
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
1,800	25 x 25 on :35 USRPT 100 Breast Pace
	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 2:05 Breast Kick w/board
	{2 x 50 on 1:05 Breast Pull
	{4 x 125 on 2:30 Breast Kick w/board
	{1 x 50 on 1:05 Breast Pull
	{2 x 150 on 2:55 Breast Kick w/board
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 #27829 - Monday, 17 January 2022

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
2,100	25 x 25 on :35 USRPT 100 Breast Pace
	1x{1 x 50 on :55 Breast Kick w/board
	{4 x 50 on 1:00 Breast Pull
	{2 x 75 on 1:20 Breast Kick w/board
	{3 x 50 on 1:00 Breast Pull
	{3 x 100 on 1:45 Breast Kick w/board
	{2 x 50 on 1:00 Breast Pull
	{4 x 125 on 2:10 Breast Kick w/board
	{1 x 50 on 1:00 Breast Pull
	{4 x 150 on 2:35 Breast Kick w/board
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	3,725 Yards - Stress Value = 122

Workout #27831 - Monday, 17 January 2022

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
550	10 x 15 on :45 Racing Skills-Breast Shooters
1,650	22 x 25 on :40 USRPT 100 Breast Pace
	1x{1 x 50 on 1:10 Breast Kick w/board
	{4 x 50 on 1:10 Breast Pull
	{2 x 75 on 1:40 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
	{3 x 100 on 2:15 Breast Kick w/board
	{2 x 50 on 1:10 Breast Pull
	{4 x 125 on 2:45 Breast Kick w/board
	{1 x 50 on 1:10 Breast Pull
	{1 x 150 on 3:30 Breast Kick w/board
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	3,150 Yards - Stress Value = 106

Workout #27834 - Monday, 17 January 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Breast Shooters
900	15 x 25 on 1:00 USRPT 100 Breast Pace
	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
	{3 x 50 on 2:00 Breast Pull
	{3 x 100 on 4:00 Breast Kick w/board
	{1 x 50 on 2:00 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	2,175 Yards - Stress Value = 74

Workout #27833 - Monday, 17 January 2022

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
500	10 x 15 on :45 Racing Skills-Breast Shooters
1,325	20 x 25 on :45 USRPT 100 Breast Pace
	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 2:45 Breast Kick w/board
	{2 x 50 on 1:25 Breast Pull
	{3 x 125 on 3:25 Breast Kick w/board
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	2,725 Yards - Stress Value = 95

Workout #27830 - Monday, 17 January 2022

Group 2 - Gold

1 minute rest between sets

Workout #27832 - Monday, 17 January 2022

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
 1,500 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:50 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {3 x 100 on 2:25 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 {4 x 125 on 3:00 Breast Kick w/board
 {1 x 50 on 1:15 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 3,000 Yards - Stress Value = 103

1 on 45:00 DS/Weights/Back to Pool REC
 Bravo do buckets 10X20@1:00
 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 Fly Pace SP2
 1 on 8:00 Recovery #3 REC
 7:49 PM 3,225 Yards - Stress Value = 309

Workout #27835 - Wednesday, 19 January 2022

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 On the 3rd set each repeat is 5 seconds fast
 2,700 3x{1 x 150 on 2:15 Backstroke
 {2 x 125 on 1:50 Backstroke
 {2 x 100 on 1:25 Backstroke
 {2 x 75 on 1:05 Backstroke
 {1 x 50 on :45 Backstroke
 {1 x 100 on 2:20 EZ Free
 1 on 10:00 Racing Skills-Back Finishes
 7:30 PM 4,000 Yards - Stress Value = 129

Workout #27841 - Monday, 17 January 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool F
 Delta do buckets 10X20@1:00
 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 Recovery #1 F
 750 30 x 25 on :30 100 Fly Pace S
 1 on 8:00 Recovery #2 F
 1,500 30 x 50 on :50 200 Back Pace S
 1 on 8:00 Recovery #3 F
 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
 9:29 AM 3,525 Yards - Stress Value = 315

Workout #27840 - Wednesday, 19 January 2022

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 On the 3rd set each repeat is 5 seconds fast
 1,350 3x{1 x 150 on 4:30 Backstroke
 {2 x 100 on 2:55 Backstroke
 {1 x 50 on 1:25 Backstroke
 {1 x 50 on 2:15 EZ Free
 1 on 10:00 Racing Skills-Back Finishes
 7:30 PM 2,300 Yards - Stress Value = 80

Workout #27842 - Monday, 17 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 Charlie do buckets 10X20@1:00
 225 15 x 15 on :45 Racing Skills-#2 Shooters SP3
 200 8 x 25 on 3:00 50 Free Pace-OTB SP2
 1 on 8:00 Mobility-Ankle REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 5:13 PM 1,925 Yards - Stress Value = 179

Workout #27843 - Tuesday, 18 January 2022

HighSchl - USRPT

1 minute rest between sets

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

Workout #27836 - Wednesday, 19 January 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	10 x 25 on :30 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Back Shooters
150	25 x 25 on :35 USRPT-100 Back Pace
1,800	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks On the 3rd set each repeat is 5 seconds fast
2,400	3x{1 x 150 on 2:30 Backstroke { 2 x 125 on 2:05 Backstroke { 2 x 100 on 1:40 Backstroke { 2 x 75 on 1:15 Backstroke { 1 x 50 on 1:30 EZ Free 1 on 10:00 Racing Skills-Back Finishes
7:30 PM	3,575 Yards - Stress Value = 113

Workout #27837 - Wednesday, 19 January 2022

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
550	10 x 15 on :45 Racing Skills-Back Shooters
150	22 x 25 on :40 USRPT-100 Back Pace
2,100	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks On the 3rd set each repeat is 5 seconds fast
2,100	3x{1 x 150 on 3:05 Backstroke { 2 x 125 on 2:30 Backstroke { 2 x 100 on 1:55 Backstroke { 1 x 50 on :55 Backstroke { 1 x 50 on 1:10 EZ Free 1 on 10:00 Racing Skills-Back Finishes
7:30 PM	3,150 Yards - Stress Value = 100

Workout #27839 - Wednesday, 19 January 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
550	10 x 15 on :45 Racing Skills-Back Shooters
150	22 x 25 on :40 USRPT-100 Back Pace
1,500	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks On the 3rd set each repeat is 5 seconds fast
1,500	3x{1 x 150 on 4:10 Backstroke { 2 x 100 on 2:45 Backstroke { 2 x 50 on 1:20 Backstroke { 1 x 50 on 1:40 EZ Free 1 on 10:00 Racing Skills-Back Finishes
7:30 PM	2,500 Yards - Stress Value = 88

Workout #27838 - Wednesday, 19 January 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks On the 3rd set each repeat is 5 seconds fast
1,800	3x{1 x 150 on 3:30 Backstroke { 1 x 125 on 2:50 Backstroke { 2 x 100 on 2:15 Backstroke { 1 x 75 on 1:40 Backstroke { 1 x 50 on 1:30 EZ Free 1 on 10:00 Racing Skills-Back Finishes
7:30 PM	2,850 Yards - Stress Value = 94

Workout #27844 - Wednesday, 19 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch>Showers	REC
	Alfa do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
200	8 x 25 on :30 50 Breast Pace-OTB	SP2
	1 on 8:00 Shoulder Mobility	REC
	1 on 15:00 Racing Skills-TN Turn Drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Thoracic Mobility	REC
600	30 x 20 on :25 Your #1 Non free 100 Pace**	SP2
	1 on 8:00 Hip Mobility	REC
5:30 PM	2,525 Yards - Stress Value = 239	

Workout #27845 - Thursday, 20 January 2022

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
	Delta do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SP1
750	30 x 25 on :30 100 Fly Pace	SP1
	1 on 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace	SP1
	1 on 8:00 Recovery #2	REC
1,500	30 x 50 on :55 200 Breast Pace	SP1
	1 on 8:00 Recovery #3	REC
7:51 AM	3,225 Yards - Stress Value = 309	

Workout #27846 - Friday, 21 January 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch>Showers	REC
	Charlie do buckets 10X20@1:00	
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 #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #2	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 15:00 Racing Skills-TN Turn Drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
7:47 AM	4,225 Yards - Stress Value = 409	

Workout #27847 - Friday, 21 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description EC
 =====
 1 on 15:00 Dynamic Stretch/Showers RE
 Bravo do buckets 10X20@1:00
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF
 200 8 x 25 on 3:00 50 Fly Pace-OTB SF
 1 on 12:00 Mobility-3:00 Each RE
 1,500 30 x 50 on :50 200 Back Pace SF
 1 on 8:00 Recovery #3 RE
 1 on 12:00 Indvdl Prsrcptns RE
 5:30 PM 1,925 Yards - Stress Value = 179

Workout #27853 - Monday, 24 January 2022

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-Crossover Turns
 1,500 15 x 100 on 1:00 USRPT 100 Breast Pace
 475 1x{4 x 25 on 1:00 Kick no board B
 {2 x 50 on 2:00 Kick 1fly lbrst
 {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 boardblLlR1C
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 200 on 6:00 Individual Medley
 {6 x 25 on :45 3 Fly 3 Back
 {1 x 100 on 3:00 Reverse IM
 {1 x 200 on 6:00 Individual Medley
 {4 x 25 on :45 3 Breast 3 Free
 1 on 10:00 Relay
 7:30 PM 3,225 Yards - Stress Value = 181

Workout #27848 - Monday, 24 January 2022

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 Underwater trn drill
 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 B
 {4 x 50 on :55 Kick 1fly lbrst 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 lbrst 1 free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :25 Fly
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :25 Backstroke
 {1 x 100 on 1:30 Reverse IM
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :25 Breaststroke
 {1 x 100 on 1:30 Reverse IM
 {6 x 25 on :25 Freestyle
 1 on 10:00 Relay
 7:31 PM 3,725 Yards - Stress Value = 118

Workout #27849 - Monday, 24 January 2022

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-Crossover Turns
 625 25 x 25 on :35 USRPT 100 Breast Pace
 850 1x{4 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 {4 x 25 on :35 Kick no board S
 {3 x 50 on 1:00 Kick 1fly lbrst 1 free
 {6 x 25 on :35 Kick no board 3L3R
 {4 x 50 on 1:00 Kick 1fly lbrst 2free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 200 on 3:20 Individual Medley
 {6 x 25 on :30 Fly
 {1 x 100 on 1:40 Reverse IM
 {1 x 200 on 3:15 Individual Medley
 {6 x 25 on :30 Backstroke
 {1 x 100 on 1:40 Reverse IM
 {1 x 200 on 3:10 Individual Medley
 {8 x 25 on :30 4 Breast 4 Free
 1 on 10:00 Relay
 7:31 PM 3,375 Yards - Stress Value = 111

Workout #27850 - Monday, 24 January 2022

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-Crossover Turns
 625 25 x 25 on :35 USRPT 100 Breast Pace
 750 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 {4 x 25 on :40 Kick no board S
 {3 x 50 on 1:10 Kick 1fly lbrst 1 free
 {4 x 25 on :40 Kick no board 2L2R
 {3 x 50 on 1:10 Kick 1fly lbrst 1free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:50 Individual Medley
 {4 x 25 on :30 Fly
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :30 Backstroke
 {1 x 100 on 1:50 Reverse IM
 {1 x 200 on 3:40 Individual Medley
 {8 x 25 on :35 4 Breast 4 Free@:30
 1 on 10:00 Relay
 7:31 PM 3,125 Yards - Stress Value = 107

Workout #27852 - Monday, 24 January 2022

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-Crossover Turns
500	20 x 25 on :45 USRPT 100 Breast Pace
600	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{4 x 25 on :45 Kick no board S
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{4 x 25 on :45 Kick no board 2L2R
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 5:00 Individual Medley
	{6 x 25 on :45 3 Fly 3 Back
	{1 x 100 on 2:30 Reverse IM
	{1 x 200 on 5:00 Individual Medley
	{6 x 25 on :45 3 Breast 3 Free
	{1 x 100 on 2:30 Reverse IM
	1 on 10:00 Relay
	7:31 PM 2,500 Yards - Stress Value = 86

Workout #27851 - Monday, 24 January 2022

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-Crossover Turns
550	22 x 25 on :40 USRPT 100 Breast 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:10 Individual Medley
	{6 x 25 on :35 4 Fly 4 back
	{1 x 100 on 2:00 Reverse IM
	{1 x 200 on 4:05 Individual Medley
	{6 x 25 on :35 3 Breast 3 Free
	{1 x 100 on 2:00 Reverse IM
	{1 x 200 on 4:00 Individual Medley
	1 on 10:00 Relay
	7:31 PM 2,950 Yards - Stress Value = 98

Workout #27878 - Monday, 24 January 2022

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
	Bravo do buckets 10X20@1:00	
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 8:00 Recovery #3	REC
	7:49 AM 3,225 Yards - Stress Value = 309	

Workout #27854 - Tuesday, 25 January 2022

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
750	30 x 25 on :30 USRPT 100 Back 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 :55 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:50 Breast 2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast-3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:50 Breast-2k1p
	{4 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast 3-4-5-6 glide
	1 on 10:00 Racing Skills-Starts
	7:30 PM 3,550 Yards - Stress Value = 118

Workout #27859 - Tuesday, 25 January 2022

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
450	1x{1 x 50 on 2:00 Breast Kick w/board
	{2 x 50 on 2:00 Breast Pull
	{2 x 75 on 3:00 Breast Kick w/board
	{1 x 50 on 2:00 Breast Pull
	{1 x 100 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 100 on 4:00 Breast 2K1P
	{3 x 50 on 2:00 Breast descend
	{1 x 100 on 4:00 Breast 3-4-5-6 sec glide
	{1 x 50 on 1:55 Breast-descend
	{1 x 150 on 4:00 Breast-Kick on back
	{3 x 50 on 1:50 Breast-descend
	1 on 10:00 Racing Skills-Starts
	7:30 PM 1,975 Yards - Stress Value = 64

Workout #27855 - Tuesday, 25 January 2022

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
 750 30 x 25 on :30 USRPT 100 Back Pace
 900 1x{1 x 50 on 1:00 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:30 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:05 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:10 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:00 Breast-2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
 1 on 10:00 Racing Skills-Starts
 7:30 PM 3,400 Yards - Stress Value = 116

Workout #27856 - Tuesday, 25 January 2022

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
 625 25 x 25 on :35 USRPT 100 Back Pace
 800 1x{1 x 50 on 1:10 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:30 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 200 on 4:30 Breast-2klp
 {4 x 50 on 1:00 Breast-descend
 1 on 10:00 Racing Skills-Starts
 7:30 PM 3,025 Yards - Stress Value = 100

Workout #27858 - Tuesday, 25 January 2022

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
 500 20 x 25 on :45 USRPT 100 Back Pace
 650 1x{1 x 50 on 1:25 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 {2 x 100 on 2:50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend

{1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-2K1P
 {2 x 50 on 1:20 Breast-descend
 1 on 10:00 Racing Skills-Starts
 7:30 PM 2,450 Yards - Stress Value = 83

Workout #27857 - Tuesday, 25 January 2022

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 Back 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
 {1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-2K1P
 {4 x 50 on 1:10 Breast-descend
 1 on 10:00 Racing Skills-Starts
 7:30 PM 2,750 Yards - Stress Value = 92

Workout #27879 - Tuesday, 25 January 2022

HighSchl - USRPT

1 minute rest between sets

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights/Back to Pool REC
 Charlie do buckets 10X20@1:00
 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
 7:49 PM 3,225 Yards - Stress Value = 309

Workout #27865 - Wednesday, 26 January 2022

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
1,100	1x{1 x 300 on 9:00 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 250 on 7:30 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 200 on 6:00 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 50 on 2:00 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 90

Workout #27860 - Wednesday, 26 January 2022

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
1,600	1x{1 x 300 on 5:30 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 250 on 4:35 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:40 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 150 on 2:45 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 100 on 1:50 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 125

Workout #27861 - Wednesday, 26 January 2022

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
1,575	1x{1 x 300 on 5:50 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 250 on 4:55 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:55 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 150 on 2:55 Free Kick w/board
	{5 x 25 on :45 Tombstone Kicking
	{1 x 100 on 1:55 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 124

Workout #27862 - Wednesday, 26 January 2022

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
1,500	1x{1 x 300 on 6:30 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 250 on 5:25 Free Kick w/board
	{6 x 25 on :45 Tombstone Kicking
	{1 x 200 on 4:20 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:15 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 2:10 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
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 110

Workout #27864 - Wednesday, 26 January 2022

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
1,200	1x{1 x 300 on 8:00 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{1 x 250 on 6:40 Free Kick w/board
	{4 x 25 on 1:00 Tombstone Kicking
	{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	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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,600 Yards - Stress Value = 97

Workout #27863 - Wednesday, 26 January 2022

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
 1,450 1x{1 x 300 on 7:00 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 250 on 5:50 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 4:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:30 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:20 Free Kick w/board
 {2 x 25 on :45 Tombstone Kicking
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,975 Yards - Stress Value = 109

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,550 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {8 x 25 on :30 Fly lupdown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {8 x 25 on :30 Fly lupdown+1
 {4 x 125 on 1:55 Fly 25R-25L-75B
 {8 x 25 on :30 Fly lupdown+1
 {4 x 150 on 2:10 Fly 25R-25L-100B
 {6 x 25 on :30 Fly lupdown+1
 1 on 10:00 Racing Skills-LP turns
 7:30 PM 3,900 Yards - Stress Value = 132

Workout #27867 - Thursday, 27 January 2022

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,200 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {8 x 25 on :35 Fly lupdown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {8 x 25 on :35 Fly lupdown+1
 {4 x 125 on 2:15 Fly 25R-25L-75B
 {6 x 25 on :35 Fly lupdown+1
 {3 x 150 on 2:40 Fly 25R-25L-100B
 1 on 10:00 Racing Skills-LP Turns
 7:30 PM 3,425 Yards - Stress Value = 112

Workout #27880 - Wednesday, 26 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 Delta do buckets 10X20@1:00
 225 15 x 15 on :45 Racing Skills-#2 Shooters SP3
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 8:00 Mobility-Thoracic REC
 2,250 30 x 75 on 1:05 500 Free Pace SP2
 Make one subtract one
 1 on 5:00 Video Evaluations 1+/1- REC
 600 30 x 20 on :25 100 Breast Pace** SP2
 5:37 PM 4,575 Yards - Stress Value = 444

Workout #27868 - Thursday, 27 January 2022

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{4 x 75 on 1:40 Fly 25R-25L-25B
 {8 x 25 on :40 Fly lupdown+1
 {4 x 100 on 2:15 Fly 25R-25L-50B
 {8 x 25 on :40 Fly lupdown+1
 {4 x 125 on 2:45 Fly 25R-25L-75B
 {8 x 25 on :40 Fly lupdown+1
 1 on 10:00 Racing Skills-LP Turns
 7:30 PM 2,900 Yards - Stress Value = 97

Workout #27871 - Thursday, 27 January 2022

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
 225 15 x 15 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{4 x 75 on 3:00 Fly 25R-25L-25B
 {8 x 25 on 1:00 Fly lupdown+1
 {4 x 100 on 4:00 Fly 25R-25L-50B
 {6 x 25 on 1:00 Fly lupdown+1
 1 on 10:00 Racing Skills-LP Turns
 7:30 PM 1,775 Yards - Stress Value = 49

Workout #27866 - Thursday, 27 January 2022

Group 2 - Fly

1 minute rest between sets

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

Workout #27870 - Thursday, 27 January 2022

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{4 x 75 on 2:15 Fly 25R-25L-25B {8 x 25 on :45 Fly lup1down+1 {4 x 100 on 3:00 Fly 25R-25L-50B {8 x 25 on :45 Fly lup1down+1 {2 x 125 on 3:45 Fly 25R-25L-75B {2 x 25 on :45 Fly lup1down+1 1 on 10:00 Racing Skills-LP Turns
7:30 PM	2,400 Yards - Stress Value = 84

Workout #27869 - Thursday, 27 January 2022

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	1x{4 x 75 on 2:00 Fly 25R-25L-25B {8 x 25 on :40 Fly lup1down+1 {4 x 100 on 2:40 Fly 25R-25L-50B {8 x 25 on :40 Fly lup1down+1 {4 x 125 on 3:15 Fly 25R-25L-75B 1 on 10:00 Racing Skills-LP Turns
7:30 PM	2,700 Yards - Stress Value = 93

Workout #27881 - Thursday, 27 January 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 DS/Weights/Back to Pool Alfa do buckets 10X20@1:00	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly 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
1,500	30 x 50 on :55 200 Breast Pace*	SE
	1 on 8:00 Recovery #3	RE
7:51 AM	3,225 Yards - Stress Value = 309	

Workout #27882 - Thursday, 27 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	==	==
	1 on 15:00 Dynamic Stretch/Showers Bravo do buckets 10X20@1:00	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Mobility-Shoulder	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	

600	30 x 20 on :25 100 Back Pace**	SP2
	Make one subtract one	
	1 on 5:00 Video Evaluations 1+/1-	REC
5:38 PM	4,825 Yards - Stress Value = 469	

Workout #27872 - Friday, 28 January 2022

Group 2 - Back

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-Back Shooters
	1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
925	1x{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:00 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:55 Streamline Kick on back {7 x 25 on :30 Kick no board B w/fins {1 x 150 on 2:50 Streamline Kick on back
6:30 PM	2,225 Yards - Stress Value = 100

Workout #27877 - Friday, 28 January 2022

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-Back Shooters
	1 on 20:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
575	1x{6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:40 Streamline Kick on back {6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:35 Streamline Kick on back {3 x 25 on :45 Kick no board B w/fins
6:30 PM	1,525 Yards - Stress Value = 68

Workout #27873 - Friday, 28 January 2022

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-Back Shooters
	1 on 20:00 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{6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:20 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:15 Streamline Kick on back {6 x 25 on :30 Kick no board B w/fins {1 x 150 on 3:10 Streamline Kick on back
6:30 PM	2,075 Yards - Stress Value = 86

Workout #27874 - Friday, 28 January 2022

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-Back Shooters
	1 on 20:00 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
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
6:30 PM	1,850 Yards - Stress Value = 77

Workout #27876 - Friday, 28 January 2022

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-Back Shooters
	1 on 20:00 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
625	1x{6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:00 Streamline Kick on back {6 x 25 on :45 Kick no board B w/fins {1 x 100 on 2:55 Streamline Kick on back {5 x 25 on :45 Kick no board B w/fins
6:30 PM	1,625 Yards - Stress Value = 73

Workout #27875 - Friday, 28 January 2022

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-Back Shooters
	1 on 20:00 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{6 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:40 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:35 Streamline Kick on back {6 x 25 on :35 Kick no board B w/fins {1 x 100 on 2:30 Streamline Kick on back
6:30 PM	1,800 Yards - Stress Value = 76

Workout #27883 - Friday, 28 January 2022

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 10X20@1:00		

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 #1	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :50 200 Fly Pace	SP2
	1 on 10:00 Racing Skills-TN Turn Drills	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
7:47 AM	3,975 Yards - Stress Value = 384	

Workout #27884 - Friday, 28 January 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	RE
	Delta do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 8:00 Recovery #3	RE
600	30 x 20 on :25 100 Fly Pace**	SE
	1 on 8:00 Mobility-Ankle	RE
600	30 x 20 on :25 100 Free Pace**	SE
	1 on 15:00 Team Meeting-Mind Gym	RE
	Lead by captains	
5:31 PM	2,925 Yards - Stress Value = 279	

Workout #27890 - Monday, 31 January 2022

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
450	1x{1 x 100 on 3:30 Free Kick w/board-10sec {1 x 50 on 1:45 Free Kick w/board {1 x 100 on 3:30 Free Kick w/board-9sec {1 x 50 on 1:45 Free Kick w/board {1 x 100 on 3:30 Free Kick w/board-8sec {1 x 50 on 1:45 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 200 on 5:30 Pull-BTB {2 x 100 on 2:45 Free NBBF&W {1 x 200 on 5:30 Pulls BTS {2 x 100 on 2:45 Free NBBF&W {1 x 100 on 2:45 Pull-No breath L.12 yds {1 on 10:00 Game
7:29 PM	2,350 Yards - Stress Value = 83

Workout #27885 - Monday, 31 January 2022

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
 850 1x{1 x 100 on 2:00 Free Kick w/board-10sec
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-9sec
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-8sec
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-7sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 5:40 Pull-BTB
 {3 x 100 on 1:30 Free NBBF&W
 {1 x 300 on 4:15 Pulls BTS
 {3 x 100 on 1:25 Free NBBF&W
 {1 x 200 on 2:50 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W
 1 on 10:00 Game
 7:30 PM 3,900 Yards - Stress Value = 132

Workout #27886 - Monday, 31 January 2022

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
 850 1x{1 x 100 on 2:05 Free Kick w/board-10sec
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board-9sec
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board-8sec
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-7sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{1 x 400 on 6:00 Pull-BTB
 {2 x 100 on 1:35 Free NBBF&W
 {2 x 300 on 4:30 Pulls BTS
 {2 x 100 on 1:30 Free NBBF&W
 {1 x 200 on 3:00 Pulls-no br L.12 yds
 1 on 10:00 Game
 7:30 PM 3,800 Yards - Stress Value = 130

Workout #27887 - Monday, 31 January 2022

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
 750 1x{1 x 100 on 2:10 Free Kick w/board-10sec
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-9sec
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-8sec
 {1 x 150 on 3:20 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 400 on 7:00 Pull-BTB
 {2 x 100 on 1:50 Free NBBF&W
 {1 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {1 x 200 on 3:30 Pulls-no br L.12 yds
 {1 x 100 on 1:40 Free NBBF&W
 1 on 10:00 Game
 7:30 PM 3,325 Yards - Stress Value = 111

Workout #27889 - Monday, 31 January 2022

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
 600 1x{1 x 100 on 2:45 Free Kick w/board-10sec
 {1 x 150 on 4:15 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-9sec
 {1 x 150 on 4:15 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-8sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 300 on 6:30 Pull-BTB
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 250 on 5:25 Pulls BTS
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 1 on 10:00 Game
 7:30 PM 2,800 Yards - Stress Value = 96

Workout #27888 - Monday, 31 January 2022

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
 700 1x{1 x 100 on 2:20 Free Kick w/board-10sec
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:20 Free Kick w/board-9sec
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:20 Free Kick w/board-8sec
 {1 x 100 on 2:20 Free Kick w/board-7sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 400 on 7:40 Pull-BTB
 {2 x 100 on 2:00 Free NBBF&W
 {1 x 250 on 4:45 Pulls BTS
 {2 x 100 on 1:55 Free NBBF&W
 {1 x 200 on 3:50 Pulls-no br L.12 yds
 1 on 10:00 Game
 7:30 PM 3,125 Yards - Stress Value = 107

Workout #27915 - Monday, 31 January 2022

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
	Alfa do buckets 10X20@1:00	
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
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 8:00 Recovery #3	REC
7:49 AM	3,225 Yards - Stress Value = 309	

Workout #27916 - Monday, 31 January 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
3:40 PM	Start		
1	on 15:00 Dynamic Stretch/Showers	REC	
	Bravo do buckets 10X20@1:00		
225	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
150	6 x 25 on 3:00 50 Back Pace-OTB	SP2	
	1 on 8:00 Mobility-Shoulder	REC	
1,500	30 x 50 on :50 200 Fly Pace*	SP2	
	1 on 5:00 Video Evaluations 1+/1-	REC	
2,250	30 x 75 on 1:05 500 Free Pace*	SP2	
5:39 PM	4,125 Yards - Stress Value = 399		

Workout #27891 - Tuesday, 01 February 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
1,650	1x{4 x 25 on :30 Kick no board B-10KOW+1 {8 x 50 on 1:00 Kick-alt strmline/hands by si {6 x 25 on :30 Kick no board B-10KOW+1 {6 x 50 on :55 Kick-alt strmline/hands by sic {8 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on :50 Kick-alt strmline/hands by sic {10 x 25 on :30 Kick no board B-10KOW+1 {1 x 50 on :45 Kick-alt strmline/hands by sic
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 Racing Skills-Back Starts
7:30 PM	3,200 Yards - Stress Value = 126

Workout #27896 - Tuesday, 01 February 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/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
800	1x{4 x 25 on 1:00 Kick no board B-10KOW+1 {6 x 50 on 2:00 Kick-alt strmline/hands by si

	{6 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmline/hands by si
	{6 x 25 on 1:00 Kick no board B-10KOW+1
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 Racing Skills-Back Starts
7:30 PM	2,000 Yards - Stress Value = 84

Workout #27892 - Tuesday, 01 February 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
1,550	1x{4 x 25 on :30 Kick no board B-10KOW+1 {8 x 50 on 1:05 Kick-alt strmline/hands by si {6 x 25 on :30 Kick no board B-10KOW+1 {6 x 50 on 1:00 Kick-alt strmline/hands by si {8 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on :55 Kick-alt strmline/hands by sic {8 x 25 on :30 Kick no board B-10KOW+1
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 Racing Skills-Back Starts
7:30 PM	3,100 Yards - Stress Value = 124

Workout #27893 - Tuesday, 01 February 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
1	on 30:00 DS/Showers
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,350	1x{4 x 25 on :35 Kick no board B-10KOW+1 {8 x 50 on 1:15 Kick-alt strmline/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {6 x 50 on 1:10 Kick-alt strmline/hands by si {8 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:05 Kick-alt strmline/hands by si
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 Racing Skills-Back Starts
7:30 PM	2,725 Yards - Stress Value = 107

Workout #27895 - Tuesday, 01 February 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
1,025	1x{4 x 25 on :45 Kick no board B-10KOW+1 {8 x 50 on 1:35 Kick-alt strmline/hands by si {6 x 25 on :45 Kick no board B-10KOW+1 {4 x 50 on 1:30 Kick-alt strmline/hands by si {7 x 25 on :45 Kick no board B-10KOW+1
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 Racing Skills-Back Starts
	7:30 PM 2,225 Yards - Stress Value = 89

Workout #27894 - Tuesday, 01 February 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
1,300	1x{4 x 25 on :40 Kick no board B-10KOW+1 {8 x 50 on 1:20 Kick-alt strmline/hands by si {6 x 25 on :40 Kick no board B-10KOW+1 {6 x 50 on 1:15 Kick-alt strmline/hands by si {8 x 25 on :40 Kick no board B-10KOW+1 {3 x 50 on 1:15 Kick-alt strmline/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 4:00 OTB-100 Back for Time
	1 on 10:00 Racing Skills-Back Starts
	7:30 PM 2,550 Yards - Stress Value = 99

Workout #27917 - Tuesday, 01 February 2022

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
	Charlie do buckets 10X15@1:00 lonloff	
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
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 8:00 Recovery #3	REC
	7:52 AM 3,225 Yards - Stress Value = 309	

Workout #27897 - Wednesday, 02 February 2022

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
1,000	1x{1 x 200 on 3:45 Breast Kick w/board {4 x 25 on :35 Breast Kick-streamline on back {2 x 175 on 3:15 Breast Kick w/board {4 x 25 on :35 Breast Kick-streamline on back {1 x 150 on 2:40 Breast Kick w/board {4 x 25 on :35 Breast Kick-streamline on back
	1 on 10:00 Racing Skills-Breast Starts
	7:30 PM 2,175 Yards - Stress Value = 88

Workout #27902 - Wednesday, 02 February 2022

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
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 1,425 Yards - Stress Value = 56

Workout #27898 - Wednesday, 02 February 2022

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
950	1x{1 x 200 on 4:00 Breast Kick w/board {4 x 25 on :35 Breast Kick-streamline on back {2 x 175 on 3:30 Breast Kick w/board {4 x 25 on :35 Breast Kick-streamline on back {1 x 150 on 3:00 Breast Kick w/board {2 x 25 on :35 Breast Kick-streamline on back
	1 on 10:00 Racing Skills-Breast Starts
	7:30 PM 2,125 Yards - Stress Value = 87

Workout #27899 - Wednesday, 02 February 2022

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
850	1x{1 x 150 on 3:20 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick-streamline on back
	{ 2 x 175 on 3:55 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick-streamline on back
	{ 1 x 150 on 3:20 Breast Kick w/board
	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	1,900 Yards - Stress Value = 78

150	10 x 15 on :45 Racing Skills-Crossover Turns
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
1,300	1x{1 x 200 on 6:00 Individual Medley
	{ 4 x 25 on 1:00 Fly lup+ldown
	{ 1 x 100 on 3:15 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 3:10 Individual Medley
	{ 1 x 50 on 1:30 Easy Free
	{ 1 x 200 on 5:50 Individual Medley
	{ 2 x 25 on 1:00 Breast 2X pullouts
	{ 2 x 25 on 1:00 Free-HB-4SOW/InsdFlgs
	{ 1 x 100 on 3:05 Individual Medley
	1 on 10:00 Racing Skills-Starts
7:30 PM	2,175 Yards - Stress Value = 68

Workout #27903 - Thursday, 03 February 2022

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-Crossover Turns
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
2,700	1x{1 x 200 on 3:00 Individual Medley
	{ 4 x 25 on :30 Fly lup+ldown
	{ 1 x 100 on 1:40 Individual Medley
	{ 1 x 100 on 1:35 Individual Medley
	{ 1 x 100 on 1:30 Individual Medley
	{ 1 x 50 on 1:00 Easy Free
	{ 1 x 200 on 2:55 Individual Medley
	{ 4 x 25 on :30 Back 5KOW+2
	{ 1 x 100 on 1:35 Individual Medley
	{ 1 x 100 on 1:30 Individual Medley
	{ 1 x 100 on 1:25 Individual Medley
	{ 1 x 50 on 1:00 Easy Free
	{ 1 x 200 on 2:50 Individual Medley
	{ 6 x 25 on :30 Breaststroke 2X Pullouts
	{ 1 x 100 on 1:30 Individual Medley
	{ 1 x 100 on 1:25 Individual Medley
	{ 1 x 100 on 1:20 Individual Medley
	{ 1 x 50 on 1:00 Easy Free
	{ 1 x 200 on 2:45 Individual Medley
	{ 6 x 25 on :25 Free-HB-4SOW/InsdFlgs
	{ 1 x 100 on 1:25 Individual Medley
	{ 1 x 100 on 1:20 Individual Medley
	{ 1 x 100 on 1:15 Individual Medley
	{ 1 x 50 on 1:00 Easy Free
	1 on 10:00 Racing Skills-Starts
7:30 PM	4,050 Yards - Stress Value = 133

Workout #27901 - Wednesday, 02 February 2022

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
500	20 x 25 on :45 USRPT-100 Breast Pace
650	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
	{ 4 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
7:30 PM	1,600 Yards - Stress Value = 69

Workout #27900 - Wednesday, 02 February 2022

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
750	1x{1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick-streamline on back
	{ 2 x 175 on 4:25 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick-streamline on back
	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	1,750 Yards - Stress Value = 71

Workout #27908 - Thursday, 03 February 2022

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

Workout #27904 - Thursday, 03 February 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Crossover Turns
150	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
2,500	1x{1 x 200 on 3:15 Individual Medley { 4 x 25 on :30 Fly lup+ldown { 1 x 100 on 1:50 Individual Medley { 1 x 100 on 1:45 Individual Medley { 1 x 100 on 1:40 Individual Medley { 1 x 50 on 1:00 Easy Free { 1 x 200 on 3:10 Individual Medley { 4 x 25 on :30 Back 5KOW+2 { 1 x 100 on 1:45 Individual Medley { 1 x 100 on 1:40 Individual Medley { 1 x 100 on 1:35 Individual Medley { 1 x 50 on 1:00 Easy Free { 1 x 200 on 3:05 Individual Medley { 4 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 50 on 1:00 Easy Free { 1 x 200 on 3:00 Individual Medley { 1 x 100 on 1:35 Individual Medley { 1 x 100 on 1:30 Individual Medley { 6 x 25 on :30 Free-HB-4SOW/InsdFlgs 1 on 10:00 Racing Skills-Starts
7:30 PM	3,725 Yards - Stress Value = 115

Workout #27905 - Thursday, 03 February 2022

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 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Crossover Turns
150	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
2,200	1x{1 x 200 on 3:40 Individual Medley { 4 x 25 on :35 Fly lup+ldown { 1 x 100 on 1:55 Individual Medley { 1 x 100 on 1:50 Individual Medley { 1 x 50 on 1:15 Easy Free { 1 x 200 on 3:35 Individual Medley { 4 x 25 on :35 Back 5KOW+2 { 1 x 100 on 1:50 Individual Medley { 1 x 100 on 1:45 Individual Medley { 1 x 50 on 1:15 Easy Free { 1 x 200 on 3:30 Individual Medley { 4 x 25 on :40 Breaststroke 2X Pullouts { 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 3:25 Individual Medley { 4 x 25 on :30 Free-HB-4SOW/InsdFlgs { 1 x 100 on 1:40 Individual Medley { 1 x 100 on 1:35 Individual Medley { 1 x 50 on 1:15 Easy Free 1 on 10:00 Racing Skills-Starts
7:30 PM	3,375 Yards - Stress Value = 108

Workout #27907 - Thursday, 03 February 2022

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 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Crossover Turns
150	20 x 25 on :45 USRPT-100 Fly Pace
1,700	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 { 4 x 25 on :40 Fly lup+ldown { 1 x 100 on 2:30 Individual Medley { 1 x 50 on 1:30 Easy Free { 1 x 200 on 4:55 Individual Medley { 4 x 25 on :40 Back 5KOW+2 { 1 x 100 on 2:25 Individual Medley { 1 x 50 on 1:30 Easy Free { 1 x 200 on 4:50 Individual Medley { 4 x 25 on :40 Breast 2X pullouts { 1 x 100 on 2:20 Individual Medley { 1 x 50 on 1:30 Easy Free { 1 x 200 on 4:45 Individual Medley { 4 x 25 on :40 Free-HB-4SOW/InsdFlgs { 1 x 50 on 1:00 Easy Free 1 on 10:00 Racing Skills-Starts
7:30 PM	2,700 Yards - Stress Value = 86

Workout #27906 - Thursday, 03 February 2022

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 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Racing Skills-Crossover Turns
150	22 x 25 on :40 USRPT-100 Fly Pace
2,000	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{1 x 200 on 4:20 Individual Medley { 4 x 25 on :35 Fly lup+ldown { 1 x 100 on 2:05 Individual Medley { 1 x 100 on 2:00 Individual Medley { 1 x 50 on 1:15 Easy Free { 1 x 200 on 4:15 Individual Medley { 4 x 25 on :35 Back 5KOW+2 { 1 x 100 on 2:00 Individual Medley { 1 x 100 on 1:55 Individual Medley { 1 x 50 on 1:15 Easy Free { 1 x 200 on 4:10 Individual Medley { 4 x 25 on :35 Breast 2X pullouts { 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 4:05 Individual Medley { 4 x 25 on :30 Free-HB-4SOW/InsdFlgs { 1 x 50 on 1:15 Easy Free 1 on 10:00 Racing Skills-Starts
7:30 PM	3,100 Yards - Stress Value = 97

Workout #27918 - Thursday, 03 February 2022

HighSchl - USRPT

1 minute rest between sets

2:00 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	
	Delta do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Breast Shooters	
1,500	30 x 50 on :50 200 Fly Pace*	
	1 on 8:00 Recovery #1	
1,500	30 x 50 on :50 200 Free Pace*	
	1 on 8:00 Recovery #2	
750	30 x 25 on :30 100 Breast Pace*	
	1 on 8:00 Recovery #3	
750	30 x 25 on :30 100 Back 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	
	4:25 PM 5,025 Yards - Stress Value = 465	

200 1 x 200 on 4:00 Stroke Drills F
6:32 PM 2,575 Yards - Stress Value = 70

Workout #27911 - Friday, 04 February 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	
	1 x 250 on 5:00 Swim-Kick-Drill-Swim	
250	10 x 15 on :45 Racing Skills-Fly Shooters	
150	6 x 75 on 3:00 Fly-OTB-100%	
450	1 x 75 on 2:00 Easy Free	
75	6x{8 x 25 on :35 Butterfly	
	{1 on 1:00 Rest	
	Last round do 9	
200	1 x 200 on 4:00 Stroke Drills	
	6:31 PM 2,325 Yards - Stress Value = 66	

Workout #27913 - Friday, 04 February 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	
	1 x 200 on 5:00 Swim-Kick-Drill-Swim	
200	10 x 15 on :45 Racing Skills-Fly Shooters	
150	6 x 75 on 3:00 Fly-OTB-100%	
450	1 x 75 on 2:00 Easy Free	
75	5x{8 x 25 on :45 Butterfly	
	{1 on 1:00 Rest	
200	1 x 200 on 3:00 Stroke Drills	
	6:31 PM 2,075 Yards - Stress Value = 62	

Workout #27912 - Friday, 04 February 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	
	1 x 250 on 5:00 Swim-Kick-Drill-Swim	
250	10 x 15 on :45 Racing Skills-Fly Shooters	
150	6 x 75 on 3:00 Fly-OTB-100%	
450	1 x 75 on 2:00 Easy Free	
75	6x{8 x 25 on :40 Butterfly	
	{1 on 1:00 Rest	
	Last round only do 4	
200	1 x 200 on 4:00 Stroke Drills	
	6:35 PM 2,325 Yards - Stress Value = 66	

Workout #27909 - Friday, 04 February 2022

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	
	1 x 300 on 5:00 Swim-Kick-Drill-Swim	
300	10 x 15 on :45 Racing Skills-Fly Shooters	
150	6 x 75 on 3:00 Fly-OTB-100%	
450	1 x 75 on 2:00 Easy Free	
75	8x{8 x 25 on :25 Butterfly	
	{1 on 1:00 Rest	
200	1 x 200 on 4:00 Stroke Drills	
	6:32 PM 2,775 Yards - Stress Value = 74	

Workout #27910 - Friday, 04 February 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	
	1 x 300 on 5:00 Swim-Kick-Drill-Swim	
300	10 x 15 on :45 Racing Skills-Free Shooters	
150	6 x 75 on 3:00 Fly-OTB-100%	
450	1 x 75 on 2:00 Easy Free	
75	7x{8 x 25 on :30 Butterfly	
	{1 on 1:00 Rest	
1,400		

Workout #27919 - Friday, 04 February 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
	Alfa do buckets 10X15@1:00 lonloff		
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
3,000	30 x 100 on 1:25 1650 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	
1,500	30 x 50 on :50 200 Back Pace*	SP2	
	1 on 8:00 Recovery #3	REC	
	9:30 AM 6,225 Yards - Stress Value = 609		

Workout #27920 - Friday, 04 February 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:00 PM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
	Bravo do buckets 10X15@1:00 lonloff		
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
150	6 x 25 on 3:00 50 Breast Pace	SP2	
	1 on 12:00 Mobility-3:00 each	REC	
375	15 x 25 on :30 100 Free Pace	SP2	
	1 on 15:00 Underwater racing	EN2	
375	15 x 25 on :30 100 Fly Pace	SP2	
	4:31 PM 1,125 Yards - Stress Value = 100		

Workout #27921 - Saturday, 05 February 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
	1 on 45:00 DS/Weights/Back to Pool		
225	15 x 15 on :45 Racing Skills-Crossover Turns		
500	20 x 25 on :30 200 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		
500	20 x 25 on :30 200 Fly Pace		
	1 on 10:00 Shooter Relays		
500	20 x 25 on :30 200 Breast Pace		
	1 on 10:00 Tic Tac Toe Relay		
500	20 x 25 on :30 200 Back Pace		
	1 on 40:00 Sectional Lineup Meeting		
	9:51 AM 2,525 Yards - Stress Value = 215		

Workout #27935 - Sunday, 06 February 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
	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-Breast Shooters		
	1 on 24:00 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		

850	1x{1 x 200 on 4:20 Breast Kick w/board		
	{2 x 175 on 3:45 Breast Kick w/board		
	{1 x 150 on 3:10 Breast Kick w/board		
	{1 x 100 on 2:05 Breast Kick w/board		
	{1 x 50 on 1:00 Breast Kick w/board		
	1 on 10:00 Racing Skills-starts/pullouts		
	7:30 PM 2,025 Yards - Stress Value = 85		

Workout #27952 - Monday, 07 February 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 PM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3	
1,250	25 x 50 on :50 200 Fly Pace	SP2	
	1 on 5:00 Recovery	REC	
1,250	25 x 50 on :50 200 Back Pace	SP2	
	1 on 5:00 Recovery	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 5:00 Recovery	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	7:28 PM 4,225 Yards - Stress Value = 409		

Workout #27927 - Monday, 07 February 2022

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-Crossover Turns		
500	20 x 25 on :45 USRPT-100 Free Pace		
550	1x{4 x 25 on 1:00 Kick no board BSLR		
	{2 x 100 on 3:00 Kick-1fly lbrst		
	{4 x 25 on 1:00 Kick no board BSLR		
	{1 x 100 on 3:00 Kick-25fly25brst25fr25cho		
	{2 x 25 on 1:00 Kick no board BS		
150	1x{6 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
750	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 2:30 Individual Medley		
	1 on 10:00 Game		
	7:30 PM 2,300 Yards - Stress Value = 81		

Workout #27922 - Monday, 07 February 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
1,000	1x{4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:55 Kick-1fly lbrst lfree {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Kick-1fly lbrst lfree {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:45 Kick-25fly25br25fr25cho
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{1 x 200 on 3:00 Individual Medley {4 x 25 on :30 Fly lup+ldown {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 2:55 Individual Medley {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 on 10:00 Game
7:30 PM	3,700 Yards - Stress Value = 126

Workout #27923 - Monday, 07 February 2022

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-Crossover Turns
750	30 x 25 on :30 USRPT-100 Free Pace
850	1x{4 x 25 on :35 Kick no board BSLR {3 x 100 on 2:05 Kick-1fly lbrst lfree {4 x 25 on :35 Kick no board BSLR {3 x 100 on 2:00 Kick-1fly lbrst lfree {2 x 25 on :35 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:15 Individual Medley {4 x 25 on :30 Fly lup+ldown {1 x 100 on 1:50 Individual Medley {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 3:10 Individual Medley {4 x 25 on :30 Back 5KOW+2 {1 x 100 on 1:45 Individual Medley {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 50 on 1:00 Easy Free 1 on 10:00 Game
7:30 PM	3,500 Yards - Stress Value = 122

Workout #27924 - Monday, 07 February 2022

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-Crossover Turns
625	25 x 25 on :35 USRPT-100 Free Pace
800	1x{4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:15 Kick-1fly lbrst lfree {4 x 25 on :40 Kick no board BSLR {3 x 100 on 2:10 Kick-1fly lbrst lfree
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{1 x 200 on 3:40 Individual Medley {4 x 25 on :35 Fly lup+ldown {1 x 100 on 1:55 Individual Medley {1 x 100 on 1:50 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 200 on 3:35 Individual Medley {4 x 25 on :35 Back 5KOW+2 {1 x 100 on 1:45 Individual Medley {1 x 50 on 1:15 Easy Free {1 x 150 on 2:40 IM w/out the free 1 on 10:00 Game
7:30 PM	3,125 Yards - Stress Value = 105

Workout #27926 - Monday, 07 February 2022

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-Crossover Turns
550	22 x 25 on :40 USRPT-100 Free Pace
650	1x{4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:45 Kick-1fly lbrst {4 x 25 on :45 Kick no board BSLR {2 x 100 on 2:45 Kick-lbrst lfree {2 x 25 on :45 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 200 on 5:00 Individual Medley {4 x 25 on :40 Fly lup+ldown {1 x 100 on 2:30 Individual Medley {1 x 50 on 1:30 Easy Free {1 x 200 on 4:55 Individual Medley {4 x 25 on :40 Back 5KOW+2 {1 x 100 on 2:25 Individual Medley {1 x 50 on 1:15 Easy Free 1 on 10:00 Game
7:30 PM	2,600 Yards - Stress Value = 90

Workout #27925 - Monday, 07 February 2022

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-Crossover Turns	
550	22 x 25 on :40 USRPT-100 Free Pace	
750	1x{4 x 25 on :40 Kick no board BSLR	
	{3 x 100 on 2:30 Kick-1fly 1brst 1free	
	{4 x 25 on :40 Kick no board BSLR	
	{2 x 100 on 2:25 Kick-1fly 1brst	
	{1 x 50 on 1:05 Kick-free	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,050	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 on 10:00 Game	
7:30 PM	2,900 Yards - Stress Value = 96	

Workout #27957 - Monday, 07 February 2022

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
	Charlie do buckets 10X20@1:00	
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :55 200 Breast Pace*	SP2
	1 on 8:00 Recovery #1	REC
750	15 x 50 on :50 200 Back Pace*	SP2
	1 on 8:00 Recovery #2	REC
375	15 x 25 on :30 100 Fly Pace*	SP2
	1 on 8:00 Recovery #3	REC
375	15 x 25 on :30 100 Free Pace	SP2
7:38 AM	2,475 Yards - Stress Value = 235	

Workout #27958 - Monday, 07 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 15:00 Dynamic Stretch>Showers	REC	
	Delta do buckets 10X20@1:00		
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3	
100	4 x 25 on 3:00 50 Fly Pace-OTB	SP2	
	1 on 12:00 Mobility-3:00 for each	REC	
1,125	15 x 75 on 1:05 500 Free Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	REC	
	1 on 15:00 Racing Skills-Starts	REC	
5:12 PM	1,450 Yards - Stress Value = 131		

Workout #27953 - Tuesday, 08 February 2022

Group 3 - USRPT

1 minute rest between sets

5:30 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
1,250	25 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery	REC
1,250	25 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery	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
7:30 PM	4,225 Yards - Stress Value = 409	

Workout #27928 - Tuesday, 08 February 2022

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 SunYangFree-Count strokes	
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	
2,750	1x{3 x 100 on 1:40 Backstroke	
	{2 x 100 on 1:35 Backstroke	
	{1 x 100 on 1:30 Backstroke	
	{4 x 25 on :30 Back 4 KOW +1	
	{3 x 100 on 1:35 Backstroke	
	{2 x 100 on 1:30 Backstroke	
	{1 x 100 on 1:25 Backstroke	
	{4 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	
	{4 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	
	{2 x 25 on :30 Back 4 KOW+1	
	1 on 10:00 Racing Skills-Back Starts	
7:30 PM	4,100 Yards - Stress Value = 136	

Workout #27933 - Tuesday, 08 February 2022

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 SunYangFree-Count strokes	
150	10 x 15 on :45 Racing Skills-Back Shooters	
375	15 x 25 on 1:00 USRPT-100 Back Pace	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,500	1x{3 x 100 on 3:15 Backstroke	
	{2 x 100 on 3:10 Backstroke	
	{1 x 100 on 3:00 Backstroke	
	{4 x 25 on :45 Back 4 KOW +1	
	{3 x 100 on 3:10 Backstroke	
	{2 x 100 on 3:05 Backstroke	
	{1 x 100 on 3:00 Backstroke	
	{4 x 25 on :45 Back 4 KOW+1	
	{1 x 100 on 3:00 Backstroke	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	2,575 Yards - Stress Value = 74	

Workout #27929 - Tuesday, 08 February 2022

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 SunYangFree-Count strokes
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
2,600	1x{3 x 100 on 1:45 Backstroke { 2 x 100 on 1:40 Backstroke { 1 x 100 on 1:35 Backstroke { 4 x 25 on :30 Back 4 KOW +1 { 3 x 100 on 1:40 Backstroke { 2 x 100 on 1:35 Backstroke { 1 x 100 on 1:30 Backstroke { 4 x 25 on :30 Back 4 KOW +1 { 3 x 100 on 1:35 Backstroke { 2 x 100 on 1:30 Backstroke { 1 x 100 on 1:25 Backstroke { 4 x 25 on :30 Back 4 KOW+1 { 3 x 100 on 1:30 Backstroke { 2 x 100 on 1:25 Backstroke 1 on 10:00 Racing Skills-Back Starts
7:30 PM	3,950 Yards - Stress Value = 133

Workout #27930 - Tuesday, 08 February 2022

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 SunYangFree-Count strokes
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
2,300	1x{3 x 100 on 1:55 Backstroke { 2 x 100 on 1:50 Backstroke { 1 x 100 on 1:45 Backstroke { 4 x 25 on :35 Back 4 KOW +1 { 3 x 100 on 1:50 Backstroke { 2 x 100 on 1:45 Backstroke { 1 x 100 on 1:40 Backstroke { 4 x 25 on :35 Back 4 KOW +1 { 3 x 100 on 1:45 Backstroke { 2 x 100 on 1:40 Backstroke { 1 x 100 on 1:35 Backstroke { 4 x 25 on :35 Back 4 KOW+1 { 2 x 100 on 1:40 Backstroke 1 on 10:00 Racing Skills-Back Starts
7:30 PM	3,475 Yards - Stress Value = 114

Workout #27932 - Tuesday, 08 February 2022

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 SunYangFree-Count strokes
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
1,725	1x{3 x 100 on 2:30 Backstroke { 2 x 100 on 2:25 Backstroke { 1 x 100 on 2:20 Backstroke

	{ 4 x 25 on :45 Back 4 KOW +1
	{ 3 x 100 on 2:25 Backstroke
	{ 2 x 100 on 2:20 Backstroke
	{ 1 x 100 on 2:15 Backstroke
	{ 4 x 25 on :45 Back 4 KOW+1
	{ 1 x 100 on 2:20 Backstroke
	{ 1 x 100 on 2:15 Backstroke
	{ 1 x 100 on 2:10 Backstroke
	{ 1 x 25 on :45 Backstroke
	1 on 10:00 Racing Skills-Back Starts
7:30 PM	2,725 Yards - Stress Value = 90

Workout #27931 - Tuesday, 08 February 2022

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 SunYangFree-Count strokes
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
2,025	1x{3 x 100 on 2:10 Backstroke { 2 x 100 on 2:05 Backstroke { 1 x 100 on 2:00 Backstroke { 4 x 25 on :40 Back 4 KOW +1 { 3 x 100 on 2:05 Backstroke { 2 x 100 on 2:00 Backstroke { 1 x 100 on 1:55 Backstroke { 4 x 25 on :40 Back 4 KOW +1 { 3 x 100 on 2:00 Backstroke { 2 x 100 on 1:55 Backstroke { 1 x 100 on 1:50 Backstroke { 1 x 25 on :40 Back 4 KOW+1 1 on 10:00 Racing Skills-Back Starts
7:30 PM	3,125 Yards - Stress Value = 101

Workout #27959 - Tuesday, 08 February 2022

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
	Alfa do buckets 10X15@1:00 lonloff	
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	15 x 50 on :50 200 Fly Pace*	SP2
	1 on 8:00 Recovery #1	REC
750	15 x 50 on :50 200 Free 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 Back Pace*	SP2
7:37 AM	2,475 Yards - Stress Value = 235	

Workout #27960 - Tuesday, 08 February 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:40 PM Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
	Bravo do buckets 10X15@1:00 lonloff	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
100	4 x 25 on 3:00 50 Back Pace	SP2
	1 on 12:00 Racing Skills-Stanford Turn Drll	REC
1,500	15 x 100 on 1:25 1650 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
	1 on 15:00 Racing Skills-Peer Coaching	REC
	open turns	
	5:17 PM 1,825 Yards - Stress Value = 169	

Workout #27954 - Wednesday, 09 February 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	5:30 PM Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 5:00 Recovery	RE
1,250	25 x 50 on :50 200 Fly Pace	SE
	1 on 5:00 Recovery	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 5:00 Recovery	RE
750	30 x 25 on :30 100 Breast Pace	SE
	7:28 PM 4,225 Yards - Stress Value = 409	

Workout #27934 - Wednesday, 09 February 2022

Group 2 - Breast

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-Breast Shooters
	1 on 24:00 Teach Day
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
1,050	1x{1 x 200 on 3:40 Breast Kick w/board
	{2 x 175 on 3:10 Breast Kick w/board
	{1 x 150 on 2:40 Breast Kick w/board
	{2 x 125 on 2:10 Breast Kick w/board
	{1 x 100 on 1:40 Breast Kick w/board
	1 on 10:00 Racing Skills-Starts/pullouts
	7:30 PM 2,225 Yards - Stress Value = 89

Workout #27939 - Wednesday, 09 February 2022

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-Breast Shooters
	1 on 24:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
450	1x{1 x 200 on 8:00 Breast Kick w/board
	{1 x 150 on 6:00 Breast Kick w/board

{1 x 100 on 4:00 Breast Kick w/board
 1 on 10:00 Racing Skills-starts/pullouts
 7:30 PM 1,400 Yards - Stress Value = 65

Workout #27936 - Wednesday, 09 February 2022

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-Breast Shooters
	1 on 24:00 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
800	1x{1 x 200 on 4:40 Breast Kick w/board
	{2 x 175 on 4:00 Breast Kick w/board
	{1 x 150 on 3:25 Breast Kick w/board
	{1 x 100 on 2:15 Breast Kick w/board
	1 on 10:00 Racing Skills-starts/pullouts
	7:30 PM 1,850 Yards - Stress Value = 77

Workout #27938 - Wednesday, 09 February 2022

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-Breast Shooters
	1 on 24:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
700	1x{1 x 200 on 5:30 Breast Kick w/board
	{2 x 175 on 4:45 Breast Kick w/board
	{1 x 150 on 3:50 Breast Kick w/board
	1 on 10:00 Racing Skills-starts/pullouts
	7:30 PM 1,650 Yards - Stress Value = 70

Workout #27937 - Wednesday, 09 February 2022

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-Breast Shooters
	1 on 24:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
800	1x{1 x 200 on 5:00 Breast Kick w/board
	{2 x 175 on 4:20 Breast Kick w/board
	{1 x 150 on 3:40 Breast Kick w/board
	{1 x 100 on 2:25 Breast Kick w/board
	1 on 10:00 Racing Skills-starts/pullouts
	7:31 PM 1,800 Yards - Stress Value = 72

Workout #27961 - Wednesday, 09 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
	Charlie do buckets 10X15@1:00 lonloff	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
100	4 x 25 on 3:00 50 Free Pace	SP2
	1 on 12:00 Mobility-3:00 each	REC
750	1x{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
	1 on 15:00 Racing Skills-Peer Coaching	REC
	Finishes	
5:11 PM	1,075 Yards - Stress Value = 94	

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
2,100	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 1:45 Fly Kick w/board
	{1 x 150 on 2:35 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{2 x 50 on :50 Fly Kick w/board
	{2 x 100 on 1:45 Fly Kick w/board
	{2 x 150 on 2:35 Fly Kick w/board
	{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 2:35 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,850 Yards - Stress Value = 133

Workout #27955 - Thursday, 10 February 2022

Group 3 - USRPT

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,250	25 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Recovery	REC
1,250	25 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Recovery	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Recovery	REC
750	30 x 25 on :30 100 Fly Pace	SP2
7:30 PM	4,225 Yards - Stress Value = 409	

Workout #27941 - Thursday, 10 February 2022

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
750	30 x 25 on :30 USRPT-100 Fly Pace
1,850	1x{4 x 25 on :30 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 :30 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 :30 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
	{1 x 50 on 1:00 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,600 Yards - Stress Value = 128

Workout #27945 - Thursday, 10 February 2022

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
950	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
	{1 x 150 on 6:00 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
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,225 Yards - Stress Value = 73

Workout #27940 - Thursday, 10 February 2022

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

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

Workout #27942 - Thursday, 10 February 2022

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
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1,650 1x{4 x 25 on :35 Kick no board S-12KOW+1
 {1 x 50 on 1:05 Fly Kick w/board
 {1 x 100 on 2:10 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 1:05 Fly Kick w/board
 {2 x 100 on 2:10 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
 {3 x 50 on 1:05 Fly Kick w/board
 {3 x 100 on 2:10 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Yards - Stress Value = 111

Workout #27944 - Thursday, 10 February 2022

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
 1,200 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
 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
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,600 Yards - Stress Value = 84

Workout #27943 - Thursday, 10 February 2022

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
 1,550 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 2:45 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 150 on 3:45 Fly Kick w/board
 {1 x 50 on 1:00 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
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 102

Workout #27962 - Thursday, 10 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers RE
 Delta do buckets 10X20@1:00
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 750 15 x 50 on :50 200 Back Pace* SF
 1 on 8:00 Recovery #1 RE
 750 15 x 50 on :55 200 Breast Pace* SF
 1 on 8:00 Recovery #2 RE
 375 15 x 25 on :30 100 Free Pace SF
 1 on 8:00 Recovery #3 RE
 375 15 x 25 on :30 100 Fly Pace* SF
 5:18 PM 2,475 Yards - Stress Value = 235

Workout #27956 - Friday, 11 February 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers RE
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF
 3,000 30 x 100 on 1:25 1650 Free Pace SF
 1 on 5:00 Recovery RE
 600 30 x 20 on :30 #1 100 Pace-diving well SF
 6:32 PM 3,825 Yards - Stress Value = 369

Workout #27951 - Friday, 11 February 2022

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
 600 1x{2 x 100 on 3:15 Free Kick w/board
 {2 x 100 on 3:10 Free Kick w/board
 {2 x 100 on 3:05 Free Kick wboard
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 525 7 x 75 on 4:00 Freestyle-100%
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 1,825 Yards - Stress Value = 28

Workout #27946 - Friday, 11 February 2022

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
1,000	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
	{ 2 x 125 on 2:05 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
525	7 x 75 on 4:00 Freestyle-100%
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 2,325 Yards - Stress Value = 36

Workout #27947 - Friday, 11 February 2022

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
950	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
	{ 2 x 100 on 1:50 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
525	7 x 75 on 4:00 Freestyle-100%
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,275 Yards - Stress Value = 35

Workout #27948 - Friday, 11 February 2022

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
900	1x{2 x 125 on 2:40 Free Kick w/board
	{ 2 x 125 on 2:35 Free Kick w/board
	{ 2 x 125 on 2:30 Free Kick wboard
	{ 2 x 75 on 1:30 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
525	7 x 75 on 4:00 Freestyle-100%
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,175 Yards - Stress Value = 34

Workout #27950 - Friday, 11 February 2022

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
700	1x{2 x 100 on 2:45 Free Kick w/board
	{ 2 x 100 on 2:40 Free Kick w/board
	{ 2 x 100 on 2:35 Free Kick wboard
	{ 1 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
525	7 x 75 on 4:00 Freestyle-100%
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 1,925 Yards - Stress Value = 30

Workout #27949 - Friday, 11 February 2022

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
850	1x{2 x 125 on 2:50 Free Kick w/board
	{ 2 x 125 on 2:45 Free Kick w/board
	{ 2 x 125 on 2:40 Free Kick wboard
	{ 1 x 100 on 2:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
525	7 x 75 on 4:00 Freestyle-100%
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,125 Yards - Stress Value = 33

Workout #27963 - Friday, 11 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers		REC
	Alfa do buckets 10X15@1:00 lonloff		
225	15 x 15 on :45 Racing Skills-Fly Shooters		SP3
750	15 x 50 on :50 200 Free Pace*		SP2
	1 on 8:00 Recovery #1		REC
500	20 x 25 on :30 200 Fly 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 Breast Pace*		SP2
	5:14 PM 2,225 Yards - Stress Value = 210		

Workout #27964 - Saturday, 12 February 2022

HighSchl - USRPT

1 minute rest between sets

8:00 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
225	15 x 15 on :45 Racing Skills-Crossover Turns
500	20 x 25 on :30 200 Breast Pace*
150	1x{4 x 15 on :25 Undr Wtr Fly Kck
	{ 1 on :30 Rest
	{ 3 x 15 on :20 Undr Wtr Fly Kck
	{ 1 on :30 Rest
	{ 2 x 15 on :15 Undr Wtr Fly Kck
	{ 1 on :30 Rest
	{ 1 x 15 on :10 Undr Wtr Fly Kck
500	20 x 25 on :30 200 Free Pace*
	1 on 10:00 Racing Skills-UW Racing
500	20 x 25 on :30 200 Fly Pace*
	1 on 10:00 Tic Tac Toe Relay
500	20 x 25 on :30 200 Back Pace*
	10:07 AM 2,375 Yards - Stress Value = 212

Workout #28019 - Monday, 14 February 2022

Group 3 - USRPT

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	F
600	30 x 20 on :30 100 Fly Pace**	F
	1 on 8:00 Recovery-Shoulder mobility	F
1,500	1x{10 x 50 on :55 400 IM Pace	F
	{1 on 1:00 Rest	F
	{10 x 50 on :55 400 IM Pace	F
	{1 on 1:00 Rest	F
	{10 x 50 on :55 400 IM Pace	F
	1 on 10:00 Video Evaluations 2-	F
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
600	30 x 20 on :30 100 Breast Pace**	F
	7:28 PM 3,225 Yards - Stress Value = 280	

Workout #27969 - Monday, 14 February 2022

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 30:00 DS>Showers	F
300	1 x 300 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	F
750	30 x 25 on :30 USRPT-100 Back Pace	F
900	1x{6 x 25 on :30 Kick no board B-10KOW+1	F
	{5 x 50 on 1:00 Kick-alt strmlne/hands by si	F
	{6 x 25 on :30 Kick no board B-10KOW+1	F
	{4 x 50 on :55 Kick-alt strmlne/hands by sic	F
	{6 x 25 on :30 Kick no board B-10KOW+1	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
1,500	1x{3 x 100 on 1:35 Backstroke	F
	{2 x 100 on 1:30 Backstroke	F
	{1 x 100 on 1:25 Backstroke	F
	{6 x 25 on :30 Back 4 KOW +1	F
	{3 x 100 on 1:30 Backstroke	F
	{2 x 100 on 1:25 Backstroke	F
	{1 x 100 on 1:20 Backstroke	F
	{6 x 25 on :30 Back 4 KOW +1	F
	1 on 10:00 Game	F
	7:30 PM 3,750 Yards - Stress Value = 129	

Workout #27974 - Monday, 14 February 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 30:00 DS>Showers	F
200	1 x 200 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	F
375	15 x 25 on 1:00 USRPT-100 Back Pace	F
475	1x{4 x 25 on 1:00 Kick no board B-10KOW+1	F
	{2 x 50 on 2:00 Kick-alt strmlne/hands by si	F
	{4 x 25 on 1:00 Kick no board B-10KOW+1	F
	{2 x 50 on 1:55 Kick-alt strmlne/hands by si	F
	{3 x 25 on 1:00 Kick no board B-10KOW+1	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
750	1x{1 x 100 on 3:00 Backstroke	F

{1 x 100 on 2:55 Backstroke
{1 x 100 on 2:50 Backstroke
{4 x 25 on :45 Back 4 KOW +1
{1 x 100 on 2:55 Backstroke
{1 x 100 on 2:50 Backstroke
{1 x 100 on 2:45 Backstroke
{2 x 25 on :45 Back 4 KOW +1
1 on 10:00 Game

7:29 PM 2,100 Yards - Stress Value = 69

Workout #27970 - Monday, 14 February 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 30:00 DS>Showers	F
300	1 x 300 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	F
750	30 x 25 on :30 USRPT-100 Back Pace	F
800	1x{6 x 25 on :35 Kick no board B-10KOW+1	F
	{4 x 50 on 1:05 Kick-alt strmlne/hands by si	F
	{6 x 25 on :35 Kick no board B-10KOW+1	F
	{4 x 50 on 1:00 Kick-alt strmlne/hands by si	F
	{4 x 25 on :35 Kick no board B-10KOW+1	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
1,400	1x{3 x 100 on 1:45 Backstroke	F
	{2 x 100 on 1:40 Backstroke	F
	{1 x 100 on 1:35 Backstroke	F
	{6 x 25 on :30 Back 4 KOW +1	F
	{3 x 100 on 1:40 Backstroke	F
	{2 x 100 on 1:35 Backstroke	F
	{1 x 100 on 1:30 Backstroke	F
	{2 x 25 on :30 Back 4 KOW +1	F
	1 on 10:00 Game	F
	7:30 PM 3,550 Yards - Stress Value = 125	

Workout #27971 - Monday, 14 February 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 30:00 DS>Showers	F
250	1 x 250 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Back Shooters	F
625	25 x 25 on :35 USRPT-100 Back Pace	F
700	1x{4 x 25 on :40 Kick no board B-10KOW+1	F
	{4 x 50 on 1:15 Kick-alt strmlne/hands by si	F
	{4 x 25 on :40 Kick no board B-10KOW+1	F
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si	F
	{4 x 25 on :40 Kick no board B-10KOW+1	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
1,250	1x{3 x 100 on 1:55 Backstroke	F
	{2 x 100 on 1:50 Backstroke	F
	{1 x 100 on 1:45 Backstroke	F
	{4 x 25 on :35 Back 4 KOW +1	F
	{3 x 100 on 1:50 Backstroke	F
	{2 x 100 on 1:45 Backstroke	F
	{1 x 50 on :50 Backstroke	F
	1 on 10:00 Game	F
	7:30 PM 3,125 Yards - Stress Value = 107	

Workout #27973 - Monday, 14 February 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
575	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
	{3 x 25 on :45 Kick no board B-10KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{3 x 100 on 2:30 Backstroke
	{2 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{1 x 50 on 1:10 Backstroke
	1 on 10:00 Game
7:30 PM	2,525 Yards - Stress Value = 87

Workout #27972 - Monday, 14 February 2022

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 Underwater trn drill
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 B-10KOW+1
	{4 x 50 on 1:20 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:15 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{3 x 100 on 2:10 Backstroke
	{2 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{4 x 25 on :40 Back 4 KOW +1
	{2 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	1 on 10:00 Game
7:30 PM	2,850 Yards - Stress Value = 96

Workout #27965 - Monday, 14 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
750	15 x 50 on :50 200 Free Pace*
	1 on 9:00 Group Meeting-Alfa
750	15 x 50 on :55 200 Breast Pace*
	1 on 9:00 Group Meeting-Bravo
375	15 x 25 on :30 100 Back Pace*
	1 on 9:00 Group Meeting-Charlie
375	15 x 25 on :30 100 Fly Pace*
	1 on 9:00 Group Meeting-Delta
5:29 PM	2,475 Yards - Stress Value = 235

Workout #28002 - Monday, 14 February 2022

Taper 1 - 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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
175	7 x 25 on 1:00 USRPT-100 Back Pace
250	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 2:00 Kick-alt strmlne/hands by si
	{2 x 25 on 1:00 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
400	1x{1 x 100 on 3:00 Backstroke
	{1 x 100 on 2:55 Backstroke
	{1 x 100 on 2:50 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:04 PM	1,425 Yards - Stress Value = 37

Workout #27999 - Monday, 14 February 2022

Taper 1 - 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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
300	12 x 25 on :35 USRPT-100 Back Pace
350	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:15 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{1 x 50 on 1:10 Kick-alt strmlne/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 50 on :50 Backstroke
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:04 PM	1,950 Yards - Stress Value = 56

Workout #28001 - Monday, 14 February 2022

Taper 1 - 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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Back Shooters
 225 9 x 25 on :45 USRPT-100 Back Pace
 250 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {1 x 50 on 1:35 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 1x{1 x 100 on 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 2:20 Backstroke
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:03 PM 1,575 Yards - Stress Value = 43

Workout #28000 - Monday, 14 February 2022

Taper 1 - 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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Back Shooters
 250 10 x 25 on :40 USRPT-100 Back Pace
 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
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 100 on 2:10 Backstroke
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {1 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:03 PM 1,800 Yards - Stress Value = 49

Workout #28020 - Tuesday, 15 February 2022

Group 3 - USRPT

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 750 30 x 25 on :30 100 Fly Pace
 1 on 5:00 Recovery
 1,500 30 x 50 on :30 100 Back 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 10:00 Racing Skills-UW Racing
 750 30 x 25 on :30 100 Free Pace
 7:26 PM 4,275 Yards - Stress Value = 390

Workout #27980 - Tuesday, 15 February 2022

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
 1 on 24:00 Teach Day
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Free Pace
 600 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-6sec
 {2 x 125 on 3:45 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes
 7:30 PM 1,600 Yards - Stress Value = 68

Workout #27975 - Tuesday, 15 February 2022

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 24:00 TEACH DAY-Free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1,000 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 {1 x 150 on 2:40 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-4sec
 1 on 10:00 Racing Skills-Finishes
 7:30 PM 2,350 Yards - Stress Value = 101

Workout #27976 - Tuesday, 15 February 2022

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 24:00 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 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {2 x 100 on 1:55 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes
 7:30 PM 2,250 Yards - Stress Value = 99

Workout #27977 - Tuesday, 15 February 2022

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
	1 on 24:00 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 100 on 2:45 Free Kick w/board for time {1 x 150 on 3:20 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board-6sec {2 x 125 on 2:50 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board-5sec {1 x 100 on 2:10 Free Kick w/board 1 on 10:00 Racing Skills-Finishes
	7:30 PM 1,975 Yards - Stress Value = 84

Workout #27979 - Tuesday, 15 February 2022

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 24:00 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 100 on 3:15 Free Kick w/board for time {1 x 150 on 4:00 Free Kick w/board {1 x 100 on 3:00 Free Kick w/board-6sec {2 x 125 on 3:20 Free Kick w/board {1 x 50 on 1:30 Free Kick w/board-5sec 1 on 10:00 Racing Skills-Finishes
	7:30 PM 1,700 Yards - Stress Value = 74

Workout #27978 - Tuesday, 15 February 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
700	1x{1 x 100 on 2:45 Free Kick w/board for time {1 x 150 on 3:45 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board-6sec {2 x 125 on 3:05 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board-5sec
200	1 x 200 on 4:00 Stroke Drills
	7:45 PM 2,225 Yards - Stress Value = 82

Workout #27966 - Tuesday, 15 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
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Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
375	15 x 25 on :30 #2 100 Pace
	1 on 10:00 Recovery-Your Choice
750	15 x 50 on :50 Your #1 200 Or 20X25 Your #1 200 Pace
	1 on 10:00 Recovery-Your Choice or A Relays practice relay starts
	1 on 15:00 Team Meeting
	5:04 PM 1,350 Yards - Stress Value = 122

Workout #28006 - Tuesday, 15 February 2022

Taper 1 - 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
	1 on 24:00 Teach Day
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
225	9 x 25 on :45 USRPT-100 Free Pace
350	1x{1 x 100 on 3:15 Free Kick w/board for time {1 x 150 on 4:30 Free Kick w/board {1 x 100 on 3:15 Free Kick w/board-6sec 1 on 10:00 Racing Skills-Finishes
	7:15 PM 1,075 Yards - Stress Value = 35

Workout #28003 - Tuesday, 15 February 2022

Taper 1 - 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
	1 on 24:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Free Pace
475	1x{1 x 100 on 2:45 Free Kick w/board for time {1 x 150 on 3:20 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board-6sec {1 x 125 on 2:50 Free Kick w/board 1 on 10:00 Racing Skills-Finishes
	7:15 PM 1,325 Yards - Stress Value = 45

Workout #28005 - Tuesday, 15 February 2022

Taper 1 - 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 24:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :40 USRPT-100 Free Pace
350	1x{1 x 100 on 3:15 Free Kick w/board for time {1 x 150 on 4:00 Free Kick w/board {1 x 100 on 3:00 Free Kick w/board-6sec 1 on 10:00 Racing Skills-Finishes
	7:14 PM 1,100 Yards - Stress Value = 38

Workout #28004 - Tuesday, 15 February 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 24:00 TEACH DAY-Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Free Pace
350	1x{1 x 100 on 2:45 Free Kick w/board for time {1 x 150 on 3:45 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board-6sec 1 on 10:00 Racing Skills-Finishes
7:13 PM	1,200 Yards - Stress Value = 43

Workout #28021 - Wednesday, 16 February 2022

Group 3 - USRPT

1 minute rest between sets

5:30 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
1,250	25 x 50 on :50 200 Free Pace*	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
1,250	25 x 50 on :55 200 Breast Pace*	SE
	1 on 8:00 Thoracic Mobility	RE
1,250	25 x 50 on :50 200 Back Pace*	SE
	1 on 5:00 Hip Mobility	RE
1,250	25 x 50 on :50 200 Fly Pace*	SE
7:45 PM	5,225 Yards - Stress Value = 509	

Workout #27981 - Wednesday, 16 February 2022

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 :35 100 Breast Pace
2,000	1x{1 x 200 on 3:45 Breast Kick w/board {2 x 175 on 3:15 Breast Kick w/board {3 x 150 on 2:45 Breast Kick w/board {4 x 125 on 2:15 Breast Kick w/board {5 x 100 on 1:45 Breast Kick w/board
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	3,575 Yards - Stress Value = 120

Workout #27986 - Wednesday, 16 February 2022

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
375	15 x 25 on 1:00 100 Breast Pace
950	1x{1 x 200 on 8:00 Breast Kick w/board {2 x 175 on 7:00 Breast Kick w/board

	{2 x 150 on 6:00 Breast Kick w/board
	{1 x 100 on 3:00 Breast Kick w/board
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	2,175 Yards - Stress Value = 75

Workout #27982 - Wednesday, 16 February 2022

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 :35 100 Breast Pace
1,850	1x{1 x 200 on 4:05 Breast Kick w/board {2 x 175 on 3:30 Breast Kick w/board {3 x 150 on 2:55 Breast Kick w/board {4 x 125 on 2:25 Breast Kick w/board {3 x 100 on 1:55 Breast Kick w/board {1 x 50 on :55 Breast Kick w/board
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	3,425 Yards - Stress Value = 117

Workout #27983 - Wednesday, 16 February 2022

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 :40 100 Breast Pace
1,650	1x{1 x 200 on 4:30 Breast Kick w/board {2 x 175 on 3:55 Breast Kick w/board {3 x 150 on 3:20 Breast Kick w/board {4 x 125 on 2:45 Breast Kick w/board {1 x 100 on 2:10 Breast Kick w/board {1 x 50 on 1:05 Breast Kick w/board
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	3,100 Yards - Stress Value = 104

Workout #27985 - Wednesday, 16 February 2022

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
500	20 x 25 on :45 100 Breast Pace
1,350	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 {3 x 100 on 2:40 Breast Kick w/board {1 x 50 on 1:20 Breast Kick w/board
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 2,700 Yards - Stress Value = 93

Workout #27984 - Wednesday, 16 February 2022

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
550	22 x 25 on :40 100 Breast Pace
1,500	1x{1 x 200 on 4:55 Breast Kick w/board {2 x 175 on 4:15 Breast Kick w/board {3 x 150 on 3:35 Breast Kick w/board {4 x 125 on 3:00 Breast Kick w/board
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 2,950 Yards - Stress Value = 103

Workout #27967 - Wednesday, 16 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	F
=====	=====	=
	1 on 15:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter	S
750	15 x 50 on :55 Your #2 200 Pace Or 20x25 your #2 200 Pace	S
	1 on 10:00 Recovery-Your Choice	F
375	15 x 25 on :30 Your #1 100 Pace	S
	1 on 10:00 Recovery-Your choice Or A Relay working on relay starts	F
	1 on 15:00 Team Meeting	F
	5:05 PM 1,350 Yards - Stress Value = 122	

Workout #28010 - Wednesday, 16 February 2022

Taper 1 - 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
200	8 x 25 on 1:00 100 Breast Pace

500	1x{1 x 200 on 8:00 Breast Kick w/board {1 x 175 on 7:00 Breast Kick w/board {1 x 125 on 4:00 Breast Kick w/board
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
	7:05 PM 1,550 Yards - Stress Value = 48

Workout #28007 - Wednesday, 16 February 2022

Taper 1 - 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
275	11 x 25 on :40 100 Breast Pace
850	1x{1 x 200 on 4:30 Breast Kick w/board {2 x 175 on 3:55 Breast Kick w/board {2 x 150 on 3:20 Breast Kick w/board
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
	7:05 PM 2,025 Yards - Stress Value = 61

Workout #28009 - Wednesday, 16 February 2022

Taper 1 - 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
250	10 x 25 on :45 100 Breast Pace
700	1x{1 x 200 on 5:30 Breast Kick w/board {2 x 175 on 4:45 Breast Kick w/board {1 x 150 on 4:00 Breast Kick w/board
100	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
	7:05 PM 1,800 Yards - Stress Value = 55

Workout #28008 - Wednesday, 16 February 2022

Taper 1 - 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
275	11 x 25 on :40 100 Breast Pace
750	1x{1 x 200 on 4:55 Breast Kick w/board {2 x 175 on 4:15 Breast Kick w/board {1 x 150 on 3:35 Breast Kick w/board {1 x 50 on 2:00 Breast Kick w/board
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
	7:05 PM 1,925 Yards - Stress Value = 61

Workout #27992 - Thursday, 17 February 2022

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 Fly Pace
550	1x{4 x 25 on 1:00 Kick no board BSLR { 2 x 100 on 3:00 Kick-1fly 1brst { 4 x 25 on 1:00 Kick no board BSLR { 1 x 100 on 3:00 Kick-25fly25brst25fr25cho { 2 x 25 on 1:00 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 IM-OTB 1 on 10:00 Racing Skills-Starts
	7:32 PM 1,825 Yards - Stress Value = 95

Workout #27987 - Thursday, 17 February 2022

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-Crossover Turns
750	30 x 25 on :30 USRPT-100 Fly Pace
1,000	1x{4 x 25 on :30 Kick no board BSLR { 3 x 100 on 1:55 Kick-1fly 1brst 1free { 4 x 25 on :30 Kick no board BSLR { 3 x 100 on 1:50 Kick-1fly 1brst 1free { 4 x 25 on :30 Kick no board BSLR { 1 x 100 on 1:45 Kick-25fly25br25fr25cho
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 IM-OTB 1 on 10:00 Racing Skills-Starts
	7:32 PM 2,750 Yards - Stress Value = 141

Workout #27988 - Thursday, 17 February 2022

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 Fly Pace
850	1x{4 x 25 on :35 Kick no board BSLR { 3 x 100 on 2:05 Kick-1fly 1brst 1free { 4 x 25 on :35 Kick no board BSLR { 3 x 100 on 2:00 Kick-1fly 1brst 1free { 2 x 25 on :35 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 IM-OTB 1 on 10:00 Racing Skills-Starts
	7:32 PM 2,475 Yards - Stress Value = 117

Workout #27989 - Thursday, 17 February 2022

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
625	25 x 25 on :35 USRPT-100 Fly Pace
800	1x{4 x 25 on :40 Kick no board BSLR { 3 x 100 on 2:15 Kick-1fly 1brst 1free { 4 x 25 on :40 Kick no board BSLR { 3 x 100 on 2:10 Kick-1fly 1brst 1free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 IM-OTB 1 on 10:00 Racing Skills-Starts
	7:32 PM 2,375 Yards - Stress Value = 116

Workout #27991 - Thursday, 17 February 2022

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 Fly Pace
650	1x{4 x 25 on :45 Kick no board BSLR { 2 x 100 on 2:45 Kick-1fly 1brst { 4 x 25 on :45 Kick no board BSLR { 2 x 100 on 2:45 Kick-1brst 1free { 2 x 25 on :45 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 IM-OTB 1 on 10:00 Racing Skills-Starts
	7:32 PM 2,050 Yards - Stress Value = 109

Workout #27990 - Thursday, 17 February 2022

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
500	20 x 25 on :45 USRPT-100 Fly Pace
750	1x{4 x 25 on :40 Kick no board BSLR { 3 x 100 on 2:30 Kick-1fly 1brst 1free { 4 x 25 on :40 Kick no board BSLR { 2 x 100 on 2:25 Kick-1fly 1brst { 1 x 50 on 1:05 Kick-free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 IM-OTB 1 on 10:00 Racing Skills-Starts
	7:32 PM 2,200 Yards - Stress Value = 111

Workout #28014 - Thursday, 17 February 2022

Taper 1 - 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
175	7 x 25 on 1:00 USRPT-100 Fly Pace
375	1x{4 x 25 on 1:00 Kick no board BSLR { 2 x 100 on 3:00 Kick-1fly 1brst { 3 x 25 on 1:00 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	2 x 100 on 6:00 100 IM-OTB
	1 on 10:00 Racing Skills-Starts
7:06 PM	1,250 Yards - Stress Value = 52

Workout #28011 - Thursday, 17 February 2022

Taper 1 - 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
300	12 x 25 on :35 USRPT-100 Fly Pace
500	1x{4 x 25 on :40 Kick no board BSLR { 3 x 100 on 2:15 Kick-1fly 1brst 1free { 4 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	2 x 100 on 6:00 100 IM-OTB
	1 on 10:00 Racing Skills-Starts
7:06 PM	1,550 Yards - Stress Value = 62

Workout #28013 - Thursday, 17 February 2022

Taper 1 - 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
225	9 x 25 on :45 USRPT-100 Fly Pace
450	1x{4 x 25 on :45 Kick no board BSLR { 2 x 100 on 2:45 Kick-1fly 1brst { 6 x 25 on :45 Kick no board BSLRBS
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	2 x 100 on 6:00 100 IM-OTB
	1 on 10:00 Racing Skills-Starts
7:06 PM	1,375 Yards - Stress Value = 57

Workout #28016 - Thursday, 17 February 2022

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
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
800	4x{8 x 25 on :40 Butterfly { 1 on 1:00 Rest

200 1 x 200 on 3:00 Stroke Drills
6:07 PM 1,550 Yards - Stress Value = 22

Workout #28012 - Thursday, 17 February 2022

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Crossover Turns
225	9 x 25 on :45 USRPT-100 Fly Pace
500	1x{4 x 25 on :40 Kick no board BSLR { 3 x 100 on 2:30 Kick-1fly 1brst 1free { 4 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	2 x 100 on 6:00 100 IM-OTB
	1 on 10:00 Racing Skills-Starts
7:06 PM	1,475 Yards - Stress Value = 58

Workout #28022 - Friday, 18 February 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RF
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF
3,000	30 x 100 on 1:25 1650 Free Pace	SF
	1 on 5:00 Recovery	RF
600	30 x 20 on :30 100 Free Pace-diving well	SF
6:32 PM	3,825 Yards - Stress Value = 369	

Workout #27998 - Friday, 18 February 2022

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-Fly Shooters
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	6x{8 x 25 on 1:00 Butterfly { 1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:35 PM	1,900 Yards - Stress Value = 30

Workout #27993 - Friday, 18 February 2022

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
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
2,200	11x{8 x 25 on :25 Butterfly { 1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:29 PM	3,000 Yards - Stress Value = 50

Workout #27994 - Friday, 18 February 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
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
2,000	10x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:31 PM	2,800 Yards - Stress Value = 46

Workout #27995 - Friday, 18 February 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
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
1,800	9x{8 x 25 on :35 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:32 PM	2,550 Yards - Stress Value = 42

Workout #27997 - Friday, 18 February 2022

Group 2 - Bronze

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-Fly Shooters
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	7x{8 x 25 on :45 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:30 PM	2,100 Yards - Stress Value = 34

Workout #27996 - Friday, 18 February 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
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
1,600	8x{8 x 25 on :40 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:32 PM	2,350 Yards - Stress Value = 38

Workout #27968 - Friday, 18 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards Set Description

=====	=====
	1 on 15:00 DS/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 10:00 Recovery-Your Choice Or A Relay practice relay starts
1,000	1 x 1000 on 20:00 Non Sectional swimmers time t
	1 on 15:00 Team Meeting
5:02 PM	1,450 Yards - Stress Value = 131

Workout #28018 - Friday, 18 February 2022

Taper 1 - 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-Fly Shooters
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	3x{8 x 25 on 1:00 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:08 PM	1,300 Yards - Stress Value = 18

Workout #28015 - Friday, 18 February 2022

Taper 1 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
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
800	4x{8 x 25 on :35 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:04 PM	1,550 Yards - Stress Value = 22

Workout #28017 - Friday, 18 February 2022

Taper 1 - Bronze

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-Fly Shooters
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	4x{8 x 25 on :45 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
6:09 PM	1,500 Yards - Stress Value = 22

Workout #28027 - Monday, 21 February 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,250	25 x 50 on :55 200 Breast Pace	SP2
1	on 5:00 Recovery	REC
1,250	25 x 50 on :50 200 Free Pace	SP2
1	on 5:00 Recovery	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
7:30 PM	4,225 Yards - Stress Value = 409	

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
950	1x{1 x 200 on 4:05 Breast Kick w/board
	{2 x 175 on 3:30 Breast Kick w/board
	{2 x 150 on 2:55 Breast Kick w/board
	{1 x 100 on 1:50 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{3 x 125 on 2:25 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 x 125 on 2:20 Breast L.25 3X pullouts
	{2 x 50 on 1:00 Breaststroke
	{2 x 125 on 2:15 Breast L.25 3X pullouts
	1 on 10:00 Racing Skills
7:30 PM	3,375 Yards - Stress Value = 112

Workout #28031 - Monday, 21 February 2022

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 :35 100 Breast Pace
1,000	1x{1 x 200 on 3:50 Breast Kick w/board
	{2 x 175 on 3:20 Breast Kick w/board
	{3 x 150 on 2:45 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,325	1x{3 x 125 on 2:20 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 x 125 on 2:15 Breast L.25 3X pullouts
	{2 x 50 on :55 Breaststroke
	{3 x 125 on 2:10 Breast L.25 3X pullouts
	1 on 10:00 Racing Skills
7:31 PM	3,550 Yards - Stress Value = 116

Workout #28033 - Monday, 21 February 2022

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 :40 100 Breast Pace
800	1x{1 x 200 on 4:35 Breast Kick w/board
	{2 x 175 on 4:00 Breast Kick w/board
	{2 x 100 on 2:15 Breast Kick w/board
	{1 x 50 on 1:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	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
	1 on 10:00 Racing Skills
7:31 PM	2,950 Yards - Stress Value = 99

Workout #28036 - Monday, 21 February 2022

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
375	15 x 25 on 1:00 100 Breast Pace
475	1x{1 x 200 on 8:00 Breast Kick w/board
	{1 x 150 on 6:00 Breast Kick w/board
	{1 x 100 on 4:00 Breast Kick w/board
	{1 x 25 on 1:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{2 x 100 on 3:30 Breast L.25 3X pullouts
	{2 x 50 on 1:45 Breaststroke
	{3 x 100 on 3:25 Breast L.25 3X pullouts
	{1 x 50 on 1:45 Breaststroke
	1 on 10:00 Relay
7:30 PM	2,000 Yards - Stress Value = 66

Workout #28035 - Monday, 21 February 2022

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 :45 100 Breast Pace
700	1x{1 x 200 on 5:30 Breast Kick w/board
	{2 x 175 on 4:45 Breast Kick w/board
	{1 x 150 on 4:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{3 x 100 on 2:50 Breast L.25 3X pullouts
	{2 x 50 on 1:25 Breaststroke
	{3 x 100 on 2:45 Breast L.25 3X pullouts
	{2 x 50 on 1:30 Breaststroke
	1 on 10:00 Relay
7:30 PM	2,500 Yards - Stress Value = 86

Workout #28032 - Monday, 21 February 2022

Group 2 - Gold

1 minute rest between sets

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

Workout #28034 - Monday, 21 February 2022

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 :40 100 Breast Pace
750	1x{1 x 200 on 5:00 Breast Kick w/board 2 x 175 on 4:20 Breast Kick w/board 2 x 100 on 2:25 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{3 x 125 on 3:10 Breast L.25 3X pullouts 2 x 50 on 1:10 Breaststroke 3 x 125 on 3:05 Breast L.25 3X pullouts 2 x 50 on 1:15 Breaststroke 1 on 10:00 Racing Skills
7:31	PM 2,800 Yards - Stress Value = 96

Workout #28023 - Monday, 21 February 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	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	
	1 on 15:00 Tme Trials	SP2	
5:29	PM 2,475 Yards - Stress Value = 235		

Workout #28037 - Monday, 21 February 2022

Taper 1 - 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
375	15 x 25 on :35 100 Breast Pace
525	1x{1 x 200 on 3:50 Breast Kick w/board 1 x 175 on 3:20 Breast Kick w/board 1 x 150 on 2:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{2 x 125 on 2:20 Breast L.25 3X pullouts 2 x 50 on :55 Breaststroke 2 x 125 on 2:15 Breast L.25 3X pullouts 2 x 50 on :55 Breaststroke 1 on 10:00 Racing Skills
7:03	PM 2,150 Yards - Stress Value = 69

Workout #28042 - Monday, 21 February 2022

Taper 1 - 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
225	9 x 25 on 1:00 100 Breast Pace
250	1x{1 x 150 on 6:00 Breast Kick w/board 1 x 100 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
350	1x{1 x 100 on 3:30 Breast L.25 3X pullouts 2 x 50 on 1:45 Breaststroke 1 x 100 on 3:25 Breast L.25 3X pullouts 1 x 50 on 1:45 Breaststroke 1 on 10:00 Racing Skills
7:03	PM 1,275 Yards - Stress Value = 40

Workout #28038 - Monday, 21 February 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on :35 100 Breast Pace
475	1x{1 x 200 on 4:05 Breast Kick w/board 1 x 175 on 3:30 Breast Kick w/board 1 x 100 on 1:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
675	1x{3 x 125 on 2:25 Breast L.25 3X pullouts 2 x 50 on :55 Breaststroke 2 x 100 on 1:55 Breast L.25 3X pullouts 1 on 10:00 Racing Skills
7:03	PM 2,075 Yards - Stress Value = 68

Workout #28039 - Monday, 21 February 2022

Taper 1 - 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
325	13 x 25 on :40 100 Breast Pace
425	1x{1 x 200 on 4:35 Breast Kick w/board 1 x 175 on 4:00 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
550	1x{2 x 125 on 2:50 Breast L.25 3X pullouts 2 x 50 on 1:00 Breaststroke 1 x 100 on 2:10 Breast L.25 3X pullouts 2 x 50 on 1:05 Breaststroke 1 on 10:00 Racing Skills
7:03	PM 1,800 Yards - Stress Value = 58

Workout #28041 - Monday, 21 February 2022

Taper 1 - 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
275	11 x 25 on :45 100 Breast Pace
350	1x{1 x 200 on 5:30 Breast Kick w/board 1 x 150 on 4:00 Breast Kick w/board
	0x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{2 x 100 on 2:50 Breast L.25 3X pullouts 2 x 50 on 1:25 Breaststroke 2 x 100 on 2:45 Breast L.25 3X pullouts 1 x 50 on 1:30 Breaststroke
	1 on 10:00 Relay
7:02 PM	1,525 Yards - Stress Value = 52

Workout #28040 - Monday, 21 February 2022

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
325	13 x 25 on :40 100 Breast Pace
375	1x{1 x 200 on 5:00 Breast Kick w/board 1 x 175 on 4:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 125 on 3:10 Breast L.25 3X pullouts 2 x 50 on 1:10 Breaststroke 1 x 125 on 3:05 Breast L.25 3X pullouts 3 x 50 on 1:15 Breaststroke
	1 on 10:00 Racing Skills
7:03 PM	1,700 Yards - Stress Value = 55

Workout #28028 - Tuesday, 22 February 2022

Group 3 - USRPT

1 minute rest between sets

5:30 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
1,250	25 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Recovery	REC
1,250	25 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Recovery	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 6:00 Recovery	REC
750	30 x 25 on :30 100 Free Pace	SP2
7:30 PM	4,225 Yards - Stress Value = 409	

Workout #28048 - Tuesday, 22 February 2022

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
950	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
	{1 x 100 on 4:00 Fly Kick w/board
	{1 x 150 on 6:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board S-14KOW+1
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
200	1 x 200 on 3:00 Stroke Drills
7:29 PM	2,225 Yards - Stress Value = 75

Workout #28043 - Tuesday, 22 February 2022

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
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 2:35 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 1:45 Fly Kick w/board 2 x 150 on 2:35 Fly Kick w/board 6 x 25 on :30 Kick no board S-14KOW+1 3 x 50 on :50 Fly Kick w/board 3 x 100 on 1:45 Fly Kick w/board 3 x 150 on 2:35 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
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,900 Yards - Stress Value = 136

Workout #28044 - Tuesday, 22 February 2022

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
750	30 x 25 on :30 USRPT-100 Fly Pace
1,800	1x{4 x 25 on :30 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 :30 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 :30 Kick no board S-14KOW+1 3 x 50 on 1:00 Fly Kick w/board 3 x 100 on 2:05 Fly Kick w/board 1 x 150 on 3:15 Fly Kick w/board
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
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	3,550 Yards - Stress Value = 129

Workout #28045 - Tuesday, 22 February 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Fly Shooters
1,600	25 x 25 on :35 USRPT-100 Fly Pace
	1x{4 x 25 on :35 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 :35 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
	{4 x 25 on :35 Kick no board S-14KOW+1
	{3 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
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
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 112

	{2 x 100 on 2:40 Fly Kick w/board
	{2 x 150 on 4:00 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-14KOW+1
	{2 x 50 on 1:20 Fly Kick w/board
	{1 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
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 93

Workout #28024 - Tuesday, 22 February 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
3:40 PM	Start		
	1 on 15:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#2 Shooters		SP3
750	15 x 50 on :50 200 Back Pace*		SP2
	1 on 7:00 Recovery #1		REC
375	15 x 25 on :30 100 Breast Pace*		SP2
	1 on 8:00 Recovery #2		REC
750	15 x 50 on :50 200 Free Pace*		SP2
	1 on 7:00 Recovery #3		REC
375	15 x 25 on :30 100 Fly Pace*		SP2
	5:15 PM 2,475 Yards - Stress Value = 235		

Workout #28047 - Tuesday, 22 February 2022

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 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Fly Shooters
1,250	20 x 25 on :45 USRPT-100 Fly Pace
	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
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
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 85

Workout #28054 - Tuesday, 22 February 2022

Taper 1 - 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
200	8 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
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
200	1 x 200 on 3:00 Stroke Drills
	7:04 PM 1,600 Yards - Stress Value = 48

Workout #28046 - Tuesday, 22 February 2022

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 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Fly Shooters
1,400	22 x 25 on :40 USRPT-100 Fly Pace
	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

Workout #28049 - Tuesday, 22 February 2022

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 2:35 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{1 x 50 on :50 Fly Kick w/board
	{1 x 100 on 1:45 Fly Kick w/board
	{1 x 150 on 2:35 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-14KOW+1
	{1 x 50 on :50 Fly Kick w/board
	{1 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 4:00 OTB-100 Fly for Time
200	1 x 200 on 3:00 Stroke Drills
	7:02 PM 2,375 Yards - Stress Value = 77

Workout #28050 - Tuesday, 22 February 2022

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-Fly Shooters
375	15 x 25 on :30 USRPT-100 Fly Pace
900	1x{4 x 25 on :30 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 :30 Kick no board S-13KOW+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 :30 Kick no board S-14KOW+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 4:00 OTB-100 Fly for Time
200	1 x 200 on 3:00 Stroke Drills
	7:02 PM 2,225 Yards - Stress Value = 74

Workout #28051 - Tuesday, 22 February 2022

Taper 1 - 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-Fly Shooters
325	13 x 25 on :35 USRPT-100 Fly Pace
800	1x{4 x 25 on :35 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 :35 Kick no board S-13KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:25 Fly Kick w/board
	{6 x 25 on :35 Kick no board S-14KOW+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 4:00 OTB-100 Fly for Time
200	1 x 200 on 3:00 Stroke Drills
	7:02 PM 2,075 Yards - Stress Value = 66

Workout #28053 - Tuesday, 22 February 2022

Taper 1 - 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
250	10 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
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 3:00 Stroke Drills
	7:03 PM 1,750 Yards - Stress Value = 48

Workout #28052 - Tuesday, 22 February 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
275	11 x 25 on :40 USRPT-100 Fly Pace
700	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:20 Fly Kick w/board
	{1 x 100 on 2:40 Fly Kick w/board
	{1 x 150 on 4:00 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{1 x 50 on 1:20 Fly Kick w/board
	{1 x 150 on 4:00 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 3:00 Stroke Drills
	7:02 PM 1,875 Yards - Stress Value = 52

Workout #28029 - Wednesday, 23 February 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
1	on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,250	25 x 50 on :50 200 Free Pace	SP2
1	on 5:00 Recovery	REC
1,250	25 x 50 on :55 200 Breast Pace	SP2
1	on 5:00 Recovery	REC
750	30 x 25 on :30 100 Back Pace	SP2
1	on 5:00 Recovery	REC
750	30 x 25 on :30 100 Fly Pace	SP2
7:30 PM	4,225 Yards - Stress Value = 409	

Workout #28060 - Wednesday, 23 February 2022

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
1,600	2x{1 x 300 on 9:00 Pull-BTB {1 x 100 on 3:00 Free NBBF&W {1 x 200 on 6:00 Pulls BTS {2 x 100 on 3:00 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,750 Yards - Stress Value = 88

Workout #28055 - Wednesday, 23 February 2022

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
3,600	2x{1 x 400 on 5:00 Pull-BTB {4 x 100 on 1:20 Free NBBF&W {1 x 300 on 3:50 Pulls BTS {3 x 100 on 1:20 Free NBBF&W {1 x 200 on 2:35 Pulls-no br L.12 yds {2 x 100 on 1:20 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	5,100 Yards - Stress Value = 153

Workout #28056 - Wednesday, 23 February 2022

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-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 400 on 5:50 Pull-BTB

4	x 100 on 1:30 Free NBBF&W
1	x 300 on 4:25 Pulls BTS
3	x 100 on 1:30 Free NBBF&W
1	x 200 on 2:55 Pulls-no br L.12 yds
1	x 200 on 4:00 Stroke Drills
7:31 PM	4,700 Yards - Stress Value = 145

Workout #28057 - Wednesday, 23 February 2022

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-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
2,600	2x{1 x 400 on 7:00 Pull-BTB {4 x 100 on 1:45 Free NBBF&W {1 x 300 on 5:15 Pulls BTS {2 x 100 on 1:45 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,925 Yards - Stress Value = 120

Workout #28059 - Wednesday, 23 February 2022

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-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
2,200	2x{1 x 400 on 8:20 Pull-BTB {3 x 100 on 2:10 Free NBBF&W {1 x 200 on 4:20 Pulls BTS {2 x 100 on 2:10 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,400 Yards - Stress Value = 105

Workout #28058 - Wednesday, 23 February 2022

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-Free Shooters
625	25 x 25 on :35 USRPT-100 Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,400	2x{1 x 400 on 7:40 Pull-BTB {3 x 100 on 1:55 Free NBBF&W {1 x 300 on 5:45 Pulls BTS {2 x 100 on 1:55 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,725 Yards - Stress Value = 116

Workout #28025 - Wednesday, 23 February 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:40 PM Start		
1	15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :55 200 Breast Pace*	SP2	
1	6:00 Recovery #1	REC	
375	15 x 25 on :30 100 Back Pace*	SP2	
1	8:00 Recovery #2	REC	
500	20 x 25 on :30 200 Fly Pace*	SP2	
1	6:00 Recovery #3	REC	
375	15 x 25 on :30 100 Breast Pace*	SP2	
1	5:00 Team Meeting	REC	
	5:15 PM 2,225 Yards - Stress Value = 210		

Workout #28066 - Wednesday, 23 February 2022

Taper 1 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
250	10 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
800	1x{1 x 300 on 9:00 Pull-BTB {1 x 100 on 3:00 Free NBBF&W {1 x 200 on 6:00 Pulls BTS {2 x 100 on 3:00 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,700 Yards - Stress Value = 47

Workout #28061 - Wednesday, 23 February 2022

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
1,800	1x{1 x 400 on 5:00 Pull-BTB {4 x 100 on 1:20 Free NBBF&W {1 x 300 on 3:50 Pulls BTS {3 x 100 on 1:20 Free NBBF&W {1 x 200 on 2:35 Pulls-no br L.12 yds {2 x 100 on 1:20 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,925 Yards - Stress Value = 80

Workout #28062 - Wednesday, 23 February 2022

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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

1,600	1x{1 x 400 on 5:50 Pull-BTB {4 x 100 on 1:30 Free NBBF&W {1 x 300 on 4:25 Pulls BTS {3 x 100 on 1:30 Free NBBF&W {1 x 200 on 2:55 Pulls-no br L.12 yds
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,725 Yards - Stress Value = 76

Workout #28063 - Wednesday, 23 February 2022

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 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
1,300	1x{1 x 400 on 7:00 Pull-BTB {4 x 100 on 1:45 Free NBBF&W {1 x 300 on 5:15 Pulls BTS {2 x 100 on 1:45 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 2,325 Yards - Stress Value = 64

Workout #28065 - Wednesday, 23 February 2022

Taper 1 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
275	11 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
1,100	1x{1 x 400 on 8:20 Pull-BTB {3 x 100 on 2:10 Free NBBF&W {1 x 200 on 4:20 Pulls BTS {2 x 100 on 2:10 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,025 Yards - Stress Value = 56

Workout #28064 - Wednesday, 23 February 2022

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
1	30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :35 USRPT-100 Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 400 on 7:40 Pull-BTB {3 x 100 on 1:55 Free NBBF&W {1 x 300 on 5:45 Pulls BTS {2 x 100 on 1:55 Free NBBF&W
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 2,225 Yards - Stress Value = 62

Workout #28030 - Thursday, 24 February 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
1	on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
1,250	25 x 50 on :50 200 Back Pace	SI
1	on 6:00 Recovery	RE
1,000	40 x 25 on :30 200 Fly Pace	SI
1	on 6:00 Recovery	RE
750	30 x 25 on :30 100 Free Pace	SI
1	on 6:00 Recovery	RE
750	30 x 25 on :30 100 Breast Pace	SI
7:30 PM	3,975 Yards - Stress Value = 384	

Workout #28067 - Thursday, 24 February 2022

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Back Pace	
850	1x{6 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmlne/hands by si {6 x 25 on :30 Kick no board B-10KOW+1 {4 x 50 on :55 Kick-alt strmlne/hands by sic {6 x 25 on :30 Kick no board B-10KOW+1	
1	on 10:00 Racing Skills-Back Starts	
7:30 PM	2,200 Yards - Stress Value = 98	

Workout #28072 - Thursday, 24 February 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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 Shooters	
1	on 26:00 Teach Day-Backstroke	
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 Back Pace	
425	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 25 on 1:00 Kick no board B-10KOW+1	
1	on 10:00 Racing Skills-Back Starts	
7:30 PM	1,300 Yards - Stress Value = 52	

Workout #28068 - Thursday, 24 February 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	

	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Back Pace	
750	1x{6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:05 Kick-alt strmlne/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmlne/hands by si {2 x 25 on :35 Kick no board B-10KOW+1	
1	on 10:00 Racing Skills-Back Starts	
7:30 PM	2,100 Yards - Stress Value = 96	

Workout #28069 - Thursday, 24 February 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
625	25 x 25 on :35 USRPT-100 Back Pace	
650	1x{4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmlne/hands by si {2 x 25 on :40 Kick no board B-10KOW+1	
1	on 10:00 Racing Skills-Back Starts	
7:30 PM	1,825 Yards - Stress Value = 81	

Workout #28071 - Thursday, 24 February 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
500	20 x 25 on :45 USRPT-100 Back Pace	
550	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 {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 = 67	

Workout #28070 - Thursday, 24 February 2022

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
	1 on 26:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
600	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{ 4 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
	1 on 10:00 Racing Skills-Back Starts
7:29 PM	1,700 Yards - Stress Value = 73

Workout #28026 - Thursday, 24 February 2022

HighSchl - USRPT

1 minute rest between sets

4:50 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS>Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooters		SP3
750	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
6:00 PM	1,500 Yards - Stress Value = 122		

Workout #28073 - Thursday, 24 February 2022

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
	1 on 26:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
500	1x{4 x 25 on :30 Kick no board B-10KOW+1
	{ 2 x 50 on 1:00 Kick-alt strmline/hands by si
	{ 4 x 25 on :30 Kick no board B-10KOW+1
	{ 2 x 50 on :55 Kick-alt strmline/hands by sic
	{ 4 x 25 on :30 Kick no board B-10KOW+1
	1 on 10:00 Racing Skills-Back Starts
7:16 PM	1,475 Yards - Stress Value = 54

Workout #28078 - Thursday, 24 February 2022

Taper 1 - 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 Shooters
	1 on 26:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
200	8 x 25 on 1:00 USRPT-100 Back Pace
250	1x{2 x 25 on 1:00 Kick no board B-10KOW+1
	{ 1 x 50 on 2:00 Kick-alt strmline/hands by si

{ 2 x 25 on 1:00 Kick no board B-10KOW+1
 { 2 x 50 on 1:55 Kick-alt strmline/hands by si
 1 on 10:00 Racing Skills-Back Starts
 7:16 PM 950 Yards - Stress Value = 31

Workout #28074 - Thursday, 24 February 2022

Taper 1 - 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
400	1x{4 x 25 on :35 Kick no board B-10KOW+1
	{ 2 x 50 on 1:05 Kick-alt strmline/hands by si
	{ 4 x 25 on :35 Kick no board B-10KOW+1
	{ 2 x 50 on 1:00 Kick-alt strmline/hands by si
	1 on 10:00 Racing Skills-Back Starts
7:15 PM	1,375 Yards - Stress Value = 52

Workout #28075 - Thursday, 24 February 2022

Taper 1 - 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
350	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{ 2 x 50 on 1:15 Kick-alt strmline/hands by si
	{ 2 x 25 on :40 Kick no board B-10KOW+1
	{ 2 x 50 on 1:10 Kick-alt strmline/hands by si
	1 on 10:00 Racing Skills-Back Starts
7:15 PM	1,225 Yards - Stress Value = 45

Workout #28077 - Thursday, 24 February 2022

Taper 1 - 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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Back Pace
300	1x{2 x 25 on :45 Kick no board B-10KOW+1
	{ 2 x 50 on 1:35 Kick-alt strmline/hands by si
	{ 4 x 25 on :45 Kick no board B-10KOW+1
	{ 1 x 50 on 1:30 Kick-alt strmline/hands by si
	1 on 10:00 Racing Skills-Back Starts
7:16 PM	1,050 Yards - Stress Value = 37

Workout #28076 - Thursday, 24 February 2022

Taper 1 - 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
 1 on 26:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 275 11 x 25 on :40 USRPT-100 Back Pace
 350 1x{4 x 25 on :40 Kick no board B-10KOW+1
 { 2 x 50 on 1:20 Kick-alt strmline/hands by si
 { 2 x 25 on :40 Kick no board B-10KOW+1
 { 2 x 50 on 1:15 Kick-alt strmline/hands by si
 1 on 10:00 Racing Skills-Back Starts
 7:16 PM 1,175 Yards - Stress Value = 41

250 10 x 25 on :45 USRPT-100 Free Pace
 500 1x{2 x 125 on 5:00 Free Kick w/board
 { 1 x 100 on 4:00 Free Kick w/board-6sec
 { 2 x 75 on 3:00 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 Free for time OTB
 1 on 10:00 Racing Skills-Free Finishes
 6:56 PM 1,450 Yards - Stress Value = 51

Workout #28092 - Monday, 28 February 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 15 x 15 on :45 Racing Skills-Your #1 Shooters
 750 15 x 50 on :55 200 Breast Pace
 1 on 5:00 Recovery
 750 15 x 50 on :50 200 Free Pace
 1 on 5:00 Recovery
 375 15 x 25 on :30 100 Fly Pace
 1 on 5:00 Recovery
 375 15 x 25 on :30 100 Back Pace
 5:14 PM 2,475 Yards - Stress Value = 235

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-Free Shooters
 375 15 x 25 on :30 USRPT-100 Free Pace
 1,050 1x{2 x 125 on 2:20 Free Kick w/board
 { 1 x 100 on 2:05 Free Kick w/board-6sec
 { 2 x 125 on 2:20 Free Kick w/board
 { 1 x 100 on 2:05 Free Kick w/board-5sec
 { 2 x 125 on 2:20 Free Kick w/board
 { 1 x 100 on 2:05 Free Kick w/board-4sec
 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 Free for time OTB
 1 on 10:00 Racing Skills-Free Finishes
 6:57 PM 2,225 Yards - Stress Value = 75

Workout #28081 - Monday, 28 February 2022

Taper 1 - 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-Free Shooters
 375 15 x 25 on :30 USRPT-100 Free Pace
 1,050 1x{2 x 125 on 2:30 Free Kick w/board
 { 1 x 100 on 2:15 Free Kick w/board-6sec
 { 2 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 100 on 2:15 Free Kick w/board-4sec
 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 Free for time OTB
 1 on 10:00 Racing Skills-Free Finishes
 6:58 PM 2,225 Yards - Stress Value = 75

Workout #28079 - Monday, 28 February 2022

Group 2 - Freestylers

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 30 x 25 on :30 USRPT-100 Free Pace
 1,775 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
 { 4 x 125 on 2:20 Free Kick w/board
 { 1 x 100 on 2:05 Free Kick w/board-5sec
 { 3 x 125 on 2:20 Free Kick w/board
 { 1 x 100 on 2:05 Free Kick w/board-4sec
 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 Free for time OTB
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 127

Workout #28085 - Monday, 28 February 2022

Taper 1 - Copper

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-Free Shooters

Workout #28082 - Monday, 28 February 2022

Taper 1 - 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-Free Shooters
325	13 x 25 on :35 USRPT-100 Free Pace
950	1x{2 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:25 Free Kick w/board-6sec
	{2 x 125 on 2:50 Free Kick w/board
	{1 x 100 on 2:25 Free Kick w/board-5sec
	{2 x 125 on 2:50 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 Free for time OTB
	1 on 10:00 Racing Skills-Free Finishes
6:58	PM 2,025 Yards - Stress Value = 67

Workout #28084 - Monday, 28 February 2022

Taper 1 - 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-Free Shooters
300	12 x 25 on :40 USRPT-100 Free Pace
700	1x{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
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 Free for time OTB
	1 on 10:00 Racing Skills-Free Finishes
6:58	PM 1,700 Yards - Stress Value = 60

Workout #28083 - Monday, 28 February 2022

Taper 1 - Silver/Bronze

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-Free Shooters
325	13 x 25 on :35 USRPT-100 Free Pace
825	1x{2 x 125 on 3:00 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{2 x 125 on 3:00 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-5sec
	{1 x 125 on 3:00 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 Free for time OTB
	1 on 10:00 Racing Skills-Free Finishes
6:57	PM 1,900 Yards - Stress Value = 64

Workout #28093 - Tuesday, 01 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

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

=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Your #2 Shooters
750	15 x 50 on :50 200 Fly Pace
	1 on 5:00 Recovery
750	15 x 50 on :50 200 Back Pace
	1 on 6:00 Recovery
375	15 x 25 on :30 100 Breast Pace
	1 on 6:00 Recovery
375	15 x 25 on :30 100 Free Pace
5:15	PM 2,475 Yards - Stress Value = 235

Workout #28091 - Tuesday, 01 March 2022

Group 2 - Copper

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-Back Shooters
200	8 x 25 on 1:00 USRPT-100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 100 on 3:15 Backstroke
	{1 x 100 on 3:10 Backstroke
	{1 x 100 on 3:00 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 3:10 Backstroke
	{1 x 100 on 3:05 Backstroke
	{1 x 100 on 3:00 Backstroke
200	1 x 200 on 4:00 Stroke Drills
6:43	PM 1,600 Yards - Stress Value = 40

Workout #28090 - Tuesday, 01 March 2022

Group 2 - 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-Back Shooters
250	10 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
950	1x{1 x 100 on 2:30 Backstroke
	{1 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{1 x 100 on 2:15 Backstroke
	{4 x 25 on :45 Back 4 KOW+1
	{1 x 100 on 2:20 Backstroke
	{1 x 50 on 1:05 Backstroke
	1 on 10:00 Racing Skills-Back Starts
6:49	PM 1,700 Yards - Stress Value = 50

Workout #28086 - Tuesday, 01 March 2022

Taper 1 - Back

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-Back Shooters
375	15 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
1,500	1x{1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {4 x 25 on :30 Back 4 KOW +1 {1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {4 x 25 on :30 Back 4 KOW +1 {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {4 x 25 on :30 Back 4 KOW+1 {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke 1 on 10:00 Racing Skills-Back Starts
6:49 PM	2,475 Yards - Stress Value = 74

Workout #28096 - Tuesday, 01 March 2022

Taper 1 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:50 Streamline Kick on back {2 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:50 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,425	1x{5 x 125 on 1:55 Back alt 25's 10KOW {4 x 50 on :45 Back-descend {4 x 100 on 1:30 Back alt 25's 10KOW {4 x 50 on :45 Back-descend
375	15 x 25 on :30 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,400 Yards - Stress Value = 86

Workout #28087 - Tuesday, 01 March 2022

Taper 1 - 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-Back Shooters
375	15 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
1,400	1x{1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {4 x 25 on :30 Back 4 KOW +1 {1 x 100 on 1:40 Backstroke

	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{4 x 25 on :30 Back 4 KOW +1
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{4 x 25 on :30 Back 4 KOW+1
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	1 on 10:00 Racing Skills-Back Starts
6:49 PM	2,375 Yards - Stress Value = 72

Workout #28088 - Tuesday, 01 March 2022

Taper 1 - 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-Back Shooters
325	13 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
1,250	1x{1 x 100 on 1:55 Backstroke {1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke {4 x 25 on :35 Back 4 KOW +1 {1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke {4 x 25 on :35 Back 4 KOW +1 {1 x 100 on 1:45 Backstroke {1 x 100 on 1:40 Backstroke {1 x 100 on 1:35 Backstroke {6 x 25 on :35 Back 4 KOW+1 1 on 10:00 Racing Skills-Back Starts
6:49 PM	2,125 Yards - Stress Value = 63

Workout #28089 - Tuesday, 01 March 2022

Taper 1 - Silver/Bronze

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-Back Shooters
275	11 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
1,100	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 {4 x 25 on :40 Back 4 KOW +1 {1 x 100 on 2:00 Backstroke {1 x 100 on 1:55 Backstroke {1 x 100 on 1:50 Backstroke 1 on 10:00 Racing Skills-Back Starts
6:49 PM	1,925 Yards - Stress Value = 56

Workout #28094 - Wednesday, 02 March 2022

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-#1 or #2 Shooters
375 15 x 25 on :30 #2 100 Pace
1 on 10:00 Recovery-Your Choice
750 15 x 50 on :50 Your #1 200
Or 20X25 Your #1 200 Pace
1 on 10:00 Recovery-Your Choice
4:54 PM 1,350 Yards - Stress Value = 122
    
```

```

150 10 x 15 on :45 Racing Skills-Fly Shooters
275 11 x 25 on :40 USRPT-100 Fly Pace
325 1x{4 x 25 on :40 Kick no board BSLR
    {2 x 50 on 1:20 Fly Kick w/board
    {5 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
850 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
    {6 x 25 on :40 Fly lupldown+1
    {2 x 125 on 3:20 Fly 25R-25L-75B
1 on 10:00 Game
6:58 PM 1,950 Yards - Stress Value = 57
    
```

Workout #28102 - Wednesday, 02 March 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards Set Description

```

=====
1 on 15:00 DS/Dryland
150 6 x 25 on :45 Wednesday Warm-up
150 10 x 15 on :45 Racing Skills-Fly Shooters
120 8 x 15 on 1:00 USRPT-100 Fly Pace
225 1x{4 x 25 on 1:00 Kick no board BSLR
    {1 x 50 on 2:00 Fly Kick w/board
    {3 x 25 on 1:00 Kick no board BSL
150 1x{6 x 25 on 1:00 Odds face in sculling drills
    { Evens-underwaters, count kicks
525 1x{2 x 75 on 3:00 Fly 25R-25L-25B
    {4 x 25 on 1:00 Fly lupldown+1
    {2 x 100 on 4:00 Fly 25R-25L-50B
    {3 x 25 on 1:00 Fly lupldown+1
1 on 10:00 Game
6:57 PM 1,320 Yards - Stress Value = 34
    
```

5:30 PM Start
Yards Set Description

```

=====
1 on 15:00 DS/Dryland
250 10 x 25 on :30 Wednesday Warm-up
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/board
    {4 x 25 on :30 Kick no board BSLR
    {2 x 75 on 1:20 Fly Kick w/board
150 1x{6 x 25 on 1:00 Odds face in sculling drills
    { Evens-underwaters, count kicks
1,300 1x{4 x 75 on 1:10 Fly 25R-25L-25B
    {6 x 25 on :30 Fly lupldown+1
    {3 x 100 on 1:30 Fly 25R-25L-50B
    {6 x 25 on :30 Fly lupldown+1
    {2 x 125 on 1:50 Fly 25R-25L-75B
    {6 x 25 on :30 Fly lupldown+1
1 on 10:00 Game
6:57 PM 2,675 Yards - Stress Value = 79
    
```

Workout #28101 - Wednesday, 02 March 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards Set Description

```

=====
1 on 15:00 DS/Dryland
150 6 x 25 on :45 Wednesday Warm-up
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/board
    {2 x 25 on :45 Kick no board BS
    {1 x 50 on 1:30 Fly Kick w/board
150 1x{6 x 25 on 1:00 Odds face in sculling drills
    { Evens-underwaters, count kicks
725 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
    {4 x 25 on :45 Fly lupldown+1
    {1 x 125 on 3:45 Fly 25R-25L-75B
    {2 x 25 on :45 Fly lupldown +1
1 on 10:00 Game
6:57 PM 1,725 Yards - Stress Value = 51
    
```

Workout #28098 - Wednesday, 02 March 2022

Taper 1 - Gold

1 minute rest between sets

5:30 PM Start

Yards Set Description

```

=====
1 on 15:00 DS/Dryland
250 10 x 25 on :30 Wednesday Warm-up
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/board
    {2 x 25 on :35 Kick no board BSLR
    {2 x 75 on 1:35 Fly Kick w/board
150 1x{6 x 25 on 1:00 Odds face in sculling drills
    { Evens-underwaters, count kicks
1,100 1x{4 x 75 on 1:20 Fly 25R-25L-25B
    {6 x 25 on :35 Fly lupldown+1
    {3 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
1 on 10:00 Game
6:57 PM 2,375 Yards - Stress Value = 68
    
```

Workout #28100 - Wednesday, 02 March 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards Set Description

```

=====
1 on 15:00 DS/Dryland
200 8 x 25 on :35 Wednesday Warm-up
    
```

Workout #28099 - Wednesday, 02 March 2022

5:16 PM 2,325 Yards - Stress Value = 219

Taper 1 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
325	13 x 25 on :35 USRPT-100 Fly Pace
350	1x{4 x 25 on :40 Kick no board BSLR {4 x 50 on 1:10 Fly Kick w/board {2 x 25 on :40 Kick no board BS
150	1x{6 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 {6 x 25 on :40 Fly lupdown+1 {3 x 100 on 2:15 Fly 25R-25L-50B {4 x 25 on :40 Fly lupdown+1 {2 x 125 on 2:45 Fly 25R-25L-75B
	1 on 10:00 Game
6:58 PM	2,125 Yards - Stress Value = 64

Workout #28095 - Thursday, 03 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
=====	=====	=
	1 on 15:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter	§
750	15 x 50 on :55 Your #2 200 Pace Or 20X25 your #2 200 Pace	§
	1 on 10:00 Recovery-Your Choice	F
375	15 x 25 on :30 Your #1 100 Pace	§
	1 on 10:00 Recovery-Your choice	F
4:55 PM	1,350 Yards - Stress Value = 122	

Workout #28103 - Thursday, 03 March 2022

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	SE
	1 on 23:00 Teach Day-Breast	RE
300	3 x 100 on 2:15 Kick	EM
400	8 x 50 on 1:15 Down Drill Back Build	EM
300	12 x 25 on :40 Variable Speed	EM
	50 2 x 25 on 2:30 OTB	SE
200	1 x 200 on 3:00 Stroke Drills	RE
7:00 PM	1,700 Yards - Stress Value = 18	

Workout #28104 - Monday, 07 March 2022

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-Free Shooters	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Ankle Mobility	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 6:00 Hip Mobility	REC
225	15 x 15 on :30 100 Breast Pace	SP2
	1 on 6:00 Thoracic Mobility	REC
750	15 x 50 on :50 200 Back Pace	SP2

Workout #28109 - Monday, 07 March 2022

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 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
150	1x{6 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 15:00 Game/Relay
6:58 PM	2,575 Yards - Stress Value = 76

Workout #28114 - Monday, 07 March 2022

Group 2 - Copper

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-Back Shooters
200	8 x 25 on 1:00 USRPT-100 Back Pace
300	1x{4 x 25 on 1:00 Kick no board B {1 x 100 on 4:00 Streamline Kick on back {4 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
350	1x{1 x 150 on 6:00 Backstroke {2 x 100 on 4:00 Backstroke
	1 on 15:00 Game/Relay
6:58 PM	1,350 Yards - Stress Value = 39

Workout #28110 - Monday, 07 March 2022

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-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
150	1x{6 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 15:00 Game/Relay
6:58 PM	2,325 Yards - Stress Value = 66

Workout #28111 - Monday, 07 March 2022

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-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace
500	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
150	1x{6 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 1:00 Backstroke
	1 on 15:00 Game/Relay
6:56	PM 2,025 Yards - Stress Value = 61

Workout #28113 - Monday, 07 March 2022

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-Back Shooters
250	10 x 25 on :45 USRPT-100 Back Pace
400	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 75 on 2:00 Backstroke
	{1 x 50 on 1:15 Backstroke
	1 on 15:00 Game/Relay
6:58	PM 1,700 Yards - Stress Value = 50

Workout #28112 - Monday, 07 March 2022

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 Underwater trn drill
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
	{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
150	1x{6 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 15:00 Game/Relay
6:58	PM 1,925 Yards - Stress Value = 56

Workout #28105 - Tuesday, 08 March 2022

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
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Shoulder Mobility	REC
750	15 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Sculling Drills	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Starts-peer coaching	REC
750	15 x 50 on :55 200 Breast Pace	SP2
5:15	PM 2,475 Yards - Stress Value = 235	

Workout #28120 - Tuesday, 08 March 2022

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-Fly Shooters
200	8 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
600	1x{2 x 75 on 3:00 Fly 25R-25L-25B
	{4 x 25 on 1:00 Fly lupldown+1
	{3 x 100 on 4:00 Fly 25R-25L-50B
	{2 x 25 on 1:00 Fly lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-starts
7:00	PM 1,500 Yards - Stress Value = 38

Workout #28115 - Tuesday, 08 March 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 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
1,400	1x{2 x 75 on 1:10 Fly 25R-25L-25B
	{4 x 25 on :30 Fly lupldown+1
	{3 x 100 on 1:30 Fly 25R-25L-50B
	{4 x 25 on :30 Fly lupldown+1
	{4 x 125 on 1:55 Fly 25R-25L-75B
	{4 x 25 on :30 Fly lupldown+1
	{1 x 150 on 2:10 Fly 25R-25L-100B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
6:59	PM 2,575 Yards - Stress Value = 72

Workout #28116 - Tuesday, 08 March 2022

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
375	10 x 15 on :45 Racing Skills-Fly Shooters
100	15 x 25 on :30 100 Fly Pace
1,250	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{2 x 75 on 1:20 Fly 25R-25L-25B {4 x 25 on :35 Fly lupldown+1 {3 x 100 on 1:50 Fly 25R-25L-50B {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
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	6:59 PM 2,375 Yards - Stress Value = 69

Workout #28117 - Tuesday, 08 March 2022

Group 2 - Silver

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
375	10 x 15 on :45 Racing Skills-Fly Shooters
150	15 x 25 on :30 USRPT-100 Fly Pace
950	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{2 x 75 on 1:40 Fly 25R-25L-25B {4 x 25 on :40 Fly lupldown+1 {3 x 100 on 2:15 Fly 25R-25L-50B {4 x 25 on :40 Fly lupldown+1 {2 x 125 on 2:45 Fly 25R-25L-75B {2 x 25 on :40 Fly lupldown+1
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	6:59 PM 2,075 Yards - Stress Value = 63

Workout #28119 - Tuesday, 08 March 2022

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
250	10 x 15 on :45 Racing Skills-Fly Shooters
150	10 x 25 on :45 USRPT-100 Fly Pace
725	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	1x{2 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 {2 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
	1 on 15:00 Racing Skills-starts
	6:58 PM 1,675 Yards - Stress Value = 45

Workout #28118 - Tuesday, 08 March 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 15:00 Dynamic Stretch/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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{2 x 75 on 2:00 Fly 25R-25L-25B {4 x 25 on :40 Fly lupldown+1 {3 x 100 on 2:40 Fly 25R-25L-50B {2 x 25 on :40 Fly lupldown+1 {2 x 125 on 3:15 Fly 25R-25L-75B
200	1 x 200 on 4:00 Stroke Drills
	1 on 15:00 Racing Skills-Starts
	6:59 PM 1,900 Yards - Stress Value = 53

Workout #28106 - Wednesday, 09 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,600	15 x 15 on :45 Racing Skills-Breast Shooters
	16 x 100 on 1:25 1650 free pace
	1 on 12:00 Video Evaluations 1+/1-
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	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
	5:15 PM 2,875 Yards - Stress Value = 250

Workout #28121 - Wednesday, 09 March 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 15:00 DS/Dryland
250	10 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	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
	1 on 15:00 Racing Skills-Breast pullouts
	7:00 PM 1,975 Yards - Stress Value = 54

Workout #28126 - Wednesday, 09 March 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 15:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
200	8 x 25 on 1:00 USRPT-100 Breast Pace
375	1x{1 x 100 on 4:00 Breast Kick w/board { 4 x 25 on 1:00 Breast Kick on Back-Streamline { 1 x 150 on 4:05 Breast Kick w/board { 1 x 25 on 1:00 Breast Kick on Back-Streamline
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
	1 on 15:00 Racing Skills-Breast pullouts
	7:00 PM 1,425 Yards - Stress Value = 36

Yards	Set Description
150	1 on 15:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	10 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 Breast Kick on Back-Streamline { 1 x 150 on 4:05 Breast Kick w/board { 3 x 25 on :45 Breast Kick on Back-Streamline
100	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
	1 on 15:00 Racing Skills-Breast pullouts
	7:00 PM 1,575 Yards - Stress Value = 51

Workout #28124 - Wednesday, 09 March 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
525	1x{1 x 200 on 4:55 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline { 1 x 200 on 5:00 Breast Kick w/board { 1 x 25 on :45 Breast Kick on Back-Streamline
100	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
	1 on 15:00 Racing Skills-Breast pullouts
	7:00 PM 1,700 Yards - Stress Value = 55

Yards	Set Description
200	1 on 15:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
525	1x{1 x 200 on 4:55 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline { 1 x 200 on 5:00 Breast Kick w/board { 1 x 25 on :45 Breast Kick on Back-Streamline
100	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
	1 on 15:00 Racing Skills-Breast pullouts
	7:00 PM 1,700 Yards - Stress Value = 55

Workout #28107 - Thursday, 10 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
200	1 on 15:00 DS/Dryland
225	15 x 15 on :45 Racing Skills-Fly Shooters
750	15 x 50 on :50 200 Free Pace
	1 on 6:00 Your Choice Recovery
375	15 x 25 on :30 100 Fly Pace
	1 on 6:00 Your Choice Recovery
750	15 x 50 on :50 200 Back Pace
	1 on 6:00 Your Choice Recovery
225	15 x 15 on :30 100 Breast Pace
	5:16 PM 2,325 Yards - Stress Value = 219

Yards	Set Description	EGY W
200	1 on 15:00 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 Your Choice Recovery	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 6:00 Your Choice Recovery	REC
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Your Choice Recovery	REC
225	15 x 15 on :30 100 Breast Pace	SP2
	5:16 PM 2,325 Yards - Stress Value = 219	

Workout #28125 - Wednesday, 09 March 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Workout #28127 - Thursday, 10 March 2022

7:00 PM 970 Yards - Stress Value = 26

**Group 2 - Race day warmup
1 minute rest between sets**

Yards	Set Description	EGY
	5:30 PM Start	
300	1 on 15:00 DS/Dryland	REC
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3	REC
	10 x 15 on :45 Racing Skills-Free Shooters	SP3
	1 on 23:00 TEACH DAY-Free	REC
300	3 x 100 on 2:15 Kick	EN1
400	8 x 50 on 1:15 Down Drill Back Build	EN1
	2 on each stroke	
300	12 x 25 on :40 Variable Speed	EN1
50	2 x 25 on 2:30 OTB	SP3
200	1 x 200 on 3:00 Stroke Drills	REC
	7:00 PM 1,700 Yards - Stress Value = 18	

Workout #28108 - Friday, 11 March 2022

**Group 3 - USRPT
1 minute rest between sets**

Yards	Set Description	EGY	WOF
	3:45 PM Start		
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-Your #1	SP3	
500	20 x 25 on :30 200 Fly Pace	SP2	
	1 on 5:00 Spinners	REC	
375	15 x 25 on :30 100 Free Pace	SP2	
	1 on 5:00 Your Choice Recovery	REC	
375	15 x 25 on :30 100 Back Pace	SP2	
	1 on 9:00 Crossover Turns-peer coaching	REC	
750	15 x 50 on :55 200 Breast Pace	SP2	
	5:15 PM 2,225 Yards - Stress Value = 210		

Workout #28128 - Monday, 14 March 2022

**Group 3 - USRPT
1 minute rest between sets**

Yards	Set Description	EGY
	3:45 PM Start	
	1 on 15:00 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 Ankle Mobility	REC
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Hip Mobility	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 6:00 Thoracic Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP2
	5:17 PM 2,475 Yards - Stress Value = 235	

Workout #28137 - Monday, 14 March 2022

**Group 2 - Copper
1 minute rest between sets**

Yards	Set Description
	5:30 PM Start
	1 on 15:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
120	8 x 15 on 1:00 USRPT-100 Fly Pace
350	1x{4 x 25 on 1:00 Kick no board BSLR { 2 x 50 on 2:00 Fly Kick w/board { 3 x 25 on 1:00 Kick no board BSL { 1 x 75 on 3:00 Fly Kick w/board 1 on 10:00 Racing Skills-Fly Breakouts

Workout #28132 - Monday, 14 March 2022

**Group 2 - Fly
1 minute rest between sets**

Yards	Set Description
	5:30 PM Start
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Fly Pace
750	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 1 on 10:00 Racing Skills-Fly Breakouts
	7:00 PM 1,725 Yards - Stress Value = 59

Workout #28133 - Monday, 14 March 2022

**Group 2 - Gold
1 minute rest between sets**

Yards	Set Description
	5:30 PM Start
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Fly Pace
650	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 { 4 x 25 on :35 Kick no board BSLR { 1 x 50 on 1:00 Fly Kick w/board 1 on 10:00 Racing Skills-Fly Breakouts
	7:00 PM 1,575 Yards - Stress Value = 51

Workout #28134 - Monday, 14 March 2022

**Group 2 - Silver
1 minute rest between sets**

Yards	Set Description
	5:30 PM Start
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Fly Pace
575	1x{4 x 25 on :40 Kick no board BSLR { 2 x 50 on 1:10 Fly Kick w/board { 4 x 25 on :40 Kick no board BSLR { 2 x 75 on 1:45 Fly Kick w/board { 5 x 25 on :40 Kick no board BSLRB 1 on 10:00 Racing Skills-Fly Breakouts
	7:00 PM 1,450 Yards - Stress Value = 49

Workout #28136 - Monday, 14 March 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 1 on 20:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 250 10 x 25 on :45 USRPT-100 Fly Pace
 475 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
 { 1 x 25 on :45 Kick no board B
 1 on 10:00 Racing Skills-Fly Breakouts
 7:00 PM 1,225 Yards - Stress Value = 40

Workout #28135 - Monday, 14 March 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 1 on 20:00 TEACH DAY-Fly
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 275 11 x 25 on :40 USRPT-100 Fly Pace
 525 1x{4 x 25 on :40 Kick no board BSLR
 { 2 x 50 on 1:20 Fly Kick w/board
 { 4 x 25 on :40 Kick no board BSLR
 { 2 x 75 on 2:00 Fly Kick w/board
 { 3 x 25 on :40 Kick no board BSL
 1 on 10:00 Racing Skills-Fly Breakouts
 7:00 PM 1,350 Yards - Stress Value = 45

Workout #28129 - Tuesday, 15 March 2022

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
 375 15 x 25 on :30 100 Back Pace SP2
 1 on 6:00 Shoulder Mobility REC
 750 15 x 50 on :50 200 Fly Pace SP2
 1 on 5:00 Sculling Drills REC
 750 15 x 50 on :50 200 Free Pace SP2
 1 on 6:00 Starts-peer coaching REC
 375 15 x 25 on :30 100 Breast Pace SP2
 5:15 PM 2,475 Yards - Stress Value = 235

Workout #28138 - Tuesday, 15 March 2022

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
 325 13 x 25 on :35 USRPT-100 Breast Pace
 600 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
 150 1x{6 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
 1 on 12:00 Game/Relay
 7:00 PM 2,525 Yards - Stress Value = 68

Workout #28143 - Tuesday, 15 March 2022

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
 325 1x{1 x 100 on 4:00 Breast Kick w/board
 { 2 x 25 on 1:00 Breast Kick on Back-Streamlin
 { 1 x 150 on 4:05 Breast Kick w/board
 { 1 x 25 on 1:00 Breast Kick on Back-Streamlin
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{3 x 100 on 3:20 Breaststroke
 { 1 on 1:00 Rest
 { 2 x 100 on 3:20 Breaststroke
 { 1 on 1:00 Rest
 { 1 x 50 on 1:00 Breaststroke
 1 on 12:00 Game/Relay
 7:00 PM 1,575 Yards - Stress Value = 42

Workout #28139 - Tuesday, 15 March 2022

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
 550 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
 { 2 x 25 on :30 Breast Kick on Back-Streamline
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{4 x 100 on 1:50 Breaststroke
 { 1 on 1:00 Rest
 { 3 x 100 on 1:50 Breaststroke
 { 1 on :45 Rest
 { 2 x 100 on 1:50 Breaststroke
 { 1 on :45 Rest
 { 1 x 50 on :55 Breaststroke
 1 on 12:00 Game
 7:00 PM 2,425 Yards - Stress Value = 67

Workout #28140 - Tuesday, 15 March 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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
500	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 4:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 100 on 2:05 Breaststroke { 1 on 1:00 Rest { 3 x 100 on 2:05 Breaststroke { 1 on 1:00 Rest { 2 x 75 on 1:35 Breaststroke 1 on 12:00 Game/Relay
7:00 PM	2,175 Yards - Stress Value = 60

Workout #28142 - Tuesday, 15 March 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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
400	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{3 x 100 on 2:40 Breaststroke { 1 on 1:00 Rest { 2 x 100 on 2:40 Breaststroke { 1 on 1:00 Rest { 2 x 75 on 2:00 Breaststroke 1 on 12:00 Game/Relay
7:00 PM	1,800 Yards - Stress Value = 51

Workout #28141 - Tuesday, 15 March 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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 4:55 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline { 1 x 100 on 2:25 Breast Kick w/board { 2 x 25 on :45 Breast Kick on Back-Streamline
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{4 x 100 on 2:20 Breaststroke { 1 on 1:00 Rest { 2 x 100 on 2:20 Breaststroke { 1 on 1:00 Rest { 2 x 75 on 1:45 Breaststroke 1 on 12:00 Game/Relay
7:00 PM	2,025 Yards - Stress Value = 56

Workout #28130 - Wednesday, 16 March 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM Start		
225	15 x 15 on :45 Racing Skills-Back Shooters	REC
500	20 x 25 on :30 200 Free Pace	SP2
500	20 x 25 on :30 200 Breast Pace	SP2
500	20 x 25 on :30 200 Back Pace	SP2
500	20 x 25 on :30 200 Fly Pace	SP2
5:15 PM	2,225 Yards - Stress Value = 209	

Workout #28149 - Wednesday, 16 March 2022

Group 2 - Copper

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
250	10 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
850	1x{1 x 300 on 12:00 Pull-BTB { 2 x 100 on 3:30 Free NBBF&W { 1 x 200 on 8:00 Pulls BTS { 1 x 100 on 3:30 Free NBBF&W { 1 x 50 on 1:45 Free NBBF&W 1 on 10:00 Racing Skills-Starts
6:58 PM	1,550 Yards - Stress Value = 48

Workout #28144 - Wednesday, 16 March 2022

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
2,500	1x{1 x 400 on 5:00 Pull-BTB { 4 x 100 on 1:20 Free NBBF&W { 2 x 300 on 3:50 Pulls BTS { 3 x 100 on 1:20 Free NBBF&W { 3 x 200 on 2:35 Pulls-no br L.12 yds { 2 x 100 on 1:20 Free NBBF&W 1 on 10:00 Racing Skills-Starts
6:58 PM	3,425 Yards - Stress Value = 94

Workout #28145 - Wednesday, 16 March 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
2,200	1x{1 x 400 on 5:50 Pull-BTB { 4 x 100 on 1:30 Free NBBF&W { 2 x 300 on 4:25 Pulls BTS { 3 x 100 on 1:30 Free NBBF&W { 2 x 200 on 2:55 Pulls-no br L.12 yds { 1 x 100 on 1:30 Free-NBBF&W 1 on 10:00 Racing Skills-Starts
6:58 PM	3,125 Yards - Stress Value = 88

Workout #28146 - Wednesday, 16 March 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
300	12 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
1,900	1x{1 x 400 on 7:00 Pull-BTB { 4 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 { 1 x 200 on 3:30 Pulls-no br L.12 yds 1 on 10:00 Racing Skills-Starts
6:58 PM	2,700 Yards - Stress Value = 74

Workout #28148 - Wednesday, 16 March 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
250	10 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
1,100	1x{1 x 300 on 9:00 Pull-BTB { 3 x 100 on 3:00 Free NBBF&W { 1 x 200 on 6:00 Pulls BTS { 3 x 100 on 3:00 Free NBBF&W 1 on 10:00 Racing Skills-Starts
6:59 PM	1,800 Yards - Stress Value = 53

Workout #28147 - Wednesday, 16 March 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :35 USRPT-100 Free

150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 400 on 7:40 Pull-BTB { 3 x 100 on 1:55 Free NBBF&W { 2 x 300 on 5:45 Pulls BTS { 2 x 100 on 1:55 Free NBBF&W { 1 x 200 on 3:50 Pulls-no br L.12 yds 1 on 10:00 Racing Skills-Starts
6:58 PM	2,525 Yards - Stress Value = 72

Workout #28131 - Thursday, 17 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter	S
750	15 x 50 on :55 Your #2 200 Pace Or 20X25 your #2 200 Pace	S
	1 on 10:00 Recovery-Your Choice	F
375	15 x 25 on :30 Your #1 100 Pace	S
	1 on 10:00 Recovery-Your choice	F
4:55 PM	1,350 Yards - Stress Value = 122	

Workout #28150 - Thursday, 17 March 2022

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 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
375	15 x 25 on :30 USRPT-100 Back Pace
1,250	1x{4 x 25 on :30 Kick no board B-10KOW+1 { 8 x 50 on 1:00 Kick-alt strmline/hands by si { 6 x 25 on :30 Kick no board B-10KOW+1 { 6 x 50 on :55 Kick-alt strmline/hands by sic { 8 x 25 on :30 Kick no board B-10KOW+1 { 2 x 50 on :50 Kick-alt strmline/hands by sic
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 Racing Skills-Back Starts
7:01 PM	2,425 Yards - Stress Value = 81

Workout #28155 - Thursday, 17 March 2022

Group 2 - Copper

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-Back Shooters
200	8 x 25 on 1:00 USRPT-100 Back Pace
625	1x{4 x 25 on 1:00 Kick no board B-10KOW+1 { 6 x 50 on 2:00 Kick-alt strmline/hands by si { 6 x 25 on 1:00 Kick no board B-10KOW+1 { 1 x 50 on 1:55 Kick-alt strmline/hands by si { 1 x 25 on 1:00 Kick no board B-10KOW+1
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 Racing Skills-Back Starts
7:01 PM	1,525 Yards - Stress Value = 50

Workout #28156 - Thursday, 17 March 2022

Group 2 - Race day warmup

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
1	on 15:00 DS/Dryland	RE
300	1 x 300 on 5:00 Freestyle Drill	RE
375	15 x 25 on :30 USRPT-100 Back Pace	SE
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
300	12 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
6:46 PM	2,075 Yards - Stress Value = 56	

Workout #28151 - Thursday, 17 March 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
1	on 15:00 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	
375	15 x 25 on :30 USRPT-100 Back Pace	
1,200	1x{4 x 25 on :30 Kick no board B-10KOW+1 {8 x 50 on 1:05 Kick-alt strmline/hands by si {6 x 25 on :30 Kick no board B-10KOW+1 {6 x 50 on 1:00 Kick-alt strmline/hands by si {8 x 25 on :30 Kick no board B-10KOW+1 {1 x 50 on :55 Kick-alt strmline/hands by sic	
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	
7:01 PM	2,375 Yards - Stress Value = 80	

Workout #28152 - Thursday, 17 March 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
1	on 15:00 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	
325	13 x 25 on :35 USRPT-100 Back Pace	
1,025	1x{4 x 25 on :35 Kick no board B-10KOW+1 {8 x 50 on 1:15 Kick-alt strmline/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {6 x 50 on 1:10 Kick-alt strmline/hands by si {3 x 25 on :35 Kick no board B-10KOW+1	
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	
7:01 PM	2,100 Yards - Stress Value = 71	

Workout #28154 - Thursday, 17 March 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
1	on 15:00 DS/Showers	
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 :45 USRPT-100 Back Pace	
800	1x{4 x 25 on :45 Kick no board B-10KOW+1 {6 x 50 on 1:35 Kick-alt strmline/hands by si {6 x 25 on :45 Kick no board B-10KOW+1 {5 x 50 on 1:30 Kick-alt strmline/hands by si	
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	
7:01 PM	1,750 Yards - Stress Value = 59	

Workout #28153 - Thursday, 17 March 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
1	on 15:00 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	
275	11 x 25 on :40 USRPT-100 Back Pace	
950	1x{4 x 25 on :40 Kick no board B-10KOW+1 {8 x 50 on 1:20 Kick-alt strmline/hands by si {6 x 25 on :40 Kick no board B-10KOW+1 {6 x 50 on 1:15 Kick-alt strmline/hands by si	
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	
7:01 PM	1,975 Yards - Stress Value = 65	

Workout #28157 - Monday, 21 March 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM	Start	
1	on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
750	1 on 6:00 Ankle Mobility	REC
750	15 x 50 on :50 200 Free Pace	SP2
750	1 on 6:00 Hip Mobility	REC
225	15 x 15 on :30 100 Breast Pace	SP2
750	1 on 6:00 Thoracic Mobility	REC
750	15 x 50 on :50 200 Back Pace	SP2
5:16 PM	2,325 Yards - Stress Value = 219	

Workout #28162 - Monday, 21 March 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 325 13 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
 1,500 1x{3 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
 {1 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 15:00 Game or Relay
 6:59 PM 2,425 Yards - Stress Value = 68

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 275 11 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
 1,300 1x{3 x 200 on 4:10 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :35 Breast TO Drill w/fins
 {2 x 150 on 3:10 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :35 Breast TO drill w/fins
 {1 x 100 on 2:05 Breaststroke
 1 on 15:00 Game or Relay
 6:59 PM 2,125 Yards - Stress Value = 60

Workout #28166 - Monday, 21 March 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 250 10 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
 950 1x{3 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 :45 Breast TO drill w/fins
 {2 x 50 on 1:20 Breaststroke
 1 on 15:00 Game or Relay
 6:59 PM 1,700 Yards - Stress Value = 50

Workout #28165 - Monday, 21 March 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 275 11 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
 1,150 1x{3 x 200 on 4:40 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO Drill w/fins
 {2 x 150 on 3:30 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :40 Breast TO drill w/fins
 {1 x 50 on 1:10 Breaststroke
 1 on 15:00 Game or Relay
 6:59 PM 1,975 Yards - Stress Value = 57

Workout #28163 - Monday, 21 March 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 325 13 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
 1,400 1x{3 x 200 on 3:50 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO Drill w/fins
 {2 x 150 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {6 x 25 on :30 Breast TO drill w/fins
 {1 x 100 on 1:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 1 on 15:00 Game or Relay
 6:59 PM 2,325 Yards - Stress Value = 66

Workout #28164 - Monday, 21 March 2022

Workout #28158 - Tuesday, 22 March 2022

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
375	15 x 25 on :30 100 Free Pace	SP2
1	on 5:00 Shoulder Mobility	REC
750	15 x 50 on :50 200 Fly Pace	SP2
1	on 5:00 Sculling Drills	REC
375	15 x 25 on :30 100 Back Pace	SP2
1	on 6:00 Starts-peer coaching	REC
750	15 x 50 on :55 200 Breast Pace	SP2
5:15 PM 2,475 Yards - Stress Value = 235		

Workout #28168 - Tuesday, 22 March 2022

Group 2 - Back

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-Back Shooters
375	15 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
1,550	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 {2 x 75 on 1:00 Back 1st 25 5 KOW {1 x 50 on 1:00 EZ Free 1 on 20:00 Game or Relay
7:00 PM 2,525 Yards - Stress Value = 74	

Workout #28173 - Tuesday, 22 March 2022

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-Back Shooters
200	8 x 25 on 1:00 USRPT-100 Back Pace
150	1x{6 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 {2 x 50 on 1:45 Back 1st 25 3 KOW {1 x 50 on 2:00 EZ Free 1 on 20:00 Game or Relay
7:00 PM 1,350 Yards - Stress Value = 18	

Workout #28169 - Tuesday, 22 March 2022

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-Back Shooters
325	13 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
1,400	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

{1 x 50 on 1:10 EZ Free

1 on 20:00 Game or Relay

7:00 PM 2,325 Yards - Stress Value = 65

Workout #28170 - Tuesday, 22 March 2022

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-Back Shooters
325	13 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
1,175	1x{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 1 on 20:00 Game or Relay
7:00 PM 2,050 Yards - Stress Value = 60	

Workout #28172 - Tuesday, 22 March 2022

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-Back Shooters
250	10 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
950	1x{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 1 on 20:00 Game or Relay
7:00 PM 1,700 Yards - Stress Value = 24	

Workout #28171 - Tuesday, 22 March 2022

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-Back Shooters
300	12 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
1,100	1x{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 1 on 20:00 Game or Relay
6:59 PM 1,950 Yards - Stress Value = 57	

Workout #28159 - Wednesday, 23 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Breast Shooters
1,600	16 x 100 on 1:25 1650 free pace
	1 on 12:00 Video Evaluations 1+/1-
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	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
	5:15 PM 2,875 Yards - Stress Value = 250

Workout #28160 - Thursday, 24 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 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	
750	15 x 50 on :50 200 Free Pace	SP2	
	1 on 6:00 Your Choice Recovery	REC	
375	15 x 25 on :30 100 Fly Pace	SP2	
	1 on 6:00 Your Choice Recovery	REC	
750	15 x 50 on :50 200 Back Pace	SP2	
	1 on 6:00 Your Choice Recovery	REC	
225	15 x 15 on :30 100 Breast Pace	SP2	
	5:16 PM 2,325 Yards - Stress Value = 219		

Workout #28161 - Friday, 25 March 2022

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-Your #1	SP3	
500	20 x 25 on :30 200 Fly Pace	SP2	
	1 on 5:00 Spinners	REC	
375	15 x 25 on :30 100 Free Pace	SP2	
	1 on 5:00 Your Choice Recovery	REC	
375	15 x 25 on :30 100 Back Pace	SP2	
	1 on 9:00 Crossover Turns-peer coaching	REC	
750	15 x 50 on :55 200 Breast Pace	SP2	
	5:15 PM 2,225 Yards - Stress Value = 210		

Workout #28174 - Monday, 28 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Your #1 Shooters	S
750	15 x 50 on :55 200 Breast Pace	S
	1 on 5:00 Recovery	F
750	15 x 50 on :50 200 Free Pace	S
	1 on 5:00 Recovery	F

375	15 x 25 on :30 100 Fly Pace	S
	1 on 5:00 Recovery	F
375	15 x 25 on :30 100 Back Pace	S
	5:14 PM 2,475 Yards - Stress Value = 235	

Workout #28175 - Tuesday, 29 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Your #2 Shooters	S
750	15 x 50 on :50 200 Fly Pace	S
	1 on 5:00 Recovery	F
750	15 x 50 on :50 200 Back Pace	S
	1 on 6:00 Recovery	F
375	15 x 25 on :30 100 Breast Pace	S
	1 on 6:00 Recovery	F
375	15 x 25 on :30 100 Free Pace	S
	5:15 PM 2,475 Yards - Stress Value = 235	

Workout #28176 - Wednesday, 30 March 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 15:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter	S
750	15 x 50 on :55 Your #2 200 Pace	S
	Or 20X25 your #2 200 Pace	
	1 on 10:00 Recovery-Your Choice	F
375	15 x 25 on :30 Your #1 100 Pace	S
	1 on 10:00 Recovery-Your choice	F
	4:55 PM 1,350 Yards - Stress Value = 122	

Workout #28177 - Monday, 11 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 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
400	2x{1 x 25 on :30 Freestyle 8 KOW	S
	{1 x 25 on :40 Freestyle 10 KOW	S
	{1 x 25 on :50 Freestyle 12 KOW	S
	{1 x 25 on 1:00 Freestyle 14 KOW	S
	{1 x 100 on 4:00 Sculling drills	F
500	20 x 25 on :30 100 Back Pace	S
	1 on 6:00 Video Evaluations 1+/1-	F
500	20 x 25 on :30 100 Breast Pace	S
100	1 x 100 on 5:00 Sculling Drills	F
750	15 x 50 on :50 200 Free Pace	S
	5:15 PM 2,475 Yards - Stress Value = 174	

Workout #28187 - Monday, 11 April 2022

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 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 #28182 - Monday, 11 April 2022

Group 2 - Freestylers

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
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 #28183 - Monday, 11 April 2022

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
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 #28184 - Monday, 11 April 2022

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
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 #28186 - Monday, 11 April 2022

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
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 #28185 - Monday, 11 April 2022

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
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 #28178 - Tuesday, 12 April 2022

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-Back Shooters	SP3
1	on 12:00 UW Racing-2X (push/otb)	SP3
500	20 x 25 on :30 100 Free Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 100 Fly Pace	SP3
100	1 x 100 on 6:00 Sculling drills	REC
750	15 x 50 on :50 200 Back Pace	SP2
5:15 PM	2,075 Yards - Stress Value = 154	

Workout #28188 - Tuesday, 12 April 2022

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 #28193 - Tuesday, 12 April 2022

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 #28189 - Tuesday, 12 April 2022

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 #28190 - Tuesday, 12 April 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

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-Back Shooters
425	17 x 25 on :35 USRPT-100 Back Pace
325	13 x 25 on :40 Kick no board BSLR 10KOW+1 to 18 then back down
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 150 on 2:40 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 #28192 - Tuesday, 12 April 2022

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-Back Shooters
325	13 x 25 on :45 USRPT-100 Back Pace
300	12 x 25 on :45 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
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 #28191 - Tuesday, 12 April 2022

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-Back Shooters
375	15 x 25 on :40 USRPT-100 Back Pace
325	13 x 25 on :40 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
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 #28179 - Wednesday, 13 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
150	1 on 15:00 Dynamic Stretch/Showers
1,000	10 x 15 on :45 Racing Skills-Breast Shooters
	1 x 1000 on 11:00 T-11
	Track total yards
700	1 on 6:00 Video Evaluations 1+/1-
500	14 x 50 on :55 200 Breast Pace
	2x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count strokes, #2 L.4 #3 L.5, #4 L.6
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10
	{ #9 and #10 All Straight Arm
	{1 on 1:00 Rest
700	1 on 5:00 Video Evaluations 1+/1-
	14 x 50 on :50 200 Fly Pace
	5:15 PM 3,050 Yards - Stress Value = 216

Workout #28194 - Wednesday, 13 April 2022

Group 2 - Breast

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
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 #28199 - Wednesday, 13 April 2022

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
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 #28195 - Wednesday, 13 April 2022

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 #28196 - Wednesday, 13 April 2022

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 #28198 - Wednesday, 13 April 2022

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 #28197 - Wednesday, 13 April 2022

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 #28180 - Thursday, 14 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Fly Shooters
2,200	22 x 100 on 1:25 1650 Pace-Group 2 protocol
	1 on 10:00 Tic Tac Toe Relay
100	1 x 100 on 6:00 Free-OTB
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
	5:15 PM 2,925 Yards - Stress Value = 245

Workout #28205 - Thursday, 14 April 2022

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 #28200 - Thursday, 14 April 2022

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 #28201 - Thursday, 14 April 2022

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 #28202 - Thursday, 14 April 2022

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 #28204 - Thursday, 14 April 2022

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 #28203 - Thursday, 14 April 2022

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 #28181 - Friday, 15 April 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	8:00 AM Start	
225	1 on 15:00 Dynamic Stretch>Showers	RE
750	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	30 x 25 on :30 100 Free Pace	SE
	1 on 10:00 Lane Line Survivor	EM
100	1 x 100 on 6:00 Fly-OTB	SE
100	1 x 100 on 2:00 Sculling Drill	RE
100	1 on 12:00 Mblty-3min ankle/hip/thoracic/sh	RE
	1 x 100 on 6:00 Back-OTB	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
1,000	20 x 50 on :55 200 Breast Pace	SE
	1 on 11:00 Racing Skills-Tivo Starts	RE
	10:00 AM 2,275 Yards - Stress Value = 204	

Workout #28236 - Monday, 18 April 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
	3:45 PM Start	
225	1 on 15:00 Dynamic Stretch>Showers	F
400	15 x 15 on :45 Racing Skills-Free Shooters	SE
	2x{1 x 25 on :30 Freestyle 8/10 KOW	SE
	{1 x 25 on :40 Freestyle 10/12 KOW	SE
	{1 x 25 on :50 Freestyle 12/14 KOW	SE
	{1 x 25 on 1:00 Freestyle 14/16 KOW	SE
	{1 x 100 on 4:00 Sculling drills	F
1,250	25 x 50 on :50 200 Free Pace	SE
	1 on 6:00 Video Evaluations 1+/1-	F
1,000	20 x 50 on :50 200 Fly Pace	SE
100	1 x 100 on 5:00 Sculling Drills	F
500	20 x 25 on :30 100 Back Pace	SE
	5:30 PM 3,475 Yards - Stress Value = 304	

Workout #28206 - Monday, 18 April 2022

Group 2 - Back

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 Underwater trn drill
	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 Stremline 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 #28211 - Monday, 18 April 2022

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 Underwater trn drill
	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 Stremline Kick on Back
	{2 x 25 on 1:00 Kick no board BS
	7:00 PM 1,175 Yards - Stress Value = 51

Workout #28207 - Monday, 18 April 2022

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-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 Stremline 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 #28208 - Monday, 18 April 2022

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-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 Stremline 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 #28210 - Monday, 18 April 2022

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-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 #28209 - Monday, 18 April 2022

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 #28237 - Tuesday, 19 April 2022

Group 3 - 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-Back Shooters	SP3
	1 on 12:00 UW Racing-2X (push/otb)	SP3
625	25 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Free Pace	SP3
100	1 x 100 on 6:00 Sculling drills	REC
625	25 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Parachute Underwat	EN2
5:30 PM	2,200 Yards - Stress Value = 158	

Workout #28212 - Tuesday, 19 April 2022

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 #28217 - Tuesday, 19 April 2022

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 #28213 - Tuesday, 19 April 2022

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 #28214 - Tuesday, 19 April 2022

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 #28216 - Tuesday, 19 April 2022

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 #28215 - Tuesday, 19 April 2022

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 #28238 - Wednesday, 20 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

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

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
150	10 x 15 on :45 Racing Skills-Breast Shooters
1,000	1 x 1000 on 12:00 T-12 Track total yards
	1 on 7:00 Video Evaluations 1+/1-
1,000	20 x 50 on :55 200 Breast Pace
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count strokes, #2 L.4 #3 L.5, #4 L.6 { #5 L.7, #6 L.8, #7 L.9, #8 L.10 { #9 and #10 All Straight Arm { 1 on 1:00 Rest
	1 on 7:00 Video Evaluations 1+/1-
1,000	20 x 50 on :50 200 Back Pace
	5:30 PM 3,650 Yards - Stress Value = 276

Workout #28223 - Wednesday, 20 April 2022

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 #28218 - Wednesday, 20 April 2022

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 #28219 - Wednesday, 20 April 2022

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 #28220 - Wednesday, 20 April 2022

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 #28222 - Wednesday, 20 April 2022

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 #28221 - Wednesday, 20 April 2022

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 #28239 - Thursday, 21 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	RF
225	15 x 15 on :45 Racing Skills-Fly Shooters	SF
2,200	1x{4 x 100 on 1:25 1650 Free Pace { 4 x 125 on 1:40 1650 Free Pace { 4 x 150 on 1:55 1650 Free Pace { 4 x 175 on 2:10 1650 Free Pace 1 on 10:00 Tic Tac Toe Relay	SF SF SF SF EM
625	25 x 25 on :30 Your #1 non free	SF
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	EM RF EM RF EM EM RF
5:30	PM 3,850 Yards - Stress Value = 263	

Workout #28229 - Thursday, 21 April 2022

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 #28224 - Thursday, 21 April 2022

1 minute rest between sets

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

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
 550 22 x 25 on :40 USRPT-100 Free Pace
 500 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:15 Breast Kick w/board
 {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
 { 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 1,900 Yards - Stress Value = 83

Workout #28227 - Thursday, 21 April 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #28225 - Thursday, 21 April 2022

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-Crossover Turns
 750 30 x 25 on :30 USRPT-100 Free Pace
 650 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 50 on 1:00 Breast Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {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
 { 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 2,350 Yards - Stress Value = 106

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-Crossover Turns
 625 25 x 25 on :35 USRPT-100 Free Pace
 550 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:10 Breast Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 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
 { 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 2,075 Yards - Stress Value = 91

Workout #28240 - Friday, 22 April 2022

Group 3 - USRPT

1 minute rest between sets

Workout #28226 - Thursday, 21 April 2022

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-Crossover Turns
 625 25 x 25 on :35 USRPT-100 Free Pace
 550 1x{4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {2 x 50 on 1:05 Breast Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:00 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 2,075 Yards - Stress Value = 91

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
 Group 2 protocol
 Fly and Free sets are with the rope
 480 24 x 20 on :25 100 Fly Pace SP2
 1 on 7:00 Shoulder Mobility REC
 480 24 x 20 on :25 100 Free Pace SP2
 1 on 8:00 Thoracic Mobility REC
 400 20 x 20 on :30 100 Breast Pace SP2
 7:45 AM 1,585 Yards - Stress Value = 145

Workout #28228 - Thursday, 21 April 2022

Group 2 - Bronze

Workout #28241 - Friday, 22 April 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:45 PM Start		
225	1 on 15:00 Dynamic Stretch>Showers	RF
1,000	15 x 15 on :45 Racing Skills-Crossover Turns	SF
	20 x 50 on :50 200 Back Pace	SF
1,000	1 on 10:00 Lane Line Survivor	EM
150	20 x 50 on :55 200 Breast Pace	SF
450	1 x 150 on 4:00 Sculling Drill	RF
	6 x 75 on 4:00 Free-OTB	SF
5:30 PM 2,825 Yards - Stress Value = 245		

Workout #28235 - Friday, 22 April 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
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
	1x{2 x 100 on 3:00 Free Kick w/board
	{2 x 100 on 2:55 Free Kick w/board
	{2 x 50 on 1:30 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
6:30 PM 1,650 Yards - Stress Value = 25	

Workout #28230 - Friday, 22 April 2022

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:00 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-Free Shooters
	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
6:29 PM 2,000 Yards - Stress Value = 30	

Workout #28231 - Friday, 22 April 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 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-Free Shooters
	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
6:30 PM 2,000 Yards - Stress Value = 30	

Workout #28232 - Friday, 22 April 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
700	10 x 15 on :45 Racing Skills-Free Shooters
	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
6:30 PM 1,900 Yards - Stress Value = 29	

Workout #28234 - Friday, 22 April 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
600	10 x 15 on :45 Racing Skills-Free Shooters
	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
6:30 PM 1,750 Yards - Stress Value = 27	

Workout #28233 - Friday, 22 April 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
650	10 x 15 on :45 Racing Skills-Free Shooters
	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
6:30 PM 1,850 Yards - Stress Value = 28	

Workout #28272 - Monday, 25 April 2022

1 minute rest between sets

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
3:45 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	F
600	15 x 15 on :45 Racing Skills-Free Shooters	F
3x{1 x 25 on :30 Freestyle 8/10 KOW		F
{1 x 25 on :40 Freestyle 10/12 KOW		F
{1 x 25 on :50 Freestyle 12/14 KOW		F
{1 x 25 on 1:00 Freestyle 14/16 KOW		F
{ Round 3 KOW same as round 2		F
{ 1-5 breaths, 2-4 breaths, 3-3 breaths, 4-2		F
{1 x 100 on 3:00 Sculling drills		F
1,250	25 x 50 on :50 200 Free Pace	F
	1 on 6:00 Video Evaluations 1+/1-	F
1,100	22 x 50 on :55 200 Breast Pace	F
100	1 x 100 on 5:00 Sculling Drills	F
1,000	20 x 50 on :50 200 Back Pace	F
5:45 PM	4,275 Yards - Stress Value = 376	

Yards	Set Description	F
5:30 PM	Start	
300	1 on 25:00 DS/Dryland/Showers	F
150	1 x 300 on 5:00 Underwater trn drill	F
100	10 x 15 on :45 Racing Skills-Breast Shooters	F
1x{4 x 25 on 1:00 Odds face in sculling drills		F
{ Evens-underwaters, count kicks		F
25 x 25 on :35 USRPT-100 Breast Pace		F
875	1x{1 on :30 5 Squats	F
{1 x 50 on 1:05 Breast Kick w/board		F
{1 on :30 10 Squats		F
{2 x 75 on 1:35 Breast Kick w/board		F
{1 on :30 15 Squats		F
{3 x 100 on 2:10 Breast Kick w/board		F
{1 on :30 20 Squats		F
{3 x 125 on 2:40 Breast Kick w/board		F
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	2,250 Yards - Stress Value = 86	

Workout #28242 - Monday, 25 April 2022

Workout #28244 - Monday, 25 April 2022

Group 2 - Breast

Group 2 - Silver

1 minute rest between sets

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
300	1 on 25:00 DS/Dryland/Showers	F
150	1 x 300 on 5:00 Underwater trn drill	F
100	10 x 15 on :45 Racing Skills-Breast Shooters	F
1x{4 x 25 on 1:00 Odds face in sculling drills		F
{ Evens-underwaters, count kicks		F
25 x 25 on :35 USRPT-100 Breast Pace		F
1,000	1x{1 on :30 5 Squats	F
{1 x 50 on 1:00 Breast Kick w/board		F
{1 on :30 10 Squats		F
{2 x 75 on 1:30 Breast Kick w/board		F
{1 on :30 15 Squats		F
{3 x 100 on 2:00 Breast Kick w/board		F
{1 on :30 20 Squats		F
{4 x 125 on 2:30 Breast Kick w/board		F
200	1 x 200 on 4:00 Stroke Drills	F
7:16 PM	2,375 Yards - Stress Value = 88	

Yards	Set Description	F
5:30 PM	Start	
250	1 on 25:00 DS/Dryland/Showers	F
150	1 x 250 on 5:00 Underwater trn drill	F
100	10 x 15 on :45 Racing Skills-Breast Shooters	F
1x{4 x 25 on 1:00 Odds face in sculling drills		F
{ Evens-underwaters, count kicks		F
22 x 25 on :40 USRPT-100 Breast Pace		F
800	1x{1 on :30 5 Squats	F
{1 x 50 on 1:10 Breast Kick w/board		F
{1 on :30 10 Squats		F
{2 x 75 on 1:45 Breast Kick w/board		F
{1 on :30 15 Squats		F
{3 x 100 on 2:20 Breast Kick w/board		F
{1 on :30 20 Squats		F
{2 x 125 on 2:55 Breast Kick w/board		F
{1 x 50 on 1:10 Breast Kick w/board		F
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	2,050 Yards - Stress Value = 77	

Workout #28247 - Monday, 25 April 2022

Workout #28246 - Monday, 25 April 2022

Group 2 - Copper

Group 2 - Bronze

1 minute rest between sets

1 minute rest between sets

Yards	Set Description	F
5:30 PM	Start	
200	1 on 25:00 DS/Dryland/Showers	F
150	1 x 200 on 5:00 Underwater trn drill	F
100	10 x 15 on :45 Racing Skills-Breast Shooters	F
1x{4 x 25 on 1:00 Odds face in sculling drills		F
{ Evens-underwaters, count kicks		F
22 x 25 on :40 USRPT-100 Breast Pace		F
500	1x{1 on :30 5 Squats	F
{1 x 50 on 2:00 Breast Kick w/board		F
{1 on :30 10 Squats		F
{2 x 75 on 3:00 Breast Kick w/board		F
{1 on :30 15 Squats		F
{3 x 100 on 4:00 Breast Kick w/board		F
{1 on :30 20 Squats		F
200	1 x 200 on 4:00 Stroke Drills	F
7:16 PM	1,700 Yards - Stress Value = 71	

Yards	Set Description	F
5:30 PM	Start	
200	1 on 25:00 DS/Dryland/Showers	F
150	1 x 200 on 5:00 Underwater trn drill	F
100	10 x 15 on :45 Racing Skills-Breast Shooters	F
1x{4 x 25 on 1:00 Odds face in sculling drills		F
{ Evens-underwaters, count kicks		F
22 x 25 on :40 USRPT-100 Breast Pace		F
700	1x{1 on :30 5 Squats	F
{1 x 50 on 1:20 Breast Kick w/board		F
{1 on :30 10 Squats		F
{2 x 75 on 2:00 Breast Kick w/board		F
{1 on :30 15 Squats		F
{3 x 100 on 2:40 Breast Kick w/board		F
{1 on :30 20 Squats		F
{2 x 75 on 2:00 Breast Kick w/board		F
{1 x 50 on 1:20 Breast Kick w/board		F
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	1,900 Yards - Stress Value = 75	

Workout #28243 - Monday, 25 April 2022

Group 2 - Gold

Workout #28245 - Monday, 25 April 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland/Showers
150	1 x 250 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Breast Shooters
100	1 on 18:00 Teach Day-Breast
550	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
725	22 x 25 on :40 USRPT-100 Breast Pace
100	1x{1 on :30 5 Squats
100	{1 x 50 on 1:15 Breast Kick w/board
100	{1 on :30 10 Squats
200	{2 x 75 on 1:55 Breast Kick w/board
100	{1 on :30 15 Squats
100	{3 x 100 on 2:30 Breast Kick w/board
100	{1 on :30 20 Squats
100	{1 x 125 on 3:10 Breast Kick w/board
100	{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

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Fly Shooters
1,400	30 x 25 on :30 USRPT-100 Fly Pace
100	1x{4 x 25 on :30 Kick no board S
100	{1 x 100 on 2:00 Fly Kick w/board
100	{4 x 25 on :30 Kick no board S
100	{2 x 100 on 1:55 Fly Kick w/board
100	{4 x 25 on :30 Kick no board S
100	{3 x 100 on 1:50 Fly Kick w/board
100	{4 x 25 on :30 Kick no board S
100	{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 #28249 - Tuesday, 26 April 2022

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 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Fly Shooters
1,250	25 x 25 on :35 USRPT-100 Fly Pace
100	1x{4 x 25 on :35 Kick no board S
100	{1 x 100 on 2:10 Fly Kick w/board
100	{4 x 25 on :35 Kick no board S
100	{2 x 100 on 2:05 Fly Kick w/board
100	{4 x 25 on :35 Kick no board S
100	{3 x 100 on 2:00 Fly Kick w/board
100	{2 x 25 on :35 Kick no board S
100	{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 #28273 - Tuesday, 26 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
225	1 on 15:00 Dynamic Stretch/Showers	REC
625	15 x 15 on :45 Racing Skills-Back Shooters	SP3
625	1 on 12:00 UW Racing-2X (push/otb)	SP3
625	25 x 25 on :30 100 Breast Pace	SP2
625	1 on 8:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Back Pace	SP2
150	1 x 150 on 6:00 Sculling drills	REC
625	25 x 25 on :30 100 Fly Pace	SP2
625	1 on 10:00 Racing Skills-Parachute Underwat	EN2
625	25 x 25 on :30 100 Free Pace	SP3
5:45 PM	2,875 Yards - Stress Value = 220	

Workout #28253 - Tuesday, 26 April 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
375	10 x 15 on :45 Racing Skills-Fly Shooters
700	15 x 25 on 1:00 USRPT-100 Fly Pace
100	1x{4 x 25 on 1:00 Kick no board S
100	{1 x 100 on 4:00 Fly Kick w/board
100	{4 x 25 on 1:00 Kick no board S
100	{2 x 100 on 3:55 Fly Kick w/board
100	{4 x 25 on 1:00 Kick no board S
100	{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 #28250 - Tuesday, 26 April 2022

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
550	10 x 15 on :45 Racing Skills-Fly Shooters
1,150	22 x 25 on :40 USRPT-100 Fly Pace
100	1x{4 x 25 on :35 Kick no board S
100	{1 x 100 on 2:25 Fly Kick w/board
100	{4 x 25 on :35 Kick no board S
100	{2 x 100 on 2:20 Fly Kick w/board
100	{4 x 25 on :35 Kick no board S
100	{3 x 100 on 2:15 Fly Kick w/board
100	{2 x 25 on :35 Kick no board S
100	{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 #28248 - Tuesday, 26 April 2022

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Workout #28252 - Tuesday, 26 April 2022

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-Fly Shooters
 500 20 x 25 on :45 USRPT-100 Fly Pace
 900 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 #28251 - Tuesday, 26 April 2022

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-Fly Shooters
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1,025 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 #28274 - Wednesday, 27 April 2022

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-#1 Shooters
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 10:00 Video Evaluations 1+/1-
 100 1 x 100 on 7:00 100FR OTB w/breakout noodles
 7:46 AM 1,825 Yards - Stress Value = 167

Workout #28275 - Wednesday, 27 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====

1 on 15:00 Dynamic Stretch/Showers
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,000 1 x 1000 on 13:00 T-13
 Track total yards
 1 on 7:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Fly Pace
 500 2x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count strokes, #2 L.4 #3 L.5, #4 L.6
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 and #10 All Straight Arm
 {1 on 1:00 Rest
 1 on 7:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Free Pace
 100 1 x 100 on 7:00 100FLY OTB w/breakout noodle
 5:45 PM 4,250 Yards - Stress Value = 334

Workout #28259 - Wednesday, 27 April 2022

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-Crossover Turns
 750 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 #28254 - Wednesday, 27 April 2022

Group 2 - IM'ers

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
 1,500 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 #28255 - Wednesday, 27 April 2022

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

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 #28256 - Wednesday, 27 April 2022

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 #28276 - Thursday, 28 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Fly Shooters	SE
2,800	28 x 100 on 1:25 1650 Free Pace Make 1 subtract 1	SE
	1 on 12:00 Tic Tac Toe Relay	EM
750	30 x 25 on :30 Your #1 non free	SE
800	2x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest	EM
	{6 x 15 on :20 Undr Wtr Fly Kck	RE
	{1 on :30 Rest	RE
	{4 x 15 on :15 Undr Wtr Fly Kck	EM
	{1 on :30 Rest	RE
	{2 x 15 on :10 Undr Wtr Fly Kck	EM
	{1 x 100 on 3:00 Sculling Drill	RE
	5:45 PM 4,575 Yards - Stress Value = 376	

Workout #28265 - Thursday, 28 April 2022

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 #28258 - Wednesday, 27 April 2022

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 #28257 - Wednesday, 27 April 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #28260 - Thursday, 28 April 2022

7:15 PM 2,725 Yards - Stress Value = 99

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 #28264 - Thursday, 28 April 2022

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 #28261 - Thursday, 28 April 2022

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 #28263 - Thursday, 28 April 2022

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 #28262 - Thursday, 28 April 2022

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

Workout #28277 - Friday, 29 April 2022

Group 3 - 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
	Group 2 protocol		
480	24 x 20 on :25 100 Free Pace		SP2
	1 on 7:00 Hip Mobility		REC
480	24 x 20 on :25 100 Fly Pace		SP2
	1 on 8:00 Thoracic Mobility		REC
400	20 x 20 on :30 100 Back Pace		SP2
7:45 AM	1,585 Yards - Stress Value = 145		

Workout #28278 - Friday, 29 April 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
100	1 x 100 on 7:00 100BK OTB w/breakout noodles
	1 on 12:00 Mobility 3min each
1,050	1x{3 x 350 on 10:00 Freestyle
	{ 25 UWK R.15sec, 25-100 FR Pace R.20sec
	{ 25 UWK R.20sec, 50-200 FR Pace R.25sec
	{ 25 UWK R.25sec, 75-500 FR Pace R.30sec
	{ 25 UWK R.30sec, 100-1650 FR Pace
440	22 x 20 on :30 100 Breast Pace
	5:15 PM 1,815 Yards - Stress Value = 145

Workout #28266 - Friday, 29 April 2022

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
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
	6:30 PM 3,150 Yards - Stress Value = 94

Workout #28271 - Friday, 29 April 2022

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
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
	6:30 PM 1,800 Yards - Stress Value = 49

Workout #28267 - Friday, 29 April 2022

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
425	17 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
1,750	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
	6:31 PM 2,925 Yards - Stress Value = 83

Workout #28268 - Friday, 29 April 2022

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
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
	6:30 PM 2,675 Yards - Stress Value = 76

Workout #28270 - Friday, 29 April 2022

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
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
	6:31 PM 2,275 Yards - Stress Value = 64

Workout #28269 - Friday, 29 April 2022

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
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
6:30 PM	2,575 Yards - Stress Value = 74

Workout #28279 - Monday, 02 May 2022

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-#2 Shooters	SP3	
2,250	30 x 75 on 1:05 500 Free Pace Make one subtract one	SP2	
	1 on 1:00 Video Evaluations 1+/1-	REC	
300	15 x 20 on 1:00 Cross Pool Underwaters Odds 100%, evens least amount of kicks	EN2	
7:48 AM	2,775 Yards - Stress Value = 240		

Workout #28280 - Monday, 02 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
225	15 x 15 on :45 Racing Skills-Free Shooters
400	2x{1 x 25 on :30 Freestyle 11 KOW { 1 x 25 on :40 Freestyle 13 KOW { 1 x 25 on :50 Freestyle 15 KOW { 1 x 25 on 1:00 Freestyle 17 KOW { Round 2 KOW same as round 1 { 1-5 breaths, 2-4 breaths, 3-3 breaths, 4-2 { 1 x 100 on 3:00 Sculling drills
1,000	20 x 50 on :50 200 Free Pace
	1 on 6:00 Video Evaluations 1+/1-
1,000	20 x 50 on :50 200 Fly Pace
150	1 x 150 on 5:00 Sculling drills
1,000	20 x 50 on :50 200 Back Pace
	1 on 10:00 Racing Skills-Start/Glide Racing
1,000	20 x 50 on :55 200 Breast Pace
6:01 PM	4,775 Yards - Stress Value = 429

Workout #28292 - Monday, 02 May 2022

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 #28287 - Monday, 02 May 2022

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 #28288 - Monday, 02 May 2022

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 #28289 - Monday, 02 May 2022

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 #28291 - Monday, 02 May 2022

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 #28290 - Monday, 02 May 2022

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 #28281 - Tuesday, 03 May 2022

Group 3 - 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-Back Shooters	SP3
	1 on 12:00 UW Racing-2X (push/otb)	SP3
	Team will be split and recoveries will rotate	
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Free Pace	SP3
250	1 x 250 on 8:00 Sculling drills	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Racing Skills-Buckets	EN2
750	30 x 25 on :30 100 Back Pace	SP2
60	4 x 15 on 2:00 Spinners/Max Speed Finishes	SP3
	6:02 PM 3,535 Yards - Stress Value = 266	

Workout #28298 - Tuesday, 03 May 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
=====	=====	=====
	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 #28293 - Tuesday, 03 May 2022

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
=====	=====	=====
	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 #28294 - Tuesday, 03 May 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
=====	=====	=====
	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 #28295 - Tuesday, 03 May 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
=====	=====	=====
	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 #28297 - Tuesday, 03 May 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
=====	=====	=====
	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 #28296 - Tuesday, 03 May 2022

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-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 #28282 - Wednesday, 04 May 2022

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-#1 Shooters
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 10:00 Video Evaluations 1+/1-
 100 1 x 100 on 7:00 100FR OTB w/breakout noodle
 7:46 AM 1,825 Yards - Stress Value = 167

Workout #28283 - Wednesday, 04 May 2022

Group 3 - USRPT
1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1,000 1 x 1000 on 14:00 T-14
 Track total yards
 1 on 7:00 Video Evaluations 1+/1-
 1,300 26 x 50 on :55 200 Breast Pace
 750 3x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count strokes, #2 L.4 #3 L.5, #4 L.6
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 and #10 All Straight Arm
 {1 on 1:00 Rest
 1 on 7:00 Video Evaluations 1+/1-
 1,500 30 x 50 on :50 200 Back Pace
 100 1 x 100 on 7:00 100FLY OTB w/breakout noodle
 6:00 PM 4,800 Yards - Stress Value = 389

Workout #28304 - Wednesday, 04 May 2022

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
 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 #28299 - Wednesday, 04 May 2022

Group 2 - Freestylers
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-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 #28300 - Wednesday, 04 May 2022

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-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 #28301 - Wednesday, 04 May 2022

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

1 on 12:00 Tic Tac Toe Relay EN
 750 30 x 25 on :30 Your #1 non free SF
 800 2x{8 x 15 on :25 Undr Wtr Fly Kck EN
 {1 on :30 Rest RF
 {6 x 15 on :20 Undr Wtr Fly Kck EN
 {1 on :30 Rest RF
 {4 x 15 on :15 Undr Wtr Fly Kck EN
 {1 on :30 Rest RF
 {2 x 15 on :10 Undr Wtr Fly Kck EN
 {1 x 100 on 3:00 Sculling Drill RF
 1,500 30 x 50 on :50 Your choice 200 Pace SF
 6:00 PM 5,475 Yards - Stress Value = 426

Workout #28303 - Wednesday, 04 May 2022

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 #28305 - Thursday, 05 May 2022

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 #28310 - Thursday, 05 May 2022

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 #28284 - Thursday, 05 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch>Showers RF
 225 15 x 15 on :45 Racing Skills-Fly Shooters SF
 2,200 1x{4 x 100 on 1:25 1650 Free Pace SF
 {4 x 125 on 1:40 1650 Free Pace EN
 {4 x 150 on 1:55 1650 Free Pace SF
 {4 x 175 on 2:10 1650 Free Pace SF

Workout #28306 - Thursday, 05 May 2022

1 minute rest between sets

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-Back Shooters
 750 30 x 25 on :30 USRPT-100 Back Pace
 1,250 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

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-Back Shooters
 650 26 x 25 on :35 USRPT-100 Back Pace
 1,000 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 #28285 - Friday, 06 May 2022

Group 3 - USRPT

1 minute rest between sets

Workout #28307 - Thursday, 05 May 2022

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-Back Shooters
 650 26 x 25 on :35 USRPT-100 Back Pace
 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 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

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
 Group 2 protocol
 Fly and Free sets are with the rope
 480 24 x 20 on :25 100 Fly Pace SP2
 1 on 7:00 Shoulder Mobility REC
 480 24 x 20 on :25 100 Free Pace SP2
 1 on 8:00 Thoracic Mobility REC
 400 20 x 20 on :30 100 Breast Pace SP2
 7:45 AM 1,585 Yards - Stress Value = 145

Workout #28286 - Friday, 06 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY WC
 =====
 1 on 15:00 Dynamic Stretch/Showers RE
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF
 100 1 x 100 on 7:00 100BK OTB w/breakout noodles SF
 1 on 12:00 Mobility 3 mins each RE
 400 8 x 50 on 4:00 Freestyle-OTB SF
 1 on 10:00 Racing Skills-Glider Racing RE
 5:15 PM 725 Yards - Stress Value = 49

Workout #28309 - Thursday, 05 May 2022

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-Back Shooters
 550 22 x 25 on :40 USRPT-100 Back Pace
 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 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 2,350 Yards - Stress Value = 100

Workout #28308 - Thursday, 05 May 2022

Group 2 - Silver/Bronze

Workout #28311 - Friday, 06 May 2022

Group 2 - Breast

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-Breast Shooters
 750 30 x 25 on :30 USRPT-100 Breast
 1,600 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
 6:30 PM 3,000 Yards - Stress Value = 113

Workout #28316 - Friday, 06 May 2022

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-Breast Shooters
 375 15 x 25 on 1:00 USRPT-100 Breast
 950 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
 6:30 PM 1,875 Yards - Stress Value = 63

Workout #28312 - Friday, 06 May 2022

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-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
 6:30 PM 2,775 Yards - Stress Value = 61

Workout #28313 - Friday, 06 May 2022

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-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
 6:29 PM 2,550 Yards - Stress Value = 89

Workout #28315 - Friday, 06 May 2022

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-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
 6:29 PM 2,150 Yards - Stress Value = 78

Workout #28314 - Friday, 06 May 2022

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 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
 6:29 PM 2,450 Yards - Stress Value = 87

Workout #28317 - Monday, 09 May 2022

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-#2 Shooters SP3
 2,250 30 x 75 on 1:05 1000 Free Pace SP2
 Make one subtract one
 1 on 5:00 Video Evaluations 1+/1- REC
 100 1 x 100 on 8:00 100 Fly OTB w/BO Noodles SP2
 7:45 AM 2,575 Yards - Stress Value = 244

Workout #28318 - Monday, 09 May 2022

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
	All sets are swim 16	
1,500	30 x 50 on :50 200 Fly Pace	SP2
1	on 10:00 Underwater Racing	REC
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 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Free Pace	SP2
1	on 10:00 Racing Skills-Glider Racing	SP3
6:15 PM	4,725 Yards - Stress Value = 459	

Yards	Set Description	EGY
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 #28327 - Monday, 09 May 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
1	on 25:00 DS/Dryland	
200	1 x 200 on 5:00 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	

Yards	Set Description	EGY
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 #28329 - Monday, 09 May 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
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	

Yards	Set Description	EGY
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 #28326 - Monday, 09 May 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	

Yards	Set Description	EGY
5:30 PM	Start	

Workout #28328 - Monday, 09 May 2022

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 Underwater trn drill
100	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 #28319 - Tuesday, 10 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,500	15 x 15 on :45 Racing Skills-Back Shooters
	30 x 50 on :50 200 Back Pace
750	1 on 6:00 Recovery Your Choice
	30 x 25 on :30 100 Fly Pace
1,500	1 on 8:00 Video Evaluations 1+/1-
	30 x 50 on :50 200 Free Pace
750	1 on 6:00 Recovery Your Choice
	30 x 25 on :30 100 Breast Pace
600	3x{1 x 25 on :30 Freestyle 8/10 KOW {1 x 25 on :40 Freestyle 10/12 KOW {1 x 25 on :50 Freestyle 12/14 KOW {1 x 25 on 1:00 Freestyle 14/16 KOW { Round 3 KOW same as round 2 { 1-5 breaths, 2-4 breaths, 3-3 br {1 x 100 on 3:00 Sculling drills
	6:15 PM 5,325 Yards - Stress Value = 491

Workout #28336 - Tuesday, 10 May 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Free Shooters
100	20 x 25 on :45 USRPT-100 Free Pace
1,325	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 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 #28331 - Tuesday, 10 May 2022

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 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT-100 Free Pace
2,700	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 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 #28332 - Tuesday, 10 May 2022

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 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT-100 Free Pace
2,450	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1x{3 x 200 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 #28333 - Tuesday, 10 May 2022

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
625	10 x 15 on :45 Racing Skills-Free Shooters
100	25 x 25 on :35 USRPT-100 Free Pace
2,100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 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 #28335 - Tuesday, 10 May 2022

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 #28334 - Tuesday, 10 May 2022

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-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 #28320 - Wednesday, 11 May 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	RE
225	15 x 15 on :45 Racing Skills-#1 Shooters	SE
1,500	1x{10 x 50 on :55 400 IM Pace	SE
	{1 on 1:00 Rest	RE
	{10 x 50 on :55 400 IM Pace	SE
	{1 on 1:00 Rest	RE
	{10 x 50 on :55 400 IM Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
100	1 x 100 on 8:00 100 Free OTB w/BO Noodles	SE
	7:45 AM 1,825 Yards - Stress Value = 169	

Workout #28321 - Wednesday, 11 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 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 on 15:00 T-15: Track your yards	EM
	1 on 8:00 Video Evaluations 1+/1-	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 6:00 Ankle mobility	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 6:00 Hip Mobility	RE

1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 6:00 Thoracic Mobility	RE
750	30 x 25 on :30 100 Breast Pace	SE
	6:15 PM 4,225 Yards - Stress Value = 409	

Workout #28337 - Wednesday, 11 May 2022

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 #28342 - Wednesday, 11 May 2022

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 #28338 - Wednesday, 11 May 2022

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-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 #28339 - Wednesday, 11 May 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
1,100	1x{6 x 25 on :45 Racing Skills-Back Shooters
	{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

225	15 x 15 on :45 Racing Skills-Fly Shooters	SE
1,500	30 x 50 on :50 200 Free Pace	SE
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{6 x 15 on :20 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{4 x 15 on :15 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{2 x 15 on :10 Undr Wtr Fly Kck	EN
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 6:00 Your Choice Recovery	RE
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 6:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Fly Pace	SE
500	2x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count strokes, #2 L.4 #3 L.5,	
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10	
	{ #9 and #10 All Straight Arm	
	{1 on 1:00 Rest	RE
	6:15 PM 5,525 Yards - Stress Value = 515	

Workout #28343 - Thursday, 12 May 2022

Group 2 - Breast

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

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-Breast Shooters
750	30 x 25 on :30 USRPT-100 Breast Pace
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	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 #28340 - Wednesday, 11 May 2022

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-Back Shooters
1,000	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 #28322 - Thursday, 12 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch/Showers	RE

Workout #28348 - Thursday, 12 May 2022

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-Breast Shooters
 550 22 x 25 on :40 USRPT-100 Breast Pace
 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 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
 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 #28344 - Thursday, 12 May 2022

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-Breast Shooters
 625 25 x 25 on :35 USRPT-100 Breast Pace
 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 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 #28345 - Thursday, 12 May 2022

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

{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 #28347 - Thursday, 12 May 2022

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 #28346 - Thursday, 12 May 2022

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 #28323 - Friday, 13 May 2022

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-IM Turns	SP3
2,400	24 x 100 on 1:25 1650 Free Pace	SP2
	Make one subtract one	
1	on 8:00 Video Evaluations 1+/1-	REC
100	1 x 100 on 8:00 100 Back OTB w/BO Noodles	SP2
	7:49 AM 2,725 Yards - Stress Value = 259	

Workout #28324 - Friday, 13 May 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGC
	3:45 PM Start	
1	on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	Group 2 protocol	
480	24 x 20 on :25 100 Free Pace	SE
1	on 8:00 Hip Mobility	RE
480	24 x 20 on :25 100 Fly Pace	SE
1	on 8:00 Shoulder Mobility	RE
480	24 x 20 on :25 100 Back Pace	SE
1	on 15:00 Racing Skills-Choice of UW game	EM
	5:16 PM 1,665 Yards - Stress Value = 153	

Workout #28354 - Friday, 13 May 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	F
	5:00 PM Start	
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
375	15 x 25 on 1:00 USRPT 100 Fly Pace	F
600	1x{1 x 100 on 4:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on 1:00 Fly 8/9/10/11 KOW	F
	{2 x 100 on 4:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on 1:00 Fly 9/10/11/12 KOW	F
	{1 x 100 on 4:00 75 Free 25 Fly w/free kick	F
	1 on 10:00 Game or Relay	F
	6:30 PM 1,325 Yards - Stress Value = 26	

Workout #28349 - Friday, 13 May 2022

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	F
	5:00 PM Start	
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
750	30 x 25 on :30 USRPT 100 Fly Pace	F
1,450	1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{6 x 25 on :30 Fly 8/9/10/11/12/13 KOW	F
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{6 x 25 on :30 Fly 9/10/11/12/13/14 KOW	F
	{3 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{6 x 25 on :30 Fly 10/11/12/13/14/15 KOW	F
	{4 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	1 on 10:00 Game or Relay	F
	6:30 PM 2,650 Yards - Stress Value = 50	

Workout #28350 - Friday, 13 May 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	F
	5:00 PM Start	
1	on 25:00 DS/Dryland	F
1 x 300	on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
625	25 x 25 on :35 USRPT 100 Fly Pace	F
1,350	1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{6 x 25 on :30 Fly 8/9/10/11/12/13 KOW	F
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{6 x 25 on :30 Fly 9/10/11/12/13/14 KOW	F
	{3 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{6 x 25 on :30 Fly 10/11/12/13/14/15 KOW	F
	{3 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	1 on 10:00 Game or Relay	F
	6:30 PM 2,425 Yards - Stress Value = 45	

Workout #28351 - Friday, 13 May 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	F
	5:00 PM Start	
1	on 25:00 DS/Dryland	F
1 x 250	on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
625	25 x 25 on :35 USRPT 100 Fly Pace	F
1,150	1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{6 x 25 on :35 Fly 8/9/10/11/12/13 KOW	F
	{2 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{6 x 25 on :35 Fly 9/10/11/12/13/14 KOW	F
	{3 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{6 x 25 on :35 Fly 10/11/12/13/14/15 KOW	F
	{1 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	1 on 10:00 Game or Relay	F
	6:29 PM 2,175 Yards - Stress Value = 41	

Workout #28353 - Friday, 13 May 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	F
	5:00 PM Start	
1	on 25:00 DS/Dryland	F
1 x 200	on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	S
500	20 x 25 on :45 USRPT 100 Fly Pace	F
800	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :45 Fly 8/9/10/11 KOW	F
	{2 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :45 Fly 9/10/11/12 KOW	F
	{3 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	1 on 10:00 Game or Relay	F
	6:30 PM 1,650 Yards - Stress Value = 32	

Workout #28352 - Friday, 13 May 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	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	§
550	22 x 25 on :40 USRPT 100 Fly Pace	F
1,000	1x{1 x 100 on 2:15 75 Free 25 Fly w/free kick	F
	{ 4 x 25 on :40 Fly 8/9/10/11 KOW	F
	{ 2 x 100 on 2:15 75 Free 25 Fly w/free kick	F
	{ 4 x 25 on :40 Fly 9/10/11/12 KOW	F
	{ 3 x 100 on 2:15 75 Free 25 Fly w/free kick	F
	{ 4 x 25 on :40 Fly 12/13/14/15 KOW	F
	{ 1 x 100 on 2:15 75 Free 25 Fly w/free kick	F
	1 on 10:00 Game or Relay	F
6:29 PM	1,950 Yards - Stress Value = 37	

	{ 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 #28355 - Monday, 16 May 2022

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	
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	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
100	1 x 100 on 5:00 100 Free For Time	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	3,500 Yards - Stress Value = 140	

Workout #28385 - Monday, 16 May 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
2,250	30 x 75 on 1:05 500 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
100	1 x 100 on 6:00 100 Back-w bo noodles 5ft	SP2
150	6 x 25 on 1:00 25's Parachute Racing	EN2
	Odds 100%, evens least amount of kicks	
7:50 AM	2,725 Yards - Stress Value = 247	

Workout #28356 - Monday, 16 May 2022

Group 2 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	§
400	2x{1 x 25 on :30 Freestyle 11 KOW	§
	{ 1 x 25 on :40 Freestyle 13 KOW	§
	{ 1 x 25 on :50 Freestyle 15 KOW	§
	{ 1 x 25 on 1:00 Freestyle 17 KOW	§
	{ Round 2 KOW same as round 1	
	{ 1-5 breaths, 2-4 breaths, 3-3 breaths, 4-2	
	{ 1 x 100 on 3:00 Sculling drills	F
1,250	25 x 50 on :50 200 Free Pace	§
	1 on 6:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :50 200 Fly Pace	§
150	1 x 150 on 5:00 Sculling drills	F
1,250	25 x 50 on :50 200 Back Pace	§
	1 on 8:00 Racing Skills-Start/Glide Racing	F
1,250	25 x 50 on :55 200 Breast Pace	§
6:15 PM	5,775 Yards - Stress Value = 529	

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	
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	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
100	1 x 100 on 5:00 100 Free For Time	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	3,400 Yards - Stress Value = 138	

Workout #28360 - Monday, 16 May 2022

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	
900	1x{4 x 100 on 4:00 Free Kick wboard	

Workout #28357 - Monday, 16 May 2022

7:30 PM 2,975 Yards - Stress Value = 120

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
1,600	1x{4 x 125 on 2:40 Free Kick w/board
	{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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 124

Workout #28387 - Tuesday, 17 May 2022

Group 3 - 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-Back Shooters	SP3
	1 on 17:00 UW Racing-4X(push/otb)	SP3
	Team will be split and recoveries will rotate	
	If you finish recovery do mobility	
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Free Pace	SP3
400	1 x 400 on 10:00 Sculling drills	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-Buckets	EN2
750	30 x 25 on :30 100 Back Pace	SP2
75	5 x 15 on 2:00 Spinners/Max Speed Finishes	SP3
	6:15 PM 3,700 Yards - Stress Value = 267	

Workout #28359 - Monday, 16 May 2022

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
1,300	1x{4 x 100 on 2:40 Free Kick w/board
	{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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 111

Workout #28361 - Tuesday, 17 May 2022

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
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
150	1x{6 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 12:00 Game
	7:30 PM 3,650 Yards - Stress Value = 127

Workout #28358 - Monday, 16 May 2022

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
1,400	1x{4 x 100 on 2:20 Free Kick w/board
	{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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 100 Free For Time
200	1 x 200 on 4:00 Stroke Drills

Workout #28366 - Tuesday, 17 May 2022

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
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
150	1x{6 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 12:00 Game
7:29 PM	1,975 Yards - Stress Value = 66

Workout #28362 - Tuesday, 17 May 2022

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
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
150	1x{6 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 12:00 Game
7:30 PM	3,375 Yards - Stress Value = 111

Workout #28363 - Tuesday, 17 May 2022

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
150	1x{6 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 12:00 Game
 7:30 PM 3,175 Yards - Stress Value = 108

Workout #28365 - Tuesday, 17 May 2022

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
150	1x{6 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 12:00 Game
7:30 PM	2,575 Yards - Stress Value = 88

Workout #28364 - Tuesday, 17 May 2022

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
150	1x{6 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 12:00 Game
7:30 PM	2,970 Yards - Stress Value = 98

Workout #28388 - Wednesday, 18 May 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description F
 =====
 225 1 on 15:00 Dynamic Stretch/Showers F
 1,500 1x{15 x 15 on :45 Racing Skills-#1 Shooters E
 {1 on 1:00 Rest F
 {10 x 50 on :55 200 IM Pace E
 {1 on 1:00 Rest F
 {10 x 50 on :55 200 IM Pace E
 1 on 10:00 Video Evaluations 1+/1- F
 100 1 x 100 on 7:00 100FR OTB w/bo noodles 5ft E
 7:46 AM 1,825 Yards - Stress Value = 167

Workout #28389 - Wednesday, 18 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 150 1 on 15:00 Dynamic Stretch/Showers
 1,000 10 x 15 on :45 Racing Skills-Breast Shooters
 1 x 1000 on 16:00 T-16
 Track total yards
 1 on 8:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Back Pace
 500 2x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count strokes, #2 L.4 #3 L.5, #4 L.6
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 and #10 All Straight Arm
 {1 on 1:00 Rest
 1 on 8:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :55 200 Breast Pace
 1 on 7:00 Peer Coaching-Starts
 1,250 25 x 50 on :50 200 Free Pace
 6:13 PM 5,400 Yards - Stress Value = 351

Workout #28367 - Wednesday, 18 May 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 250 1 on 30:00 DS/Dryland
 150 10 x 25 on :30 Wednesday Warm-up
 1,300 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {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 25 Squats
 {3 x 100 on 1:55 Breast Kick with board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 925 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
 {2 x 25 on :30 Breast-100%
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,975 Yards - Stress Value = 106

Workout #28372 - Wednesday, 18 May 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 100 1 on 30:00 Wednesday Warm-up
 150 4 x 25 on 1:00 Wednesday Warm-up
 625 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {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 :45 15 Squats
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 925 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
 {2 x 25 on :30 Breast-100%
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,150 Yards - Stress Value = 92

Workout #28368 - Wednesday, 18 May 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 250 1 on 30:00 DS/Dryland
 150 10 x 25 on :30 Wednesday Warm-up
 1,200 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {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 :45 25 Squats
 {2 x 100 on 2:05 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 925 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
 {2 x 25 on :30 Breast-100%
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,875 Yards - Stress Value = 104

Workout #28369 - Wednesday, 18 May 2022

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 :45 25 squats
	{1 x 100 on 2:15 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
925	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
	{2 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,725 Yards - Stress Value = 102

Workout #28371 - Wednesday, 18 May 2022

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 :45 25 Squats
	{1 x 50 on 1:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
925	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
	{2 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,500 Yards - Stress Value = 99

Workout #28370 - Wednesday, 18 May 2022

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
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
925	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
	{2 x 25 on :30 Breast-100%
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,600 Yards - Stress Value = 100

Workout #28390 - Thursday, 19 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	RF
225	15 x 15 on :45 Racing Skills-Fly Shooters	SF
1,250	1x{4 x 100 on 1:25 1650 Free Pace	SF
	{1 on 1:00 Rest	RF
	{3 x 125 on 1:40 1650 Free Pace	EN
	{1 on 1:00 Rest	RF
	{2 x 150 on 1:55 1650 Free Pace	SF
	{1 on 1:00 Rest	RF
	{1 x 175 on 2:10 1650 Free Pace	SF
	1 on 11:00 Tic Tac Toe Relay	EN
750	30 x 25 on :30 100 Breast	SF
	1 on 7:00 Mobility	RF
800	2x{8 x 15 on :25 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RF
	{6 x 15 on :20 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RF
	{4 x 15 on :15 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RF
	{2 x 15 on :10 Undr Wtr Fly Kck	EN
	{1 x 100 on 3:00 Sculling Drill	RF
	1 on 5:00 Your choice recovery	RF
750	30 x 25 on :30 100 Back Pace	SF
	1 on 7:00 Mobility	RF
750	30 x 25 on :30 200 Fly Pace	SF
	6:15 PM 4,525 Yards - Stress Value = 342	

Workout #28378 - Thursday, 19 May 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	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
700	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
100	{ 2 x 100 on 3:30 Fly Kick w/board 1 x 100 on 2:00 Stroke Drills
7:30 PM	1,675 Yards - Stress Value = 58

Yards	Set Description
5:30 PM	Start
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	1 on 23:00 TEACH DAY-Fly
1,150	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
1,150	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
100	{ 3 x 100 on 2:15 Fly Kick w/board { 2 x 25 on :35 Kick no board S { 2 x 75 on 1:40 Fly Kick w/board { 2 x 25 on :30 Kick no board S
100	1 x 100 on 2:00 Stroke Drills
7:30 PM	2,425 Yards - Stress Value = 91

Workout #28373 - Thursday, 19 May 2022

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	1 on 23:00 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
1,300	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
100	1 x 100 on 2:00 Stroke Drills
7:30 PM	2,750 Yards - Stress Value = 107

Workout #28377 - Thursday, 19 May 2022

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	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
900	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
100	{ 3 x 100 on 2:40 Fly Kick w/board 1 x 100 on 2:00 Stroke Drills
7:29 PM	2,000 Yards - Stress Value = 74

Workout #28376 - Thursday, 19 May 2022

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	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
1,100	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
100	{ 3 x 100 on 2:20 Fly Kick w/board { 4 x 25 on :35 Kick no board S { 2 x 50 on 1:10 Fly Kick w/board 1 x 100 on 2:00 Stroke Drills
7:30 PM	2,300 Yards - Stress Value = 83

Workout #28375 - Thursday, 19 May 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	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
1,250	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 { 2 x 75 on 1:35 Fly Kick w/board { 4 x 25 on :30 Kick no board S
100	1 x 100 on 2:00 Stroke Drills
7:30 PM	2,575 Yards - Stress Value = 93

Workout #28391 - Friday, 20 May 2022

6:46 PM 3,300 Yards - Stress Value = 119

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	RE
3,000	15 x 15 on :45 Racing Skills-IM Turns	SF
	30 x 100 on 1:25 1650 Free Pace	SF
	Make one subtract one	
100	1 on 5:00 Video Evaluations 1+/1-	RE
	1 x 100 on 8:00 100 Fly OTB w/BO Noodles 5ft	SF
	7:55 AM 3,325 Yards - Stress Value = 319	

Workout #28392 - Friday, 20 May 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:45 PM	Start	
225	1 on 15:00 DS/Showers	RE
	15 x 15 on :45 Racing Skills-Crossover Turns	SF
	Group 2 protocol	
	Fly and Free sets are with the rope	
600	30 x 20 on :25 100 Fly Pace	SF
	1 on 10:00 Shoulder/Ankle Mobility	RE
600	30 x 20 on :25 100 Free Pace	SF
	1 on 9:00 Thoracic/Hip Mobility	RE
600	30 x 20 on :30 100 Breast Pace	SF
	5:15 PM 2,025 Yards - Stress Value = 189	

Workout #28384 - Friday, 20 May 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:00 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-Crossover Turns	
900	15 x 25 on 1:00 USRPT 100 Breast Pace	
	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	
	6:30 PM 1,725 Yards - Stress Value = 62	

Workout #28379 - Friday, 20 May 2022

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EC
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-Crossover Turns	
1,900	30 x 25 on :30 USRPT 100 Breast Pace	
	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	

Workout #28380 - Friday, 20 May 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
	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	
	6:31 PM 3,025 Yards - Stress Value = 103	

Workout #28381 - Friday, 20 May 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
	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	
	6:31 PM 2,825 Yards - Stress Value = 100	

Workout #28383 - Friday, 20 May 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 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	
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	
	6:31 PM 2,250 Yards - Stress Value = 80	

Workout #28382 - Friday, 20 May 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
550	10 x 15 on :45 Racing Skills-Crossover Turns
1,600	22 x 25 on :40 USRPT 100 Breast Pace
	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
	6:31 PM 2,750 Yards - Stress Value = 93

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,400	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 150 on 2:05 Backstroke
	{6 x 50 on 1:00 Back 3KOW+1
	1 on 9:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,950 Yards - Stress Value = 129

Workout #28398 - Monday, 23 May 2022

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
375	15 x 25 on 1:00 USRPT-100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 3:00 Backstroke
	{3 x 50 on 1:45 Back 3KOW+1
	{2 x 100 on 3:00 Backstroke
	{4 x 50 on 1:45 Back 3KOW+1
	{3 x 100 on 3:00 Backstroke
	{4 x 50 on 1:45 Back 3KOW+1
	1 on 9:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 67

Workout #28417 - Monday, 23 May 2022

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-#2 Shooters
2,600	2x{4 x 100 on 1:20 1650 Free Pace
	{4 x 100 on 1:15 1650 Free Pace +1
	{4 x 100 on 1:10 1650 Free Pace +2
	{1 x 100 on 3:00 Sculling Drill
	1 on 5:00 Video Evaluations 1+/1-
100	1 x 100 on 6:00 100 Back-w bo noodles 7ft
150	6 x 25 on 1:00 25's Parachute Racing
	7:53 AM 3,075 Yards - Stress Value = 262

Workout #28394 - Monday, 23 May 2022

Group 2 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Free Shooters
400	2x{1 x 25 on :30 Freestyle 11 KOW
	{1 x 25 on :40 Freestyle 13 KOW
	{1 x 25 on :50 Freestyle 15 KOW
	{1 x 25 on 1:00 Freestyle 17 KOW
	{ Round 2 KOW same as round 1
	{ 1-5 breaths, 2-4 breaths, 3-3 breaths, 4-2
	{1 x 100 on 3:00 Sculling drills
	NOODLE DAY-noodles placed under flags for a
1,250	25 x 50 on :50 200 Fly Pace
	1 on 6:00 Video Evaluations 1+/1-
1,250	25 x 50 on :50 200 Back Pace
150	1 x 150 on 5:00 Sculling drills
1,250	25 x 50 on :55 200 Breast Pace
	1 on 8:00 Racing Skills-Start/Glide Racing
1,250	25 x 50 on :50 200 Free Pace*
	6:15 PM 5,775 Yards - Stress Value = 529

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,250	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
	{4 x 150 on 2:15 Backstroke
	{3 x 50 on 1:05 Back 3KOW+1
	1 on 9:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,675 Yards - Stress Value = 113

Workout #28393 - Monday, 23 May 2022

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland

Workout #28395 - Monday, 23 May 2022

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,150	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 { 3 x 150 on 2:35 Backstroke { 5 x 50 on 1:00 Back 3KOW+1 { 4 x 150 on 2:30 Backstroke { 1 x 50 on 1:00 Back 3KOW+1
	1 on 9:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 111

Workout #28397 - Monday, 23 May 2022

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 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{1 x 100 on 2:25 Backstroke { 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 9:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 89

Workout #28396 - Monday, 23 May 2022

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
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
2,000	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 { 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 9:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 101

Workout #28419 - Tuesday, 24 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
	1 on 15:00 UW Racing-4X(push/otb)	S
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 Count strokes, #2 L.4 #3 L.5, { #5 L.7, #6 L.8, #7 L.9, #8 L.10 { #9 and #10 All Straight Arm	S
	{ 1 on 1:00 Rest	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Free Pace	S
600	2x{8 x 15 on :25 Undr Wtr Fly Kck { 1 on :30 Rest	F
	{ 6 x 15 on :20 Undr Wtr Fly Kck	F
	{ 1 on :30 Rest	F
	{ 4 x 15 on :15 Undr Wtr Fly Kck	F
	{ 1 on :30 Rest	F
	{ 2 x 15 on :10 Undr Wtr Fly Kck	F
750	30 x 25 on :30 100 Breast Pace	S
	1 on 9:00 Mobility	F
750	30 x 25 on :30 100 Back Pace	S
	6:15 PM 4,075 Yards - Stress Value = 301	

Workout #28399 - Tuesday, 24 May 2022

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
	1 on 23:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 100 Breast Pace
1,150	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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 104

Workout #28404 - Tuesday, 24 May 2022

Group 2 - Copper

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 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
550	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
100	1 x 100 on 2:00 Stroke Drills
	7:29 PM 1,525 Yards - Stress Value = 55

Workout #28400 - Tuesday, 24 May 2022

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 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
1,100	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 {1 x 100 on 2:00 Breast Kick w/board
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 2,425 Yards - Stress Value = 90

Workout #28401 - Tuesday, 24 May 2022

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 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
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

100 1 x 100 on 2:00 Stroke Drills
7:30 PM 2,275 Yards - Stress Value = 38

Workout #28403 - Tuesday, 24 May 2022

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 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
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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 1,975 Yards - Stress Value = 74

Workout #28402 - Tuesday, 24 May 2022

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 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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 24

Workout #28420 - Wednesday, 25 May 2022

Group 3 - 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-#1 Shooters		SP3
	Group 2 protocol		
	Fly and Free sets are with the rope		
500	25 x 20 on :25 100 Back Pace		SP2
	1 on 6:00 Your Choice		REC
500	25 x 20 on :25 100 Fly Pace		SP2
	1 on 6:00 Your Choice		REC
500	25 x 20 on :25 100 Free Pace		SP2
	7:45 AM 1,725 Yards - Stress Value = 159		

Workout #28421 - Wednesday, 25 May 2022

7:30 PM 3,600 Yards - Stress Value = 133

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
150	1 on 15:00 Dynamic Stretch/Showers
1,000	10 x 15 on :45 Racing Skills-Breast Shooters
	1 x 1000 on 17:00 T-17
	Track total yards
1,500	1 on 8:00 Video Evaluations 1+/1-
500	30 x 50 on :50 200 Back Pace
	2x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count strokes, #2 L.4 #3 L.5, #4 L.6
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10
	{ #9 and #10 All Straight Arm
	{1 on 1:00 Rest
1,000	1 on 8:00 Video Evaluations 1+/1-
	40 x 25 on :30 200 Fly Pace
1,250	1 on 7:00 Peer Coaching-Starts
	25 x 50 on :50 200 Free Pace
	6:15 PM 5,400 Yards - Stress Value = 351

Workout #28410 - Wednesday, 25 May 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 30:00 DS/Dryland/Showers
150	5 x 25 on 1:00 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Fly Shooters
1,075	15 x 25 on 1:00 USRPT-100 Fly Pace
	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
150	1x{6 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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 2,175 Yards - Stress Value = 78

Workout #28405 - Wednesday, 25 May 2022

Group 2 - Fly

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-Fly Shooters
2,000	30 x 25 on :30 USRPT-100 Fly Pace
	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
150	1x{6 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
100	1 x 100 on 2:00 Stroke Drills

Workout #28406 - Wednesday, 25 May 2022

Group 2 - Gold

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
625	10 x 15 on :45 Racing Skills-Fly Shooters
1,850	25 x 25 on :35 USRPT-100 Fly Pace
	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
150	1x{6 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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 117

Workout #28407 - Wednesday, 25 May 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland/Showers
150	1 x 250 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Fly Shooters
1,700	25 x 25 on :35 USRPT-100 Fly Pace
	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
150	1x{6 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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 3,175 Yards - Stress Value = 114

Workout #28409 - Wednesday, 25 May 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	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
150	1x{6 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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 96

Workout #28408 - Wednesday, 25 May 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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
150	1x{6 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
100	1 x 100 on 2:00 Stroke Drills
	7:30 PM 2,975 Yards - Stress Value = 106

Workout #28422 - Thursday, 26 May 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch>Showers	RE
225	15 x 15 on :45 Racing Skills-Fly Shooters	SE
	NOODLE DAY-noodles placed under flags for a	
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 7:00 Shoulder Mobility	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 7:00 Hip Mobility	RE
750	30 x 25 on :30 100 Breast	SE
	1 on 7:00 Thoracic Mobility	RE
750	30 x 25 on :30 100 Free Pace	SE
400	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{6 x 15 on :20 Undr Wtr Fly Kck	EN
	{1 on :30 Rest	RE
	{4 x 15 on :15 Undr Wtr Fly Kck	EN

	{1 on :30 Rest	RE
	{2 x 15 on :10 Undr Wtr Fly Kck	EN
	{1 x 100 on 3:00 Sculling Drill	RE
	1 on 11:00 Tic Tac Toe Relay	EN
	6:00 PM 3,625 Yards - Stress Value = 315	

Workout #28416 - Thursday, 26 May 2022

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
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
150	1x{6 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 12:00 Game or Relay
	7:29 PM 2,175 Yards - Stress Value = 83

Workout #28411 - Thursday, 26 May 2022

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
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
150	1x{6 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 12:00 Game or Relay
	7:30 PM 3,750 Yards - Stress Value = 133

Workout #28412 - Thursday, 26 May 2022

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
150	1x{6 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 12:00 Game or Relay
7:30 PM	3,550 Yards - Stress Value = 129

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
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
150	1x{6 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 12:00 Game or Relay
7:30 PM	2,975 Yards - Stress Value = 108

Workout #28413 - Thursday, 26 May 2022

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
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%
150	1x{6 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 12:00 Game or Relay
7:30 PM	3,175 Yards - Stress Value = 111

Workout #28447 - Tuesday, 31 May 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
=====	=====	
	1 on 45:00 DS/Weights/Back to Pool	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 6:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :50 200 Back Pace*	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
625	25 x 25 on :30 100 Breast Pace	S
	1 on 6:00 Your Choice Recovery	F
625	25 x 25 on :30 100 Free Pace	S
9:01 AM	4,275 Yards - Stress Value = 389	

Workout #28415 - Thursday, 26 May 2022

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
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
150	1x{6 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 12:00 Game or Relay
7:30 PM	2,650 Yards - Stress Value = 97

Workout #28448 - Tuesday, 31 May 2022

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 #2 Shooters	SP3	
3,000	30 x 100 on 1:20 1650 Free Pace	SP2	
	Make 1 subtract 1		
400	8 x 50 on 3:00 50 Free Pace	SP2	
	Mobility with any time left		
6:33 PM	3,625 Yards - Stress Value = 349		

Workout #28414 - Thursday, 26 May 2022

Workout #28428 - Tuesday, 31 May 2022

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
550	1x{1 x 250 on 7:30 Fly Kick w/board
	{ 3 x 50 on 1:45 Fly Kick w/board-100%
	{ 1 x 150 on 4:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
825	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 50 on 1:30 Butterfly
	1 on 10:00 Game
7:30 PM	2,250 Yards - Stress Value = 71

Workout #28423 - Tuesday, 31 May 2022

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
850	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%
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	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 on 10:00 Game
7:30 PM	3,750 Yards - Stress Value = 129

Workout #28424 - Tuesday, 31 May 2022

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
800	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
	{ 2 x 50 on 1:05 Fly Kick w/board-100%
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	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 3,475 Yards - Stress Value = 113

Workout #28425 - Tuesday, 31 May 2022

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
750	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
	{ 1 x 50 on 1:10 Fly Kick w/board-100%
150	1x{6 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	3,200 Yards - Stress Value = 108

Workout #28427 - Tuesday, 31 May 2022

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
650	1x{1 x 250 on 6:30 Fly Kick w/board
	{ 4 x 50 on 1:20 Fly Kick w/board-100%
	{ 1 x 200 on 5:10 Fly Kick w/board
150	1x{6 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 = 88

Workout #28426 - Tuesday, 31 May 2022

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
 700 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
 150 1x{6 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 2,975 Yards - Stress Value = 98

Workout #28449 - Wednesday, 01 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1 on 18:00 T-18
 1 on 15:00 Underwater Racing
 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-
 500 2x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count strokes, #2 L.4 #3 L.5,
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 and #10 All Straight Arm
 { 1 on 1:20 Rest
 8:58 AM 2,225 Yards - Stress Value = 209

Workout #28441 - Wednesday, 01 June 2022

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
 150 1x{6 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

100 1 x 100 on 2:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 135

Workout #28446 - Wednesday, 01 June 2022

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
 150 1x{6 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
 100 1 x 100 on 2:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 73

Workout #28442 - Wednesday, 01 June 2022

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
 150 1x{6 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
 100 1 x 100 on 2:00 Stroke Drills
 7:31 PM 3,750 Yards - Stress Value = 118

Workout #28443 - Wednesday, 01 June 2022

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
 150 1x{6 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
 100 1 x 100 on 2:00 Stroke Drills
 7:31 PM 3,375 Yards - Stress Value = 110

Workout #28445 - Wednesday, 01 June 2022

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
 150 1x{6 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
 100 1 x 100 on 2:00 Stroke Drills
 7:29 PM 2,775 Yards - Stress Value = 90

Workout #28444 - Wednesday, 01 June 2022

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
 150 1x{6 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 x 100 on 2:00 Stroke Drills
 7:30 PM 3,075 Yards - Stress Value = 100

Workout #28450 - Thursday, 02 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 225 15 x 15 on :45 Racing Skills-Breast Shooters
 1,250 25 x 50 on :55 200 Breast Pace*
 1,250 1 on 6:00 Video Evaluations 1+/1-
 200 25 x 50 on :50 200 Free Pace*
 2x{1 x 25 on :30 Freestyle 11 KOW
 {1 x 25 on :40 Freestyle 13 KOW
 {1 x 25 on :50 Freestyle 15 KOW
 {1 x 25 on 1:00 Freestyle 17 KOW
 {Round 2 KOW same as round 1
 {1-5 breaths, 2-4 breaths, 3-3 br
 625 25 x 25 on :30 100 Fly Pace
 1 on 6:00 Your Choice Recovery
 625 25 x 25 on :30 100 Back Pace
 9:00 AM 4,175 Yards - Stress Value = 403

Workout #28451 - Thursday, 02 June 2022

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 SP3
 2,250 30 x 75 on 1:05 500 Free Pace SP2
 1 on 8:00 Video Evaluations REC
 200 8 x 25 on 3:00 50 Fly Pace SP2
 6:34 PM 2,675 Yards - Stress Value = 254

Workout #28429 - Thursday, 02 June 2022

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 24:00 Teach Day-Backstroke
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 950 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmline/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmline/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {1 x 50 on 1:00 Kick-hands by side
 1 on 10:00 Racing Skills-Back Starts
 7:30 PM 2,300 Yards - Stress Value = 100

Workout #28434 - Thursday, 02 June 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 24:00 Teach Day-Backstroke
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 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
7:29	1 on 10:00 Racing Skills-Back Starts
	7:29 PM 1,325 Yards - Stress Value = 53

Workout #28430 - Thursday, 02 June 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 24:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
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
7:30	1 on 10:00 Racing Skills-Back Starts
	7:30 PM 2,200 Yards - Stress Value = 98

Workout #28431 - Thursday, 02 June 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 24:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
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
7:30	1 on 10:00 Racing Skills-Back Starts
	7:30 PM 1,925 Yards - Stress Value = 83

Workout #28433 - Thursday, 02 June 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

200	1 on 30:00 DS/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 24:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
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
7:30	1 on 10:00 Racing Skills-Back Starts
	7:30 PM 1,600 Yards - Stress Value = 68

Workout #28432 - Thursday, 02 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 24:00 Teach Day-Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
725	1x{4 x 25 on :40 Kick no board B-10KOW+1 { 5 x 50 on 1:20 Kick-alt strmlne/hands by si { 4 x 25 on :40 Kick no board B-10KOW+1 { 4 x 50 on 1:15 Kick-alt strmlne/hands by si { 3 x 25 on :40 Kick no board B-10KOW+1
7:31	1 on 10:00 Racing Skills-Back Starts
	7:31 PM 1,825 Yards - Stress Value = 76

Workout #28452 - Friday, 03 June 2022

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
1,000	40 x 25 on :30 200 Free Pace	SP2
	1 on 10:00 Racing Skills-TiVo Starts	REC
1,000	40 x 25 on :30 200 Breast Pace	SP2
	1 on 10:00 Racing Skills-Gilder Racing	REC
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	EN2
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 10:00 Shooter Relay	SP3
	9:01 AM 4,225 Yards - Stress Value = 409	

Workout #28453 - Friday, 03 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
1	on 15:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns Goal Set Protocol (5 misses or 3 in a row)	SE
1	on 6:00 Ankle Mobillity	RE
600	30 x 20 on :25 100 Back Pace**	SE
1	on 6:00 Hip Mobility	RE
600	30 x 20 on :25 100 Fly Pace**	SE
1	on 6:00 Thoracic Mobility	RE
600	30 x 20 on :25 100 Free Pace**	SE
1	on 6:00 Shoulder Mobility	RE
6:32 PM	2,025 Yards - Stress Value = 189	

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	
6:30 PM	3,100 Yards - Stress Value = 113	

Workout #28440 - Friday, 03 June 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
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+ldown {1 x 100 on 3:00 Individual Medley {1 x 50 on 1:30 Easy Free {1 x 200 on 5:55 Individual Medley {2 x 25 on 1:00 Back 5KOW+2 {1 x 100 on 2:55 Individual Medley {1 x 100 on 2:50 Individual Medley	
200	1 x 200 on 3:00 Stroke Drills	
6:29 PM	1,775 Yards - Stress Value = 60	

Workout #28437 - Friday, 03 June 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
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	
6:30 PM	2,800 Yards - Stress Value = 109	

Workout #28435 - Friday, 03 June 2022

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
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	
6:30 PM	3,100 Yards - Stress Value = 113	

Workout #28439 - Friday, 03 June 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
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	
6:30 PM	2,150 Yards - Stress Value = 77	

Workout #28436 - Friday, 03 June 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	

Workout #28438 - Friday, 03 June 2022

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+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
200	1 x 200 on 3:00 Stroke Drills
6:45 PM	2,525 Yards - Stress Value = 92

Workout #28478 - Monday, 06 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
225	15 x 15 on :45 Racing Skills-Free Shooters
1,250	25 x 50 on :50 200 Back Pace
	1 on 6:00 Video Evaluations 1+/1-
1,250	25 x 50 on :55 200 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
750	30 x 25 on :30 100 Free Pace
	1 on 6:00 Your Choice Recovery
750	30 x 25 on :30 100 Fly Pace
9:07 AM	4,525 Yards - Stress Value = 415

Workout #28479 - Monday, 06 June 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills #2 Shooters
3,000	30 x 100 on 1:20 1650 Free Pace
	1 on 5:00 Video Evaluations 1+/1-(If time)
400	8 x 50 on 3:00 50 Back Pace
	Mobility with any time left
6:38 PM	3,625 Yards - Stress Value = 349

Workout #28454 - Monday, 06 June 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters

750	30 x 25 on :30 USRPT-100 Back Pace
1,800	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
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 4:00 100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,550 Yards - Stress Value = 137

Workout #28459 - Monday, 06 June 2022

Group 2 - Copper

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
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
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
7:29 PM	2,300 Yards - Stress Value = 94

Workout #28455 - Monday, 06 June 2022

Group 2 - Gold

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 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
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
7:30 PM	3,450 Yards - Stress Value = 125

Workout #28456 - Monday, 06 June 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland/Showers
150	1 x 250 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
	2x{4 x 25 on :40 Kick no board B-10KOW+1
	{5 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:10 Kick-alt strmline/hands by si
	{2 x 25 on :40 Kick no board B-10KOW+1
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
7:29 PM 2,975 Yards - Stress Value = 116	

Workout #28458 - Monday, 06 June 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland/Showers
150	1 x 200 on 5:00 Underwater trn drill
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 strmline/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{3 x 50 on 1:30 Kick-alt strmline/hands by si
	{2 x 25 on :45 Kick no board B-10KOW+1
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
7:30 PM 2,600 Yards - Stress Value = 100	

Workout #28457 - Monday, 06 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland/Showers
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Back Shooters
1,400	22 x 25 on :40 USRPT-100 Back Pace
	2x{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
	{2 x 25 on :40 Kick no board B-10KOW+1
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
7:30 PM 2,900 Yards - Stress Value = 109	

Workout #28480 - Tuesday, 07 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
225	1 on 45:00 DS/Weights/Back to Pool	F
1,250	15 x 15 on :45 Racing Skills-Back Shooters	S
	25 x 50 on :50 200 Free Pace	S
1,250	1 on 6:00 Video Evaluations 1+/1-	F
200	25 x 50 on :50 200 Fly Pace	S
	1x{1 x 25 on :30 Freestyle 11 KOW	S
	{1 x 25 on :40 Freestyle 13 KOW	S
	{1 x 25 on :50 Freestyle 15 KOW	S
	{1 x 25 on 1:00 Freestyle 17 KOW	S
	{ Round 2 KOW same as round 1	
	{ 1-5 breaths, 2-4 breaths, 3-3 br	
750	{1 x 100 on 3:00 Sculling drills	F
	30 x 25 on :30 100 Back Pace	S
750	1 on 6:00 Your Choice Recovery	F
	30 x 25 on :30 100 Breast Pace	S
9:02 AM 4,425 Yards - Stress Value = 417		

Workout #28481 - Tuesday, 07 June 2022

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	
2,250	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	30 x 75 on 1:05 500 Free Pace	SP2	
200	1 on 5:00 Video Evaluations	REC	
	8 x 25 on 3:00 50 Breast Pace	SP2	
6:31 PM 2,675 Yards - Stress Value = 254			

Workout #28460 - Tuesday, 07 June 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 28:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Breast Pace
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 2,500 Yards - Stress Value = 100	

Workout #28465 - Tuesday, 07 June 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	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 28:00 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
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 1,575 Yards - Stress Value = 54

Workout #28461 - Tuesday, 07 June 2022

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 28:00 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
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 2,275 Yards - Stress Value = 85

Workout #28462 - Tuesday, 07 June 2022

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 28:00 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
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 2,100 Yards - Stress Value = 77

Workout #28464 - Tuesday, 07 June 2022

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 28:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Breast Pace
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 1,850 Yards - Stress Value = 69

Workout #28469 - Tuesday, 07 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 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{1 x 250 on 5:50 Fly Kick w/board
	{ 4 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%
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,325	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 150 on 2:55 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 3,325 Yards - Stress Value = 102

Workout #28463 - Tuesday, 07 June 2022

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 28:00 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
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 2,050 Yards - Stress Value = 76

Workout #28482 - Wednesday, 08 June 2022

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
 1,500 1 x 1500 on 17:00 T-18
 1 on 13:00 Video Evaluations 1+/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 15:00 Underwater Racing
 500 2x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count strokes, #2 L.4 #3 L.5,
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 and #10 All Straight Arm
 {1 on 1:20 Rest
 750 30 x 25 on :30 Your #1 100 Pace
 1 on 13:00 Shooter Relay
 9:00 AM 4,475 Yards - Stress Value = 434

Workout #28471 - Wednesday, 08 June 2022

Group 2 - Copper

1 minute rest between sets

5:00 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
 650 1x{1 x 250 on 7:30 Fly Kick w/board
 {5 x 50 on 1:45 Fly Kick w/board-100%
 {1 x 150 on 4:00 Fly Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 200 on 7:00 Butterfly
 {1 x 100 on 3:00 2-3-4-5 strokes off walls
 {1 x 200 on 7:00 Butterfly
 {2 x 100 on 3:00 2-3-4-5 strokes off walls
 {1 x 150 on 5:00 Butterfly
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 2,525 Yards - Stress Value = 74

Workout #28466 - Wednesday, 08 June 2022

Group 2 - Fly

1 minute rest between sets

5:00 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
 900 1x{1 x 250 on 4:40 Fly Kick w/board
 {4 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
 150 1x{6 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
 7:00 PM 4,200 Yards - Stress Value = 135

Workout #28467 - Wednesday, 08 June 2022

Group 2 - Gold

1 minute rest between sets

5:00 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
 850 1x{1 x 250 on 5:00 Fly Kick w/board
 {4 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%
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{1 x 200 on 3:10 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 100 on 1:40 3-4-5-6 strokes off walls
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 3,875 Yards - Stress Value = 118

Workout #28468 - Wednesday, 08 June 2022

Group 2 - Silver

1 minute rest between sets

5:00 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
 800 1x{1 x 250 on 5:30 Fly Kick w/board
 {4 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%
 150 1x{6 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
 7:00 PM 3,550 Yards - Stress Value = 112

Workout #28470 - Wednesday, 08 June 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	W
=====	=====	===	=
	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		
650	1x{1 x 250 on 6:30 Fly Kick w/board		
	{4 x 50 on 1:20 Fly Kick w/board-100%		
	{1 x 200 on 5:10 Fly Kick w/board		
150	1x{6 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		
	6:59 PM 2,900 Yards - Stress Value = 90		

Workout #28483 - Thursday, 09 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 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	
750	30 x 25 on :30 200 Breast Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 200 Back Pace	SP2	
	1 on 10:00 Racing Skills-Glider Racing	REC	
750	30 x 25 on :30 200 Fly Pace	SP2	
	1 on 11:00 Tic Tac Toe Relay	EN2	
750	30 x 25 on :30 200 Free Pace	SP2	
	9:00 AM 3,225 Yards - Stress Value = 309		

Workout #28484 - Thursday, 09 June 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC	W
=====	=====	==	=
	1 on 15:00 DS/Showers	RE	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF	
	Goal Set Protocol (5 misses or 3 in a row)		
500	25 x 20 on :25 100 Free Pace**	SF	
	1 on 6:00 Ankle Mobility	RE	
500	25 x 20 on :25 100 Breast Pace**	SF	
	1 on 6:00 Shoulder Mobility	RE	
500	25 x 20 on :25 100 Back Pace**	SF	
	1 on 8:00 Thoracic Mobility	RE	
	1 on 8:00 Hip Mobility	RE	
	6:30 PM 1,725 Yards - Stress Value = 159		

Workout #28477 - Thursday, 09 June 2022

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
475	19 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
1,600	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
	7:31 PM 2,775 Yards - Stress Value = 84

Workout #28472 - Thursday, 09 June 2022

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
150	1x{6 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
	7:31 PM 4,750 Yards - Stress Value = 141

Workout #28473 - Thursday, 09 June 2022

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,900	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
	7:31 PM 4,450 Yards - Stress Value = 135

Workout #28474 - Thursday, 09 June 2022

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 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Racing Skills-Free Shooters
150	30 x 25 on :30 USRPT-100 Free Pace
2,500	1x{6 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
7:31 PM 4,000 Yards - Stress Value = 129	

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
300	15 x 15 on :45 Racing Skills-IM Shooters
	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 Free Pace
750	1 on 10:00 Racing Skills-Trophy Starts
	30 x 25 on :30 100 Fly Pace
750	1 on 10:00 Racing Skills-1 leg starts
	30 x 25 on :30 100 Back Pace
750	1 on 10:00 Racing Skills-peer coachig start
	30 x 25 on :30 100 Breast Pace
	1 on 10:00 Racing Skills-TiVo Starts
	1 on 10:00 Racing Skills-Parachute Racing
9:01 AM 3,525 Yards - Stress Value = 315	

Workout #28516 - Monday, 13 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM 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
550	10 x 15 on :45 Racing Skills-Free Shooters
150	22 x 25 on :40 USRPT-100 Free Pace
1,900	1x{6 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
7:31 PM 3,150 Yards - Stress Value = 97	

Yards	Set Description	E
225	1 on 45:00 DS/Weights/Back to Pool	F
750	15 x 15 on :45 Racing Skills-Free Shooters	S
	30 x 25 on :30 100 Free Pace	S
750	1 on 6:00 Video Evaluations 1+/1-	F
300	30 x 25 on :30 100 Breast Pace	S
	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
1,250	25 x 50 on :50 200 Back Pace	S
	1 on 6:00 Your Choice Recovery	F
1,250	25 x 50 on :50 200 Fly Pace	S
9:05 AM 4,525 Yards - Stress Value = 415		

Workout #28475 - Thursday, 09 June 2022

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 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Free Shooters
150	25 x 25 on :35 USRPT-100 Free Pace
2,200	1x{6 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
7:31 PM 3,575 Yards - Stress Value = 110	

Workout #28517 - Monday, 13 June 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
225	1 on 15:00 Dynamic Stretch/Showers	REC
3,000	15 x 15 on :45 Racing Skills #2 Shooters	SP3
	30 x 100 on 1:20 1650 Free Pace	SP2
400	1 on 5:00 Video Evaluations 1+/1-(If time)	REC
	8 x 50 on 3:00 50 Fly Pace	SP2
	Mobility with any time left	
6:38 PM 3,625 Yards - Stress Value = 349		

Workout #28485 - Friday, 10 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Workout #28491 - Monday, 13 June 2022

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
150	1x{6 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 2,425 Yards - Stress Value = 79

Workout #28486 - Monday, 13 June 2022

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
150	1x{6 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 3,550 Yards - Stress Value = 137

Workout #28487 - Monday, 13 June 2022

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
1,750	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
	{ 2 x 50 on 1:05 Fly Kick w/board-100%
100	1 x 100 on 4:00 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 4:00 100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 115

Workout #28488 - Monday, 13 June 2022

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 3:00 Fly Kick wboard
100	1 x 100 on 4:00 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 4:00 100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 121

Workout #28490 - Monday, 13 June 2022

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
150	1x{6 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 2,800 Yards - Stress Value = 88

Workout #28489 - Monday, 13 June 2022

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
150	1x{6 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 3,000 Yards - Stress Value = 103

Workout #28518 - Tuesday, 14 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Back to Pool	F
750	15 x 15 on :45 Racing Skills-Back Shooters	£
750	30 x 25 on :30 100 Back Pace	£
750	1 on 7:00 Video Evaluations 1+/1-	F
200	30 x 25 on :30 100 Fly Pace	£
	1x{1 x 25 on :30 Freestyle 12 KOW	£
	{1 x 25 on :40 Freestyle 14 KOW	£
	{1 x 25 on :50 Freestyle 16 KOW	£
	{1 x 25 on 1:00 Freestyle 18 KOW	£
	{ HOLD BREATH 2(MIN) STROKES	
	{ OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!	
	{ Round 2 KOW same as round 1	
	{ 1-4 breaths, 2-3 breaths,	
	{ 3 2 breaths, 4-1 breath	
1,250	{1 x 100 on 3:00 Sculling drills-end of 2nd F	F
	{ round only.	
	25 x 50 on :50 200 Back Pace	£
1,250	1 on 6:00 Your Choice Recovery	F
	25 x 50 on :50 200 Breast Pace	£
9:00 AM	4,325 Yards - Stress Value = 417	

Workout #28519 - Tuesday, 14 June 2022

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	REC	
2,250	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	30 x 75 on 1:05 1000 Free Pace	SP2	
	1 on 5:00 Video Evaluations	REC	
200	8 x 25 on 3:00 50 Free Pace	SP2	
6:31 PM	2,675 Yards - Stress Value = 254		

Workout #28492 - Tuesday, 14 June 2022

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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-Back Shooters
150	30 x 25 on :30 USRPT-100 Back Pace
2,800	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 10:00 Racing Skills-Back Finishes
7:30 PM	4,150 Yards - Stress Value = 137

Workout #28497 - Tuesday, 14 June 2022

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
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
1,450	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
	{1 x 100 on 2:00 Backstroke
	1 on 10:00 Racing Skills-Back Finishes
7:30 PM	2,500 Yards - Stress Value = 90

Workout #28493 - Tuesday, 14 June 2022

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
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
2,500	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 10:00 Racing Skills-Back Finishes
7:30 PM	3,850 Yards - Stress Value = 131

Workout #28494 - Tuesday, 14 June 2022

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-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
2,250	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 10:00 Racing Skills-Back Finishes
7:30 PM	3,425 Yards - Stress Value = 113

Workout #28496 - Tuesday, 14 June 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
150	1x{6 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 10:00 Racing Skills-Back Finishes
7:30 PM	2,700 Yards - Stress Value = 94

Yards	Set Description
5:30 PM	Start
125	1 on 30:00 DS>Showers
150	5 x 25 on 1:00 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Crossover Turns
700	15 x 25 on :45 USRPT-100 Fly Pace
1,100	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 150 1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	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 = 80

Workout #28495 - Tuesday, 14 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
150	1x{6 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 10:00 Racing Skills-Back Finishes
7:30 PM	3,325 Yards - Stress Value = 111

Workout #28498 - Wednesday, 15 June 2022

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
225	1 on 30:00 DS>Showers
150	9 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Crossover Turns
900	30 x 25 on :30 USRPT-100 Fly Pace
1,150	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 { 2 x 50 on :55 Breast Kick { 2 x 25 on :30 Kick no board BS { 1 x 50 on :55 Free Kick
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{1 x 200 on 3:00 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	4,175 Yards - Stress Value = 135

Workout #28520 - Wednesday, 15 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
225	15 x 15 on :45 Racing Skills-Breast Shooters
1,400	1 x 1400 on 16:00 T-16
1,500	1 on 13:00 Video Evaluations 1+/1- 1x{10 x 50 on :55 400 IM Pace { 1 on 1:00 Rest { 10 x 50 on :55 400 IM Pace { 1 on 1:00 Rest { 10 x 50 on :55 400 IM Pace 1 on 15:00 Underwater Racing
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count strokes, #2 L.4 #3 L.5, { #5 L.7, #6 L.8, #7 L.9, #8 L.10 { #9 and #10 All Straight Arm { 1 on 1:20 Rest
750	30 x 25 on :30 Your Choice 100 Pace 1 on 14:00 Shooter Relay
9:00 AM	4,375 Yards - Stress Value = 424

Workout #28503 - Wednesday, 15 June 2022

Group 2 - Copper

1 minute rest between sets

Workout #28499 - Wednesday, 15 June 2022

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
 900 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{1 x 200 on 3:10 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 4,000 Yards - Stress Value = 121

Workout #28500 - Wednesday, 15 June 2022

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
 800 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
 {4 x 50 on 1:05 Breast Kick
 150 1x{6 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 = 115

Workout #28502 - Wednesday, 15 June 2022

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
 625 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

{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 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 3,075 Yards - Stress Value = 97

Workout #28501 - Wednesday, 15 June 2022

Group 2 - Silver/Bronze

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
 750 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
 150 1x{6 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 3,525 Yards - Stress Value = 111

Workout #28521 - Thursday, 16 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 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
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Video Evaluations 1+/1- REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 10:00 Racing Skills-Glider Racing REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 11:00 Tic Tac Toe Relay EN2
 750 30 x 25 on :30 100 Free Pace SP2
 9:00 AM 3,225 Yards - Stress Value = 309

Workout #28522 - Thursday, 16 June 2022

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
 150 10 x 15 on :45 Racing Skills-IM Turns SP3
 1,400 1x{4 x 350 on 10:00 Freestyle SP1
 { 25 UWK R.15sec, 25-100 FR Pace R.20sec
 { 25 UWK R.20sec, 50-200 FR Pace R.25sec
 { 25 UWK R.25sec, 75-500 FR Pace R.30sec
 { 25 UWK R.30sec, 100-1650 FR Pace
 600 30 x 20 on :25 100 Back Pace-Goal Set SP2
 1 on 12:00 Mobility 3 min on each REC
 6:29 PM 2,150 Yards - Stress Value = 178

Workout #28504 - Thursday, 16 June 2022

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
 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
 150 1x{6 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 10:00 Game
 7:31 PM 3,750 Yards - Stress Value = 129

Workout #28509 - Thursday, 16 June 2022

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
 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
 150 1x{6 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 10:00 Game
 7:31 PM 2,175 Yards - Stress Value = 70

Workout #28505 - Thursday, 16 June 2022

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 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 100 on 1:50 Breaststroke
 1 on 10:00 Game
 7:31 PM 3,375 Yards - Stress Value = 111

Workout #28506 - Thursday, 16 June 2022

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
 150 1x{6 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 10:00 Game
 7:30 PM 3,000 Yards - Stress Value = 104

Workout #28508 - Thursday, 16 June 2022

1 minute rest between sets

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 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Breast Shooters
475	20 x 25 on :45 USRPT 100 Breast Pace
150	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
150	1x{6 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 10:00 Game
	7:31 PM 2,525 Yards - Stress Value = 87

Workout #28507 - Thursday, 16 June 2022

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 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Racing Skills-Breast Shooters
475	22 x 25 on :45 USRPT-100 Breast Pace
150	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
150	1x{6 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 10:00 Game
	7:31 PM 2,825 Yards - Stress Value = 96

Workout #28523 - Friday, 17 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
225	1 on 15:00 Dynamic Stretch/Showers	RF
1,000	15 x 15 on :45 Racing Skills-Crossover Turns	SF
1,000	40 x 25 on :30 200 Fly Pace	SF
1,000	1 on 8:00 Video Evaluations 1+/1-	RF
1,000	40 x 25 on :30 200 Back Pace	SF
1,000	1 on 12:00 Racing Skills-Parachute Racing	RF
1,000	40 x 25 on :30 200 Breast Pace	SF
1,000	1 on 12:00 Tic Tac Toe Relay	EM
1,000	40 x 25 on :30 200 Free Pace	SF
	8:53 AM 4,225 Yards - Stress Value = 409	

Workout #28524 - Friday, 17 June 2022

Group 3 - USRPT

Yards	Set Description	EGY	WORK
5:00 PM Start			
225	1 on 15:00 DS/Showers	REC	L
500	15 x 15 on :45 Racing Skills-IM Turns	SP3	S
	Goal Set Protocol (5 misses or 3 in a row)		
500	25 x 20 on :25 100 Breast Pace**	SP2	S
500	1 on 6:00 Ankle Mobility	REC	L
500	25 x 20 on :25 100 Free Pace**	SP2	S
500	1 on 6:00 Shoulder Mobility	REC	L
500	25 x 20 on :25 100 Fly Pace**	SP2	S
	1 on 8:00 Thoracic Mobility	REC	L
	1 on 8:00 Hip Mobility	REC	L
	6:30 PM 1,725 Yards - Stress Value = 159		

Workout #28515 - Friday, 17 June 2022

Group 2 - Copper

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
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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
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
	6:30 PM 1,575 Yards - Stress Value = 68

Workout #28510 - Friday, 17 June 2022

Group 2 - Freestylers

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
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 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 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
	6:30 PM 2,250 Yards - Stress Value = 99

Workout #28511 - Friday, 17 June 2022

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
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 TEACH DAY-Free
150 1x{6	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	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
	{ 1 x 50 on 1:00 Free Kick w/board
6:30 PM	2,250 Yards - Stress Value = 99

Workout #28512 - Friday, 17 June 2022

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
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 TEACH DAY-Free
150 1x{6	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
825 1x{1	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
	{ 1 x 25 on :45 Tombstone Kicking
6:30 PM	2,125 Yards - Stress Value = 97

Workout #28514 - Friday, 17 June 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 15:00 Dynamic Stretch/Showers
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 18:00 TEACH DAY-Free
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 Free Pace
600 1x{1	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
	{ 1 x 100 on 2:40 Free Kick w/board
6:30 PM	1,650 Yards - Stress Value = 73

Workout #28513 - Friday, 17 June 2022

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 18:00 TEACH DAY-Free
150 1x{6	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	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
6:30 PM	1,975 Yards - Stress Value = 84

Workout #28549 - Monday, 20 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	
	1 on 45:00 DS/Weights/Back to Pool	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 6:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Back Pace	S
300 1x{8	8 x 15 on :25 Undr Wtr Fly Kck	F
	{ 1 on :30 Rest	F
	{ 6 x 15 on :20 Undr Wtr Fly Kck	F
	{ 1 on :30 Rest	F
	{ 4 x 15 on :15 Undr Wtr Fly Kck	F
	{ 1 on :30 Rest	F
	{ 2 x 15 on :10 Undr Wtr Fly Kck	F
750	30 x 25 on :30 100 Breast Pace	S
1,250	1 on 6:00 Your Choice Recovery	F
	25 x 50 on :50 200 Free Pace	S
9:05 AM	4,525 Yards - Stress Value = 415	

Workout #28550 - Monday, 20 June 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
	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 1:20 1650 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-(If time)	REC
400	8 x 50 on 3:00 50 Back Pace	SP2
	Mobility with any time left	
6:38 PM	3,625 Yards - Stress Value = 349	

Workout #28525 - Monday, 20 June 2022

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
1,545	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
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 3,295 Yards - Stress Value = 124

Workout #28530 - Monday, 20 June 2022

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
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
	7:31 PM 2,525 Yards - Stress Value = 81

Workout #28526 - Monday, 20 June 2022

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
1,800	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
	{3 x 150 on 2:45 Breast Kick w/board
	{2 x 25 on :35 Sprint Free Kick w/board
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
	7:31 PM 3,425 Yards - Stress Value = 116

Workout #28527 - Monday, 20 June 2022

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
1,600	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
	{2 x 150 on 3:05 Breast Kick w/board
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
	7:31 PM 3,175 Yards - Stress Value = 112

Workout #28529 - Monday, 20 June 2022

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
1,300	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
	{6 x 25 on :45 Sprint Free Kick w/board
	{3 x 150 on 3:50 Breast Kick w/board
	{4 x 25 on :45 Sprint Free Kick w/board
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 2,700 Yards - Stress Value = 94

Workout #28528 - Monday, 20 June 2022

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
 1,400 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
 { 4 x 25 on :40 Sprint Free Kick w/board
 { 1 x 100 on 2:15 Breast Kick w/board
 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 2,900 Yards - Stress Value = 93

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
 150 1x{6 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
 7:31 PM 2,800 Yards - Stress Value = 86

Workout #28531 - Tuesday, 21 June 2022

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
 150 1x{6 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
 7:31 PM 4,750 Yards - Stress Value = 141

Workout #28551 - Tuesday, 21 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,250 25 x 50 on :55 200 Breast Pace*
 1 on 7:00 Video Evaluations 1+/-
 750 30 x 25 on :30 100 Free Pace
 400 2x{1 x 25 on :30 Freestyle 12 KOW
 { 1 x 25 on :40 Freestyle 14 KOW
 { 1 x 25 on :50 Freestyle 16 KOW
 { 1 x 25 on 1:00 Freestyle 18 KOW
 { HOLD BREATH 2(MIN) STROKES
 { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 { Round 2 KOW same as round 1
 { 1-4 breaths, 2-3 breaths,
 { 3 2 breasths, 4-1 breath
 { 1 x 100 on 3:00 Sculling drills-end of 2nd F
 { round only.
 750 30 x 25 on :30 100 Fly Pace
 1 on 6:00 Your Choice Recovery
 1,250 25 x 50 on :50 200 Back Pace*
 9:11 AM 4,625 Yards - Stress Value = 429

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,900 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
 7:31 PM 4,450 Yards - Stress Value = 135

Workout #28532 - Tuesday, 21 June 2022

Group 2 - Gold

1 minute rest between sets

Workout #28552 - Tuesday, 21 June 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 15 x 15 on :45 Racing Skills-#1 Shooters
 2,250 30 x 75 on 1:05 1000 Free Pace
 1 on 5:00 Video Evaluations
 200 8 x 25 on 3:00 50 Breast Pace
 6:31 PM 2,675 Yards - Stress Value = 254

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,900 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
 7:31 PM 4,450 Yards - Stress Value = 135

Workout #28536 - Tuesday, 21 June 2022

Group 2 - Copper

1 minute rest between sets

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

Workout #28533 - Tuesday, 21 June 2022

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
150	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
2,500	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
7:31 PM 4,000 Yards - Stress Value = 129	

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,300	15 x 15 on :45 Racing Skills-Breast Shooters
1,500	1 x 1300 on 15:00 T-15
1,500	1 on 13:00 Video Evaluations 1+/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 15:00 Underwater Racing
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count strokes, #2 L./1st 4 #3 L/1st 5 { #5 L/1st 7, #6 L/1st 8, #7 L/1st 9, { #8 L/1st 10, #9 /#10 All Straight Arm {1 on 1:20 Rest
750	30 x 25 on :30 Your Choice 100 Pace
9:00 AM	1 on 15:00 Shooter Relay
4,275 Yards - Stress Value = 414	

Workout #28537 - Wednesday, 22 June 2022

Group 2 - Back

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-Back Shooters
150	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
1,900	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
7:31 PM 3,150 Yards - Stress Value = 97	

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
1,800	30 x 25 on :30 USRPT-100 Back Pace
1,800	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
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 4:00 100 Back for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 3,500 Yards - Stress Value = 137	

Workout #28542 - Wednesday, 22 June 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Back Shooters
150	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
2,200	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
7:31 PM 3,575 Yards - Stress Value = 110	

Yards	Set Description
150	1 on 30:00 DS/Dryland/Showers
150	6 x 25 on :45 Wednesday Warm-up
500	10 x 15 on :45 Racing Skills-Back Shooters
900	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
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
7:29 PM 2,250 Yards - Stress Value = 94	

Workout #28553 - Wednesday, 22 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Workout #28538 - Wednesday, 22 June 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
1,700	30 x 25 on :30 USRPT-100 Back Pace
	2x{4 x 25 on :35 Kick no board B-10KOW+1
	{5 x 50 on 1:05 Kick-alt strmline/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:00 Kick-alt strmline/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{2 x 50 on :55 Kick-alt strmline/hands by sic
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
7:30 PM	3,400 Yards - Stress Value = 125

5:30 PM Start

Yards	Set Description
150	1 on 30:00 DS/Showers
150	6 x 25 on :45 Wednesday Warm-up
550	10 x 15 on :45 Racing Skills-Crossover Turns
600	22 x 25 on :40 USRPT-100 Fly Pace
	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
	{1 x 50 on 1:20 Breast Kick
	{2 x 25 on :45 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	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	3,050 Yards - Stress Value = 97

Workout #28539 - Wednesday, 22 June 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland/Showers
150	8 x 25 on :35 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Back Shooters
1,400	25 x 25 on :35 USRPT-100 Back Pace
	2x{4 x 25 on :40 Kick no board B-10KOW+1
	{5 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:10 Kick-alt strmline/hands by si
	{2 x 25 on :40 Kick no board B-10KOW+1
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
7:29 PM	2,925 Yards - Stress Value = 116

Workout #28540 - Wednesday, 22 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland/Showers
150	8 x 25 on :35 Wednesday Warm-up
550	10 x 15 on :45 Racing Skills-Back Shooters
1,400	22 x 25 on :40 USRPT-100 Back Pace
	2x{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
	{2 x 25 on :40 Kick no board B-10KOW+1
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
7:30 PM	2,850 Yards - Stress Value = 109

Workout #28541 - Wednesday, 22 June 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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 strmline/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{3 x 50 on 1:30 Kick-alt strmline/hands by si
	{2 x 25 on :45 Kick no board B-10KOW+1
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
7:30 PM	2,575 Yards - Stress Value = 100

Workout #28554 - Thursday, 23 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Back to Pool	REC
750	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	30 x 25 on :30 200 Back Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 200 Breast Pace	SP2
	1 on 10:00 Racing Skills-Gilder Racing	REC
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 11:00 Tic Tac Toe Relay	EN2
750	30 x 25 on :30 200 Free Pace	SP2
9:00 AM	3,225 Yards - Stress Value = 309	

Workout #28585 - Wednesday, 22 June 2022

Group 2 - Bronze

1 minute rest between sets

Workout #28555 - Thursday, 23 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
1	on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns Goal Set Protocol (5 misses or 3 in a row)	SF
500	25 x 20 on :25 100 Free Pace**	SF
1	on 6:00 Ankle Mobility	RE
500	25 x 20 on :25 100 Fly Pace**	SF
1	on 6:00 Shoulder Mobility	RE
500	25 x 20 on :25 100 Back Pace**	SF
1	on 8:00 Thoracic Mobility	RE
1	on 8:00 Hip Mobility	RE
6:30 PM	1,725 Yards - Stress Value = 159	

Workout #28548 - Thursday, 23 June 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	SF
1	on 26:00 TEACH DAY-Fly	RE
375	15 x 25 on 1:00 USRPT-100 Fly Pace	SF
850	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 {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 #28543 - Thursday, 23 June 2022

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	SF
100	1 x 100 on 26:00 TEACH DAY-Fly	RE
750	30 x 25 on :30 USRPT-100 Fly Pace	SF
1,300	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	EN
200	1 x 200 on 4:00 Stroke Drills	RE
7:30 PM	2,800 Yards - Stress Value = 107	

Workout #28544 - Thursday, 23 June 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	SF
1	on 26:00 TEACH DAY-Fly	RE
625	25 x 25 on :35 USRPT-100 Fly Pace	SF
1,350	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%	EN

	{1 x 200 on 3:55 Fly Kick w/board	EN
	{1 x 50 on 1:00 Fly Kick w/board-100%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
7:30 PM	2,625 Yards - Stress Value = 95	

Workout #28545 - Thursday, 23 June 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	SF
1	on 26:00 TEACH DAY-Fly	RE
625	25 x 25 on :35 USRPT-100 Fly Pace	SF
1,200	1x{1 x 300 on 6:40 Fly Kick w/board {5 x 50 on 1:10 Fly Kick w/board-100% {1 x 250 on 5:30 Fly Kick w/board {4 x 50 on 1:10 Fly Kick w/board-100% {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 #28547 - Thursday, 23 June 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	SF
1	on 26:00 TEACH DAY-Fly	RE
500	20 x 25 on :45 USRPT-100 Fly Pace	SF
1,000	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 {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 #28546 - Thursday, 23 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
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	SF
1	on 26:00 TEACH DAY-Fly	RE
550	22 x 25 on :40 USRPT-100 Fly Pace	SF
1,100	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%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
7:29 PM	2,250 Yards - Stress Value = 83	

Workout #28556 - Friday, 24 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
	15 x 15 on :45 Racing Skills-IM Shooters	SP3
	1 on 10:00 Racing Skills-Trophy Starts	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-1 leg starts	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-peer coachig start	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-TiVo Starts	REC
100	1 x 100 on 4:00 Your Choice OTB	SP2
200	1 x 200 on 5:00 Sculling Drill	REC
	9:00 AM 3,525 Yards - Stress Value = 319	

Workout #28587 - Monday, 27 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Back to Pool	F
	15 x 15 on :45 Racing Skills-Free Shooters	F
	NOODLE DAY!!	
1,250	25 x 50 on :55 200 Breast Pace	F
	1 on 6:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Back Pace*	F
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
1,250	25 x 50 on :50 200 Fly Pace	F
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Free Pace*	F
	9:07 AM 4,525 Yards - Stress Value = 415	

Workout #28588 - Monday, 27 June 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
	15 x 15 on :45 Racing Skills #2 Shooters	SP3
3,000	30 x 100 on 1:20 1650 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-(If time)	REC
400	8 x 50 on 3:00 50 Fly Pace	SP2
	Mobility with any time left	
	6:38 PM 3,625 Yards - Stress Value = 349	

Workout #28557 - Monday, 27 June 2022

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills

750	{ Evens-underwaters, count kicks
1,050	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
	{3 x 50 on 1:00 Alt 25 kick on each side
	{1 x 100 on 1:50 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
7:30 PM	2,400 Yards - Stress Value = 102

Workout #28562 - Monday, 27 June 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
600	1x{1 x 100 on 3:00 Streamline Kick on back
	{3 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 on 10:00 Racing Skills-Back Starts
7:30 PM	1,600 Yards - Stress Value = 68

Workout #28558 - Monday, 27 June 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
900	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 on 10:00 Racing Skills-Back Starts
7:30 PM	2,250 Yards - Stress Value = 99

Workout #28559 - Monday, 27 June 2022

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
 1 on 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 850 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
 { 3 x 50 on 1:10 Alt 25 kick on each side
 1 on 10:00 Racing Skills-Back Starts
 7:30 PM 2,025 Yards - Stress Value = 85

Workout #28561 - Monday, 27 June 2022

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
 1 on 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 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
 { 2 x 100 on 2:45 Streamline Kick on back
 1 on 10:00 Racing Skills-Back Starts
 7:30 PM 1,750 Yards - Stress Value = 75

Workout #28560 - Monday, 27 June 2022

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
 1 on 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 800 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 on 10:00 Racing Skills-Back Starts
 7:30 PM 1,975 Yards - Stress Value = 84

Workout #28596 - Monday, 27 June 2022

Taper 1 - 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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Back Shooters
 1 on 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Back Pace
 550 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
 { 1 x 50 on 1:00 Alt 25 kick on each side
 { 1 x 100 on 1:50 Streamline Kick on back
 1 on 10:00 Racing Skills-Back Starts
 7:14 PM 1,525 Yards - Stress Value = 55

Workout #28597 - Monday, 27 June 2022

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 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Back Shooters
 1 on 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Back Pace
 500 1x{1 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 x 50 on 1:10 Alt 25 kick on each side
 { 1 x 100 on 2:05 Streamline Kick on back
 { 2 x 50 on 1:10 Alt 25 kick on each side
 1 on 10:00 Racing Skills-Back Starts
 7:14 PM 1,475 Yards - Stress Value = 54

Workout #28598 - Monday, 27 June 2022

Taper 1 - 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
 1 on 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Back Pace
 450 1x{1 x 100 on 2:15 Streamline Kick on back
 { 1 x 50 on 1:15 Alt 25 kick on each side
 { 1 x 100 on 2:15 Streamline Kick on back
 { 1 x 50 on 1:15 Alt 25 kick on each side
 { 1 x 100 on 2:15 Streamline Kick on back
 { 1 x 50 on 1:10 Alt 25 kick on each side
 1 on 10:00 Racing Skills-Back Starts
 7:14 PM 1,325 Yards - Stress Value = 47

Workout #28589 - Tuesday, 28 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,250	15 x 15 on :45 Racing Skills-Breast Shooters
1,500	1 x 1250 on 14:00 T-14
	1 on 13:00 Video Evaluations 1+/1-
	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 16:00 Underwater Racing
500	2x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #2 L./1st 4 #3 L/1st 5,
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st 8,
	{ #7 L/1st 9, #8 L/1st 10,
	{ #9 /#10 All Straight Arm
	{1 on 1:20 Rest
750	30 x 25 on :30 Your Choice 100 Pace
	1 on 15:00 Shooter/Sculling Drill Relay
	9:00 AM 4,225 Yards - Stress Value = 409

Workout #28590 - Tuesday, 28 June 2022

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	
2,250	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	30 x 75 on 1:05 1000 Free Pace	SP2	
	1 on 5:00 Video Evaluations	REC	
200	8 x 25 on 3:00 50 Free Pace	SP2	
	6:31 PM 2,675 Yards - Stress Value = 254		

Workout #28563 - Tuesday, 28 June 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Dryland and stretch
150	1 x 300 on 5:00 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Breast Shooters
150	30 x 25 on :30 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 11:00 Killer Relays-Breast
	7:30 PM 3,450 Yards - Stress Value = 123

Workout #28568 - Tuesday, 28 June 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
375	10 x 15 on :45 Racing Skills-Breast Shooters
150	15 x 25 on 1:00 USRPT-100 Breast Pace
1,300	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 3:00 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 3:00 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 2:00 Breaststroke
	1 on 11:00 Killer Relays-Breast
	7:30 PM 2,175 Yards - Stress Value = 70

Workout #28564 - Tuesday, 28 June 2022

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
625	10 x 15 on :45 Racing Skills-Breast Shooters
150	25 x 25 on :35 USRPT-100 Breast Pace
1,950	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 11:00 Killer Relays-Breast
	7:30 PM 3,175 Yards - Stress Value = 107

Workout #28565 - Tuesday, 28 June 2022

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
550	10 x 15 on :45 Racing Skills-Breast Shooters
150	22 x 25 on :40 USRPT-100 Breast Pace
1,750	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 11:00 Killer Relays-Breast
	7:30 PM 2,850 Yards - Stress Value = 96

Workout #28567 - Tuesday, 28 June 2022

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
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
1,400	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 11:00 Killer Relays=Breast
7:29	PM 2,400 Yards - Stress Value = 84

	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
325	13 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
1,000	1x{4 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {3 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {2 x 100 on 1:55 Breaststroke {1 on 1:00 Rest {1 x 100 on 1:55 Breaststroke 1 on 11:00 Killer Relays-Breast
7:04	PM 1,925 Yards - Stress Value = 58

Workout #28566 - Tuesday, 28 June 2022

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	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 {1 x 100 on 2:25 Breaststroke 1 on 11:00 Killer Relays-Breast
7:30	PM 2,700 Yards - Stress Value = 93

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
275	11 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
1,000	1x{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 11:00 Killer Relays-Breast
7:05	PM 1,825 Yards - Stress Value = 54

Workout #28591 - Wednesday, 29 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
=====	=====	=
	1 on 45:00 DS/Weights/Back to Pool	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
1,250	25 x 50 on :50 200 Back Pace	S
	1 on 7:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Breast Pace*	S
400	2x{1 x 25 on :30 Freestyle 12 KOW	S
	{1 x 25 on :40 Freestyle 14 KOW	S
	{1 x 25 on :50 Freestyle 16 KOW	S
	{1 x 25 on 1:00 Freestyle 18 KOW	S
	{ HOLD BREATH 2(MIN) STROKES	
	{ OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	
	{ Round 2 KOW same as round 1	
	{ 1-4 breaths, 2-3 breaths,	
	{ 3 2 breaths, 4-1 breath	
	{ 1 x 100 on 3:00 Sculling drills-end of 2nd F	
	{ round only.	
1,250	25 x 50 on :50 200 Free Pace	S
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Fly Choice*	S
9:09	AM 4,625 Yards - Stress Value = 429	

Workout #28599 - Tuesday, 28 June 2022

Taper 1 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	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 {2 x 100 on 1:45 Breaststroke 1 on 11:00 Killer Relays-Breast
7:04	PM 2,075 Yards - Stress Value = 66

Workout #28600 - Tuesday, 28 June 2022

Taper 1 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #28586 - Wednesday, 29 June 2022

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
 700 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
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:30 Free Kick
 150 1x{6 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 = 80

{4 x 25 on :30 Kick no board BSLR
 {3 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
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on 1:00 Free Kick
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,750 1x{1 x 200 on 3:10 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 4,000 Yards - Stress Value = 121

Workout #28583 - Wednesday, 29 June 2022

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
 800 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
 {2 x 25 on :35 Kick no board BS
 150 1x{6 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 = 115

Workout #28581 - Wednesday, 29 June 2022

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
 900 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Kick on back/side
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :55 Breast Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :55 Free Kick
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,800 1x{1 x 200 on 3:00 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 4,175 Yards - Stress Value = 135

Workout #28582 - Wednesday, 29 June 2022

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
 900 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on 1:00 Fly Kick

Workout #28584 - Wednesday, 29 June 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Showers
150	8 x 25 on :35 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Crossover Turns
750	25 x 25 on :35 USRPT-100 Fly Pace
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
	{ 2 x 50 on 1:10 Kick on back/side
	{ 4 x 25 on :35 Kick no board BSLR
	{ 2 x 50 on 1:10 Breast Kick
	{ 4 x 25 on :35 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	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 3,525 Yards - Stress Value = 111

Workout #28592 - Thursday, 30 June 2022

Group 3 - USRPT

1 minute rest between sets

6:30 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-Fly Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Video Evaluations 1+/1-	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 10:00 Racing Skills-Glider Racing	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 11:00 Tic Tac Toe Relay	EN2	
750	30 x 25 on :30 100 Back Pace	SP2	
	9:00 AM 3,225 Yards - Stress Value = 309		

Workout #28593 - Thursday, 30 June 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	
600	1x{30 x 20 on :25 100 Back Pace**	SP2	
	{ Goal Set Protocol		
450	1x{6 x 75 on 4:00 Freestyle	SP1	
	{ Video eval after each repeat		
	{ take notes!		
240	6x{2 x 20 on 1:00 Cross Pool UW-Racing	EN2	
	{ use fins and/or parachutes for parity		
	{ 1 on 2:00 Loser rolls exercise cube	REC	
	6:31 PM 1,515 Yards - Stress Value = 110		

Workout #28574 - Thursday, 30 June 2022

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
700	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
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 2 x 100 on 3:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	16 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,100 Yards - Stress Value = 142

Workout #28569 - Thursday, 30 June 2022

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{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
	{ 2 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
150	1x{6 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 = 174

Workout #28570 - Thursday, 30 June 2022

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
1,000	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
	{ 2 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
150	1x{6 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 3,750 Yards - Stress Value = 173

Workout #28571 - Thursday, 30 June 2022

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
 900 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
 {2 x 100 on 2:05 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:10 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 16 x 75 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,475 Yards - Stress Value = 158

Workout #28573 - Thursday, 30 June 2022

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
 750 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
 {2 x 25 on 1:00 Tombstone Kicking
 {3 x 100 on 2:40 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 16 x 75 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 148

Workout #28572 - Thursday, 30 June 2022

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
 850 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
 {2 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
 150 1x{6 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 3,425 Yards - Stress Value = 157

Workout #28602 - Thursday, 30 June 2022

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 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
 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
 150 1x{6 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 2,375 Yards - Stress Value = 92

Workout #28603 - Thursday, 30 June 2022

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 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
 650 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
 {1 x 100 on 2:00 Free Kick w/board
 {2 x 25 on :30 Tombstone Kicking
 150 1x{6 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 = 93

Workout #28604 - Thursday, 30 June 2022

Taper 1 - 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
 325 13 x 25 on :35 USRPT-100 Free Pace
 550 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
 {2 x 25 on :45 Tombstone Kicking
 150 1x{6 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 2,225 Yards - Stress Value = 85

Workout #28594 - Friday, 01 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	6:30 AM Start	
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
1,000	40 x 25 on :30 200 Free Pace	SE
	1 on 9:00 Video Evaluations 1+/1-	RE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 15:00 Racing Skills-Parachute Racing	RE
1,000	40 x 25 on :30 200 Back Pace	SE
	1 on 15:00 Racing Skills-Lane Survivor	EM
1,000	40 x 25 on :30 200 Breast Pace	SE
	9:00 AM 4,225 Yards - Stress Value = 409	

Workout #28595 - Friday, 01 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
225	15 x 15 on :45 Racing Skills-Choice Shooters	SE
	Goal Set Protocol (5 misses or 3 in a row)	
600	30 x 20 on :25 100 Breast Pace**	SE
	1 on 6:00 Shoulder Mobility	RE
600	30 x 20 on :25 100 Free Pace**	SE
	1 on 8:00 Thoracic Mobility	RE
600	30 x 20 on :25 100 Fly Pace**	SE
	1 on 8:00 Hip Mobility	RE
	6:30 PM 2,025 Yards - Stress Value = 189	

Workout #28580 - Friday, 01 July 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	
150	10 x 15 on :45 Racing Skills-Fly Shooters	
300	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	
150	1x{6 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	
	6:30 PM 1,400 Yards - Stress Value = 24	

Workout #28575 - Friday, 01 July 2022

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
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 1:45 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	
150	1x{6 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
 6:31 PM 2,400 Yards - Stress Value = 42

Workout #28576 - Friday, 01 July 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
	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	
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	
150	1x{6 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	
	6:30 PM 2,200 Yards - Stress Value = 38	

Workout #28577 - Friday, 01 July 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
	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	
150	1x{6 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	
	6:30 PM 1,900 Yards - Stress Value = 33	

Workout #28579 - Friday, 01 July 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
	5:00 PM Start	
	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	
150	1x{6 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	
	6:29 PM 1,650 Yards - Stress Value = 29	

Workout #28578 - Friday, 01 July 2022

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
150	1x{6 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
6:31 PM	1,900 Yards - Stress Value = 33

Workout #28605 - Friday, 01 July 2022

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
600	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
150	1x{6 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 1 on 10:00 Racing Skills-Starts
6:28 PM	1,800 Yards - Stress Value = 30

Workout #28606 - Friday, 01 July 2022

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
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
150	1x{6 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 only do 4 on 3rd round 1 on 10:00 Racing Skills-Starts
6:30 PM	1,800 Yards - Stress Value = 30

Workout #28607 - Friday, 01 July 2022

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
500	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 S {1 x 100 on 2:10 Fly Kick w/board {4 x 25 on :35 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	3x{8 x 25 on :35 Butterfly {1 on 1:00 Rest only do 2 on 3rd round 1 on 10:00 Racing Skills-Starts
6:32 PM	1,650 Yards - Stress Value = 28

Workout #28608 - Monday, 04 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
=====	=====	=
	1 on 45:00 DS/Weights/Back to Pool	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
	NOODLE DAY!!	
750	30 x 25 on :30 100 Back Pace*	S
	1 on 6:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :50 200 Back Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
1,250	{2 x 15 on :10 Undr Wtr Fly Kck 25 x 50 on :50 200 Free Pace	S
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Breast Pace*	S
9:05 AM	4,525 Yards - Stress Value = 415	

Workout #28609 - Tuesday, 05 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
=====	=====	=
	1 on 45:00 DS/Weights/Back to Pool	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Fly Choice*	S
	1 on 7:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :50 200 Back Pace	S
400	2x{1 x 25 on :30 Freestyle 12 KOW {1 x 25 on :40 Freestyle 14 KOW {1 x 25 on :50 Freestyle 16 KOW {1 x 25 on 1:00 Freestyle 18 KOW	S
	{ HOLD BREATH 2(MIN) STROKES { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!	
	{ Round 2 KOW same as round 1 { 1-4 breaths, 2-3 breaths, { 3 2 breaths, 4-1 breath	
	{1 x 100 on 3:00 Sculling drills-end of 2nd F { round only.	F
1,250	25 x 50 on :55 200 Breast Pace*	S
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Free Pace	S
9:11 AM	4,625 Yards - Stress Value = 429	

Workout #28610 - Tuesday, 05 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
225	15 x 15 on :45 Racing Skills #2 Shooters	SP3
3,000	30 x 100 on 1:20 1650 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-(If time)	REC
200	8 x 25 on 3:00 Your #1 50 Pace	SP2
	Mobility with any time left	
6:38 PM	3,425 Yards - Stress Value = 329	

3,200	2x{1 x 100 on 1:40 Free L.25 6BK	{ Evens-underwaters, count kicks
	{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 #28616 - Tuesday, 05 July 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
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	

Yards	Set Description	EGY
5:30 PM	Start	
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 #28614 - Tuesday, 05 July 2022

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
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 #28618 - Tuesday, 05 July 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
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 #28615 - Tuesday, 05 July 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
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	

Workout #28617 - Tuesday, 05 July 2022

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 #28622 - Tuesday, 05 July 2022

Taper 1 - 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
 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
 1,400 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:45 Free L.25 6BK
 {2 x 100 on 1:45 Free L.25 2 breaths
 {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:40 Free L.25 6bk
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 2,425 Yards - Stress Value = 66

Workout #28620 - Tuesday, 05 July 2022

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 #28611 - Wednesday, 06 July 2022

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
 1,200 1 x 1200 on 13:00 T-13
 1 on 13:00 Video Evaluations 1+/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 16:00 Underwater Racing
 500 2x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #2 L./1st 4 #3 L/1st 5,
 { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8,
 { #7 L/1st 9, #8 L/1st 10,
 { #9 /#10 All Straight Arm
 {1 on 1:20 Rest
 750 30 x 25 on :30 Your Choice 100 Pace
 1 on 15:00 Shooter/Sculling Drill Relay
 8:59 AM 4,175 Yards - Stress Value = 404

Workout #28621 - Tuesday, 05 July 2022

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 #28612 - Thursday, 07 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 750 30 x 25 on :30 200 Breast Pace SP2
 1 on 8:00 Video Evaluations 1+/1- REC
 750 30 x 25 on :30 200 Back Pace SP2
 1 on 10:00 Racing Skills-Gilder Racing REC
 750 30 x 25 on :30 200 Fly Pace SP2
 1 on 11:00 Tic Tac Toe Relay EN2
 750 30 x 25 on :30 200 Free Pace SP2
 9:00 AM 3,225 Yards - Stress Value = 309

Workout #28613 - Thursday, 07 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
225	1 on 15:00 DS>Showers	REC	
600	15 x 15 on :45 Racing Skills-#1 Shooters Goal Set Protocol (5 misses or 3 in a row)	SP3	
600	30 x 20 on :25 100 Back Pace**	SP2	
600	1 on 6:00 Shoulder Mobility	REC	
600	30 x 20 on :25 100 Fly Pace**	SP2	
600	1 on 8:00 Thoracic Mobility	REC	
600	30 x 20 on :25 100 Free Pace**	SP2	
600	1 on 8:00 Hip Mobility	REC	
6:30 PM	2,025 Yards - Stress Value = 189		

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
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 1 on 12:00 Racing Skills-Starts
7:29 PM	2,200 Yards - Stress Value = 99

Workout #28625 - Thursday, 07 July 2022

Group 2 - Silver

1 minute rest between sets

Workout #28628 - Thursday, 07 July 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 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
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 1 on 12:00 Racing Skills-Relay Starts
7:30 PM	1,325 Yards - Stress Value = 54

Yards	Set Description
5:30 PM	Start
250	1 on 30:00 DS/Dryland
150	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
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 #28623 - Thursday, 07 July 2022

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	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
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 1 on 12:00 Racing Skills-Starts
7:30 PM	2,400 Yards - Stress Value = 103

Workout #28627 - Thursday, 07 July 2022

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 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
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 #28624 - Thursday, 07 July 2022

Group 2 - Gold

1 minute rest between sets

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

Workout #28626 - Thursday, 07 July 2022

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
	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 #28629 - Thursday, 07 July 2022

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 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 #28630 - Thursday, 07 July 2022

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 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 #28631 - Thursday, 07 July 2022

Taper 1 - 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
	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 #28632 - Monday, 11 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
	NOODLE DAY!!	
1,250	25 x 50 on :50 200 Free Pace	S
	1 on 6:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Breast Pace*	S
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	F F E F E
1,250	25 x 50 on :50 200 Back Pace	S
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Fly Pace*	S
9:05 AM	4,525 Yards - Stress Value = 415	

Workout #28633 - Monday, 11 July 2022

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-#2 Shooters	SP3	
2,250	30 x 75 on 1:05 500 Free Pace	SP2	
	1 on 5:00 Video Evaluations	REC	
200	8 x 25 on 3:00 Your Choice 50 Pace	SP2	
6:31 PM	2,675 Yards - Stress Value = 254		

Workout #28643 - Monday, 11 July 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	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

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-Free Shooters
100	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 #28638 - Monday, 11 July 2022

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	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 #28642 - Monday, 11 July 2022

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-Free Shooters
100	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 #28639 - Monday, 11 July 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	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 #28641 - Monday, 11 July 2022

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-Free Shooters
100	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 #28640 - Monday, 11 July 2022

Workout #28644 - Monday, 11 July 2022

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	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	

Yards	Set Description
5:30 PM Start	
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
375	10 x 15 on :45 Racing Skills-Fly Shooters
1,100	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 #28645 - Tuesday, 12 July 2022

Group 2 - Fly

1 minute rest between sets

Workout #28634 - Tuesday, 12 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM Start	
225	1 on 45:00 DS/Weights/Back to Pool
1,250	15 x 15 on :45 Racing Skills-Back Shooters
750	25 x 50 on :55 200 Breast Pace
400	1 on 7:00 Video Evaluations 1+/1-
400	30 x 25 on :30 100 Free Pace*
1,250	2x{1 x 25 on :30 Freestyle 12 KOW { 1 x 25 on :40 Freestyle 14 KOW { 1 x 25 on :50 Freestyle 16 KOW { 1 x 25 on 1:00 Freestyle 18 KOW { HOLD BREATH 2(MIN) STROKES { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! { Round 2 KOW same as round 1 { 1-4 breaths, 2-3 breaths, { 3 2 breasths, 4-1 breath { 1 x 100 on 3:00 Sculling drills-end of 2nd F { round only.
1,250	25 x 50 on :50 200 Fly Choice
750	1 on 6:00 Your Choice Recovery
750	30 x 25 on :30 100 Back Pace*
9:11 AM 4,625 Yards - Stress Value = 429	

Yards	Set Description
5:30 PM Start	
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-Fly Shooters
2,150	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 #28635 - Tuesday, 12 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM Start			
225	1 on 15:00 DS/Showers	REC	
500	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
500	Goal Set Protocol (5 misses or 3 in a row)		
500	25 x 20 on :25 100 Fly Pace**	SP2	
500	1 on 6:00 Hip Mobility	REC	
500	25 x 20 on :25 100 Back Pace**	SP2	
500	1 on 6:00 Shoulder Mobility	REC	
500	25 x 20 on :25 100 Free Pace**	SP2	
500	1 on 6:00 Thoracic Mobility	REC	
500	1 on 10:00 Racing Skills-Starts	REC	
6:30 PM 1,725 Yards - Stress Value = 159			

Workout #28650 - Tuesday, 12 July 2022

Group 2 - Copper

1 minute rest between sets

Workout #28652 - Tuesday, 12 July 2022

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 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 #28646 - Tuesday, 12 July 2022

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
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 #28647 - Tuesday, 12 July 2022

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
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 #28649 - Tuesday, 12 July 2022

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 #28648 - Tuesday, 12 July 2022

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 #28651 - Tuesday, 12 July 2022

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 #28636 - Wednesday, 13 July 2022

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
1,200	1 x 1200 on 12:00 T-12
	1 on 13:00 Video Evaluations 1+/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 18:00 Underwater Racing
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L./1st 4 #3 L/1st 5, { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8, { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm {1 on 1:20 Rest
750	30 x 25 on :30 Your Choice 100 Pace 1 on 15:00 Shooter/Sculling Drill Relay
	9:00 AM 4,175 Yards - Stress Value = 404

Workout #28657 - Wednesday, 13 July 2022

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 #28653 - Wednesday, 13 July 2022

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 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 #28654 - Wednesday, 13 July 2022

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 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 #28656 - Wednesday, 13 July 2022

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 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 #28655 - Wednesday, 13 July 2022

Group 2 - Silver/Bronze

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 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 #28637 - Thursday, 14 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 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
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Glider Racing	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 11:00 Tic Tac Toe Relay	EN2

750 30 x 25 on :30 100 Breast Pace SP2
9:00 AM 3,225 Yards - Stress Value = 309

Workout #28658 - Thursday, 14 July 2022

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
	1 on 10:00 Racing skills-back starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,900 Yards - Stress Value = 129

Workout #28663 - Thursday, 14 July 2022

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
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 71

Workout #28659 - Thursday, 14 July 2022

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 #28660 - Thursday, 14 July 2022

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 #28662 - Thursday, 14 July 2022

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 #28661 - Thursday, 14 July 2022

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 #28664 - Thursday, 14 July 2022

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 #28665 - Friday, 15 July 2022

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 #28670 - Friday, 15 July 2022

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 #28666 - Friday, 15 July 2022

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 #28667 - Friday, 15 July 2022

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 #28669 - Friday, 15 July 2022

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 #28668 - Friday, 15 July 2022

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 #28671 - Friday, 15 July 2022

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 #28702 - Monday, 18 July 2022

7:00 PM 2,550 Yards - Stress Value = 60

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 45:00 DS/Weights/Back to Pool	F
225	15 x 15 on :45 Racing Skills-Free Shooters	£
	NOODLE DAY!!	
1,250	25 x 50 on :50 200 Back Pace	£
	1 on 6:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :55 200 Breast Pace	£
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	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
750	30 x 25 on :30 100 Free Pace*	£
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Fly Pace*	£
	9:07 AM 4,525 Yards - Stress Value = 415	

Workout #28673 - Monday, 18 July 2022

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
150	1x{6 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
	1 on 11:00 Racing Skill-Starts
	6:59 PM 2,225 Yards - Stress Value = 88

Workout #28674 - Monday, 18 July 2022

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
150	1x{6 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
	1 on 9:00 Racing Skills-Starts
	7:00 PM 2,175 Yards - Stress Value = 88

Workout #28703 - Monday, 18 July 2022

Group 3 - USRPT

1 minute rest between sets

5:00 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
3,000	30 x 100 on 1:20 1650 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-(If time)	REC
400	8 x 50 on 3:00 50 Back Pace	SP2
	Mobility with any time left	
	6:38 PM 3,625 Yards - Stress Value = 349	

Workout #28675 - Monday, 18 July 2022

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
150	1x{6 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
	1 on 9:00 Racing Skills-Starts
	7:00 PM 2,100 Yards - Stress Value = 81

Workout #28677 - Monday, 18 July 2022

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 :40 USRPT-100 Free Pace
150	1x{6 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
	1 on 9:00 Racing Skills-Starts
	7:00 PM 1,475 Yards - Stress Value = 56

Workout #28672 - Monday, 18 July 2022

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
150	1x{6 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
	1 on 11:00 Racing Skills-Starts

Workout #28704 - Tuesday, 19 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Back to Pool	F
1,250	15 x 15 on :45 Racing Skills-Back Shooters	£
1,250	25 x 50 on :50 200 Free Pace	£
1,250	1 on 7:00 Video Evaluations 1+/1-	F
400	25 x 50 on :50 200 Fly Pace	£
2x	{ 1 x 25 on :30 Freestyle 12 KOW	£
	{ 1 x 25 on :40 Freestyle 14 KOW	£
	{ 1 x 25 on :50 Freestyle 16 KOW	£
	{ 1 x 25 on 1:00 Freestyle 18 KOW	£
	{ HOLD BREATH 2(MIN) STROKES	
	{ OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!	
	{ Round 2 KOW same as round 1	
	{ 1-4 breaths, 2-3 breaths,	
	{ 3 2 breaths, 4-1 breath	
750	{ 1 x 100 on 3:00 Sculling drills-end of 2nd F	F
	{ round only.	
750	30 x 25 on :30 100 Back Pace*	£
	1 on 6:00 Your Choice Recovery	F
750	30 x 25 on :30 100 Breast Pace*	£
9:09 AM	4,625 Yards - Stress Value = 429	

Workout #28705 - Tuesday, 19 July 2022

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	REC
2,250	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
200	30 x 75 on 1:05 1000 Free Pace	SP2
	1 on 5:00 Video Evaluations	REC
200	8 x 25 on 3:00 50 Fly Pace	SP2
6:31 PM	2,675 Yards - Stress Value = 254	

Workout #28678 - Tuesday, 19 July 2022

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
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
	{ 1 x 100 on 1:50 Streamline Kick on back
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
6:58 PM	2,750 Yards - Stress Value = 113

Workout #28683 - Tuesday, 19 July 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start

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
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
6:57 PM	1,875 Yards - Stress Value = 68

Workout #28679 - Tuesday, 19 July 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
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	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
6:58 PM	2,525 Yards - Stress Value = 98

Workout #28680 - Tuesday, 19 July 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
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	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
6:58 PM	2,425 Yards - Stress Value = 96

Workout #28682 - Tuesday, 19 July 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
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	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
6:57 PM	2,050 Yards - Stress Value = 81

Workout #28681 - Tuesday, 19 July 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 Dynamic Stretch/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
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	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
6:57 PM	2,250 Yards - Stress Value = 80

Workout #28706 - Wednesday, 20 July 2022

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
1,200	1 x 1200 on 11:00 T-11
	1 on 13:00 Video Evaluations 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 18:00 Underwater Racing
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L./1st 4 #3 L/1st 5, { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8, { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm
	{1 on 1:20 Rest
750	30 x 25 on :30 Your Choice 100 Pace
	1 on 15:00 Shooter/Sculling Drill Relay
8:59 AM	4,175 Yards - Stress Value = 404

Workout #28689 - Wednesday, 20 July 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 Dynamic Stretch/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
250	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 #28684 - Wednesday, 20 July 2022

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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 #28685 - Wednesday, 20 July 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
150	9 x 25 on :30 Wednesday Warm-up
325	10 x 15 on :45 Racing Skills-Crossover Turns
600	13 x 25 on :35 USRPT-100 Fly Pace
	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 #28686 - Wednesday, 20 July 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Dynamic Stretch/Showers
150	8 x 25 on :35 Wednesday Warm-up
325	10 x 15 on :45 Racing Skills-Crossover Turns
500	13 x 25 on :35 USRPT-100 Fly Pace
	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 #28688 - Wednesday, 20 July 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 15:00 Dynamic Stretch/Showers
150	6 x 25 on :45 Wednesday Warm-up
275	10 x 15 on :45 Racing Skills-Crossover Turns
400	11 x 25 on :40 USRPT-100 Fly Pace
	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 #28687 - Wednesday, 20 July 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Dynamic Stretch/Showers
150	8 x 25 on :35 Wednesday Warm-up
325	10 x 15 on :45 Racing Skills-Crossover Turns
500	13 x 25 on :35 USRPT-100 Fly Pace
	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 #28707 - Thursday, 21 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 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
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-Gilder Racing	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 11:00 Tic Tac Toe Relay	EN2
750	30 x 25 on :30 100 Breast Pace	SP2
	9:00 AM 3,225 Yards - Stress Value = 309	

Workout #28708 - Thursday, 21 July 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
=====	=====	=====	=====
	1 on 15:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-IM Shooters		SP3
	Goal Set Protocol (5 misses or 3 in a row)		
600	30 x 20 on :25 100 Fly Pace**		SP2
	1 on 6:00 Shoulder Mobility		REC
600	30 x 20 on :25 100 Free Pace**		SP2
	1 on 8:00 Thoracic Mobility		REC
600	30 x 20 on :25 100 Breast Pace**		SP2
	1 on 8:00 Hip Mobility		REC
6:30 PM	2,025 Yards - Stress Value = 189		

Workout #28690 - Thursday, 21 July 2022

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 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 :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
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	2,175 Yards - Stress Value = 64

Workout #28695 - Thursday, 21 July 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
150	1x{6 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-Streamlin
	{ 2 x 100 on 4:05 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlin
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	1,300 Yards - Stress Value = 34

Workout #28691 - Thursday, 21 July 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

325	13 x 25 on :35 USRPT-100 Breast Pace
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
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	1,975 Yards - Stress Value = 55

Workout #28692 - Thursday, 21 July 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Breast Pace
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
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	1,775 Yards - Stress Value = 49

Workout #28676 - Thursday, 21 July 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	4x{8 x 25 on :40 Butterfly
	{ 1 on 1:00 Rest
	1 on 11:00 Racing Skills-Starts
6:59 PM	1,800 Yards - Stress Value = 72

Workout #28694 - Thursday, 21 July 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Breast Pace
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
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	1,600 Yards - Stress Value = 44

Workout #28693 - Thursday, 21 July 2022

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 275 11 x 25 on :40 USRPT-100 Breast Pace
 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
 100 1 x 100 on 2:00 Stroke Drills
 7:00 PM 1,725 Yards - Stress Value = 48

Workout #28709 - Friday, 22 July 2022

Group 3 - USRPT

1 minute rest between sets

6:30 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
 1,000 40 x 25 on :30 200 Breast Pace SE
 1 on 8:00 Video Evaluations 1+/1- RE
 1,000 40 x 25 on :30 200 Back Pace SE
 1 on 12:00 Racing Skills-Parachute Racing RE
 1,000 40 x 25 on :30 200 Fly Pace SE
 1 on 12:00 Tic Tac Toe Relay EM
 1,000 40 x 25 on :30 200 Free Pace SE
 8:53 AM 4,225 Yards - Stress Value = 409

Workout #28701 - Friday, 22 July 2022

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
 675 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
 { 1 x 100 on 3:00 Free Kick w/board
 { 2 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 5 x 75 on 5:00 Free-OTB 100%
 200 1 x 200 on 4:00 Stroke Drills
 6:31 PM 1,750 Yards - Stress Value = 49

Workout #28696 - Friday, 22 July 2022

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
 1,100 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
 150 1x{6 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
 6:31 PM 2,275 Yards - Stress Value = 58

Workout #28697 - Friday, 22 July 2022

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
 1,050 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
 { 2 x 25 on :40 Tombstone Kicking
 { 2 x 100 on 2:05 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 5 x 75 on 5:00 Free-OTB 100%
 200 1 x 200 on 4:00 Stroke Drills
 6:31 PM 2,225 Yards - Stress Value = 57

Workout #28698 - Friday, 22 July 2022

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
 975 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
 { 3 x 25 on :45 Tombstone Kicking
 { 1 x 100 on 2:10 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 5 x 75 on 5:00 Free-OTB 100%
 200 1 x 200 on 4:00 Stroke Drills
 6:31 PM 2,100 Yards - Stress Value = 56

Workout #28700 - Friday, 22 July 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 15:00 Dynamic Stretch/Showers
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
750	10 x 15 on :45 Racing Skills-Free Shooters
150	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
	{ 2 x 100 on 2:40 Free Kick w/board
	{ 2 x 25 on 1:00 Tombstone Kicking
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	5 x 75 on 5:00 Free-OTB 100%
200	1 x 200 on 4:00 Stroke Drills
6:31 PM 1,825 Yards - Stress Value = 51	

Yards	Set Description
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
150	1 on 16:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
1,000	1x{1 x 100 on 1:50 Streamline Kick on back
	{ 2 x 50 on 1:00 Alt 25 kick on each side
	{ 2 x 100 on 1:50 Streamline Kick on back
	{ 2 x 50 on 1:00 Alt 25 kick on each side
	{ 3 x 100 on 1:50 Streamline Kick on back
	{ 2 x 50 on 1:00 Alt 25 kick on each side
	{ 1 x 100 on 1:50 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
7:00 PM 1,975 Yards - Stress Value = 64	

Workout #28715 - Monday, 25 July 2022

Group 2 - Copper

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 Swim-Kick-Drill-Swim
900	10 x 15 on :45 Racing Skills-Free Shooters
150	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
150	1x{6 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
6:31 PM 2,025 Yards - Stress Value = 54	

Yards	Set Description
200	1 on 15:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 16:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Back Pace
600	1x{1 x 100 on 3:00 Streamline Kick on back
	{ 2 x 50 on 1:45 Alt 25 kick on each side
	{ 2 x 100 on 3:00 Streamline Kick on back
	{ 2 x 50 on 1:45 Alt 25 kick on each side
	{ 1 x 100 on 3:00 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
7:01 PM 1,350 Yards - Stress Value = 43	

Workout #28711 - Monday, 25 July 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 45:00 DS/Weights/Back to Pool
1,250	15 x 15 on :45 Racing Skills-Free Shooters
	NOODLE DAY!!
750	25 x 50 on :55 200 Breast Pace
300	1 on 6:00 Video Evaluations 1+/1-
	30 x 25 on :30 100 Back 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
1,250	25 x 50 on :50 200 Fly Pace
750	1 on 6:00 Your Choice Recovery
	30 x 25 on :30 100 Free Pace*
9:07 AM 4,525 Yards - Stress Value = 415	

Yards	Set Description
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
150	1 on 16:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
850	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 on 10:00 Racing Skills-Back Starts
7:00 PM 1,825 Yards - Stress Value = 61	

Workout #28710 - Monday, 25 July 2022

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Workout #28712 - Monday, 25 July 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 16:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
800	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 on 10:00 Racing Skills-Back Starts
7:00 PM	1,675 Yards - Stress Value = 54

Workout #28714 - Monday, 25 July 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 16:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Back Pace
650	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 { 1 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 = 47

Workout #28713 - Monday, 25 July 2022

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 16:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
750	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 { 3 x 50 on 1:20 Alt 25 kick on each side { 2 x 100 on 2:20 Streamline Kick on back
	1 on 10:00 Racing Skills-Back Starts
7:00 PM	1,625 Yards - Stress Value = 53

Workout #28730 - Tuesday, 26 July 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

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

EGY

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-Back Shooters
750	15 x 50 on :50 200 Free Pace
	1 on 6:00 Video Evaluations 1+/1-
375	15 x 25 on :30 100 Fly Pace
	1 on 5:00 Your Choice Recovery
750	15 x 50 on :50 200 Back Pace
	1 on 6:00 Your Choice Recovery
375	15 x 25 on :30 100 Breast Pace
6:30 PM	2,475 Yards - Stress Value = 235

Workout #28716 - Tuesday, 26 July 2022

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 #28721 - Tuesday, 26 July 2022

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 #28717 - Tuesday, 26 July 2022

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 2klp
	{2 x 75 on 1:35 Breast L.25 2klp
	{3 x 100 on 2:05 Breast L.25 2klp
	{1 x 150 on 3:00 Breast L.25 2klp
	{1 x 100 on 1:55 Breast L.25 2klp
	{2 x 75 on 1:25 Breast L.25 2klp
	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 #28718 - Tuesday, 26 July 2022

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 2klp
	{2 x 75 on 1:45 Breast L.25 2klp
	{3 x 100 on 2:15 Breast L.25 2klp
	{1 x 100 on 2:10 Breast L.25 2klp
	{2 x 75 on 1:35 Breast L.25 2klp
	{2 x 50 on 1:00 Breast L.25 2klp
	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 #28720 - Tuesday, 26 July 2022

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 2klp
	{2 x 75 on 2:15 Breast L.25 2klp
	{3 x 100 on 3:00 Breast L.25 2klp
	{1 x 75 on 2:00 Breast L.25 2klp
	{1 x 50 on 1:30 Breast L.25 2klp
	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 #28719 - Tuesday, 26 July 2022

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 2klp
	{2 x 75 on 1:50 Breast L.25 2klp
	{3 x 100 on 2:30 Breast L.25 2klp
	{1 x 100 on 2:25 Breast L.25 2klp
	{2 x 75 on 1:45 Breast L.25 2klp
	{1 x 25 on :35 Breast L.25 2klp
	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 #28731 - Wednesday, 27 July 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY W
=====	=====	=====
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
750	15 x 50 on :50 #1 200 Pace	SP2
	1 on 15:00 Shoulder/Thoracic/Hip Mobility	REC
375	15 x 25 on :30 #2 100 Pace	SP2
	1 on 10:00 Racing Skills-Starts	REC
	6:14 PM 1,350 Yards - Stress Value = 122	

Workout #28727 - Wednesday, 27 July 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
250	10 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
850	1x{1 x 300 on 12:00 Pull-BTB
	{2 x 100 on 3:30 Free NBBF&W
	{1 x 200 on 8:00 Pulls BTS
	{1 x 100 on 3:30 Free NBBF&W
	{1 x 50 on 1:45 Free NBBF&W
	1 on 10:00 Racing Skills-Starts
	6:58 PM 1,550 Yards - Stress Value = 48

Workout #28722 - Wednesday, 27 July 2022

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
2,500	1x{1 x 400 on 5:00 Pull-BTB
	{4 x 100 on 1:20 Free NBBF&W
	{2 x 300 on 3:50 Pulls BTS
	{3 x 100 on 1:20 Free NBBF&W
	{3 x 200 on 2:35 Pulls-no br L.12 yds
	{2 x 100 on 1:20 Free NBBF&W
	1 on 10:00 Racing Skills-Starts
	6:58 PM 3,425 Yards - Stress Value = 94

Workout #28723 - Wednesday, 27 July 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 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
2,200	1x{1 x 400 on 5:50 Pull-BTB { 4 x 100 on 1:30 Free NBBF&W { 2 x 300 on 4:25 Pulls BTS { 3 x 100 on 1:30 Free NBBF&W { 2 x 200 on 2:55 Pulls-no br L.12 yds { 1 x 100 on 1:30 Free-NBBF&W
	1 on 10:00 Racing Skills-Starts
6:58 PM	3,125 Yards - Stress Value = 88

Workout #28724 - Wednesday, 27 July 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
300	12 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
1,900	1x{1 x 400 on 7:00 Pull-BTB { 4 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 { 1 x 200 on 3:30 Pulls-no br L.12 yds
	1 on 10:00 Racing Skills-Starts
6:58 PM	2,700 Yards - Stress Value = 74

Workout #28725 - Wednesday, 27 July 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :35 USRPT-100 Free
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 400 on 7:40 Pull-BTB { 3 x 100 on 1:55 Free NBBF&W { 2 x 300 on 5:45 Pulls BTS { 2 x 100 on 1:55 Free NBBF&W { 1 x 200 on 3:50 Pulls-no br L.12 yds
	1 on 10:00 Racing Skills-Starts
6:58 PM	2,525 Yards - Stress Value = 72

Workout #28732 - Thursday, 28 July 2022

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	V
=====	=====	=====	=====
	1 on 15:00 DS/Showers		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	Shoulder/Thoracic/Hip Mobility	REC
375	15 x 25 on :30	#1 100 Pace	SP2
1	on 10:00	Racing Skills-Starts	REC
6:14 PM		1,350 Yards - Stress Value = 122	

Workout #28728 - Thursday, 28 July 2022

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	SE
400	4 x 100 on 2:15 Kick	EM
600	12 x 50 on 1:15 Down Drill Back Build	EM
	3 on each stroke	
300	12 x 25 on :40 Variable Speed	EM
50	2 x 25 on 2:30 OTB	SE
200	1 x 200 on 3:00 Stroke Drills	RE
	1 on 10:00 Non-Divisional Swimmers	RE
	Game or Relay of your choice	
6:54 PM		2,000 Yards - Stress Value = 21

Workout #28726 - Thursday, 28 July 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
250	10 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
1,100	1x{1 x 300 on 9:00 Pull-BTB { 3 x 100 on 3:00 Free NBBF&W { 1 x 200 on 6:00 Pulls BTS { 3 x 100 on 3:00 Free NBBF&W
	1 on 10:00 Racing Skills-Starts
6:59 PM	1,800 Yards - Stress Value = 53

Workout #28733 - Monday, 01 August 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
225	15 x 15 on :45 Racing Skills-Choice Shooters
400	2x{1 x 25 on :30 Freestyle 12 KOW { 1 x 25 on :40 Freestyle 14 KOW { 1 x 25 on :50 Freestyle 16 KOW { 1 x 25 on 1:00 Freestyle 18 KOW { HOLD BREATH 2(MIN) STROKES { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
	{ Round 2 KOW same as round 1
	{ 1-4 breaths, 2-3 breaths, { 3 2 breasths, 4-1 breath
	{ 1 x 100 on 3:00 Sculling drills-end of 2nd { round only.
375	15 x 25 on :30 100 Fly Pace
	1 on 8:00 Video Evaluations 1+/1-
750	15 x 50 on :50 200 Back Pace
	1 on 10:00 Glider Racing
375	15 x 25 on :30 100 Breast Pace
8:30 AM	2,125 Yards - Stress Value = 180

Workout #28734 - Wednesday, 03 August 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 250 1x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #2 1st 4 #3 1st 5,
 { #4 1st 6 #5 1st 7, #6 1st 8,
 { #7 1st 9, #8 1st 10,
 { #9 /#10 All Straight Arm
 375 15 x 25 on :30 100 Back Pace
 1 on 10:00 Video Evaluations 1+/1-
 750 15 x 50 on :50 200 Fly Pace
 1 on 13:00 Underwater Racing
 375 15 x 25 on :30 100 Free Pace
 8:30 AM 1,975 Yards - Stress Value = 185

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 250 1x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #2 1st 4 #3 1st 5,
 { #4 1st 6 #5 1st 7, #6 1st 8,
 { #7 1st 9, #8 1st 10,
 { #9 /#10 All Straight Arm
 375 15 x 25 on :30 100 Breast Pace
 1 on 10:00 Video Evaluations 1+/1-
 750 15 x 50 on :50 200 Free Pace
 1 on 13:00 Underwater Racing
 375 15 x 25 on :30 100 Fly Pace
 8:30 AM 1,975 Yards - Stress Value = 185

Workout #28735 - Thursday, 04 August 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-IM 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
 750 15 x 50 on :55 200 Breast Pace SP2
 1 on 10:00 Video Evaluations 1+/1- REC
 750 15 x 50 on :50 200 Free Pace SP2
 1 on 15:00 Tic Tac Toe Relay EN2
 8:30 AM 2,025 Yards - Stress Value = 165

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-IM 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
 750 15 x 50 on :50 200 Back Pace SP2
 1 on 10:00 Video Evaluations 1+/1- REC
 750 15 x 50 on :50 200 Fly Pace SP2
 1 on 15:00 Tic Tac Toe Relay EN2
 8:29 AM 2,025 Yards - Stress Value = 165

Workout #28739 - Tuesday, 06 September 2022

Group 3 - USRPT

1 minute rest between sets

Workout #28736 - Monday, 08 August 2022

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 225 15 x 15 on :45 Racing Skills-Choice Shooters
 400 2x{1 x 25 on :30 Freestyle 12 KOW
 {1 x 25 on :40 Freestyle 14 KOW
 {1 x 25 on :50 Freestyle 16 KOW
 {1 x 25 on 1:00 Freestyle 18 KOW
 { HOLD BREATH 2(MIN) STROKES
 { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
 { Round 2 KOW same as round 1
 { 1-4 breaths, 2-3 breaths,
 { 3 2 breaths, 4-1 breath
 {1 x 100 on 3:00 Sculling drills-end of 2nd
 { round only.
 375 15 x 25 on :30 100 Free Pace
 1 on 7:00 Video Evaluations 1+/1-
 750 15 x 50 on :55 200 Breast Pace
 1 on 10:00 Glider Racing
 375 15 x 25 on :30 100 Back Pace
 8:30 AM 2,125 Yards - Stress Value = 180

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
 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 #28737 - Wednesday, 10 August 2022

Group 3 - USRPT

1 minute rest between sets

Workout #28748 - Tuesday, 06 September 2022

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!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
450	1x{2 x 75 on 2:00 Freestyle
	{2 x 75 on 2:05 Freestyle
	{2 x 75 on 2:10 Freestyle
200	8 x 25 on 1:00 USRPT-Free
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 #28743 - Tuesday, 06 September 2022

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!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
900	1x{3 x 100 on 1:20 Freestyle
	{3 x 100 on 1:25 Freestyle
	{3 x 100 on 1:30 Freestyle
375	15 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
6:59 PM 2,465 Yards - Stress Value = 69	

Workout #28744 - Tuesday, 06 September 2022

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!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
900	1x{3 x 100 on 1:25 Freestyle
	{3 x 100 on 1:30 Freestyle
	{3 x 100 on 1:35 Freestyle
375	15 x 25 on :30 USRPT-Free
	1 on 9:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
7:00 PM 2,415 Yards - Stress Value = 68	

Workout #28745 - Tuesday, 06 September 2022

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
350	7 x 50 on 1:10 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
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 #28747 - Tuesday, 06 September 2022

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
300	6 x 50 on 1:30 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
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 #28746 - Tuesday, 06 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
300	6 x 50 on 1:20 Kick
	#1 Fast Turn, #2 no board, #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
800	1x{3 x 100 on 1:45 Freestyle
	{3 x 100 on 1:50 Freestyle
	{2 x 100 on 1:55 Freestyle
300	12 x 25 on :40 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
7:00 PM 1,990 Yards - Stress Value = 56	

Workout #28740 - Wednesday, 07 September 2022

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 10:00 Racing Skills-TN Turn Drill	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 11:00 15m UW DW Sprints	EN2
5:15 PM 1,725 Yards - Stress Value = 159		

Workout #28749 - Wednesday, 07 September 2022

Group 2 - Back

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 1-12, 2-13, 3-14, 4-15
75	5 x 15 on :45 Shooters All BLSR's 12.5 yds minimum
350	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:00 Kick no board L/R/S {4 x 25 on :45 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3F 50'S=Start with 4 KOW +1 each wall
800	1x{1 x 200 on 3:10 Backstroke {4 x 50 on :55 Back-descend {1 x 150 on 2:25 Backstroke {3 x 50 on :55 Back-descend {1 x 100 on 1:40 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace 1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,200 Yards - Stress Value = 64

Workout #28754 - Wednesday, 07 September 2022

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 1-20, 2-21, 3-22
75	5 x 15 on :45 Shooters All BLSR's 5 yds minimum
150	1x{2 x 25 on 1:30 Kick no board B {2 x 50 on 3:00 Kick no board L/R
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3F 50'S=Start with 4 KOW +1 each wall
400	1x{1 x 150 on 5:00 Backstroke {2 x 50 on 1:45 Back-descend {1 x 100 on 3:30 Backstroke {1 x 50 on 1:45 Back-descend
200	8 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,300 Yards - Stress Value = 34

Workout #28750 - Wednesday, 07 September 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up 1-13, 2-14, 3-15, 2-16
75	5 x 15 on :45 Shooters All BLSR's 12.5 yds minimum
325	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {3 x 25 on :45 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3F 50'S=Start with 4 KOW +1 each wall

750	1x{1 x 200 on 3:20 Backstroke {3 x 50 on 1:00 Back-descend {1 x 150 on 2:35 Backstroke {3 x 50 on 1:00 Back-descend {1 x 100 on 1:45 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace 1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,025 Yards - Stress Value = 57

Workout #28751 - Wednesday, 07 September 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
175	7 x 25 on :40 Wednesday Warm-up 1-14, 2-15, 3-16, 1-17
75	5 x 15 on :45 Shooters All BLSR's 10 yds minimum
325	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:10 Kick no board L/R/S {3 x 25 on :45 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3F 50'S=Start with 4 KOW +1 each wall
600	1x{1 x 200 on 4:10 Backstroke {3 x 50 on 1:10 Back-descend {1 x 150 on 3:15 Backstroke {2 x 50 on 1:10 Back-descend
300	12 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,825 Yards - Stress Value = 52

Workout #28753 - Wednesday, 07 September 2022

Group 2 - Bronze

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 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 #28752 - Wednesday, 07 September 2022

Group 2 - Silver/Bronze

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 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 #28741 - Thursday, 08 September 2022

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-Free Shooters	SP3
750	30 x 25 on :30 100 Free Pace	SP2
1	on 10:00 Underwater Racing	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
1	on 11:00 Racing Skills-Glider Racing	SP3
5:15 PM 1,725 Yards - Stress Value = 159		

Workout #28755 - Thursday, 08 September 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
400	1x{1 x 200 on 4:30 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks 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 #28760 - Thursday, 08 September 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters

250	1x{1 x 100 on 3:30 Kick {1 x 100 on 3:20 Kick {1 x 50 on 1:45 Kick
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks 1 on 15:00 Teach Day-Breast
225	9 x 25 on 1:00 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:00 PM 1,050 Yards - Stress Value = 30	

Workout #28756 - Thursday, 08 September 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
75	5 x 15 on 5:00 Free 3KOW to 10 back to 3
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 #28757 - Thursday, 08 September 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
75	5 x 15 on 5:00 Free 3KOW to 10 back to 3
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 #28759 - Thursday, 08 September 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
75	5 x 15 on 5:00 Free 3KOW to 10 back to 3
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 #28758 - Thursday, 08 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 PM Start			
250	1 on 25:00 DS/Dryland		
75	1 x 250 on 5:00 Free 3KOW to 10 back to 3		
300	5 x 15 on :45 Shooters		
	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 #28742 - Friday, 09 September 2022

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
3:45 PM Start			
	1 on 15:00 DS>Showers		REC
225	15 x 15 on :45 Racing Skills-IM Shooters		SP3
	1 on 8:00 Hip Mobility Drills		REC
500	25 x 20 on :30 100 Back Pace*		SP2
	1 on 8:00 Thoracic Mobility Drills		REC
500	25 x 20 on :30 100 Fly Pace*		SP2
	1 on 8:00 Shoulder Mobility Drills		REC
500	25 x 20 on :25 100 Free Pace*		SP2
5:16 PM 1,725 Yards - Stress Value = 159			

Workout #28766 - Friday, 09 September 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
	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	SF
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 #28761 - Friday, 09 September 2022

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
	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	SF
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 #28762 - Friday, 09 September 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
	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	SF
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 #28763 - Friday, 09 September 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
	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	SF
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 #28765 - Friday, 09 September 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
	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	SF
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 #28764 - Friday, 09 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM Start		
	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	SF
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 #28767 - Monday, 12 September 2022

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	F
1,250	25 x 50 on :50 200 Fly Pace	F
	1 on 5:00 Video Evaluations 2-	F
750	30 x 25 on :30 100 Back Pace	F
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
750	30 x 25 on :30 100 Breast Pace	F
	5:31 PM 3,275 Yards - Stress Value = 290	

Workout #28773 - Monday, 12 September 2022

Group 2 - Breast

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	
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	
	7:00 PM 2,190 Yards - Stress Value = 64	

Workout #28778 - Monday, 12 September 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	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 #28774 - Monday, 12 September 2022

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
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 #28775 - Monday, 12 September 2022

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	
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 #28777 - Monday, 12 September 2022

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	
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 #28776 - Monday, 12 September 2022

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 #28768 - Tuesday, 13 September 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch-Shower
225	15 x 15 on :45 Racing Skills-Your #1 Shooter
2,000	20 x 100 on 1:30 1650 Free Pace
	1 on 6:00 Video Evaluations 1+/1-
400	2x{1 x 25 on :30 Freestyle 12 KOW {1 x 25 on :40 Freestyle 14 KOW {1 x 25 on :50 Freestyle 16 KOW {1 x 25 on 1:00 Freestyle 18 KOW { HOLD BREATH 2(MIN) STROKES { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!! { Round 2 KOW same as round 1 { 1-4 breaths, 2-3 breaths, { 3 2 breaths, 4-1 breath {1 x 100 on 3:00 Sculling drills-end of 2nd { round only.
	6:47 AM 2,625 Yards - Stress Value = 229

Workout #28769 - Tuesday, 13 September 2022

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 Fly Pace	SP2
	1 on 10:00 Underwater Racing	SP3
750	30 x 25 on :30 100 Free Pace	SP2
	5:31 PM 2,975 Yards - Stress Value = 284	

Workout #28779 - Tuesday, 13 September 2022

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 #28784 - Tuesday, 13 September 2022

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 #28780 - Tuesday, 13 September 2022

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 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,990 Yards - Stress Value = 56

Workout #28781 - Tuesday, 13 September 2022

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-3P 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 #28783 - Tuesday, 13 September 2022

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-3P 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
200	1 on 10:00 Racing Skills-Back Starts 1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,440 Yards - Stress Value = 41

Workout #28782 - Tuesday, 13 September 2022

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-3P 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

1 on 10:00 Racing Skills-back starts
200 1 x 200 on 4:00 Stroke Drills
6:59 PM 1,690 Yards - Stress Value = 49

Workout #28770 - Wednesday, 14 September 2022

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	SF
1,250	25 x 50 on :50 200 Free Pace	SF
	1 on 7:00 Video Evaluations 2-	RE
625	25 x 25 on :30 100 Breast Pace	SF
75	5 x 15 on 2:00 UW DW OTB Sprints	SF
625	25 x 25 on :30 100 Back Pace	SF
	5:30 PM 2,800 Yards - Stress Value = 261	

Workout #28790 - Wednesday, 14 September 2022

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!!-Repea
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 #28785 - Wednesday, 14 September 2022

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15
375	15 x 25 on :30 USRPT-Free
90	6 x 15 on :45 Shooters
450	9 x 50 on 1:00 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repea
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
900	1x{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

Workout #28786 - Wednesday, 14 September 2022

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 1-13, 2-14, 3-15, 2-16
375	6 x 15 on :45 Shooters
400	15 x 25 on :30 USRPT-Free
100	8 x 50 on 1:05 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
800	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	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
250	1 on 10:00 Relay
7:00 PM	1 x 250 on 5:00 Stroke Drills 2,215 Yards - Stress Value = 66

Yards	Set Description
150	1 on 25:00 DS/Dryland
90	6 x 25 on :45 Wednesday Warm-up 1-16, 2-17, 3-18
325	6 x 15 on :45 Shooters
300	13 x 25 on :35 USRPT-Free
100	6 x 50 on 1:20 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
700	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
7:00 PM	1 on 10:00 Relay 1 x 200 on 5:00 Stroke Drills 1,865 Yards - Stress Value = 56

Workout #28771 - Thursday, 15 September 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
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 :55 200 Breast Pace	SP2
750	1 on 5:00 Video Evaluations 2-	REC
750	30 x 25 on :30 100 Free Pace	SP2
750	1 on 7:00 Racing Skills-Stanford Turn Drill	SP3
	30 x 25 on :30 100 Fly Pace	SP2
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #28796 - Thursday, 15 September 2022

Group 2 - Copper

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 Free 3KOW to 10 back to 3
100	6 x 15 on :45 Shooters
200	1 on 15:00 TEACH DAY-Fly
200	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
200	1 on 10:00 Racing Skills-Starts
7:00 PM	1 x 200 on 4:00 Stroke Drills 1,090 Yards - Stress Value = 28

Workout #28789 - Wednesday, 14 September 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 25:00 DS/Dryland
90	5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22
250	6 x 15 on :45 Shooters
300	10 x 25 on :45 USRPT-Free
100	6 x 50 on 1:30 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
500	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
7:00 PM	1 on 10:00 Relay 1 x 200 on 5:00 Stroke Drills 1,565 Yards - Stress Value = 45

Workout #28788 - Wednesday, 14 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Workout #28791 - Thursday, 15 September 2022

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
90	6 x 15 on :45 Shooters
	1 on 15:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
375	15 x 25 on :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 #28792 - Thursday, 15 September 2022

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
90	6 x 15 on :45 Shooters
	1 on 15:00 TEACH DAY-Fly
100	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 #28793 - Thursday, 15 September 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
90	6 x 15 on :45 Shooters
	1 on 15:00 TEACH DAY-Fly
100	4 x 25 on 1:00 Odds face in sculling drills
325	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 #28795 - Thursday, 15 September 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
90	6 x 15 on :45 Shooters
	1 on 15:00 TEACH DAY-Fly

100	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 #28794 - Thursday, 15 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
90	6 x 15 on :45 Shooters
	1 on 15:00 TEACH DAY-Fly
100	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 #28772 - Friday, 16 September 2022

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	SF
	All Sets Group 2 Protocol	
400	20 x 20 on :30 100 Back Pace	SF
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
400	20 x 20 on :30 100 Fly Pace	SF
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
400	20 x 20 on :30 100 Free Pace	SF
	1 on 10:00 Tic Tac Toe Relay	EM
	5:15 PM 1,425 Yards - Stress Value = 129	

Workout #28802 - Friday, 16 September 2022

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 #28797 - Friday, 16 September 2022

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 #28798 - Friday, 16 September 2022

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 #28799 - Friday, 16 September 2022

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
	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,675 Yards - Stress Value = 70

Workout #28801 - Friday, 16 September 2022

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 #28800 - Friday, 16 September 2022

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+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 { 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 #28803 - Monday, 19 September 2022

1 minute rest between sets

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 25:00 Spotlight/DS/Showers
1,500	15 x 15 on :45 Racing Skills-Free Shooters
	30 x 50 on :50 200 Free Pace
750	1 on 5:00 Video Evaluations 1+/1-
300	30 x 25 on :30 100 Fly 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
1,500	{2 x 15 on :10 Undr Wtr Fly Kck
	30 x 50 on :50 200 Back Pace

5:45 PM 4,275 Yards - Stress Value = 390

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
325	13 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
	Evns-underwaters, count kicks
825	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
	{1 x 75 on 1:25 Fly 25R, 25L, 25B
	1 on 10:00 Game

7:00 PM 2,050 Yards - Stress Value = 62

Workout #28815 - Monday, 19 September 2022

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
225	9 x 25 on 1:00 USRPT-100 Fly Pace
175	1x{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:55 Fly Kick w/board
	{1 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
425	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 25 on 2:00 Fly
	1 on 10:00 Game

7:00 PM 1,275 Yards - Stress Value = 39

Workout #28812 - Monday, 19 September 2022

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
300	12 x 25 on :40 USRPT-100 Fly Pace
325	1x{4 x 25 on :40 Kick no board S
	{1 x 125 on 3:10 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
	Evns-underwaters, count kicks
725	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
	{1 x 50 on 1:10 Fly lupldown+1 to 3 down
	{1 x 25 on :35 Fly
	1 on 10:00 Game

7:00 PM 1,850 Yards - Stress Value = 56

Workout #28810 - Monday, 19 September 2022

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
375	15 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
	Evns-underwaters, count kicks
900	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
	1 on 10:00 Game

7:00 PM 2,225 Yards - Stress Value = 70

Workout #28814 - Monday, 19 September 2022

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
250	10 x 25 on :50 USRPT-100 Fly Pace
225	1x{2 x 25 on 1:00 Kick no board S
	{1 x 150 on 4:55 Fly Kick w/board
	{1 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-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 Game

7:01 PM 1,500 Yards - Stress Value = 47

Workout #28811 - Monday, 19 September 2022

Group 2 - Gold

Workout #28813 - Monday, 19 September 2022

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
275	11 x 25 on :45 USRPT-100 Fly Pace
250	1x{4 x 25 on :45 Kick no board S {1 x 100 on 2:45 Fly Kick w/board {2 x 25 on :45 Kick no board S
100	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 {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 {1 x 25 on :40 Fly 1 on 10:00 Game
7:00 PM	1,700 Yards - Stress Value = 52

Workout #28804 - Tuesday, 20 September 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	F
=====	=====	=====
	1 on 12:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-#1 Shooter	F
2,250	30 x 75 on 1:05 1000 Free Pace	F
	1 on 5:00 Video Evaluations 1+/1-	F
400	2x{1 x 25 on :30 Freestyle 12 KOW {1 x 25 on :40 Freestyle 14 KOW {1 x 25 on :50 Freestyle 16 KOW {1 x 25 on 1:00 Freestyle 18 KOW { HOLD BREATH 2(MIN) STROKES { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!! { Round 2 KOW same as round 1 { 1-4 breaths, 2-3 breaths, { 3 2 breaths, 4-1 breath {1 x 100 on 3:00 Sculling drills-end of 2nd F { round only.	F
6:46 AM	2,875 Yards - Stress Value = 254	

Workout #28805 - Tuesday, 20 September 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Spotlight>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,400	28 x 50 on :55 200 Breast Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 11:00 Racing Skills-UW Racing	SP3
1,250	25 x 50 on :50 200 Fly Pace	SP2
5:45 PM	3,625 Yards - Stress Value = 349	

Workout #28816 - Tuesday, 20 September 2022

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
375	15 x 25 on :35 USRPT-100 Breast Pace
300	1x{2 x 75 on 1:35 Breast Kick w/board {1 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 8:00 Racing Skills-Breast Finishes
7:00 PM	2,175 Yards - Stress Value = 69

Workout #28821 - Tuesday, 20 September 2022

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
225	9 x 25 on 1:00 USRPT-100 Breast Pace
150	1x{1 x 50 on 2:00 Breast Kick w/board {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
550	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 {2 x 50 on 1:45 Breast 2X pullouts start wal 1 on 8:00 Racing Skills-Breast Finishes
6:59 PM	1,375 Yards - Stress Value = 42

Workout #28817 - Tuesday, 20 September 2022

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
325	13 x 25 on :40 USRPT-100 Breast Pace
275	1x{2 x 75 on 1:45 Breast Kick w/board {1 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
900	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 125 on 2:40 Breast 2X pullouts start wal 1 on 8:00 Racing Skills-Breast Finishes
7:00 PM	2,050 Yards - Stress Value = 61

Workout #28818 - Tuesday, 20 September 2022

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
300	12 x 25 on :45 USRPT-100 Breast Pace
250	1x{1 x 50 on 1:15 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
850	1x{1 x 250 on 5:50 Breast 2X pullouts start wal 2 x 200 on 4:40 Breast 2X pullouts start wal 2 x 100 on 2:20 Breast 2X pullouts start wal
	1 on 8:00 Racing Skills-Breast Finishes
	7:00 PM 1,900 Yards - Stress Value = 58

Workout #28820 - Tuesday, 20 September 2022

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
250	10 x 25 on :50 USRPT-100 Breast Pace
225	1x{2 x 50 on 1:30 Breast Kick w/board 1 x 125 on 3:45 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
650	1x{1 x 200 on 6:00 Breast 2X pullouts start wal 2 x 150 on 4:30 Breast 2X pullouts start wal 1 x 100 on 3:00 Breast 2X pullouts start wal 1 x 50 on 1:00 Breast 2X pullouts start wall
	1 on 8:00 Racing Skills-Breast Finishes
	7:00 PM 1,575 Yards - Stress Value = 48

Workout #28819 - Tuesday, 20 September 2022

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
300	12 x 25 on :45 USRPT-100 Breast Pace
250	1x{1 x 50 on 1:20 Breast Kick w/board 2 x 100 on 2:40 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 6:15 Breast 2X pullouts start wal 2 x 200 on 5:00 Breast 2X pullouts start wal 2 x 75 on 1:50 Breast 2X pullouts start wall
	1 on 8:00 Racing Skills-Breast Finishes
	7:00 PM 1,850 Yards - Stress Value = 57

Workout #28806 - Wednesday, 21 September 2022

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	SF
1,500	30 x 50 on :50 200 Back Pace	SF

1	on 5:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Breast Pace	SF
75	5 x 15 on 2:00 DW UWR OTB	RE
1,500	30 x 50 on :50 200 Free Pace	SF
	5:46 PM 4,050 Yards - Stress Value = 384	

Workout #28827 - Wednesday, 21 September 2022

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 2-20, 1-21, 1-22
150	10 x 15 on :45 Racing Skills-Crossover Turns
250	10 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
600	3x{1 x 100 on 3:00 Individual Medley 1 x 50 on 1:30 Freestyle 1 x 50 on 2:00 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 1,750 Yards - Stress Value = 47

Workout #28822 - Wednesday, 21 September 2022

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1	on 25:00 DS/Dryland
200	8 x 25 on :30 Wednesday Warm-up 2-13, 4-14, 2-15
150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 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
1,000	5x{1 x 100 on 1:30 Individual Medley 1 x 50 on :45 Freestyle 1 x 50 on 1:00 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,575 Yards - Stress Value = 70

Workout #28823 - Wednesday, 21 September 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :35 Wednesday Warm-up 2-14, 3-15, 2-16
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 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 don't do the last 50
1,000	5x{1 x 100 on 1:40 Individual Medley {1 x 50 on :50 Freestyle {1 x 50 on 1:05 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:01 PM 2,425 Yards - Stress Value = 63

Workout #28824 - Wednesday, 21 September 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
125	5 x 25 on :40 Wednesday Warm-up 1-15, 2-16, 2-17
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 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 only do the IM
1,000	5x{1 x 100 on 1:50 Individual Medley {1 x 50 on :55 Freestyle {1 x 50 on 1:10 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:03 PM 2,400 Yards - Stress Value = 63

Workout #28826 - Wednesday, 21 September 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
125	5 x 25 on :45 Wednesday Warm-up 1-20, 2-21, 2-22
150	10 x 15 on :45 Racing Skills-Crossover Turns
250	10 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 only do the IM
800	4x{1 x 100 on 2:30 Individual Medley {1 x 50 on 1:15 Freestyle {1 x 50 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:04 PM 2,025 Yards - Stress Value = 51

Workout #28825 - Wednesday, 21 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
125	5 x 25 on :45 Wednesday Warm-up 1-16, 2-17, 2-18
150	10 x 15 on :45 Racing Skills-Crossover Turns
275	11 x 25 on :40 USRPT Your #1
500	1x{4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 2:40 Breast Kick w/board {2 x 25 on :45 Kick no board BS {1 x 50 on 1:10 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
	.
	On the last round only do the IM
800	4x{1 x 100 on 2:00 Individual Medley {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,150 Yards - Stress Value = 56

Workout #28807 - Thursday, 22 September 2022

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
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-	SP2 REC SP2 REC SP2 REC
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 Count strokes, #2 L.4 #3 L.5, { #5 L.7, #6 L.8, #7 L.9, #8 L.10 { #9 and #10 All Straight Arm {1 on 1:00 Rest	SP2 REC
	6:45 AM 1,975 Yards - Stress Value = 184	

Workout #28808 - Thursday, 22 September 2022

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 :30 200 Fly Pace 1 on 8:00 Video Evaluations 2-	SP2 REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 14:00 Racing Skills-Tic Tac Toe Relay	EN2
1,500	30 x 50 on :55 200 Breast Pace	SP2
	5:45 PM 3,225 Yards - Stress Value = 309	

Workout #28833 - Thursday, 22 September 2022

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
	1 on 15:00 Teach Day Freestyle
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 Free Pace
350	7 x 50 on 1:45 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
	7:01 PM 1,050 Yards - Stress Value = 38

Workout #28828 - Thursday, 22 September 2022

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
	1 on 15:00 Teach Day Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT 100 Free Pace
600	12 x 50 on 1:00 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
	7:01 PM 1,525 Yards - Stress Value = 56

Workout #28829 - Thursday, 22 September 2022

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 #1 fast turn, #2 no board, #3 FAST
	1 on 15:00 Teach Day Freestyle
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	11 x 50 on 1:05 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
	7:00 PM 1,425 Yards - Stress Value = 49

Workout #28830 - Thursday, 22 September 2022

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
	1 on 15:00 Teach Day Freestyle
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
500	10 x 50 on 1:10 Free Kick #1 fast turn, #2 no board, #3 FAST

1 on 10:00 Racing Skills-Starts
7:00 PM 1,325 Yards - Stress Value = 48

Workout #28832 - Thursday, 22 September 2022

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 15:00 Teach Day Freestyle
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 Free Pace
400	8 x 50 on 1:30 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
	7:01 PM 1,150 Yards - Stress Value = 44

Workout #28831 - Thursday, 22 September 2022

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 15:00 Teach Day Freestyle
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 Free Pace
450	9 x 50 on 1:20 Free Kick #1 fast turn, #2 no board, #3 FAST
	1 on 10:00 Racing Skills-Starts
	7:01 PM 1,250 Yards - Stress Value = 45

Workout #28809 - Friday, 23 September 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	RF
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	30 x 20 on :25 100 Back Pace*	SE
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RF
600	30 x 20 on :25 100 Fly Pace*	SE
	1 on 6:00 Foam Roll/Rllr Stick/Lacrss Ball	RF
600	30 x 20 on :25 100 Free Pace*	SE
	5:15 PM 2,025 Yards - Stress Value = 189	

Workout #28830 - Thursday, 22 September 2022

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
	1 on 15:00 Teach Day Freestyle
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
500	10 x 50 on 1:10 Free Kick #1 fast turn, #2 no board, #3 FAST

Workout #28834 - Friday, 23 September 2022

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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-Back Shooters
100	30 x 25 on :30 USRPT-100 Back Pace
1,375	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #28839 - Friday, 23 September 2022

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-Back Shooters
100	15 x 25 on 1:00 USRPT-100 Back Pace
700	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #28835 - Friday, 23 September 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Back Shooters
100	25 x 25 on :35 USRPT-100 Back Pace
1,425	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #28836 - Friday, 23 September 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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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 #28838 - Friday, 23 September 2022

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 #28837 - Friday, 23 September 2022

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 #28840 - Monday, 26 September 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	F
	Noodle Day	£
1,000	20 x 50 on :55 200 Breast Pace*	£
	1 on 8:00 Video Evaluations 1+/1-	F
1,000	20 x 50 on :50 200 Back Pace*	£
	1 on 8:00 Ankle Mobility	F
750	30 x 25 on :30 100 Fly Pace*	£
300	1x{ 8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
750	30 x 25 on :30 100 Free Pace*	£
5:58 PM	4,025 Yards - Stress Value = 365	

Workout #28853 - Monday, 26 September 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	F
500	20 x 25 on :45 USRPT-Free	F
300	1x{ #1 Fast Turn, #2 no board	F
	{2 x 100 on 3:15 Kick	F
	{2 x 50 on 1:10 Kick	F
100	4 x 25 on 1:00 Odds face in sculling drills	F
	Evns-underwaters, count kicks	F
550	1x{ HB 2 SOW-L.25 of each 7KOW	F
	{3 x 75 on 2:25 Freestyle	F
	{3 x 75 on 2:30 Freestyle	F
	{2 x 50 on 1:50 Freestyle	F
	1 on 10:00 Killer Relays	E
200	1 x 200 on 4:00 Stroke Drills	£
7:15 PM	2,000 Yards - Stress Value = 72	

Workout #28848 - Monday, 26 September 2022

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	F
750	30 x 25 on :30 USRPT-Free	F
450	1x{ #1 Fast Turn, #2 no board , -Repeat	F
	{2 x 100 on 2:00 Kick	F
	{2 x 100 on 1:55 Kick	F
	{1 x 50 on :55 Kick	F
100	4 x 25 on 1:00 Odds face in sculling drills	F
	Evns-underwaters, count kicks	F
1,350	1x{ HB 2 SOW-L.25 of each 7KOW	F
	{3 x 125 on 1:40 Freestyle	F
	{3 x 125 on 1:45 Freestyle	F
	{3 x 125 on 1:50 Freestyle	F
	{3 x 75 on 1:05 Freestyle	F
	1 on 10:00 Killer Relays	E
200	1 x 200 on 4:00 Stroke Drills	£
7:15 PM	3,300 Yards - Stress Value = 118	

Workout #28849 - Monday, 26 September 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	F
750	30 x 25 on :30 USRPT-Free	F
400	1x{ #1 Fast Turn, #2 no board Repeat	F
	{2 x 100 on 2:10 Kick	F
	{2 x 100 on 2:05 Kick	F
100	4 x 25 on 1:00 Odds face in sculling drills	F
	Evns-underwaters, count kicks	F
1,200	1x{ HB 2 SOW-L.25 of each 7KOW	F
	{3 x 125 on 1:50 Freestyle	F
	{3 x 125 on 1:55 Freestyle	F
	{3 x 125 on 2:00 Freestyle	F
	{1 x 75 on 1:15 Freestyle	E
	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 #28850 - Monday, 26 September 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	F
625	25 x 25 on :35 USRPT-Free	F
400	1x{ #1 Fast Turn, #2 no board	F
	{2 x 100 on 2:20 Kick	F
	{2 x 75 on 1:40 Kick	F
	{1 x 50 on :55 Kick-FAST	F
100	4 x 25 on 1:00 Odds face in sculling drills	F
	Evns-underwaters, count kicks	F
1,050	1x{ HB 2 SOW-L.25 of each 7KOW	F
	{3 x 125 on 2:05 Freestyle	F
	{3 x 125 on 2:10 Freestyle	F
	{3 x 100 on 1:50 Freestyle	F
	1 on 10:00 Killer Relays	E
200	1 x 200 on 4:00 Stroke Drills	£
7:15 PM	2,775 Yards - Stress Value = 98	

Workout #28852 - Monday, 26 September 2022

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 #28851 - Monday, 26 September 2022

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 #28841 - Tuesday, 27 September 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-#1 Shooter
 2,600 26 x 100 on 1:25 1650 Free Pace
 Make 1 subtract 1
 1 on 5:00 Video Evals-if time permits
 400 2x{ 1 x 25 on :30 Freestyle 12 KOW
 { 1 x 25 on :40 Freestyle 14 KOW
 { 1 x 25 on :50 Freestyle 16 KOW
 { 1 x 25 on 1:00 Freestyle 18 KOW
 { HOLD BREATH 2(MIN) STROKES
 { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!
 { Round 2 KOW same as round 1
 { 1-4 breaths, 2-3 breaths,
 { 3 2 breasths, 4-1 breath
 { 1 x 100 on 3:00 Sculling drills-end of 2nd F
 { round only.
 6:50 AM 3,225 Yards - Stress Value = 289

Workout #28842 - Tuesday, 27 September 2022

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-Back Shooters
 1,000 20 x 50 on :50 200 Free Pace*
 1 on 8:00 Video Evaluations 1+/1-
 1,000 20 x 50 on :50 200 Fly Pace*
 1 on 8:00 Hip Mobility
 750 30 x 25 on :30 100 Back Pace*
 1 on 14:00 Racing Skills-UW Racing
 750 30 x 25 on :30 100 Breast Pace*
 6:00 PM 3,725 Yards - Stress Value = 359

Workout #28859 - Tuesday, 27 September 2022

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
 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 lupdown+1 to 3 down
 { 2 x 75 on 2:35 Fly 25R, 25L, 25B
 { 2 x 50 on 2:00 Fly lupdown+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 #28854 - Tuesday, 27 September 2022

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 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 lupdown+1 to 3 down
 { 2 x 75 on 1:25 Fly 25R, 25L, 25B
 { 2 x 50 on :50 Fly lupdown+1 to 3 down
 { 2 x 75 on 1:20 Fly 25R, 25L, 25B
 { 2 x 50 on :55 Fly lupdown+1 to 3 down
 { 2 x 75 on 1:15 Fly 25R, 25L, 25B
 { 3 x 50 on 1:00 Fly lupdown+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 #28855 - Tuesday, 27 September 2022

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
 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 #28856 - Tuesday, 27 September 2022

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
 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 #28858 - Tuesday, 27 September 2022

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-Fly Shooters
 500 20 x 25 on :45 USRPT-100 Fly Pace
 300 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

200 {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
 1 x 200 on 4:00 Stroke Drills
 7:14 PM 2,025 Yards - Stress Value = 74

Workout #28857 - Tuesday, 27 September 2022

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-Fly Shooters
 550 22 x 25 on :40 USRPT-100 Fly Pace
 325 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 #28843 - Wednesday, 28 September 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-#2 Shooter 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
 Set is over at 29:30
 1 on 5:00 Active Recovery in Water REC
 500 2x{10 x 25 on :40 Free Straight Arm Build SP2
 { #1 Count, #2 L./1st 4 #3 L/1st 5
 { #4 L/1st 6 #5 L/1st 7, #6 L/1st
 { #7 L/1st 9, #8 L/1st 10,
 { #9 /#10 All Straight Arm
 {1 on 1:20 Rest REC
 6:46 AM 2,150 Yards - Stress Value = 206

Workout #28844 - Wednesday, 28 September 2022

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
1,000	20 x 50 on :50 200 Back Pace*	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
1,000	20 x 50 on :55 200 Breast Pace*	SE
	1 on 8:00 Thoracic Mobility	RE
750	30 x 25 on :30 100 Free Pace*	SE
75	5 x 15 on 2:00 DW UWR OTB	SE
750	30 x 25 on :30 100 Fly Pace	SE
	5:59 PM 3,800 Yards - Stress Value = 362	

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 #28862 - Wednesday, 28 September 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Yards	Set Description	EC
=====	=====	=====
	1 on 30:00 DS/Dryland	
200	8 x 25 on :35 Wednesday Warm-up	
	2-15, 3-16, 3-17	
150	10 x 15 on :45 Racing Skills-Breast Shooters	
550	22 x 25 on :40 USRPT-100 Breast Pace	
550	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	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
900	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	
200	1 x 200 on 3:00 Stroke Drills	
	7:15 PM 2,650 Yards - Stress Value = 90	

Workout #28864 - Wednesday, 28 September 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Yards	Set Description	EC
=====	=====	=====
	1 on 30:00 DS/Dryland	
120	6 x 20 on :45 Wednesday Warm-up	
	1-20, 2-21, 3-22	
150	10 x 15 on :45 Racing Skills-Breast Shooters	
500	20 x 25 on :45 USRPT-100 Breast Pace	
425	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	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
700	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	
200	1 x 200 on 3:00 Stroke Drills	
	7:14 PM 2,195 Yards - Stress Value = 79	

Workout #28861 - Wednesday, 28 September 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #28863 - Wednesday, 28 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
	8 x 25 on :35 Wednesday Warm-up
	2-16, 3-17, 3-18
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
500	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
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
850	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
200	1 x 200 on 3:00 Stroke Drills
	7:15 PM 2,550 Yards - Stress Value = 88

Workout #28845 - Thursday, 29 September 2022

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 1:05 500 Free Pace	SP2	
	Make 1 subtract 1		
	1 on 8:00 Video Evals	EN1	
	1 on 10:00 Parachute Racing	SP1	
	6:44 AM 2,475 Yards - Stress Value = 234		

Workout #28846 - Thursday, 29 September 2022

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	SE
1,000	40 x 25 on :30 200 Fly Pace*	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
1,000	20 x 50 on :50 200 Free Pace*	SE
	1 on 8:00 Shoulder Mobility	RE
750	30 x 25 on :30 100 Breast Pace*	SE
	1 on 12:00 Tic Tac Toe Relay	EN
750	30 x 25 on :30 100 Back Pace*	SE
	6:01 PM 3,725 Yards - Stress Value = 359	

Workout #28866 - Thursday, 29 September 2022

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
	1 on 20:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	All BLSR's 12.5 yds minimum
600	1x{4 x 25 on :30 Kick no board B
	{3 x 50 on 1:05 Kick no board L/R/S

{4 x 25 on :30 Kick no board B
 {3 x 50 on 1:00 Kick no board L/R/S
 {4 x 25 on :30 Kick no board B
 1 on 12:00 Racing Skills-back starts
 7:15 PM 1,900 Yards - Stress Value = 93

Workout #28871 - Thursday, 29 September 2022

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
	1 on 20:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
	All BLSR's 12.5 yds minimum
300	1x{4 x 25 on 1:00 Kick no board B
	{3 x 50 on 2:00 Kick no board L/R/S
	{2 x 25 on 1:00 Kick no board B
	1 on 12:00 Racing Skills-back starts
	7:15 PM 1,125 Yards - Stress Value = 50

Workout #28867 - Thursday, 29 September 2022

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-Back Shooters
	1 on 20:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	All BLSR's 12.5 yds minimum
550	1x{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:10 Kick no board L/R/S
	{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:05 Kick no board L/R/S
	{2 x 25 on :35 Kick no board BSLR
	1 on 12:00 Racing Skills-back starts
	7:15 PM 1,850 Yards - Stress Value = 92

Workout #28868 - Thursday, 29 September 2022

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-Back Shooters
	1 on 20:00 Teach Day-Backstroke
100	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
	All BLSR's 12.5 yds minimum
500	1x{4 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick no board L/R/S
	{4 x 25 on :40 Kick no board B
	{3 x 50 on 1:10 Kick no board L/R/S
	1 on 12:00 Racing Skills-back starts
	7:15 PM 1,625 Yards - Stress Value = 78

Workout #28870 - Thursday, 29 September 2022

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
100	1 on 20:00 Teach Day-Backstroke
550	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
400	22 x 25 on :40 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
400	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:45 Kick no board L/R/S {4 x 25 on :45 Kick no board B {1 x 50 on 1:45 Kick no board L/R
7:16 PM	1 on 12:00 Racing Skills-back starts 1,400 Yards - Stress Value = 69

Workout #28869 - Thursday, 29 September 2022

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
100	1 on 20:00 Teach Day-Backstroke
625	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
500	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
7:16 PM	1 on 12:00 Racing Skills-back starts 1,625 Yards - Stress Value = 78

Workout #28847 - Friday, 30 September 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
225	1 on 25:00 DS/Spotlight/Showers	RE
500	15 x 15 on :45 Racing Skills-Crossover Turns Goal Set Protocol (5 misses or 3 in a row)	SE
500	25 x 20 on :25 100 Free Pace**	SE
500	1 on 7:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
500	25 x 20 on :30 100 Breast Pace**	SE
500	1 on 7:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
500	25 x 20 on :25 100 Back Pace**	SE
5:14 PM	1,725 Yards - Stress Value = 159	

Workout #28877 - Friday, 30 September 2022

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
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks

800	4x{1 x 100 on 3:00 Individual Medley {1 x 50 on 1:30 Freestyle {1 x 50 on 2:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
6:31 PM	1,825 Yards - Stress Value = 56

Workout #28872 - Friday, 30 September 2022

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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-Crossover Turns
100	30 x 25 on :30 USRPT-your choice
1,600	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	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 #28873 - Friday, 30 September 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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-Crossover Turns
100	30 x 25 on :30 USRPT-your choice
1,400	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	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 #28874 - Friday, 30 September 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Crossover Turns
100	25 x 25 on :35 USRPT-Your Choice
1,200	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
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 #28876 - Friday, 30 September 2022

Group 2 - Bronze

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
500	10 x 15 on :45 Racing Skills-Crossover Turns
100	20 x 25 on :45 USRPT-Your Choice
1,000	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	5x{1 x 100 on 2:20 Individual Medley {1 x 50 on 1:10 Freestyle {1 x 50 on 1:30 Freestyle
6:30 PM	1 x 200 on 3:00 Stroke Drills
	2,150 Yards - Stress Value = 71

Workout #28875 - Friday, 30 September 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Crossover Turns
100	25 x 25 on :35 USRPT-Your Choice
1,200	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	6x{1 x 100 on 1:55 Individual Medley {1 x 50 on 1:00 Freestyle {1 x 50 on 1:15 Freestyle
6:30 PM	1 x 200 on 3:00 Stroke Drills
	2,575 Yards - Stress Value = 86

Workout #28878 - Monday, 03 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 30:00 Spotlight/DS/Showers/Tm Mtg
1,500	15 x 15 on :45 Racing Skills-Free Shooters
1,500	NOODLE DAY
1,500	30 x 50 on :50 200 Back Pace*
1,500	1 on 8:00 Video Evaluations 1+/1-
750	30 x 50 on :50 200 Fly Pace*
300	1 on 5:00 Shoulder Mobility
300	30 x 25 on :30 100 Free Pace
600	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
6:14 PM	30 x 20 on :30 100 Breast Pace
	4,875 Yards - Stress Value = 450

Workout #28890 - Monday, 03 October 2022

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 Underwater trn drill
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 21:00 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
7:14 PM	1 on 10:00 Racing Skills Starts
	1,225 Yards - Stress Value = 52

Workout #28885 - Monday, 03 October 2022

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 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	1 on 21:00 TEACH DAY-Free
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
7:15 PM	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
	2,000 Yards - Stress Value = 95

Workout #28886 - Monday, 03 October 2022

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 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	1 on 21:00 TEACH DAY-Free
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	30 x 25 on :30 USRPT-100 Free Pace
7:15 PM	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
	1,950 Yards - Stress Value = 94

Workout #28887 - Monday, 03 October 2022

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 Underwater trn drill
100	10 x 15 on :45 Racing Skills-Free Shooters
100	1 on 21:00 TEACH DAY-Free
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
7:15 PM	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
	1,725 Yards - Stress Value = 80

Workout #28889 - Monday, 03 October 2022

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
	1 on 21:00 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
7:15 PM	1,450 Yards - Stress Value = 66

150	10 x 15 on :45 Racing Skills-#2 Shooter	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
	Set is over at 29:30	
	1 on 5:00 Active Recovery in Water	REC
500	2x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count, #2 L./1st 4 #3 L/1st 5	
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st	
	{ #7 L/1st 9, #8 L/1st 10,	
	{ #9 /#10 All Straight Arm	
	{1 on 1:20 Rest	REC
6:46 AM	2,150 Yards - Stress Value = 206	

Workout #28881 - Wednesday, 05 October 2022

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 8:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 7:00 Hip Mobility	REC
750	30 x 25 on :30 100 Back Pace	SP2
75	5 x 15 on 2:00 DW UWR OTB	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
6:15 PM	4,800 Yards - Stress Value = 462	

Workout #28891 - Wednesday, 05 October 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Dryland	
200	8 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Racing Skills-Breast Shooters	
625	25 x 25 on :35 USRPT-100 Breast Pace	
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 8:00 Racing Skills-Breast Starts	
7:15 PM	2,675 Yards - Stress Value = 105	

Workout #28879 - Tuesday, 04 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	F
=====	=====	=====
	1 on 12:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-#1 Shooter	F
2,800	28 x 100 on 1:25 1650 Free Pace	F
	Make 1 subtract 1	F
	1 on 5:00 Video Evals-if time permits	F
400	2x{1 x 25 on :30 Freestyle 12 KOW	F
	{1 x 25 on :40 Freestyle 14 KOW	F
	{1 x 25 on :50 Freestyle 16 KOW	F
	{1 x 25 on 1:00 Freestyle 18 KOW	F
	{ HOLD BREATH 2(MIN) STROKES	F
	{ OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!	F
	{ Round 2 KOW same as round 1	F
	{ 1-4 breaths, 2-3 breaths,	F
	{ 3 2 breasths, 4-1 breath	F
	{1 x 100 on 3:00 Sculling drills-end of 2nd F	F
	{ round only.	F
6:53 AM	3,425 Yards - Stress Value = 309	

Workout #28880 - Wednesday, 05 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #28896 - Wednesday, 05 October 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
100	4 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 8:00 Racing Skills-Breast Starts
	7:15 PM 2,100 Yards - Stress Value = 108

Workout #28895 - Wednesday, 05 October 2022

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
125	5 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 8:00 Racing Skills-Breast Starts
	7:15 PM 1,950 Yards - Stress Value = 75

Workout #28892 - Wednesday, 05 October 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
200	8 x 25 on :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 8:00 Racing Skills-Breast Starts
	7:15 PM 2,625 Yards - Stress Value = 105

Workout #28894 - Wednesday, 05 October 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
150	6 x 25 on :35 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 8:00 Racing Skills-Breast Starts
	7:15 PM 2,250 Yards - Stress Value = 89

Workout #28893 - Wednesday, 05 October 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
150	6 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 8:00 Racing Skills-Breast Starts
	7:15 PM 2,350 Yards - Stress Value = 94

Workout #28882 - Thursday, 06 October 2022

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-Your Choice Shooter
2,250	30 x 75 on 1:05 500 Free Pace
	Make 1 subtract 1
	1 on 8:00 Video Evals
	1 on 10:00 Parachute Racing
	6:44 AM 2,475 Yards - Stress Value = 234

Workout #28883 - Thursday, 06 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 Spotlight/DS/Shower	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 10:00 Tic Tac Toe Relay	EN
1,000	40 x 25 on :30 200 Back Pace	SE
	1 on 7:00 Thoaracic Mobility	RF
1,000	40 x 25 on :30 200 Breast Pace	SE
	1 on 12:00 Racing Skills-UW Racing	EN
800	40 x 20 on :30 200 Back Pace	SE
6:15 PM	4,025 Yards - Stress Value = 389	

	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	
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 12:00 Racing Skills-Fly Starts	
7:15 PM	2,975 Yards - Stress Value = 54	

Workout #28902 - Thursday, 06 October 2022

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
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 12:00 Racing Skills-Fly Starts
7:16 PM	1,825 Yards - Stress Value = 34

Workout #28899 - Thursday, 06 October 2022

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
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 12:00 Racing Skills-Fly Starts
7:15 PM	2,650 Yards - Stress Value = 49

Workout #28897 - Thursday, 06 October 2022

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
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 12:00 Racing Skills-Fly Starts
7:15 PM	3,300 Yards - Stress Value = 61

Workout #28907 - Thursday, 06 October 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 40:00 DS/Dryland	F
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Back Shooters	S
1,200	1x{1 x 100 on 2:15 Backstroke 3KOW+1	E
	{3 x 50 on 1:20 Back descend-min 5KOW	E
	{2 x 100 on 2:20 Backstroke 3KOW+1	E
	{3 x 50 on 1:20 Back descend-min 5KOW	E
	{3 x 100 on 2:25 Backstroke 3KOW+1	E
	{4 x 50 on 1:20 Back descend-min 5KOW	E
	{1 x 100 on 2:30 Backstroke 3KOW+1	E
200	1 x 200 on 4:00 Stroke Drills	F
6:30 PM	1,750 Yards - Stress Value = 30	

Workout #28898 - Thursday, 06 October 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #28901 - Thursday, 06 October 2022

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
500	10 x 15 on :45 Racing Skills-Fly Shooters
100	20 x 25 on :45 USRPT 100 Fly Pace
1,200	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 12:00 Racing Skills-Fly Starts
7:15 PM	2,150 Yards - Stress Value = 40

Workout #28906 - Thursday, 06 October 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 40:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
1,450	10 x 15 on :45 Racing Skills-Back Shooters
	1x{1 x 100 on 1:50 Backstroke 3KOW+1
	{3 x 50 on 1:05 Back descend-min 5KOW
	{2 x 100 on 1:55 Backstroke 3KOW+1
	{3 x 50 on 1:05 Back descend-min 5KOW
	{3 x 100 on 2:00 Backstroke 3KOW+1
	{3 x 50 on 1:05 Back descend-min 5KOW
	{4 x 100 on 2:00 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	2,000 Yards - Stress Value = 35

Workout #28900 - Thursday, 06 October 2022

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
550	10 x 15 on :45 Racing Skills-Fly Shooters
100	22 x 25 on :40 USRPT 100 Fly Pace
1,400	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 12:00 Racing Skills-Fly Starts
7:15 PM	2,450 Yards - Stress Value = 45

Workout #28884 - Friday, 07 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

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

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 :25 100 Fly Pace*	SE
	1 on 7:00 Shoulder Mobility	RE
600	30 x 20 on :25 100 Free Pace*	SE
	1 on 6:00 Thoracic Mobility	RE
600	30 x 20 on :30 100 Breast Pace*	SE
	1 on 6:00 Hip Mobility	RE
	7:00 AM 2,025 Yards - Stress Value = 189	

Workout #28903 - Friday, 07 October 2022

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
1,900	1x{1 x 100 on 1:20 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{2 x 100 on 1:25 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{3 x 100 on 1:30 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{4 x 100 on 1:35 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{3 x 100 on 1:40 Back descend-min 5KOW
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	2,550 Yards - Stress Value = 44

Workout #28908 - Friday, 07 October 2022

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Back Shooters
950	1x{1 x 100 on 2:50 Backstroke 3KOW+1
	{3 x 50 on 1:40 Back descend-min 5KOW
	{2 x 100 on 2:55 Backstroke 3KOW+1
	{3 x 50 on 1:40 Back descend-min 5KOW
	{3 x 100 on 3:00 Backstroke 3KOW+1
	{1 x 50 on 1:40 Back descend-min 5KOW
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	1,500 Yards - Stress Value = 25

Workout #28904 - Friday, 07 October 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 40:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
100	10 x 15 on :45 Racing Skills-Back Shooters
1,450	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 1 x 100 on 1:30 Backstroke 3KOW+1 3 x 50 on :55 Back descend-min 5KOW 2 x 100 on 1:35 Backstroke 3KOW+1 3 x 50 on :55 Back descend-min 5KOW 3 x 100 on 1:40 Backstroke 3KOW+1 3 x 50 on :55 Back descend-min 5KOW 4 x 100 on 1:45 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
6:30 PM 2,200 Yards - Stress Value = 35	

1	on 25:00 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
800	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 x 100 on 3:30 Individual Medley 4 x 25 on 2:00 Free-6bk-SA Finishes 1 on 10:00 Game
7:15 PM 1,750 Yards - Stress Value = 72	

Workout #28905 - Friday, 07 October 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 40:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
1,550	1x{10 x 15 on :45 Racing Skills-Back Shooters 1 x 100 on 1:40 Backstroke 3KOW+1 3 x 50 on 1:00 Back descend-min 5KOW 2 x 100 on 1:45 Backstroke 3KOW+1 3 x 50 on 1:00 Back descend-min 5KOW 3 x 100 on 1:50 Backstroke 3KOW+1 3 x 50 on 1:00 Back descend-min 5KOW 4 x 100 on 1:55 Backstroke 3KOW+1 2 x 50 on 1:00 Back descend-min 5KOW
200	1 x 200 on 4:00 Stroke Drills
6:30 PM 2,150 Yards - Stress Value = 37	

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-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
2,100	1x{1 x 200 on 3:10 Individual Medley 5 x 25 on :30 Fly lup2down 2 x 200 on 3:05 Individual Medley 5 x 25 on :30 Back 5KOW+1 3 x 200 on 3:00 Individual Medley 5 x 25 on :30 Breast 2K1P 2 x 200 on 2:55 Individual Medley 5 x 25 on :30 Free-6bk-SA Finishes 1 on 10:00 Game
7:15 PM 3,400 Yards - Stress Value = 121	

Workout #28918 - Monday, 10 October 2022

Group 2 - Gold

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 25:00 Spotlight/DS/Showers
750	15 x 15 on :45 Racing Skills-Free Shooters
1,500	30 x 25 on :30 100 Free Pace
1,500	1 on 8:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Fly Pace
1,500	1 on 8:00 Ankle Mobility
300	1x{30 x 50 on :50 200 Back Pace 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
600	30 x 20 on :30 100 Breast Pace
6:12 PM 4,875 Yards - Stress Value = 450	

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-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
1,925	1x{1 x 200 on 3:20 Individual Medley 5 x 25 on :35 Fly lup2down 2 x 200 on 3:15 Individual Medley 5 x 25 on :35 Back 5KOW+1 3 x 200 on 3:10 Individual Medley 5 x 25 on :35 Breast 2K1P 1 x 200 on 3:05 Individual Medley 6 x 25 on :30 Free-6bk-SA Finishes 1 on 10:00 Game
7:15 PM 3,100 Yards - Stress Value = 105	

Workout #28922 - Monday, 10 October 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Workout #28919 - Monday, 10 October 2022

1 minute rest between sets

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-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
 1,800 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {2 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {3 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 200 on 3:25 Individual Medley
 {4 x 25 on :30 Free-6bk-SA Finishes
 1 on 10:00 Game
 7:15 PM 2,925 Yards - Stress Value = 104

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers F
 225 15 x 15 on :45 Racing Skills-#1 Shooter S
 3,000 30 x 100 on 1:25 1650 Free Pace S
 Make 1 subtract 1
 1 on 5:00 Video Evals-if time permits F
 400 2x{1 x 25 on :30 Freestyle 12 KOW S
 {1 x 25 on :40 Freestyle 14 KOW S
 {1 x 25 on :50 Freestyle 16 KOW S
 {1 x 25 on 1:00 Freestyle 18 KOW S
 { HOLD BREATH 2(MIN) STROKES
 { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!
 { Round 2 KOW same as round 1
 { 1-4 breaths, 2-3 breaths,
 { 3 2 breaths, 4-1 breath
 {1 x 100 on 3:00 Sculling drills-end of 2nd F
 { round only.
 6:59 AM 3,625 Yards - Stress Value = 329

Workout #28911 - Tuesday, 11 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 PM Start
 Meters 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-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
 1,200 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
 {2 x 100 on 2:45 Individual Medley
 {4 x 25 on :35 Free-6bk-SA Finishes
 1 on 10:00 Game
 7:15 PM 2,150 Meters - Stress Value = 87

3:45 PM Start
 Yards Set Description
 =====
 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
 1,500 1 on 9:00 Video Evaluations 1+/1- REC
 30 x 50 on :55 200 Breast Pace SP2
 1,500 1 on 9:00 Hip Mobility REC
 30 x 50 on :50 200 Free Pace SP2
 1 on 10:00 Racing Skills-Tic Tac Toe Relay EN2
 600 30 x 20 on :25 100 Fly Pace SP2
 6:15 PM 4,575 Yards - Stress Value = 444

Workout #28923 - Tuesday, 11 October 2022

Group 2 - Back

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-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
 1,650 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {2 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {2 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 200 on 3:40 Individual Medley
 {6 x 25 on :40 Free-6bk-SA Finishes
 1 on 10:00 Game
 7:15 PM 2,700 Yards - Stress Value = 94

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
 1 on 20:00 TEACH DAY-Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 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
 7:15 PM 2,000 Yards - Stress Value = 95

Workout #28910 - Tuesday, 11 October 2022

Group 3 - USRPT

Workout #28928 - Tuesday, 11 October 2022

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
	1 on 20:00 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
	7:14 PM 1,175 Yards - Stress Value = 51

Workout #28924 - Tuesday, 11 October 2022

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
	1 on 20:00 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
	7:14 PM 1,775 Yards - Stress Value = 80

Workout #28925 - Tuesday, 11 October 2022

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-Back Shooters
	1 on 20:00 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
	7:14 PM 1,600 Yards - Stress Value = 72

Workout #28927 - Tuesday, 11 October 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 TEACH DAY-Back

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
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
	7:14 PM 1,450 Yards - Stress Value = 65

Workout #28926 - Tuesday, 11 October 2022

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-Back Shooters
	1 on 20:00 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
	7:14 PM 1,550 Yards - Stress Value = 71

Workout #28912 - Wednesday, 12 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooter	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
	Set is over at 29:30	
	1 on 5:00 Active Recovery in Water	REC
500	2x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count, #2 L./1st 4 #3 L/1st 5	
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st	
	{ #7 L/1st 9, #8 L/1st 10,	
	{ #9 /#10 All Straight Arm	
	{ 1 on 1:20 Rest	REC
	6:46 AM 2,150 Yards - Stress Value = 206	

Workout #28913 - Wednesday, 12 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EG
=====	=====	==
	1 on 25:00 DS/Spotlight/Showers	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
750	30 x 25 on :30 100 Breast Pace	SF
	1 on 8:00 Video Evaluations 1+/1-	RF
1,500	30 x 50 on :50 200 Back Pace	SF
	1 on 10:00 Shoulder Mobility	RF
1,000	40 x 25 on :30 200 Fly Pace	SF
105	7 x 15 on 2:00 DW UWR OTB	SF
600	30 x 20 on :25 100 Free Pace	SF
	6:12 PM 4,180 Yards - Stress Value = 398	

Workout #28934 - Wednesday, 12 October 2022

7:15 PM 2,875 Yards - Stress Value = 57

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
825	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 100 on 3:30 Fly Kick w/board
	{ 2 x 75 on 2:35 Fly Kick w/out board
	{ 1 x 25 on :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 4:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,000 Yards - Stress Value = 42

Workout #28929 - Wednesday, 12 October 2022

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
1,475	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
	{ 1 x 225 on 4:25 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
	7:15 PM 3,125 Yards - Stress Value = 54

Workout #28930 - Wednesday, 12 October 2022

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
625	25 x 25 on :35 USRPT 100 Fly Pace
1,350	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
	{ 1 x 100 on 2:10 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

Workout #28931 - Wednesday, 12 October 2022

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
625	25 x 25 on :35 USRPT 100 Fly Pace
1,250	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 4:30 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
	7:15 PM 2,725 Yards - Stress Value = 53

Workout #28933 - Wednesday, 12 October 2022

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
450	18 x 25 on :50 USRPT 100 Fly Pace
950	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 125 on 3:45 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
	7:15 PM 2,200 Yards - Stress Value = 46

Workout #28932 - Wednesday, 12 October 2022

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-Fly Shooters
550	22 x 25 on :40 USRPT 100 Fly Pace
1,150	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 100 on 2:25 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
	7:15 PM 2,550 Yards - Stress Value = 52

Workout #28914 - Thursday, 13 October 2022

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-Your ChoiceShooter
2,250	30 x 75 on 1:05 500 Free Pace Make 1 subtract 1
	1 on 8:00 Video Evals
	1 on 10:00 Parachute Racing
	6:44 AM 2,475 Yards - Stress Value = 234

Workout #28915 - Thursday, 13 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY W
=====	=====	=====
	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 Fly Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 7:00 Thoracic Mobility	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 12:00 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 #28935 - Thursday, 13 October 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
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
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,525 Yards - Stress Value = 116

Workout #28940 - Thursday, 13 October 2022

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-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
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 1,725 Yards - Stress Value = 84

Workout #28936 - Thursday, 13 October 2022

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-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
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,425 Yards - Stress Value = 114

Workout #28937 - Thursday, 13 October 2022

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
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
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,200 Yards - Stress Value = 106

Workout #28939 - Thursday, 13 October 2022

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
500	10 x 15 on :45 Racing Skills-Breast Shooters
650	20 x 25 on :45 USRPT-100 Breast Pace
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
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,000 Yards - Stress Value = 99

Workout #28938 - Thursday, 13 October 2022

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
550	10 x 15 on :45 Racing Skills-Breast Shooters
750	22 x 25 on :40 USRPT-100 Breast Pace
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
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,200 Yards - Stress Value = 106

Workout #28916 - Friday, 14 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
225	1 on 16:00 DS/Showers	RE
	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 :25 100 Back Pace*	SE
	1 on 10:00 Foam Rollers/Rollers/LC Balls	RE
600	30 x 20 on :25 100 Fly Pace*	SE
	1 on 10:00 Foam Rollers/Rollers/LC Balls	RE
600	30 x 20 on :25 100 Free Pace*	SE
	5:15 PM 2,025 Yards - Stress Value = 189	

Workout #28946 - Friday, 14 October 2022

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 20:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
500	10 x 15 on :45 Racing Skills-Free Shooters
150	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
900	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
	{ 3 x 50 on 1:30 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 2,100 Yards - Stress Value = 74

Workout #28941 - Friday, 14 October 2022

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 20:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
750	10 x 15 on :45 Racing Skills-Free Shooters
100	30 x 25 on :30 USRPT 100 Free Pace
2,000	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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
	{ 4 x 50 on :45 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,500 Yards - Stress Value = 121

Workout #28942 - Friday, 14 October 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 20:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
750	10 x 15 on :45 Racing Skills-Free Shooters
150	30 x 25 on :30 USRPT 100 Free Pace
1,650	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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
	{ 3 x 50 on :50 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,200 Yards - Stress Value = 114

Workout #28943 - Friday, 14 October 2022

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 20:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Free Shooters
150	25 x 25 on :35 USRPT 100 Free Pace
1,550	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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
	{ 3 x 50 on :55 Free-descend to 5s obt
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,925 Yards - Stress Value = 99

Workout #28945 - Friday, 14 October 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 20:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
500	10 x 15 on :45 Racing Skills-Back Shooters
150	20 x 25 on :45 USRPT 100 Free Pace
1,200	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	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 { 2 x 100 on 2:05 Freestyle
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	2,400 Yards - Stress Value = 80

Yards	Set Description
225	1 on 25:00 Spotlight/DS/Showers
750	15 x 15 on :45 Racing Skills-Free Shooters
1,500	30 x 25 on :30 100 Free Pace
1,500	1 on 8:00 Video Evaluations 1+/1-
300	30 x 50 on :50 200 Fly Pace
1,500	1 on 10:00 Ankle Mobility
300	30 x 50 on :50 200 Back Pace
600	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 30 x 20 on :30 100 Breast Pace
6:14 PM	4,875 Yards - Stress Value = 450

Workout #28952 - Monday, 17 October 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 20:00 DS/Dryland
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
625	10 x 15 on :45 Racing Skills-Free Shooters
100	25 x 25 on :35 USRPT 100 Free Pace
2,000	1x{6 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
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	2,775 Yards - Stress Value = 96

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
100	25 x 25 on :35 USRPT-100 Breast Pace
2,000	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	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 #28947 - Monday, 17 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
225	1 on 15:00 DS/Showers
3,200	15 x 15 on :45 Racing Skills-#1 Shooter
400	32 x 100 on 1:25 1650 Free Pace Make 1 subtract 1
400	2x{1 x 25 on :30 Freestyle 12 KOW { 1 x 25 on :40 Freestyle 14 KOW { 1 x 25 on :50 Freestyle 16 KOW { 1 x 25 on 1:00 Freestyle 18 KOW { HOLD BREATH 2(MIN) STROKES { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!! { Round 2 KOW same as round 1 { 1-4 breaths, 2-3 breaths, { 3 2 breaths, 4-1 breath { 1 x 100 on 3:00 Sculling drills-end of 2nd F { round only.
7:02 AM	3,825 Yards - Stress Value = 349

Workout #28957 - Monday, 17 October 2022

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
750	10 x 15 on :45 Racing Skills-Breast Shooters
100	15 x 50 on 1:00 USRPT-100 Breast Pace
1,000	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	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 #28948 - Monday, 17 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description

Workout #28953 - Monday, 17 October 2022

7:29 PM 2,350 Yards - Stress Value = 80

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
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 #28955 - Monday, 17 October 2022

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 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {3 x 100 on 2:20 Breast L.25 2k1p {2 x 125 on 2:55 Breast L.25 2k1p {3 x 100 on 2:20 Breast L.25 2k1p {2 x 75 on 1:45 Breast L.25 2k1p {1 x 50 on 1:10 Breast L.25 2k1p {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 #28954 - Monday, 17 October 2022

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 2k1p {2 x 75 on 1:35 Breast L.25 2k1p {3 x 100 on 2:10 Breast L.25 2k1p {4 x 125 on 2:45 Breast L.25 2k1p {3 x 100 on 2:10 Breast L.25 2k1p {2 x 75 on 1:35 Breast L.25 2k1p {1 x 50 on :10 Breast L.25 2k1p {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 #28949 - Tuesday, 18 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooter	SP3
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace Set is over at 29:30	SP2 REC SP2 REC SP2
	1 on 5:00 Active Recovery in Water	REC
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L./1st 4 #3 L/1st 5 { #4 L/1st 6 #5 L/1st 7, #6 L/1st { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm {1 on 1:20 Rest	SP2 REC
6:46 AM	2,150 Yards - Stress Value = 206	

Workout #28956 - Monday, 17 October 2022

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 2k1p {2 x 75 on 2:15 Breast L.25 2k1p {3 x 100 on 3:00 Breast L.25 2k1p {3 x 100 on 2:55 Breast L.25 2k1p {2 x 75 on 2:10 Breast L.25 2k1p {1 x 50 on 1:25 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

Workout #28950 - Tuesday, 18 October 2022

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-Tic Tac Toe Relay	EN2
600	30 x 20 on :25 100 Fly Pace	SP2
6:13 PM	4,575 Yards - Stress Value = 444	

Workout #28963 - Tuesday, 18 October 2022

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

{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 #28960 - Tuesday, 18 October 2022

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 #28958 - Tuesday, 18 October 2022

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 #28962 - Tuesday, 18 October 2022

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 #28959 - Tuesday, 18 October 2022

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

Workout #28961 - Tuesday, 18 October 2022

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 #28951 - Wednesday, 19 October 2022

Group 3 - USRPT
1 minute rest between sets

3:30 PM Start
 Yards Set Description EC
 =====
 1 on 15:00 DS/Shower RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,000 40 x 25 on :30 200 Breast Pace SF
 1 on 8:00 Video Evaluations 1+/1- RE
 1,000 40 x 25 on :30 200 Free Pace SF
 1 on 8:00 Thoaracic Mobility RE
 1,000 40 x 25 on :30 200 Fly Pace SF
 1 on 10:00 Racing Skills-UW Racing EN
 1,000 40 x 25 on :30 200 Back Pace SF
 90 6 x 15 on 2:00 DW UWR OTB EN
 6:00 PM 4,315 Yards - Stress Value = 411

Workout #28964 - Wednesday, 19 October 2022

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 #28969 - Wednesday, 19 October 2022

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 #28965 - Wednesday, 19 October 2022

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 #28966 - Wednesday, 19 October 2022

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 #28968 - Wednesday, 19 October 2022

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 #28967 - Wednesday, 19 October 2022

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 #28975 - Thursday, 20 October 2022

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 #28970 - Thursday, 20 October 2022

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 #28971 - Thursday, 20 October 2022

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 #28972 - Thursday, 20 October 2022

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 #28974 - Thursday, 20 October 2022

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
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 #28973 - Thursday, 20 October 2022

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
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 #28981 - Friday, 21 October 2022

Group 2 - Copper

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
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 #28976 - Friday, 21 October 2022

Group 2 - 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
	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 #28977 - Friday, 21 October 2022

Group 2 - Gold

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
100	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 #28978 - Friday, 21 October 2022

Group 2 - Silver

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
100	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 #28980 - Friday, 21 October 2022

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
100	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 #28979 - Friday, 21 October 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
100	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 #28982 - Monday, 24 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
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 Back Pace	S
1,500	1 on 8:00 Video Evaluations 1+/1-	F
	30 x 50 on :55 200 Breast Pace	S
1,500	1 on 8:00 Ankle Mobility	F
800	30 x 50 on :50 200 Free Pace	S
	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
	{1 x 100 on 2:00 Sculling Drill	F
600	30 x 20 on :25 100 Fly Pace	S
6:15 PM 5,375 Yards - Stress Value = 456		

Workout #28995 - Monday, 24 October 2022

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-Fly Shooters
350	15 x 25 on 1:00 USRPT-100 Fly Pace
	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 #28990 - Monday, 24 October 2022

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 #28991 - Monday, 24 October 2022

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 #28992 - Monday, 24 October 2022

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 #28994 - Monday, 24 October 2022

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 #28993 - Monday, 24 October 2022

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 #28983 - Tuesday, 25 October 2022

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-#1 Shooter
 3,400 34 x 100 on 1:25 1650 Free Pace
 Make 1 subtract 1
 1 on 5:00 Video Evals-if time permits
 400 2x{1 x 25 on :30 Freestyle 12 KOW
 {1 x 25 on :40 Freestyle 14 KOW
 {1 x 25 on :50 Freestyle 16 KOW
 {1 x 25 on 1:00 Freestyle 18 KOW
 { HOLD BREATH 2(MIN) STROKES
 { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!
 { Round 2 KOW same as round 1
 { 1-4 breaths, 2-3 breaths,
 { 3 2 breaths, 4-1 breath
 {1 x 100 on 3:00 Sculling drills-end of 2nd F
 { round only.
 7:05 AM 4,025 Yards - Stress Value = 369

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

Workout #28997 - Tuesday, 25 October 2022

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 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
 {2 x 25 on :35 Breast Kick on Back-Streamline
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 88

Workout #28984 - Tuesday, 25 October 2022

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-Back Shooters
 750 30 x 25 on :30 100 Breast Pace
 1 on 10:00 Video Evaluations 1+/1-
 1,500 30 x 50 on :50 200 Back Pace
 1 on 10:00 Hip Mobility
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 15:00 Underwater Racing
 600 30 x 20 on :30 100 Free Pace
 6:11 PM 4,575 Yards - Stress Value = 444

Workout #28998 - Tuesday, 25 October 2022

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 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 #28996 - Tuesday, 25 October 2022

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
 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

Workout #29001 - Tuesday, 25 October 2022

Group 2 - Copper

1 minute rest between sets

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

Workout #29000 - Tuesday, 25 October 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	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-Streamlinr { 1 x 150 on 4:05 Breast Kick w/board { 4 x 25 on 1:00 Breast Kick on Back-Streamlinr { 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 #28999 - Tuesday, 25 October 2022

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

Workout #28985 - Wednesday, 26 October 2022

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	EN2
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 Set is over at 29:30	SP2 REC SP2 REC SP2
	1 on 5:00 In water recovery	REC
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L./1st 4 #3 L/1st 5 { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8 { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm { 1 on 1:20 Rest	SP2 REC

6:50 AM 2,225 Yards - Stress Value = 204

Workout #28986 - Wednesday, 26 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
	1 on 15:00 DS>Showers	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 10:00 Video Evaluations 1+/1-	RE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 10:00 Thoracic Mobility	RF
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 15:00 Tic Toe Relay	EM
600	30 x 20 on :30 100 Back Pace	SE

6:14 PM 4,575 Yards - Stress Value = 444

Workout #29007 - Wednesday, 26 October 2022

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 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 #29002 - Wednesday, 26 October 2022

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 #29003 - Wednesday, 26 October 2022

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 #29005 - Wednesday, 26 October 2022

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 #29004 - Wednesday, 26 October 2022

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 #28987 - Thursday, 27 October 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-Your Choice		SP3
2,400	32 x 75 on 1:10 500 Free Pace		SP2
	Make one subtract one		
	1 on 5:00 Video Evaluations 1+/1-		REC
	1 on 10:00 Parachute Racing		EN1
6:50 AM	2,625 Yards - Stress Value = 249		

Workout #28988 - Thursday, 27 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	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 10:00 Your Choice Recovery		REC
1,000	40 x 25 on :30 200 Fly Pace		SP2
	1 on 10:00 Shoulder Mobility		REC
1,500	30 x 50 on :50 200 Back Pace		SP2
	1 on 10:00 Sculling Drill Relay		REC
600	30 x 20 on :30 100 Breast Pace		SP2
90	6 x 15 on 2:00 DW UWR OTB		SP3
6:14 PM	4,165 Yards - Stress Value = 398		

Workout #29006 - Wednesday, 26 October 2022

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 #29013 - Thursday, 27 October 2022

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
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:33 PM 2,175 Yards - Stress Value = 25

Workout #29008 - Thursday, 27 October 2022

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 #29009 - Thursday, 27 October 2022

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 #29010 - Thursday, 27 October 2022

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 #29012 - Thursday, 27 October 2022

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 #29011 - Thursday, 27 October 2022

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 #28989 - Friday, 28 October 2022

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
	Goal set protocol 5 misses or 3 in a row	
750	30 x 25 on :30 100 Back Pace**	SE
	1 on 7:00 Your Choice Active Recovery	RE
750	30 x 25 on :30 100 Fly Pace**	SE
	1 on 8:00 Your Choice Active Recovery	RE
750	30 x 25 on :30 100 Free Pace**	SE
	5:15 PM 2,475 Yards - Stress Value = 234	

Workout #29014 - Friday, 28 October 2022

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 #29019 - Friday, 28 October 2022

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 #29015 - Friday, 28 October 2022

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 #29016 - Friday, 28 October 2022

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 #29018 - Friday, 28 October 2022

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	

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
	{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 #29017 - Friday, 28 October 2022

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 #29033 - Monday, 31 October 2022

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
	{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 #29020 - Monday, 31 October 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
225	1 on 15:00 DS/Showers
750	15 x 15 on :45 Racing Skills-Free Shooters
	NOODLE DAY!!!
1,500	30 x 25 on :30 100 Breast Pace*
	1 on 9:00 Video Evaluations 1+/1-
1,500	30 x 50 on :50 200 Back Pace*
	1 on 8:00 Ankle Mobility
800	30 x 50 on :50 200 Fly Pace*
	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 2:00 Sculling Drills
600	30 x 20 on :30 100 Free Pace*
6:15 PM 5,375 Yards - Stress Value = 456	

Workout #29029 - Monday, 31 October 2022

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
	{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 #29028 - Monday, 31 October 2022

Group 2 - Breast

1 minute rest between sets

Workout #29030 - Monday, 31 October 2022

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
 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 #29021 - Tuesday, 01 November 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 15 x 15 on :45 Racing Skills-#1 Shooter
 3,600 36 x 100 on 1:25 1650 Free Pace
 Make 1 subtract 1
 1 on 5:00 Video Evals-if time permits
 400 2x{1 x 25 on :30 Freestyle 12 KOW
 {1 x 25 on :40 Freestyle 14 KOW
 {1 x 25 on :50 Freestyle 16 KOW
 {1 x 25 on 1:00 Freestyle 18 KOW
 { HOLD BREATH 2(MIN) STROKES
 { OFF EVERY WALL!!!!!!!!!!!!!!!!!!!!!!
 { Round 2 KOW same as round 1
 { 1-4 breaths, 2-3 breaths,
 { 3 2 breaths, 4-1 breath
 {1 x 100 on 3:00 Sculling drills-end of 2nd F
 { round only.
 7:07 AM 4,225 Yards - Stress Value = 389

Workout #29032 - Monday, 31 October 2022

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
 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 #29022 - Tuesday, 01 November 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Back Shooters
 750 30 x 25 on :30 100 Back Pace*
 1 on 10:00 Video Evaluations 1+/1-
 1,500 30 x 50 on :55 200 Breast Pace*
 1 on 10:00 Hip Mobility
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 10:00 Racing Skills-1 leg starts
 1 on 10:00 Racing Skills-UW Racing
 600 30 x 20 on :30 100 Fly Pace*
 6:15 PM 4,500 Yards - Stress Value = 441

Workout #29031 - Monday, 31 October 2022

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
 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 #29039 - Tuesday, 01 November 2022

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
 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 #29034 - Tuesday, 01 November 2022

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 #29035 - Tuesday, 01 November 2022

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 #29036 - Tuesday, 01 November 2022

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 #29038 - Tuesday, 01 November 2022

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 #29037 - Tuesday, 01 November 2022

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 #29023 - Wednesday, 02 November 2022

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	EN2
1,500	1x{10 x 50 on :50 200 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 10 x 50 on :50 200 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 10 x 50 on :50 200 IM Pace	SP2
	Set is over at 28:30	
	1 on 5:00 In water recovery	REC
500	2x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count, #2 L./1st 4 #3 L/1st 5	
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st 8	
	{ #7 L/1st 9, #8 L/1st 10,	
	{ #9 /#10 All Straight Arm	
	{ 1 on 1:20 Rest	REC
6:47 AM	2,225 Yards - Stress Value = 204	

Workout #29024 - Wednesday, 02 November 2022

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-Breast Shooters	SF
750	30 x 25 on :30 100 Free Pace*	SF
	1 on 9:00 Video Evaluations 1+/1-	RE
1,000	40 x 25 on :30 200 Fly Pace*	SF
	1 on 10:00 Thoracic Mobility	RE
1,500	30 x 50 on :50 200 Back Pace*	SF
90	6 x 15 on 2:00 DW UWR OTB	EN
600	30 x 20 on :30 100 Breast Pace*	SF
	1 on 12:00 Tic Tac Toe Relay	EN
6:15 PM	4,165 Yards - Stress Value = 396	

Workout #29040 - Wednesday, 02 November 2022

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
 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 #29042 - Wednesday, 02 November 2022

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
 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 #29045 - Wednesday, 02 November 2022

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
 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 #29044 - Wednesday, 02 November 2022

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
 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 #29041 - Wednesday, 02 November 2022

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
 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 #29043 - Wednesday, 02 November 2022

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
 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 #29025 - Thursday, 03 November 2022

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
1	on 15:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills-Your Choice	SP3	
2,550	34 x 75 on 1:10 1000 Free Pace	SP2	
	Make one subtract one		
1	on 5:00 Video Evaluations 1+/1-	REC	
1	on 10:00 Glider Racing	REC	
	6:52 AM 2,775 Yards - Stress Value = 264		

Workout #29026 - Thursday, 03 November 2022

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WC
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 Sculling Drill/Shooter Relay	EN2	
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*	SP2	
	All sets individualized rest. Non best set 5:00 set 7:00 rest, make 24 in a row or finish set		
	6:06 PM 4,575 Yards - Stress Value = 444		

Workout #29051 - Thursday, 03 November 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
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 #29046 - Thursday, 03 November 2022

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
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 #29047 - Thursday, 03 November 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
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 #29048 - Thursday, 03 November 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
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 #29050 - Thursday, 03 November 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WC
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 #29049 - Thursday, 03 November 2022

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

{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
 1 x 200 on 3:00 Stroke Drills
 6:30 PM 2,950 Yards - Stress Value = 52

Workout #29053 - Friday, 04 November 2022

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 to
 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 #29027 - Friday, 04 November 2022

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 SF
 600 30 x 20 on :25 100 Fly Pace** SF
 1 on 10:00 Foam Roll/Rllr Stick/Lacrss Ball RE
 600 30 x 20 on :25 100 Free Pace** SF
 1 on 9:00 Foam Roll/Rllr Stick/Lacrss Ball RE
 600 30 x 20 on :30 100 Breast Pace** SF
 5:15 PM 2,025 Yards - Stress Value = 189

Workout #29054 - Friday, 04 November 2022

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 to
 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 #29057 - Friday, 04 November 2022

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 to
 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 #29056 - Friday, 04 November 2022

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-Crossover Turns
 550 1 x 550 on 13:00 Kick-Sprint on every :40 to
 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

Workout #29052 - Friday, 04 November 2022

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 to
 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

Workout #29055 - Friday, 04 November 2022

1 minute rest between sets

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 to 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
200	{1 x 50 on :55 Free-100%
	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
	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 #29058 - Monday, 07 November 2022

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
	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 #29060 - Monday, 07 November 2022

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
	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
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 #29063 - Monday, 07 November 2022

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-Back Shooters
800	15 x 25 on 1:00 USRPT-100 Back Pace
	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 #29062 - Monday, 07 November 2022

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 #29059 - Monday, 07 November 2022

Group 2 - Gold

Workout #29061 - Monday, 07 November 2022

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

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 #29064 - Tuesday, 08 November 2022

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 #29082 - Monday, 07 November 2022

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-Free Shooters	SP3
	ALFA: Buckets 7@1:30	
	CHARLIE: DWOTBUW 6@2:00	
	Noodle Day -- Noodle Day	
1,500	30 x 50 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 30:00 Weights	REC
	7:49 AM 3,225 Yards - Stress Value = 309	

Workout #29083 - Monday, 07 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Dynamic Stretch/Showers	REC	
	BRAVO: Buckets 7@1:30		
	DELTA: DWOTBUW 6@2:00		
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP2	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 7:00 Recovery #3	REC	
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		
	5:38 PM 4,175 Yards - Stress Value = 417		

Workout #29069 - Tuesday, 08 November 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland

Workout #29065 - Tuesday, 08 November 2022

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
625	10 x 15 on :45 Racing Skills-Fly Shooters
150	25 x 25 on :35 USRPT-100 Fly Pace
1,900	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 101

Workout #29066 - Tuesday, 08 November 2022

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
625	10 x 15 on :45 Racing Skills-Fly Shooters
150	25 x 25 on :35 USRPT-100 Fly Pace
1,650	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 96

Workout #29068 - Tuesday, 08 November 2022

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
450	10 x 15 on :45 Racing Skills-Fly Shooters
150	18 x 25 on :50 USRPT-100 Fly Pace
	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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,400 Yards - Stress Value = 72

Workout #29067 - Tuesday, 08 November 2022

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
550	10 x 15 on :45 Racing Skills-Fly Shooters
150	22 x 25 on :40 USRPT-100 Fly Pace
1,500	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,800 Yards - Stress Value = 86

Workout #29084 - Tuesday, 08 November 2022

HighSchl - USRPT

1 minute rest between sets

3:30 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 Dynamic Stretch/Showers	REC	
1,500	15 x 15 on :45 Racing Skills-#4 Shooters	SP3	
	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 7:00 Recovery #2	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 7:00 Recovery #3	REC	
	5:30 PM 3,975 Yards - Stress Value = 384		

Workout #29068 - Tuesday, 08 November 2022

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
450	10 x 15 on :45 Racing Skills-Fly Shooters
150	18 x 25 on :50 USRPT-100 Fly Pace
	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks

Workout #29070 - Wednesday, 09 November 2022

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 #29075 - Wednesday, 09 November 2022

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 #29071 - Wednesday, 09 November 2022

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 #29072 - Wednesday, 09 November 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
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 #29074 - Wednesday, 09 November 2022

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 #29073 - Wednesday, 09 November 2022

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 #29085 - Wednesday, 09 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 DELTA: Buckets 7@1:30
 BRAVO: DWOTBUW 6@2:00
 225 15 x 15 on :45 Racing Skills-Back Shooters
 750 30 x 25 on :30 100 Back Pace
 1 on 8:00 Video Evals
 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 7:00 Mobility-Choice
 750 30 x 25 on :30 #1 or #2 100 Pace
 1 on 35:00 Weights
 7:50 AM 3,225 Yards - Stress Value = 309

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 #29086 - Wednesday, 09 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description
 =====
 1 on 25:00 Yoga
 CHARLIE:Buckets 7@1:30
 ALFA: DWOTBUW 6@2:00
 225 15 x 15 on :45 Racing Skills-#2 Shooters
 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 #1 200 Pace
 1 on 10:00 Racing Skills-UW Racing
 750 30 x 25 on :30 Best Opposite Axis Stroke
 1 on 11:00 Lane Line Survivor
 5:30 PM 2,775 Yards - Stress Value = 240

Workout #29077 - Thursday, 10 November 2022

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 #29081 - Thursday, 10 November 2022

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 #29076 - Thursday, 10 November 2022

Group 2 - Freestylers

1 minute rest between sets

Workout #29078 - Thursday, 10 November 2022

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 #29080 - Thursday, 10 November 2022

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 #29079 - Thursday, 10 November 2022

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
	7:29 PM 3,125 Yards - Stress Value = 108

Workout #29087 - Thursday, 10 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
	BRAVO: Buckets 7@1:30 DELTA: DWOTBUW 6@2:00	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,500	30 x 50 on :50 200 Back Pace	SF
	1 on 8:00 Recovery #1	RE
1,000	40 x 25 on :30 200 Fly Pace	SF
	1 on 7:00 Recovery #2	RE
750	30 x 25 on :30 100 Free Pace	SF
	1 on 35:00 Weights	RE
	7:50 AM 3,475 Yards - Stress Value = 334	

Workout #29088 - Thursday, 10 November 2022

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	
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 Indvdl Prsrctns	REC	
	5:30 PM 3,225 Yards - Stress Value = 309		

Workout #29089 - Friday, 11 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	W
=====	=====	==	=
	1 on 15:00 Dynamic Stretch/Showers	REC	
	CHARLIE: Buckets 7@1:30 ALFA: DWOTBUW 6@2:00		
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 7:00 Recovery #1	REC	
1,500	30 x 50 on :50 200 Free Pace	SP2	
	1 on 7:00 Recovery #2	REC	
750	30 x 25 on :30 100 Fly Pace	SP2	
	1 on 7:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	7:45 AM 4,725 Yards - Stress Value = 459		

Workout #29090 - Friday, 11 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	==	==
	1 on 30:00 Yoga	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
	ALFA: Buckets 7@1:30 BRAVO: DWOTBUW 6@2:00		
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 10:00 Active Recovery	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
200	8 x 25 on 3:00 50 Free Pace-No Starts	SP2	
	Must go 12.5 underwater		
	5:29 PM 1,925 Yards - Stress Value = 179		

Workout #29091 - Saturday, 12 November 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
1	on 15:00 DS>Showers	RF
225	15 x 15 on :45 Racing Skills-Crossover Turns DELTA: Buckets 7@1:30 CHARLIE: DWOTBUW 6@2:00	SF
1,000	40 x 25 on :30 200 Fly Pace*	SF
	1 on 8:00 Hip Mobility	RF
1,000	40 x 25 on :30 200 Back Pace*	SF
	1 on 8:00 Thoracic Mobility	RF
1,000	40 x 25 on :30 200 Breast Pace*	SF
	1 on 8:00 Sholder Mobility	RF
1,000	40 x 25 on :30 200 Free Pace*	SF
	1 on 15:00 UW Racing-No Starts	EN
	9:30 AM 4,225 Yards - Stress Value = 409	

Workout #29097 - Monday, 14 November 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
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 #29092 - Monday, 14 November 2022

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
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 #29093 - Monday, 14 November 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
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 #29094 - Monday, 14 November 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
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 #29096 - Monday, 14 November 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
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 #29095 - Monday, 14 November 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
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 #29122 - Monday, 14 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	F
225	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Back Shooters	F
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
	Noodle Day -- Noodle Day -- Noodle Day	
750	30 x 25 on :30 100 Fly Pace	F
	1 on 8:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	F
	1 on 9:00 Recovery #2	F
1,500	30 x 50 on :55 200 Breast Pace	F
	1 on 36:00 Weights	F
7:50 AM	3,225 Yards - Stress Value = 309	

Workout #29123 - Monday, 14 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
225	1 on 15:00 Dynamic Stretch/Showers	REC
225	1x{15 x 15 on :45 Racing Skills-#4 Shooters	SP3
	{ DELTA: Buckets 7@1:30	
	{ CHARLIE: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 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
1,000	40 x 25 on :30 #1 200 Pace (Not Breast)	SP1
	Distance Crew do 12X100@125-1650 Pace	
5:30 PM	3,775 Yards - Stress Value = 320	

Workout #29098 - Tuesday, 15 November 2022

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
300	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 #29103 - Tuesday, 15 November 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
	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 #29099 - Tuesday, 15 November 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
	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 #29100 - Tuesday, 15 November 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
	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 #29102 - Tuesday, 15 November 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
	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 #29101 - Tuesday, 15 November 2022

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 #29124 - Tuesday, 15 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Back Pace
	1 on 9:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace
	1 on 9:00 Recovery #2
750	30 x 25 on :30 100 Free Pace
	1 on 37:00 Weights
	7:50 AM 3,225 Yards - Stress Value = 309

Workout #29125 - Tuesday, 15 November 2022

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-#2 Shooters	SP3	
1,500	30 x 50 on :55 200 Fly Pace	SP2	
	1 on 9:00 Recovery #3	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	5:01 PM 2,475 Yards - Stress Value = 234		

Workout #29109 - Wednesday, 16 November 2022

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 #29104 - Wednesday, 16 November 2022

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 #29105 - Wednesday, 16 November 2022

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 #29106 - Wednesday, 16 November 2022

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 #29108 - Wednesday, 16 November 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	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	

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 {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
100	1 x 100 on 3:35 Individual Medley
200	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 #29107 - Wednesday, 16 November 2022

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
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	

Workout #29110 - Thursday, 17 November 2022

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-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
200	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 #29126 - Wednesday, 16 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY W
1	on 30:00 Yoga	REC
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L/1st 4 #3 L/1st 5 { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8 { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm	SP2
225	1x{15 x 15 on :45 Racing Skills-#3 { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SP3
1,500	30 x 50 on :55 200 Back Pace	SP2
750	1 on 14:00 Racing Skills-UW Racing	EN2
750	30 x 25 on :30 100 Fly Pace	SP2
5:30 PM 2,725 Yards - Stress Value = 259		

Workout #29115 - Thursday, 17 November 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #29111 - Thursday, 17 November 2022

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 #29112 - Thursday, 17 November 2022

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 #29114 - Thursday, 17 November 2022

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 #29113 - Thursday, 17 November 2022

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 #29127 - Thursday, 17 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RF
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters	SE
	{ ALFA: Buckets 7@1:30	
	{ CHARLIE: DWOTBUW 6@2:00	
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 9:00 Recovery #1	RF
750	30 x 25 on :30 100 Free Pace	SE
	1 on 9:00 Recovery #2	RF
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 42:00 Weights	RF
	7:50 AM 2,725 Yards - Stress Value = 259	

Workout #29128 - Thursday, 17 November 2022

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-IM Shooters	SP3
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
150	1 x 150 on 5:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
	5:00 PM 2,625 Yards - Stress Value = 234	

Workout #29116 - Friday, 18 November 2022

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 #29121 - Friday, 18 November 2022

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 #29117 - Friday, 18 November 2022

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
1 x 200 on 4:00 Stroke Drills
6:30 PM 2,650 Yards - Stress Value = 46

Workout #29118 - Friday, 18 November 2022

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 #29120 - Friday, 18 November 2022

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 #29119 - Friday, 18 November 2022

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 #29129 - Friday, 18 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch>Showers
 225 1x{15 x 15 on :45 Racing Skills-Crossover Turns
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,500 30 x 50 on :55 200 Breast Pace**
 1 on 8:00 Recovery #1
 1,500 30 x 50 on :50 200 Free Pace **
 1 on 8:00 Recovery #2
 750 30 x 25 on :30 100 Fly Pace **
 400 2x{1 x 25 on :30 Freestyle 11 KOW
 {1 x 25 on :40 Freestyle 13 KOW
 {1 x 25 on :50 Freestyle 15 KOW
 {1 x 25 on 1:00 Freestyle 17 KOW
 { Round 2 KOW same as round 1
 { 1-5 breaths, 2-4 breaths, 3-3 br
 {1 x 100 on 3:00 Sculling drills
 750 30 x 25 on :30 100 Back Pace **
 7:53 AM 5,125 Yards - Stress Value = 479

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 #29132 - Monday, 21 November 2022

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 #29130 - Friday, 18 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description EGY
 =====
 1 on 30:00 Yoga REC
 225 1x{15 x 15 on :45 Racing Skills-#1 Shooters SP3
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 Alfa do buckets 10@1:15
 2,250 30 x 75 on 1:05 500 Free Pace SP2
 Make one subtract one
 1 on 10:00 Recovery #3 REC
 1 on 10:00 Tic Tac Toe Relay EN2
 750 30 x 25 on :30 Your #1 100
 5:32 PM 3,225 Yards - Stress Value = 234

Workout #29133 - Monday, 21 November 2022

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 #29131 - Saturday, 19 November 2022

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
 1,000 40 x 25 on :30 200 Back Pace* SP2
 1 on 8:00 Ankle Mobility REC
 1,000 40 x 25 on :30 200 Breast Pace* SP2
 1 on 8:00 Hip Mobility REC
 1,000 40 x 25 on :30 200 Free Pace* SP2
 1 on 8:00 Thoracic Mobility REC
 1,000 40 x 25 on :30 200 Fly Pace* SP2
 1 on 15:00 Sculling Drill Relay EN2
 9:00 AM 4,225 Yards - Stress Value = 409

Workout #29137 - Monday, 21 November 2022

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

Workout #29134 - Monday, 21 November 2022

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 #29136 - Monday, 21 November 2022

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 #29135 - Monday, 21 November 2022

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 #29156 - Monday, 21 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-Breast Shooters
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 Noodle Day -- Noodle Day -- Noodle Day
 1,500 30 x 50 on :50 200 Back Pace
 1 on 9:00 Recovery #1
 750 30 x 25 on :30 100 Breast Pace
 1 on 9:00 Recovery #2
 750 30 x 25 on :30 100 Free Pace
 1 on 37:00 Weights
 7:50 AM 3,225 Yards - Stress Value = 309

Workout #29157 - Monday, 21 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-#2 Shooters
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 750 30 x 25 on :30 100 Fly Pace
 1 on 10:00 Recovery #3
 1,500 30 x 50 on :55 #1 200 Pace (Not Fly)
 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 on 20:00 Indvdl Prsrcptns
 5:31 PM 2,775 Yards - Stress Value = 240

Workout #29138 - Tuesday, 22 November 2022

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 23:00 TEACH DAY-Back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 1,000 1x{4 x 25 on :30 Kick no board B
 {4 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :30 Kick no board B
 {4 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 1 on 10:00 Racing Skills-Partner Back start
 7:31 PM 2,350 Yards - Stress Value = 101

Workout #29143 - Tuesday, 22 November 2022

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
550	1x{4 x 25 on 1:00 Kick no board B { 3 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks { 2 x 25 on 1:00 Kick no board B { 1 x 100 on 3:30 Kick 25SL/25 6ks
	1 on 10:00 Racing Skills-Partner Back start
7:31 PM	1,425 Yards - Stress Value = 55

Workout #29139 - Tuesday, 22 November 2022

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
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
900	1x{4 x 25 on :35 Kick no board B { 4 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks { 4 x 25 on :35 Kick no board B { 3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
	1 on 10:00 Racing Skills-Partner Back start
7:30 PM	2,125 Yards - Stress Value = 86

Workout #29140 - Tuesday, 22 November 2022

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
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
800	1x{4 x 25 on :40 Kick no board B { 4 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
	1 on 10:00 Racing Skills-Partner Back start
7:30 PM	1,900 Yards - Stress Value = 77

Workout #29142 - Tuesday, 22 November 2022

Group 2 - 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
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back

150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
650	1x{4 x 25 on :45 Kick no board B { 3 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
7:30 PM	1,700 Yards - Stress Value = 69

Workout #29141 - Tuesday, 22 November 2022

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
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 TEACH DAY-Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
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
	1 on 10:00 Racing Skills-Partner Back start
7:29 PM	1,800 Yards - Stress Value = 75

Workout #29158 - Tuesday, 22 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch>Showers	RE
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00	SE
1,500	30 x 50 on :50 200 Fly 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
1,500	30 x 50 on :55 200 Breast Pace*	SE
	1 on 35:00 Weights	RE
7:56 AM	3,975 Yards - Stress Value = 384	

Workout #29159 - Tuesday, 22 November 2022

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-#3 Shooters	SP3
1,500	1x{10 x 50 on :55 400 IM Pace { 1 on 1:00 Rest	SP2 REC
	{ 10 x 50 on :55 400 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 10 x 50 on :55 400 IM Pace	SP2
150	1 x 150 on 5:00 Sculling drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
5:00 PM	2,625 Yards - Stress Value = 234	

Workout #29149 - Wednesday, 23 November 2022

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 #29144 - Wednesday, 23 November 2022

Group 2 - Fly

1 minute rest between sets

5:30 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-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 #29145 - Wednesday, 23 November 2022

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 #29146 - Wednesday, 23 November 2022

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 #29148 - Wednesday, 23 November 2022

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 #29147 - Wednesday, 23 November 2022

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 #29160 - Wednesday, 23 November 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-Crossover Turns { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Free Pace 1 on 9:00 Recovery #1
750	30 x 25 on :30 100 Fly Pace 1 on 9:00 Recovery #2

1,500	30 x 50 on :50 200 Back Pace
	1 on 9:00 Recovery #3
750	30 x 25 on :30 100 Breast Pace
100	1 x 100 on 12:00 Lane Line Survivor
9:31 AM	4,825 Yards - Stress Value = 461

Workout #29161 - Wednesday, 23 November 2022

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 Yoga/Showers	REC
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L./1st 4 #3 L/1st 5 { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8 { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm 1 on 1:20 Rest	SP2
225	1x{15 x 15 on :45 Racing Skills-IM Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SP3
2,250	30 x 75 on 1:05 500 Free Pace Make 1 subtract 1	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
4:32 PM	2,975 Yards - Stress Value = 284	

Workout #29150 - Friday, 25 November 2022

Group 2 - Breast

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 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 #29155 - Friday, 25 November 2022

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 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 #29154 - Friday, 25 November 2022

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 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 #29151 - Friday, 25 November 2022

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 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 #29153 - Friday, 25 November 2022

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 #29152 - Friday, 25 November 2022

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-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 #29162 - Friday, 25 November 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free Shooters	F
	{ BRAVO: Buckets 7@1:30	F
	{ DELTA: DWOTBUW 6@2:00	F
1,500	30 x 50 on :50 200 Free Pace*	F
	1 on 7:00 Recovery #1	F
1,000	40 x 25 on :30 200 Fly Pace*	F
	1 on 7:00 Recovery #2	F
750	30 x 25 on :30 100 Back Pace*	F
400	2x{1 x 25 on :30 Freestyle 11 KOW	F
	{ 1 x 25 on :40 Freestyle 13 KOW	F
	{ 1 x 25 on :50 Freestyle 15 KOW	F
	{ 1 x 25 on 1:00 Freestyle 17 KOW	F
	{ Round 2 KOW same as round 1	F
	{ 1-5 breaths, 2-4 breaths, 3-3 br	F
	{ 1 x 100 on 3:00 Sculling drills	F
	1 on 35:00 Weights	F
9:32 AM	3,875 Yards - Stress Value = 354	

Workout #29163 - Friday, 25 November 2022

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 30:00 Yoga	REC
225	1x{15 x 15 on :45 Racing Skills-#1 Shooters	SP3
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
	Alfa do buckets 10@1:15	
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Recovery #3	REC
	1 on 10:00 Tic Tac Toe Relay	EN2
4:30 PM	1,725 Yards - Stress Value = 159	

Workout #29164 - Saturday, 26 November 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,000	40 x 25 on :30 200 Breast Pace	SP2
	1 on 8:00 Ankle Mobility	REC
1,000	40 x 25 on :30 200 Free Pace	SP2
	1 on 8:00 Hip Mobility	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 8:00 Thoracic Mobility	REC
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 15:00 Sculling Drill Relay	EN2
9:30 AM	4,225 Yards - Stress Value = 409	

Workout #29170 - Monday, 28 November 2022

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 stokes 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 #29165 - Monday, 28 November 2022

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 stokes 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 #29166 - Monday, 28 November 2022

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 #29167 - Monday, 28 November 2022

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 #29169 - Monday, 28 November 2022

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 #29168 - Monday, 28 November 2022

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
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 #29189 - Monday, 28 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	RE
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SE
	Noodle Day -- Noodle Day -- Noodle Day	
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 7:00 Recovery #1	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 37:00 Weights	RE
7:50 AM	3,225 Yards - Stress Value = 309	

Workout #29190 - Monday, 28 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic Stretch>Showers REC
 225 1x{15 x 15 on :45 Racing Skills-#3 Shooters SP3
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 10:00 Recovery #3 REC
 600 2x{8 x 15 on :25 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {6 x 15 on :20 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {4 x 15 on :15 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {2 x 15 on :10 Undr Wtr Fly Kck EN2
 1 on 10:00 Tuesday Recovery #3 REC
 1 on 15:00 TN Turn Drills REC
 5:25 PM 2,325 Yards - Stress Value = 171

Workout #29172 - Tuesday, 29 November 2022

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
 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 #29171 - Tuesday, 29 November 2022

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
 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 #29173 - Tuesday, 29 November 2022

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 #29176 - Tuesday, 29 November 2022

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
 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 #29175 - Tuesday, 29 November 2022

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-Breast Shooters
1,100	20 x 25 on :45 USRPT-100 Breast Pace
	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 #29174 - Tuesday, 29 November 2022

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
550	10 x 15 on :45 Racing Skills-Breast Shooters
1,400	22 x 25 on :40 USRPT-100 Breast Pace
	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
	7:30 PM 2,900 Yards - Stress Value = 101

Workout #29191 - Tuesday, 29 November 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,500	1x{15 x 15 on :45 Racing Skills-Crossover Turns
	{ DELTA: Buckets 7@1:30
	{ BRAVO: DWOTBUW 6@2:00
	30 x 50 on :50 200 Fly Pace
	1 on 7:00 Recovery #1
750	30 x 25 on :30 100 Free Pace
	1 on 7:00 Recovery #2
750	30 x 25 on :30 100 Breast Pace
	1 on 36:00 Weights
	7:45 AM 3,225 Yards - Stress Value = 309

Workout #29177 - Wednesday, 30 November 2022

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
150	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 #29182 - Wednesday, 30 November 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	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
150	1 on 23:00 Teach Day Backstroke
150	1x{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 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 #29178 - Wednesday, 30 November 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
150	1 on 23:00 Teach Day Backstroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 100 Back Pace
850	1x{8 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:05 Kick on L/R/S
	{ 6 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:05 Kick on L/R/S
	{ 4 x 25 on :35 Kick no board B
	{ 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 #29179 - Wednesday, 30 November 2022

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 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 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 #29181 - Wednesday, 30 November 2022

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 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 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 #29180 - Wednesday, 30 November 2022

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 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 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 #29192 - Wednesday, 30 November 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 25:00 Yoga/Shower	REC

500	2x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count, #2 L./1st 4 #3 L/1st 5	
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st 8	
	{ #7 L/1st 9, #8 L/1st 10,	
	{ #9 /#10 All Straight Arm	
	{1 on 1:20 Rest	REC
225	1x{15 x 15 on :45 Racing Skills-IM Shooters	SP2
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 11:00 Thursday Recovery #3	REC
750	30 x 25 on :30 Your #1 or #2 100**	SP2
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #29188 - Thursday, 01 December 2022

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 #29183 - Thursday, 01 December 2022

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 #29184 - Thursday, 01 December 2022

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 #29185 - Thursday, 01 December 2022

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 #29187 - Thursday, 01 December 2022

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
 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 #29186 - Thursday, 01 December 2022

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
 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 #29193 - Thursday, 01 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch>Showers
 225 1x{15 x 15 on :45 Racing Skills-Free Shooters S
 { ALFA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace S
 1 on 9:00 Recovery #1 F
 750 30 x 25 on :30 100 Fly Pace S
 1 on 9:00 Recovery #2 F
 900 30 x 30 on :30 100 Free Pace S
 1 on 37:00 Weights F
 7:50 AM 3,375 Yards - Stress Value = 324

Workout #29194 - Friday, 02 December 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	F
5:30 AM Start		
225	1x{15 x 15 on :45 Racing Skills-Back Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	F
1,500	30 x 50 on :50 200 Free Pace	F
1,000	1 on 8:00 Recovery #1 40 x 25 on :30 200 Fly Pace	F
750	1 on 8:00 Recovery #2 30 x 25 on :30 100 Back Pace	F
400	2x{1 x 25 on :30 Freestyle 11 KOW {1 x 25 on :40 Freestyle 13 KOW {1 x 25 on :50 Freestyle 15 KOW {1 x 25 on 1:00 Freestyle 17 KOW { Round 2 KOW same as round 1 { 1-5 breaths, 2-4 breaths, 3-3 br	F
750	{1 x 100 on 3:00 Sculling drills 30 x 25 on :30 100 Breast Pace	F
7:45 AM 4,625 Yards - Stress Value = 429		

Workout #29195 - Friday, 02 December 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM Start		
225	1x{15 x 15 on :45 Racing Skills-#1 Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
750	1 on 8:00 Recovery #3 1 on 10:00 Tic Tac Toe Relay 30 x 25 on :30 Your #1 or #2 100**	REC EN2
5:30 PM	1 on 13:00 Peer Coaching-Led by Seniors	REC
5:30 PM 2,475 Yards - Stress Value = 219		

Workout #29196 - Monday, 05 December 2022

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland 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
200	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills
7:30 PM 3,100 Yards - Stress Value = 120	

Workout #29201 - Monday, 05 December 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 30:00 DS/Dryland 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
200	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills
7:31 PM 2,225 Yards - Stress Value = 92	

Workout #29197 - Monday, 05 December 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland 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
200	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,875 Yards - Stress Value = 105	

Workout #29198 - Monday, 05 December 2022

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 30:00 DS/Dryland 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
200	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,725 Yards - Stress Value = 103	

Workout #29200 - Monday, 05 December 2022

1 minute rest between sets

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

3:40 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-#1 Shooters SP3
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 10:00 Recovery #3 REC
 600 2x{8 x 15 on :25 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {6 x 15 on :20 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {4 x 15 on :15 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {2 x 15 on :10 Undr Wtr Fly Kck EN2
 1 on 10:00 Tuesday Recovery #3 REC
 1 on 15:00 TN Turn Drills REC
 5:28 PM 2,325 Yards - Stress Value = 171

Workout #29202 - Tuesday, 06 December 2022

Group 2 - Breast

1 minute rest between sets

Workout #29199 - Monday, 05 December 2022
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

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 #29226 - Monday, 05 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-Crossover Turns
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 Noodle Day -- Noodle Day -- Noodle Day
 1,500 30 x 50 on :50 200 Free Pace
 1 on 8:00 Recovery #1
 750 30 x 25 on :30 100 Fly Pace
 1 on 8:00 Recovery #2
 750 30 x 25 on :30 100 Back Pace
 1 on 39:00 Weights
 7:50 AM 3,225 Yards - Stress Value = 309

Workout #29227 - Monday, 05 December 2022

HighSchl - USRPT

Workout #29207 - Tuesday, 06 December 2022

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 #29203 - Tuesday, 06 December 2022

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 #29204 - Tuesday, 06 December 2022

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 #29206 - Tuesday, 06 December 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 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 #29205 - Tuesday, 06 December 2022

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
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 #29228 - Tuesday, 06 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Table with columns: Yards, Set Description. Includes rows for 225, 1,000, 750, 750 yards and a total of 2,725 Yards - Stress Value = 259.

Table with columns: Yards, Set Description. Includes rows for 150, 750, 150, 2,800, 200 yards and a total of 4,300 Yards - Stress Value = 137.

Workout #29213 - Wednesday, 07 December 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Table with columns: Yards, Set Description. Includes rows for 150, 150, 500, 150, 1,500, 200 yards and a total of 2,650 Yards - Stress Value = 86.

Workout #29210 - Wednesday, 07 December 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Table with columns: Yards, Set Description. Includes rows for 150, 200, 150, 625, 150, 2,500, 200 yards and a total of 3,825 Yards - Stress Value = 118.

Workout #29208 - Wednesday, 07 December 2022

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Table with columns: Yards, Set Description. Includes rows for 250, 150, 750, 150, 3,200, 200 yards and a total of 4,700 Yards - Stress Value = 145.

Workout #29212 - Wednesday, 07 December 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Table with columns: Yards, Set Description. Includes rows for 150, 150, 550, 150, 1,800, 200 yards and a total of 3,000 Yards - Stress Value = 97.

Workout #29209 - Wednesday, 07 December 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Table with columns: Yards, Set Description. Includes row for 200 yards.

Workout #29211 - Wednesday, 07 December 2022

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
175	1 on 30:00 DS/Dryland
150	7 x 25 on :40 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Free Shooters
150	25 x 25 on :35 USRPT 100 Free Pace
2,300	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #29229 - Wednesday, 07 December 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM Start		
500	1 on 25:00 Yoga/Shower	REC
	2x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count, #2 L./1st 4 #3 L/1st 5	
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st 8	
	{ #7 L/1st 9, #8 L/1st 10,	
	{ #9 /#10 All Straight Arm	
	{1 on 1:20 Rest	REC
225	1x{15 x 15 on :45 Racing Skills-#4 Shooters	SP2
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 14:00 Peer Coaching	REC
750	30 x 25 on :30 Your #1 or #2 100**	SP2
	5:30 PM 2,975 Yards - Stress Value = 284	

Workout #29214 - Thursday, 08 December 2022

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	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 #29219 - Thursday, 08 December 2022

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
	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 #29215 - Thursday, 08 December 2022

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	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 #29216 - Thursday, 08 December 2022

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 Free 3KOW to 10 back to 3
	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 #29218 - Thursday, 08 December 2022

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 #29217 - Thursday, 08 December 2022

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 #29230 - Thursday, 08 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-Back Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Free Pace
	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace
	1 on 8:00 Recovery #2
900	30 x 30 on :30 100 Back Pace
	1 on 39:00 Weights
7:50 AM	3,375 Yards - Stress Value = 324

Workout #29231 - Thursday, 08 December 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	15 x 15 on :45 Racing Skills-#2 Shooters
2,250	30 x 75 on 1:05 1000 Free Pace
	1 on 8:00 Recovery #3

1,500 30 x 50 on :50 200 Fly Pace SP2
1 on 15:00 Indvdl Prsrcptns REC
5:30 PM 3,975 Yards - Stress Value = 384

Workout #29225 - Friday, 09 December 2022

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-Fly Shooters
250	5 x 50 on 3:00 50 Fly OTB
650	1x{1 x 100 on 3:30 2 strokes fly off walls { 1 x 75 on 2:35 3 strokes fly off walls { 1 x 50 on 1:45 4 strokes fly off walls { 1 x 25 on 1:00 5 strokes fly off walls { 1 x 50 on 2:00 Butterfly { 1 x 100 on 3:30 3 strokes fly off walls { 1 x 75 on 2:35 4 strokes fly off walls { 1 x 50 on 1:45 5 stokes fly off walls { 1 x 25 on 1:00 6 strokes fly off walls { 1 x 100 on 4:00 Butterfly
200	1 x 200 on 5:00 Stroke Drills
6:31 PM	1,450 Yards - Stress Value = 44

Workout #29220 - Friday, 09 December 2022

Group 2 - 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
250	5 x 50 on 3:00 50 Fly OTB
1,500	1x{1 x 100 on 1:35 2 strokes fly off walls { 1 x 75 on 1:10 3 strokes fly off walls { 1 x 50 on :50 4 strokes fly off walls { 1 x 25 on :30 5 strokes fly off walls { 1 x 250 on 4:20 Butterfly { 1 x 100 on 1:35 3 strokes fly off walls { 1 x 75 on 1:10 4 strokes fly off walls { 1 x 50 on :50 5 stokes fly off walls { 1 x 25 on :30 6 strokes fly off walls { 1 x 250 on 4:15 Butterfly { 1 x 100 on 1:35 4 strokes fly off walls { 1 x 75 on 1:10 5 strokes fly off walls { 1 x 50 on :50 6 strokes fly off walls { 1 x 25 on :30 7 strokes fly off walls { 1 x 250 on 4:10 Butterfly
200	1 x 200 on 4:00 Stroke Drills
6:31 PM	2,400 Yards - Stress Value = 61

Workout #29221 - Friday, 09 December 2022

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 stokes 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 #29222 - Friday, 09 December 2022

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 #29224 - Friday, 09 December 2022

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 stokes 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
1 x 200 on 4:00 Stroke Drills	RE
6:32 PM 1,750 Yards - Stress Value = 50	

Workout #29223 - Friday, 09 December 2022

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 stokes 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 #29232 - Friday, 09 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters	
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Back Pace*	
	1 on 8:00 Recovery #1	
1,500	30 x 50 on :55 200 Breast Pace*	
	1 on 8:00 Recovery #2	
750	30 x 25 on :30 100 Free Pace	
400	2x{1 x 25 on :30 Freestyle 11 KOW	
	{1 x 25 on :40 Freestyle 13 KOW	
	{1 x 25 on :50 Freestyle 15 KOW	
	{1 x 25 on 1:00 Freestyle 17 KOW	
	{ Round 2 KOW same as round 1	
	{ 1-5 breaths, 2-4 breaths, 3-3 br	
	{1 x 100 on 3:00 Sculling drills	
750	30 x 25 on :30 100 Fly Pace	
	7:53 AM 5,125 Yards - Stress Value = 479	

Workout #29233 - Friday, 09 December 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description EGY
 =====
 1 on 20:00 Yoga/Shower REC
 225 1x{15 x 15 on :45 Racing Skills-#3 Shooters SP3
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 750 30 x 25 on :30 100 Fly Pace** SP2
 1 on 5:00 Your Choice Recovery REC
 750 30 x 25 on :30 100 Back Pace** SP2
 1 on 5:00 Your Choice Recovery REC
 750 30 x 25 on :30 100 Breast Pace** SP2
 1 on 5:00 Your Choice Recovery REC
 750 30 x 25 on :30 100 Free Pace** SP2
 5:31 PM 3,225 Yards - Stress Value = 309

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 #29236 - Monday, 12 December 2022

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
 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
 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 #29234 - Saturday, 10 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,000 40 x 25 on :30 200 Free Pace SP2
 1 on 8:00 Hip Mobility REC
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1 on 8:00 Shoulder Mobility REC
 1,000 40 x 25 on :30 200 Back Pace SP2
 1 on 8:00 Thoracic Mobility REC
 1,000 40 x 25 on :30 200 Breast Pace SP2
 1 on 15:00 Sculling Drill Relay EN2
 9:30 AM 4,225 Yards - Stress Value = 409

Workout #29235 - Monday, 12 December 2022

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
 1 on 10:00 Racing Skills-LP Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,375 Yards - Stress Value = 107

Workout #29237 - Monday, 12 December 2022

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
 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 #29240 - Monday, 12 December 2022

Group 2 - Copper

1 minute rest between sets

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

Workout #29239 - Monday, 12 December 2022

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-Breast Shooters
150	20 x 25 on :45 USRPT-100 Breast Pace
1,250	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{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
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,450 Yards - Stress Value = 81

Workout #29238 - Monday, 12 December 2022

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-Breast Shooters
150	22 x 25 on :40 USRPT-100 Breast Pace
1,450	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	{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
	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 90

Workout #29265 - Monday, 12 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
	1x{15 x 15 on :45 Racing Skills-Free Shooters
	{ CHARLIE: Buckets 7@1:30
	{ ALFA: DWOTBUW 6@2:00
	Noodle Day -- Noodle Day -- Noodle Day
1,500	30 x 50 on :55 200 Breast Pace
	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Back Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Fly Pace
	1 on 36:00 Weights
	7:50 AM 3,225 Yards - Stress Value = 309

Workout #29266 - Monday, 12 December 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description

Yards	Set Description
1,500	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-#1 Shooters
	{ DELTA: Buckets 7@1:30
	{ CHARLIE: DWOTBUW 6@2:00
600	30 x 50 on :50 200 Free Pace
	1 on 8:00 Recovery #3
	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
100	1 on 8:00 Tuesday Recovery #3
	1 on 12:00 Stanford Turn Drills
	4 x 25 on 3:00 50 Free Pace
	5:32 PM 2,425 Yards - Stress Value = 181

Workout #29246 - Tuesday, 13 December 2022

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 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Free Shooters
1,000	20 x 25 on :45 USRPT-100 Free Pace
	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 #29241 - Tuesday, 13 December 2022

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 SunYangFree-Count strokes
750	10 x 15 on :45 Racing Skills-Free Shooters
1,750	30 x 25 on :30 USRPT 100 Free Pace
	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 #29242 - Tuesday, 13 December 2022

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 #29244 - Tuesday, 13 December 2022

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 #29243 - Tuesday, 13 December 2022

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 #29267 - Tuesday, 13 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-Back Shooters
	{ DELTA: Buckets 7@1:30
	{ BRAVO: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Back Pace
	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Free Pace
	1 on 39:00 Weights
7:50 AM	3,225 Yards - Stress Value = 309

Workout #29252 - Wednesday, 14 December 2022

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 #29245 - Tuesday, 13 December 2022

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 #29247 - Wednesday, 14 December 2022

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 #29248 - Wednesday, 14 December 2022

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 #29249 - Wednesday, 14 December 2022

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 #29251 - Wednesday, 14 December 2022

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 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 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 #29250 - Wednesday, 14 December 2022

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 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 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 #29268 - Wednesday, 14 December 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Yoga/Shower	REC
500	2x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #2 L./1st 4 #3 L/1st 5 { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8 { #7 L/1st 9, #8 L/1st 10, { #9 /#10 All Straight Arm	SP2
	{ 1 on 1:20 Rest	REC
225	1x{15 x 15 on :45 Racing Skills-#2 Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SP3
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 14:00 Peer Coaching	REC
750	30 x 25 on :30 Your #1 or #2 100**	SP2
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #29253 - Thursday, 15 December 2022

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 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 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{5 x 125 on 1:55 Back alt 25's 10KOW { 3 x 50 on :50 Back-descend { 4 x 100 on 1:30 Back alt 25's 10KOW { 3 x 50 on :50 Back-descend { 3 x 75 on 1:10 Back alt 25's 10KOW { 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 #29258 - Thursday, 15 December 2022

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 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 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
875	1x{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 #29254 - Thursday, 15 December 2022

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 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 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,550	1x{5 x 125 on 2:05 Back alt 25's 10KOW { 3 x 50 on :55 Back-descend

	{ 4 x 100 on 1:40 Back alt 25's 10KOW
	{ 2 x 50 on :55 Back-descend
	{ 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 #29255 - Thursday, 15 December 2022

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

Workout #29257 - Thursday, 15 December 2022

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 #29256 - Thursday, 15 December 2022

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 Free 3KOW to 10 back to 3
450	10 x 15 on :45 Racing Skills-Back Shooters
800	6 x 75 on 3:00 Backstroke 3+/4+/5+/6+/7+/8+
1,175	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
200	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
7:30 PM	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 1 x 200 on 4:00 Stroke Drills 3,125 Yards - Stress Value = 81

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 #29259 - Friday, 16 December 2022

Group 2 - IM's

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
750	10 x 15 on :45 Racing Skills-Crossover Turns
150	30 x 25 on :30 100 Back Pace
2,000	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 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

300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
750	10 x 15 on :45 Racing Skills-Crossover Turns
150	30 x 25 on :30 100 Back Pace
2,000	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 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 #29269 - Thursday, 15 December 2022

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,500	1x{15 x 15 on :45 Racing Skills-Breast Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
750	30 x 50 on :50 200 Free Pace
900	1 on 8:00 Recovery #1
7:50 AM	30 x 25 on :30 100 Fly Pace 1 on 8:00 Recovery #2 30 x 30 on :30 100 Back Pace 1 on 39:00 Weights 3,375 Yards - Stress Value = 324

6:29 PM 3,550 Yards - Stress Value = 121

Workout #29260 - Friday, 16 December 2022

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
300	1 on 15:00 Dynamic Stretch/Showers	REC
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim	SP3
625	10 x 15 on :45 Racing Skills-Crossover Turns	SP2
150	25 x 25 on :35 100 Back Pace	REC
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 2 x 100 on 1:40 Mystery Medley	SP2
200	1 x 200 on 4:00 Stroke Drills	REC
6:30 PM	3,325 Yards - Stress Value = 106	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
5:30 PM	1 on 16:00 Indvdl Prsrctns Distance Crew do 12X80@110-500 Pace 3,225 Yards - Stress Value = 309	REC

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 2 x 100 on 1:40 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	3,325 Yards - Stress Value = 106

Workout #29264 - Friday, 16 December 2022

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
1	on 15:00 DS/Dryland

Workout #29261 - Friday, 16 December 2022

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
	{ 2 x 100 on 1:50 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
6:30 PM 3,075 Yards - Stress Value = 102	

Workout #29263 - Friday, 16 December 2022

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 3:50 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 #29262 - Friday, 16 December 2022

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 #29271 - Friday, 16 December 2022

HighSchl - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description
	EG

Yards	Set Description	
	1 on 15:00 Dynamic Stretch/Showers	RE
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters	SE
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
500	20 x 25 on :30 200 Fly Pace*	SE
	1 on 8:00 Recovery #1	RE
750	15 x 50 on :50 200 Back Pace*	SE
	1 on 7:00 Recovery #2	RE
375	15 x 25 on :30 100 Breast Pace*	SE
400	2x{1 x 25 on :30 Freestyle 11 KOW	SE
	{ 1 x 25 on :40 Freestyle 13 KOW	SE
	{ 1 x 25 on :50 Freestyle 15 KOW	SE
	{ 1 x 25 on 1:00 Freestyle 17 KOW	SE
	{ Round 2 KOW same as round 1	
	{ 1-5 breaths, 2-4 breaths, 3-3 br	
	{ 1 x 100 on 3:00 Sculling drills	RE
	1 on 7:00 Recovery #3	RE
375	15 x 25 on :30 100 Free Pace*	SE
7:45 AM 2,625 Yards - Stress Value = 230		

Workout #29272 - Friday, 16 December 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	
	1 on 20:00 Yoga/Shower	REC
225	1x{15 x 15 on :45 Racing Skills-IM Shooters	SP3
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
500	20 x 25 on :30 100 Back Pace**	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 100 Breast Pace**	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 100 Free Pace**	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 100 Fly Pace**	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
5:28 PM 2,225 Yards - Stress Value = 209		

Workout #29273 - Saturday, 17 December 2022

HighSchl - USRPT

1 minute rest between sets

7:30 AM Start

Yards	Set Description	
	1 on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
500	20 x 25 on :30 200 Free Pace*	SE
	1 on 8:00 Hip Mobility	RE
500	20 x 25 on :30 200 Fly Pace*	SE
	1 on 8:00 Shoulder Mobility	RE
500	20 x 25 on :30 200 Back Pace*	SE
	1 on 8:00 Thoracic Mobility	RE
500	20 x 25 on :30 200 Breast Pace*	SE
	1 on 15:00 Sculling Drill Relay	EN
9:20 AM 2,225 Yards - Stress Value = 209		

Workout #29279 - Monday, 19 December 2022

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 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
7:29 PM	1,550 Yards - Stress Value = 67

Workout #29274 - Monday, 19 December 2022

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 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
7:30 PM	2,250 Yards - Stress Value = 99

Workout #29275 - Monday, 19 December 2022

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 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
7:30 PM	2,200 Yards - Stress Value = 98

Workout #29276 - Monday, 19 December 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

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
7:30 PM	1,975 Yards - Stress Value = 84

Workout #29278 - Monday, 19 December 2022

Group 2 - Bronze

1 minute rest between sets

9:30 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 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 PM	1,700 Yards - Stress Value = 74

Workout #29277 - Monday, 19 December 2022

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM 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
7:30 PM	1,925 Yards - Stress Value = 83

Workout #29304 - Monday, 19 December 2022

HighSchl - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Back Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00 Noodle Day -- Noodle Day -- Noodle Day	F
500	20 x 25 on :30 200 Fly Pace*	F
	1 on 10:00 Recovery #1	F
375	15 x 25 on :30 100 Free Pace*	F
	1 on 9:00 Recovery #2	F
375	15 x 25 on :30 100 Breast Pace*	F
	7:45 AM 1,475 Yards - Stress Value = 135	

Yards	Set Description	F
=====	=====	=====
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	F
750	30 x 25 on :30 USRPT-100 Fly Pace	F
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	F
100	1 x 100 on 4:00 100 Fly Kick for Time	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	F
100	1 x 100 on 4:00 OTB-100 Fly for Time	F
	1 on 10:00 Game	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:30 PM 3,150 Yards - Stress Value = 121	

Workout #29305 - Monday, 19 December 2022

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
225	1x{15 x 15 on :45 Racing Skills-#2 Shooters { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	SP2
750	15 x 50 on :50 200 Back 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 1 on 8:00 Tuesday Recovery #3 1 on 14:00 Indvdl Prsrctns	EN2 REC EN2 REC EN2 REC EN2 REC REC
	5:00 PM 1,275 Yards - Stress Value = 90	

Workout #29281 - Tuesday, 20 December 2022

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	REC
300	1 x 300 on 5:00 SunYangFree-Count strokes	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	REC
625	25 x 25 on :35 USRPT-100 Fly Pace	REC
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	EN2 REC EN2 REC EN2 REC
100	1 x 100 on 4:00 100 Fly Kick for Time	REC
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	EN2 REC
100	1 x 100 on 4:00 OTB-100 Fly for Time	REC
	1 on 10:00 Game	REC
200	1 x 200 on 4:00 Stroke Drills	REC
	7:30 PM 2,825 Yards - Stress Value = 104	

Workout #29285 - Tuesday, 20 December 2022

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	REC
200	1 x 200 on 5:00 SunYangFree-Count strokes	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	REC
225	15 x 15 on 1:00 USRPT-100 Fly Pace	REC
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	EN2 REC EN2 REC EN2 REC
100	1 x 100 on 4:00 100 Fly Kick for Time	REC
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	EN2 REC
100	1 x 100 on 4:00 OTB-100 Fly for Time	REC
	1 on 10:00 Game	REC
200	1 x 200 on 4:00 Stroke Drills	REC
	7:31 PM 1,825 Yards - Stress Value = 54	

Workout #29282 - Tuesday, 20 December 2022

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 DS/Dryland	REC
250	1 x 250 on 5:00 SunYangFree-Count strokes	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	REC
550	22 x 25 on :40 USRPT-100 Fly Pace	REC
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	EN2 REC EN2 REC EN2 REC
100	1 x 100 on 4:00 100 Fly Kick for Time	REC
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	EN2 REC
100	1 x 100 on 4:00 OTB-100 Fly for Time	REC
	1 on 10:00 Game	REC
200	1 x 200 on 4:00 Stroke Drills	REC
	7:29 PM 2,550 Yards - Stress Value = 94	

Workout #29280 - Tuesday, 20 December 2022

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

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

Workout #29284 - Tuesday, 20 December 2022

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	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
	7:30 PM 2,300 Yards - Stress Value = 86

Workout #29283 - Tuesday, 20 December 2022

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
1,000	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
	7:30 PM 2,500 Yards - Stress Value = 93

Workout #29306 - Tuesday, 20 December 2022

HighSchl - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00
750	15 x 50 on :50 200 Free Pace*
	1 on 8:00 Recovery #1
375	15 x 25 on :30 100 Fly Pace
	1 on 8:00 Recovery #2
375	15 x 25 on :30 100 Back Pace
	7:45 AM 1,725 Yards - Stress Value = 160

Workout #29286 - Wednesday, 21 December 2022

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 30:00 DS/Dryland
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
	7:30 PM 2,950 Yards - Stress Value = 75

Workout #29291 - Wednesday, 21 December 2022

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
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 back {2 x 100 on 3:30 Breast Kick w/board {3 x 25 on 1:00 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 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
	7:30 PM 1,825 Yards - Stress Value = 55

Workout #29287 - Wednesday, 21 December 2022

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
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
7:30 PM	2,800 Yards - Stress Value = 72

Workout #29288 - Wednesday, 21 December 2022

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
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
7:31 PM	2,550 Yards - Stress Value = 68

Workout #29290 - Wednesday, 21 December 2022

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
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
7:30 PM	2,150 Yards - Stress Value = 61

Workout #29289 - Wednesday, 21 December 2022

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
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
7:30 PM	2,350 Yards - Stress Value = 64

Workout #29307 - Wednesday, 21 December 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PF
=====	=====	=====	=====	=====	=====	=====
	7:00 AM	1 on 50:00 DS/Weights	REC		L	WTS
	7:50 AM	0 Yards				

Workout #29308 - Wednesday, 21 December 2022

HighSchl - USRPT

1 minute rest between sets

Yards	Time	Set Description	EGY
=====	=====	=====	=====
	3:40 PM	Start	
		1 on 25:00 Yoga/Shower	REC
500	2x{10 x 25 on :40 Free Straight Arm Build	SP2	
	{ #1 Count, #2 L./1st 4 #3 L/1st 5		
	{ #4 L/1st 6 #5 L/1st 7, #6 L/1st 8		
	{ #7 L/1st 9, #8 L/1st 10,		
	{ #9 /#10 All Straight Arm		
	{ 1 on 1:20 Rest	REC	
225	1x{15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
	{ BRAVO: Buckets 7@1:30		
	{ DELTA: DWOTBUW 6@2:00		
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 11:00 Peer Coaching	REC	
750	30 x 25 on :30 Your #1 or #2 100**	SP2	
5:30 PM	2,975 Yards - Stress Value = 284		

Workout #29292 - Thursday, 22 December 2022

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
 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 alt 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
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 129

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
 7:30 PM 3,350 Yards - Stress Value = 107

Workout #29296 - Thursday, 22 December 2022

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
 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
 7:30 PM 2,675 Yards - Stress Value = 89

Workout #29297 - Thursday, 22 December 2022

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
 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
 7:30 PM 2,475 Yards - Stress Value = 81

Workout #29295 - Thursday, 22 December 2022

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
 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
 7:30 PM 3,025 Yards - Stress Value = 100

Workout #29293 - Thursday, 22 December 2022

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
 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
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,700 Yards - Stress Value = 113

Workout #29294 - Thursday, 22 December 2022

Group 2 - Silver

1 minute rest between sets

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

Workout #29309 - Thursday, 22 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters	SE
	{ ALFA: Buckets 7@1:30	
	{ CHARLIE: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Recovery #2	RE
900	30 x 30 on :30 100 Back Pace	SE
	1 on 10:00 Underwater Racing	EM
	1 on 39:00 Weights	RE
9:30 AM	3,375 Yards - Stress Value = 324	

Workout #29310 - Thursday, 22 December 2022

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-#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 11:00 Recovery #3	REC
1,000	40 x 25 on :30 200 Fly Pace*	SP2
4:30 PM	2,725 Yards - Stress Value = 259	

Workout #29303 - Friday, 23 December 2022

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 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
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
	1 on 15:00 Sculling Drills
11:30 AM	1,225 Yards - Stress Value = 51

Workout #29298 - Friday, 23 December 2022

Group 2 - IM'ers

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 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-Your #1 100 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
	1 on 15:00 Sculling Drills
11:30 AM	2,050 Yards - Stress Value = 95

Workout #29299 - Friday, 23 December 2022

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 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-Your #1 100 Pace
650	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
	{6 x 25 on :35 Kick no board BSLRBS
	{1 x 100 on 2:10 Breast Kick w/board
	1 on 15:00 Sculling Drills
11:30 AM	1,875 Yards - Stress Value = 81

Workout #29300 - Friday, 23 December 2022

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-Your #1 100 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
	1 on 15:00 Sculling Drills
11:31 AM	1,775 Yards - Stress Value = 80

Workout #29302 - Friday, 23 December 2022

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 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-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
 1 on 15:00 Sculling drills
 11:30 AM 1,400 Yards - Stress Value = 64

Workout #29301 - Friday, 23 December 2022

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
 625 25 x 25 on :35 USRPT-Your #1 100 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 2:45 Breast Kick w/board
 1 on 15:00 Sculling drills
 11:31 AM 1,725 Yards - Stress Value = 79

Workout #29311 - Friday, 23 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-Crossover Turns
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace*
 1 on 8:00 Recovery #1
 1,500 30 x 50 on :55 200 Breast Pace*
 1 on 8:00 Recovery #2
 750 30 x 25 on :30 100 Free Pace
 1 on 35:00 Weights
 9:29 AM 3,975 Yards - Stress Value = 384

Workout #29312 - Friday, 23 December 2022

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 EGY

1 on 15:00 Dynamic Stretch/Showers REC
 225 1x{15 x 15 on :45 Racing Skills-#1 Shooters SP3
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 Your #1 or #2 200** SP1
 1 on 8:00 Recovery #3 REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 13:00 Tic Tac Toe Relay EN2
 4:30 PM 2,475 Yards - Stress Value = 204

Workout #29313 - Saturday, 24 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 30:00 Yoga/Showers REC
 225 15 x 15 on :45 Racing Skills-Free Shooters SP3
 1,000 40 x 25 on :30 Non free 200 Pace SP2
 1 on 7:00 Ankle Mobility REC
 1,800 18 x 100 on 2:01 Beat The Clock! EN3
 1 on 7:00 Hip Mobility REC
 750 30 x 25 on :30 Non Free 100 Pace SP2
 100 and 200 should be different strokes
 1 on 7:00 Thoracic Mobility REC
 90 6 x 15 on 2:00 DWOTBUW SP3
 9:31 AM 3,865 Yards - Stress Value = 296

Workout #29319 - Monday, 26 December 2022

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 #29314 - Monday, 26 December 2022

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 #29315 - Monday, 26 December 2022

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 Underwater trn drill
850	10 x 15 on :45 Racing Skills-Fly Shooters
	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 #29316 - Monday, 26 December 2022

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
750	10 x 15 on :45 Racing Skills-Fly Shooters
	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 #29318 - Monday, 26 December 2022

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 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Fly Shooters
	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 #29317 - Monday, 26 December 2022

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
700	10 x 15 on :45 Racing Skills-Fly Shooters
	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 #29344 - Monday, 26 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
	1x{15 x 15 on :45 Racing Skills-Breast Shooters
	{ CHARLIE: Buckets 7@1:30
	{ ALFA: DWOTBUW 6@2:00
	Noodle Day -- Noodle Day -- Noodle Day
1,500	30 x 50 on :50 200 Back Pace
	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Free Pace
	1 on 8:00 Recovery #3
	1 on 40:00 Weights
	9:29 AM 3,225 Yards - Stress Value = 309

Workout #29345 - Monday, 26 December 2022

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
	1x{15 x 15 on :45 Racing Skills-Back Shooters
	{ DELTA: Buckets 7@1:30
	{ CHARLIE: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Fly Pace
	1 on 8:00 Tuesday Recovery #1
2,600	26 x 100 on 1:25 1650 Free Pace
	Make 1 Subtract 1
	1 on 8:00 If time-Tuesday Recovery #2
	4:46 PM 4,325 Yards - Stress Value = 159

Workout #29325 - Tuesday, 27 December 2022

Group 2 - Copper

1 minute rest between sets

8:00 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
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
	10:00 AM 2,300 Yards - Stress Value = 79

Workout #29320 - Tuesday, 27 December 2022

Group 2 - Freestylers

1 minute rest between sets

8:00 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-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
	10:00 AM 3,525 Yards - Stress Value = 102

Workout #29321 - Tuesday, 27 December 2022

Group 2 - Gold

1 minute rest between sets

8:00 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-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
	10:00 AM 3,375 Yards - Stress Value = 98

Workout #29322 - Tuesday, 27 December 2022

Group 2 - Silver

1 minute rest between sets

8:00 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
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
	10:00 AM 3,125 Yards - Stress Value = 94

Workout #29324 - Tuesday, 27 December 2022

Group 2 - Bronze

1 minute rest between sets

8:00 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
	10:00 AM 2,600 Yards - Stress Value = 85

Workout #29323 - Tuesday, 27 December 2022

11:31 AM 2,175 Yards - Stress Value = 92

Group 2 - Silver/Bronze

1 minute rest between sets

8:00 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
	10:00 AM 2,950 Yards - Stress Value = 91

Workout #29326 - Wednesday, 28 December 2022

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 #29331 - Wednesday, 28 December 2022

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

Workout #29327 - Wednesday, 28 December 2022

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 #29328 - Wednesday, 28 December 2022

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-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
	11:30 AM 2,675 Yards - Stress Value = 103

Workout #29330 - Wednesday, 28 December 2022

1 minute rest between sets

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-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
 11:30 AM 2,475 Yards - Stress Value = 92

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 500 2x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #2 L./1st 4 #3 L/1st 5
 { #4 L/1st 6 #5 L/1st 7, #6 L/1st 8
 { #7 L/1st 9, #8 L/1st 10,
 { #9 /#10 All Straight Arm
 {1 on 1:20 Rest
 225 1x{15 x 15 on :45 Racing Skills-#1 Shooters
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 7:00 Tuesday Recovery #3
 125 5 x 25 on 3:00 50 Free Pace
 4:33 PM 2,350 Yards - Stress Value = 221

Workout #29329 - Wednesday, 28 December 2022

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-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
 11:30 AM 2,625 Yards - Stress Value = 94

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-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
 11:30 AM 3,375 Yards - Stress Value = 107

Workout #29337 - Thursday, 29 December 2022

Group 2 - Copper

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-Fly Shooters
 { DELTA: Buckets 7@1:30
 { BRAVO: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Breast Pace
 1 on 8:00 Friday Recovery #1
 750 30 x 25 on :30 100 Back Pace
 1 on 9:00 Friday Recovery #2
 750 30 x 25 on :30 100 Fly Pace
 1 on 8:00 Friday Recovery #3
 1 on 40:00 Weights
 9:30 AM 3,225 Yards - Stress Value = 309

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-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
 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,075 Yards - Stress Value = 64

Workout #29347 - Wednesday, 28 December 2022

HighSchl - USRPT

Workout #29333 - Thursday, 29 December 2022

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-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
 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 #29334 - Thursday, 29 December 2022

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-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
 11:29 AM 2,950 Yards - Stress Value = 94

Workout #29336 - Thursday, 29 December 2022

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-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
 11:30 AM 2,450 Yards - Stress Value = 81

Workout #29335 - Thursday, 29 December 2022

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-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
 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 #29348 - Thursday, 29 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-Crossover Turns
 { ALFA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,000 40 x 25 on :25 200 Fly Pace
 1 on 8:00 Recovery #1
 750 30 x 25 on :30 100 Fly Pace
 1 on 7:00 Recovery #2
 900 30 x 30 on :30 100 Back Pace
 1 on 8:00 Recovery #3
 1 on 10:00 Peer Coaching
 1 on 40:00 Weights
 9:30 AM 2,875 Yards - Stress Value = 274

Workout #29349 - Thursday, 29 December 2022

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 1x{15 x 15 on :45 Racing Skills-#2 Shooters SP3
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace* SP2
 225 1x{15 x 15 on :45 Racing Skills-IM Shooters SP3
 { ALFA: Buckets 7@1:30
 { BRAVO: DWOTBUW 6@2:00
 1,500 20 x 75 on 1:05 500 Free Pace** SP2
 1 on 2:00 Video Evaluations 1+/1- REC
 4:30 PM 3,450 Yards - Stress Value = 318

Workout #29343 - Friday, 30 December 2022

Group 2 - Copper

1 minute rest between sets

8:00 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
	10:00 AM 2,475 Yards - Stress Value = 166

Workout #29338 - Friday, 30 December 2022

Group 2 - IM'ers

1 minute rest between sets

8:00 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
	10:00 AM 2,350 Yards - Stress Value = 101

Workout #29339 - Friday, 30 December 2022

Group 2 - Gold

1 minute rest between sets

8:00 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
	10:00 AM 2,250 Yards - Stress Value = 99

Workout #29340 - Friday, 30 December 2022

Group 2 - Silver

1 minute rest between sets

8:00 AM Start

Yards	Set Description
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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
	10:00 AM 1,975 Yards - Stress Value = 84

Workout #29342 - Friday, 30 December 2022

Group 2 - Bronze

1 minute rest between sets

8:00 AM 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-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
	10:00 AM 1,650 Yards - Stress Value = 69

Workout #29341 - Friday, 30 December 2022

Group 2 - Silver/Bronze

1 minute rest between sets

8:00 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
	10:00 AM 1,850 Yards - Stress Value = 76

Workout #29350 - Saturday, 31 December 2022

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch>Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free Shooters	£
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Free Pace	£
	1 on 12:00 Lane Line Survivor	F
1,500	30 x 50 on :55 200 Breast Pace	£
	1 on 12:00 Underwater Racing	F
750	30 x 25 on :30 100 Back Pace#	£
	1 on 12:00 Tic Tac Toe Relay	F
750	30 x 25 on :30 100 Fly Pace#	£
	9:30 AM 4,725 Yards - Stress Value = 459	