

Workout #29350 - Monday, 02 January 2023

1 minute rest between sets

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
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-Fly Shooters
1,950	30 x 25 on :30 USRPT-100 Fly Pace
	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
11:30 AM	3,700 Yards - Stress Value = 130

Yards	Set Description
9:30 AM	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-Fly Shooters
1,400	22 x 25 on :40 USRPT-100 Fly Pace
	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
11:30 AM	2,900 Yards - Stress Value = 99

Workout #29354 - Monday, 02 January 2023

Group 2 - Bronze

1 minute rest between sets

Workout #29351 - Monday, 02 January 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
9:30 AM	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-Fly Shooters
1,700	25 x 25 on :35 USRPT-100 Fly Pace
	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
11:30 AM	3,325 Yards - Stress Value = 114

Yards	Set Description
9:30 AM	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-Fly Shooters
1,200	20 x 25 on :45 USRPT-100 Fly Pace
	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
11:29 AM	2,600 Yards - Stress Value = 90

Workout #29355 - Monday, 02 January 2023

Group 2 - Copper

1 minute rest between sets

Workout #29352 - Monday, 02 January 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:30 AM	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-Fly Shooters
1,500	22 x 25 on :40 USRPT-100 Fly Pace
	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
11:30 AM	3,000 Yards - Stress Value = 103

Yards	Set Description
9:30 AM	Start
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
225	10 x 15 on :45 Racing Skills-Fly Shooters
900	15 x 15 on 1:00 USRPT-100 Fly Pace
	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
11:29 AM	2,025 Yards - Stress Value = 50

Workout #29353 - Monday, 02 January 2023

Group 2 - Silver/Bronze

Workout #29356 - Tuesday, 03 January 2023

Group 2 - Freestylers

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 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
	11:29 AM 2,200 Yards - Stress Value = 98

Workout #29357 - Tuesday, 03 January 2023

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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
	11:29 AM 2,175 Yards - Stress Value = 97

Workout #29358 - Tuesday, 03 January 2023

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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
	11:29 AM 1,950 Yards - Stress Value = 83

Workout #29359 - Tuesday, 03 January 2023

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	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
	11:29 AM 1,875 Yards - Stress Value = 82

Workout #29360 - Tuesday, 03 January 2023

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	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
	11:29 AM 1,650 Yards - Stress Value = 73

Workout #29361 - Tuesday, 03 January 2023

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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
	11:29 AM 1,600 Yards - Stress Value = 72

Workout #29362 - Wednesday, 04 January 2023

Group 2 - Breast

1 minute rest between sets

9:30 AM 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
2,150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
	11:30 AM 3,325 Yards - Stress Value = 95

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
	11:30 AM 2,700 Yards - Stress Value = 82

Workout #29366 - Wednesday, 04 January 2023

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Breast Shooters
150	20 x 25 on :45 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 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
	11:30 AM 2,450 Yards - Stress Value = 76

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
	11:30 AM 2,450 Yards - Stress Value = 76

Workout #29367 - Wednesday, 04 January 2023

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
550	10 x 15 on :45 Racing Skills-Breast Shooters
150	15 x 25 on 1:00 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 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
	11:31 AM 2,075 Yards - Stress Value = 61

Yards	Set Description
150	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Breast Shooters
150	15 x 25 on 1:00 USRPT 100 Breast Pace
1,250	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
	11:31 AM 2,075 Yards - Stress Value = 61

Workout #29365 - Wednesday, 04 January 2023

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Workout #29368 - Thursday, 05 January 2023

Group 2 - Back

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
950	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:00 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:55 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 2:45 Streamline Kick on back
	{2 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	2x{1 x 150 on 2:15 Backstroke
	{2 x 125 on 1:50 Backstroke
	{2 x 100 on 1:25 Backstroke
	{2 x 75 on 1:05 Backstroke
	{1 x 100 on 2:00 EZ Free
	1 on 10:00 Relay
	11:31 AM 3,950 Yards - Stress Value = 130

Workout #29369 - Thursday, 05 January 2023

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
850	1x{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
	11:31 AM 3,425 Yards - Stress Value = 111

Workout #29370 - Thursday, 05 January 2023

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
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
	11:30 AM 3,050 Yards - Stress Value = 99

Workout #29371 - Thursday, 05 January 2023

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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
	11:30 AM 2,850 Yards - Stress Value = 95

Workout #29372 - Thursday, 05 January 2023

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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
	11:30 AM 2,500 Yards - Stress Value = 89

Workout #29373 - Thursday, 05 January 2023

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Back Shooters
550	20 x 25 on :45 USRPT-100 Back Pace
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
11:29 AM	2,300 Yards - Stress Value = 81

Workout #29374 - Monday, 02 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
225	1x{15 x 15 on :45 Racing Skills-Fly 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 Free Pace
750	1 on 9:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Back Pace
	1 on 8:00 Recovery #3
	1 on 40:00 Weights
9:30 AM	3,225 Yards - Stress Value = 309

Workout #29375 - Monday, 02 January 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description
225	1x{15 x 15 on :45 Racing Skills-IM Shooters
	{ DELTA: Buckets 7@1:30
	{ CHARLIE: DWOTBUW 6@2:00
1,250	25 x 50 on :55 200 Breast Pace*
2,250	1 on 8:00 Sculling Drills in DW
	30 x 75 on 1:05 100 Free Pace
	Make 1 Subtract 1
	1 on 8:00 Video Evaluations 1+/1-
4:40 PM	3,725 Yards - Stress Value = 359

Workout #29376 - Tuesday, 03 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
225	1x{15 x 15 on :45 Racing Skills-Crossover Turns
	{ DELTA: Buckets 7@1:30

Yards	Set Description
1,500	{ BRAVO: DWOTBUW 6@2:00
	30 x 50 on :50 200 Fly Pace
	1 on 9:00 Recovery #1
750	30 x 25 on :30 100 Free Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Breast Pace
	1 on 8:00 Recovery #3
	1 on 40:00 Weights
9:30 AM	3,225 Yards - Stress Value = 309

Workout #29377 - Wednesday, 04 January 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description
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-#2 Shooters
	{ BRAVO: Buckets 7@1:30
	{ DELTA: DWOTBUW 6@2:00
1,250	25 x 50 on :50 200 Back Pace*
	1 on 10:00 Racing Skills-Relay Starts
125	5 x 25 on 3:00 50 Free Pace
4:32 PM	2,100 Yards - Stress Value = 196

Workout #29378 - Thursday, 05 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description
225	1x{15 x 15 on :45 Racing Skills-Free Shooters
	{ ALFA: Buckets 7@1:30
	{ CHARLIE: DWOTBUW 6@2:00
1,500	30 x 50 on :55 200 Breast Pace
	1 on 9:00 Recovery #1
900	30 x 30 on :30 100 Back Pace
	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Fly Pace
	1 on 8:00 Recovery #3
	1 on 37:00 Weights
9:30 AM	3,375 Yards - Stress Value = 324

Workout #29379 - Thursday, 05 January 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 225 1x{15 x 15 on :45 Racing Skills-#1 Shooters
 1,250 25 x 50 on :30 200 Free Pace*
 300 1x{ Each round starts off the blocks^
 { Evens-3 stroke free or fly finishes (NO BRE
 {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 1:00 Line-up for IM Set REC
 1,500 1x{10 x 50 on :55 400 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 400 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 400 IM Pace SP2
 1 on 8:00 Video Evaluations 1+/1- REC
 4:30 PM 3,275 Yards - Stress Value = 290

Workout #29380 - Friday, 06 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 225 1x{15 x 15 on :45 Racing Skills-Back 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
 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
 1,000 40 x 25 on :30 200 Fly Pace*
 1 on 10:00 Peer Coaching
 1 on 10:00 Lane Line Survivor
 9:30 AM 4,225 Yards - Stress Value = 409

Workout #29381 - Friday, 06 January 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 225 1x{15 x 15 on :45 Racing Skills-#3 Shooters
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 1,500 15 x 100 on 1:20 1650 Free Pace**
 1 on 12:00 Peer Coaching
 750 30 x 25 on :30 Your #1 100 Pace**
 1 on 14:00 Underwater Racing
 4:30 PM 2,475 Yards - Stress Value = 234

Workout #29382 - Saturday, 07 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====

1 on 15:00 DS/Showers
 225 1x{15 x 15 on :45 Racing Skills-Breast Shooters
 { ALFA: Buckets 7@1:30
 { BRAVO: DWOTBUW 6@2:00
 1,000 40 x 25 on :30 200 Fly Pace*
 1 on 8:00 Hip Mobility
 1,000 40 x 25 on :30 200 Back Pace*
 1 on 8:00 Shoulder Mobility
 1,000 40 x 25 on :30 200 Breast Pace*
 1 on 8:00 Thoracic Mobility
 1,000 40 x 25 on :30 200 Free Pace*
 1 on 15:00 Sculling Drill/Shooter Relay
 9:30 AM 4,225 Yards - Stress Value = 409

Workout #29383 - Monday, 09 January 2023

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 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 #29384 - Monday, 09 January 2023

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 #29385 - Monday, 09 January 2023

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 #29386 - Monday, 09 January 2023

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 #29387 - Monday, 09 January 2023

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 #29388 - Monday, 09 January 2023

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
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 #29389 - Tuesday, 10 January 2023

Group 2 - IM'ers

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-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	4,350 Yards - Stress Value = 138

Workout #29390 - Tuesday, 10 January 2023

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-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 4,125 Yards - Stress Value = 123

{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 3,625 Yards - Stress Value = 113

Workout #29393 - Tuesday, 10 January 2023

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-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 3,150 Yards - Stress Value = 99

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-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 3,150 Yards - Stress Value = 99

Workout #29391 - Tuesday, 10 January 2023

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-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 3,775 Yards - Stress Value = 116

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-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

Workout #29392 - Tuesday, 10 January 2023

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-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

Workout #29394 - Tuesday, 10 January 2023

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

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-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 2,925 Yards - Stress Value = 81

Workout #29395 - Wednesday, 11 January 2023

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 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 #29396 - Wednesday, 11 January 2023

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 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

Workout #29397 - Wednesday, 11 January 2023

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 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 #29398 - Wednesday, 11 January 2023

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 #29399 - Wednesday, 11 January 2023

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 #29400 - Wednesday, 11 January 2023

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 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 #29401 - Thursday, 12 January 2023

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 #29402 - Thursday, 12 January 2023

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 #29403 - Thursday, 12 January 2023

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 #29404 - Thursday, 12 January 2023

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 #29405 - Thursday, 12 January 2023

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 #29406 - Thursday, 12 January 2023

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 #29407 - Friday, 13 January 2023

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 #29408 - Friday, 13 January 2023

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 #29409 - Friday, 13 January 2023

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 #29410 - Friday, 13 January 2023

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 #29411 - Friday, 13 January 2023

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
	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 #29412 - Friday, 13 January 2023

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
900	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #29413 - Monday, 09 January 2023

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-Free Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00 Noodle Day -- Noodle Day -- Noodle Day
750	30 x 50 on :55 200 Breast Pace
750	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Back Pace
	1 on 7:00 Recovery #2
750	30 x 25 on :30 100 Fly Pace
	1 on 37:00 Weights
	7:50 AM 3,225 Yards - Stress Value = 309

Workout #29414 - Monday, 09 January 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
1,500	1x{15 x 15 on :45 Racing Skills-#1 Shooters { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
	30 x 50 on :50 200 Free Pace*
	1 on 8:00 Recovery #3

300	1x{ Each round starts off the blocks { Evens-3 stroke free or fly finish
	{ 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
300	6 x 50 on 3:00 50 Free Pace
	1 on 12:00 Indvdl Prsrctns
	5:30 PM 2,325 Yards - Stress Value = 195

Workout #29415 - Tuesday, 10 January 2023

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-Back Shooters { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00
750	30 x 50 on :50 200 Fly Pace
750	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Free Pace
	1 on 8:00 Recovery #2
	30 x 25 on :30 100 Breast Pace
	1 on 39:00 Weights
	7:50 AM 3,225 Yards - Stress Value = 309

Workout #29416 - Wednesday, 11 January 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
500	1 on 25:00 DS/Yoga
225	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
1,500	1x{15 x 15 on :45 Racing Skills-Crossover Turns { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00
100	30 x 50 on :50 200 Back Pace*
	1 on 8:00 Thursday Recovey #3
	1 on 10:00 Glider Racing
	1 x 100 on 12:00 Parachute Relays
	5:31 PM 2,325 Yards - Stress Value = 219

Workout #29417 - Thursday, 12 January 2023

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
 { 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
 900 30 x 30 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 3,375 Yards - Stress Value = 324

1 on 8:00 Hip Mobility REC
 1,000 40 x 25 on :30 200 Fly Pace* SP2
 1 on 15:00 Diving Well Relays SP3
 9:30 AM 4,225 Yards - Stress Value = 409

Workout #29418 - Friday, 13 January 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 225 1x{15 x 15 on :45 Racing Skills-Fly Shooters SE
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace SE
 1 on 8:00 Recovery #1 RE
 750 30 x 25 on :30 100 Breast Pace SE
 1 on 8:00 Recovery #2 RE
 750 30 x 25 on :30 100 Free Pace SE
 1 on 8:00 Recovery #3 RE
 1,000 40 x 25 on :30 200 Fly Pace* SE
 1 on 10:00 Timed 30yd Diving well sprints SE
 7:50 AM 4,225 Yards - Stress Value = 409

Workout #29419 - Friday, 13 January 2023

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 SP3
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 1,500 15 x 100 on 1:20 1650 Free Pace** SP2
 1 on 12:00 Peer Coaching REC
 1,500 30 x 50 on :55 200 Breast Pace* SP2
 1 on 12:00 Underwater Racing SP3
 125 5 x 25 on 3:00 50 Free Pace SP2
 5:37 PM 3,350 Yards - Stress Value = 321

Workout #29420 - Saturday, 14 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 1x{15 x 15 on :45 Racing Skills-IM Shooters SP3
 { ALFA: Buckets 7@1:30
 { BRAVO: DWOTBUW 6@2:00
 1,000 40 x 25 on :30 200 Back Pace* SP2
 1 on 8:00 Shoulder Mobility REC
 1,000 40 x 25 on :30 200 Breast Pace* SP2
 1 on 8:00 Thoracic Mobility REC
 1,000 40 x 25 on :30 200 Free Pace* SP2

Workout #29421 - Monday, 16 January 2023

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
 2,100 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 #29422 - Monday, 16 January 2023

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 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 #29423 - Monday, 16 January 2023

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
 1,650 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

200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,725 Yards - Stress Value = 95

Workout #29426 - Monday, 16 January 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 900 1x{1 x 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 #29424 - Monday, 16 January 2023

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

Workout #29427 - Tuesday, 17 January 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 625 25 x 25 on :35 USRPT 100 Breast Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,050 1x{1 x 200 on 3:50 Breast 2K1P
 {4 x 50 on :55 Breast-descend
 {1 x 200 on 3:55 Breast-3-4-5-6 sec glide
 {4 x 50 on :55 Breast-descend
 {1 x 150 on 2:50 Breast-2k1p
 {4 x 50 on :55 Breast-descend
 {1 x 150 on 2:55 Breast 3-4-5-6 glide
 {4 x 50 on :55 Breast-descend
 {1 x 100 on 1:55 Breast 2K1P
 {4 x 50 on :55 Breast-descend
 {1 x 100 on 2:00 Breast-3-4-5-6 glide
 {3 x 50 on :55 Breast-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,425 Yards - Stress Value = 103

Workout #29425 - Monday, 16 January 2023

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
 1,325 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

Workout #29428 - Tuesday, 17 January 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 625 25 x 25 on :35 USRPT 100 Breast Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,900 1x{1 x 200 on 4:00 Breast 2K1P
 {4 x 50 on 1:00 Breast descend
 {1 x 200 on 4:10 Breast 3-4-5-6 sec glide
 {4 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:10 Breast-2K1P
 {4 x 50 on 1:00 Breast-descend
 {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
 {4 x 50 on 1:00 Breast-descend
 {1 x 100 on 2:00 Breast 2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 100 on 2:05 Breast 3-4-5-6 sec glide
 {1 x 50 on :55 Breast-FAST
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 100

Workout #29429 - Tuesday, 17 January 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 550 22 x 25 on :40 USRPT 100 Breast Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{1 x 200 on 4:30 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:20 Breast-2klp
 {3 x 50 on 1:05 Breast-descend
 {1 x 150 on 3:20 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:15 Breast 2K1P
 {3 x 50 on 1:05 Breast-descend
 {1 x 100 on 2:15 Breast 3-4-5-6 sec glide
 {2 x 50 on 1:00 Breast-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 89

Workout #29430 - Tuesday, 17 January 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 550 22 x 25 on :40 USRPT 100 Breast Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 5:20 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 200 on 5:20 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-2K1P
 {3 x 50 on 1:10 Breast-descend

{1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {2 x 50 on 1:10 Breast-descend
 {1 x 100 on 2:40 Breast-2K1P
 {2 x 50 on 1:10 Breast-descend
 {1 x 50 on 1:20 Breast 3-4-5-6 sec glide
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 83

Workout #29431 - Tuesday, 17 January 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-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
 1,300 1x{1 x 200 on 5:40 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 200 on 5:40 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-2K1P
 {3 x 50 on 1:20 Breast-descend
 {1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,450 Yards - Stress Value = 76

Workout #29432 - Tuesday, 17 January 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 40:00 Train Heroic/Showers
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-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
 950 1x{1 x 150 on 6:00 Breast 2K1P
 {2 x 50 on 2:00 Breast descend
 {1 x 150 on 6:00 Breast 3-4-5-6 sec glide
 {2 x 50 on 2:00 Breast-descend
 {1 x 100 on 4:00 Breast-2K1P
 {2 x 50 on 2:00 Breast-descend
 {1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast-descend
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,100 Yards - Stress Value = 71

Workout #29433 - Wednesday, 18 January 2023

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 fas
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 #29434 - Wednesday, 18 January 2023

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
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 fas
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 #29435 - Wednesday, 18 January 2023

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
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 fas
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 #29436 - Wednesday, 18 January 2023

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
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 fas
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 #29437 - Wednesday, 18 January 2023

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
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 fas
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 #29438 - Wednesday, 18 January 2023

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 fas
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 #29439 - Thursday, 19 January 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
800	1x{4 x 25 on :30 Kick no board BSLR { 3 x 50 on :55 Fly Kick w/snorkel { 4 x 25 on :30 Kick no board BSLR { 2 x 75 on 1:25 Fly Kick w/snorkel { 4 x 25 on :30 Kick no board BSLR { 2 x 100 on 1:55 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 97

Workout #29440 - Thursday, 19 January 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 40:00 Train Heroic/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
700	1x{4 x 25 on :35 Kick no board BSLR { 3 x 50 on 1:05 Fly Kick w/snorkel { 4 x 25 on :35 Kick no board BSLR { 2 x 75 on 1:35 Fly Kick w/snorkel { 4 x 25 on :35 Kick no board BSLR { 1 x 100 on 2:10 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,075 Yards - Stress Value = 82

Workout #29441 - Thursday, 19 January 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 40:00 Train Heroic/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
650	1x{4 x 25 on :40 Kick no board BSLR { 3 x 50 on 1:10 Fly Kick w/snorkel { 4 x 25 on :40 Kick no board BSLR { 2 x 75 on 1:45 Fly Kick w/snorkel { 2 x 25 on :40 Kick no board BSLR { 1 x 100 on 2:20 Fly Kick w/snorkel
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 74

Workout #29442 - Thursday, 19 January 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 40:00 Train Heroic/Showers
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
600	1x{4 x 25 on :40 Kick no board BSLR { 3 x 50 on 1:20 Fly Kick w/snorkel { 4 x 25 on :40 Kick no board BSLR { 2 x 75 on 2:00 Fly Kick w/snorkel { 4 x 25 on :40 Kick no board BSLR
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 73

Workout #29443 - Thursday, 19 January 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
500	1x{4 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:30 Fly Kick w/board { 4 x 25 on :45 Kick no board BSLR { 2 x 75 on 2:15 Fly Kick w/board { 2 x 25 on :45 Kick no board BS
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,650 Yards - Stress Value = 66

Workout #29444 - Thursday, 19 January 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 40:00 Train Heroic/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-FLY
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
400	1x{4 x 25 on 1:00 Kick no board BSLR { 2 x 50 on 2:00 Fly Kick w/board { 2 x 25 on 1:00 Kick no board BS { 2 x 75 on 3:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,425 Yards - Stress Value = 52

Workout #29445 - Monday, 16 January 2023

HighSchl - USRPT

1 minute rest between sets

7:00 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	5
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
	Noodle Day -- Noodle Day -- Noodle Day	
1,500	30 x 50 on :50 200 Fly Pace	5
	1 on 9:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	5
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Breast Pace	5
	1 on 8:00 Recovery #3	F
	1 on 40:00 Weights	F
9:30 AM 3,225 Yards - Stress Value = 309		

{ #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	SP2
{ BRAVO: Buckets 7@1:30	
{ DELTA: DWOTBUW 6@2:00	
1,500 30 x 50 on :50 200 Back Pace*	SP2
1 on 5:00 Video Evaluations 1+/1-	REC
750 30 x 25 on :30 100 Breast Pace	SP2
1 on 8:00 Thursday Recovey #3	REC
750 30 x 25 on :30 100 Free Pace	SP2
5:35 PM 3,725 Yards - Stress Value = 359	

Workout #29446 - Monday, 16 January 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start		
Yards	Set Description	F
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	RE
225	1x{15 x 15 on :45 Racing Skills-Crossover Turns	SE
	{ DELTA: Buckets 7@1:30	
	{ CHARLIE: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Free Pace*	SE
	1 on 8:00 Tuesday Recovery #3	RE
300	1x{ Each round starts off the blocks	SE
	{ Evens-3 stroke free or fly finish	
	{8 x 15 on :25 Undr Wtr Fly Kck	RE
	{1 on :30 Rest	RE
	{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	
300	6 x 50 on 3:00 50 #1 Pace	SE
4:30 PM 2,325 Yards - Stress Value = 195		

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	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
900	30 x 30 on :30 100 Fly Pace	SE
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 39:00 Weights	RE
7:50 AM 3,375 Yards - Stress Value = 324		

Workout #29450 - Friday, 20 January 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start		
Yards	Set Description	F
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free Shooters	5
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,000	40 x 25 on :30 200 Fly Pace*	5
	1 on 8:00 Recovery #1	F
1,500	30 x 50 on :50 200 Back Pace	5
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Breast Pace	5
	1 on 8:00 Recovery #3	F
750	30 x 25 on :30 100 Free Pace	5
	1 on 10:00 Timed 30yd Diving well sprints	5
7:50 AM 4,225 Yards - Stress Value = 409		

5:30 AM Start		
Yards	Set Description	F
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free Shooters	5
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,000	40 x 25 on :30 200 Fly Pace*	5
	1 on 8:00 Recovery #1	F
1,500	30 x 50 on :50 200 Back Pace	5
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Breast Pace	5
	1 on 8:00 Recovery #3	F
750	30 x 25 on :30 100 Free Pace	5
	1 on 10:00 Timed 30yd Diving well sprints	5
7:50 AM 4,225 Yards - Stress Value = 409		

Workout #29451 - Friday, 20 January 2023

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-#1 Shooters	SP2
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 6:00 Your Choice Recovery	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Your Choice Recovery	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Indvdl Prsrcptns	REC
5:30 PM 3,225 Yards - Stress Value = 309		

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-#1 Shooters	SP2
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 6:00 Your Choice Recovery	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 6:00 Your Choice Recovery	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Indvdl Prsrcptns	REC
5:30 PM 3,225 Yards - Stress Value = 309		

Workout #29448 - Wednesday, 18 January 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start		
Yards	Set Description	EGY
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	REC
500	2x{10 x 25 on :40 Free Straight Arm Build	SP2

Workout #29452 - Monday, 23 January 2023

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 :55 200 Breast Pace
 1 on 8:00 Recovery #1
 750 30 x 25 on :30 100 Free Pace
 1 on 7:00 Recovery #2
 750 30 x 25 on :30 100 Fly Pace
 1 on 37:00 Weights
 7:50 AM 3,225 Yards - Stress Value = 309

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-Crossover Turns
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Fly Pace*
 1 on 8:00 Video Evaluations 1+/1-
 750 30 x 25 on :30 Your #1 or #2 100 Pace
 5:29 PM 2,975 Yards - Stress Value = 284

Workout #29453 - Monday, 23 January 2023

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-#1 Shooters
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace*
 1 on 8:00 Tuesday Recovery #3
 600 2x{8 x 15 on :25 Undr Wtr Fly Kck
 { Each round starts off the blocks
 { Evens-3 stroke free or fly finish
 {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 1:00 Rest
 150 6 x 25 on 3:00 50 #1 Pace
 25 1 x 25 on 10:00 Group Relay
 5:31 PM 2,500 Yards - Stress Value = 188

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
 { ALFA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace
 1 on 8:00 Recovery #1
 900 30 x 30 on :30 100 Fly Pace
 1 on 8:00 Recovery #2
 750 30 x 25 on :30 100 Free Pace
 1 on 39:00 Weights
 7:50 AM 3,375 Yards - Stress Value = 324

Workout #29457 - Thursday, 26 January 2023

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-#3 Shooters
 3,000 30 x 100 on 1:25 1650 Free Pace
 Make 1 subtract 1
 1 on 8:00 Recovery #3
 1,250 25 x 50 on :55 200 Breast Pace*
 1 on 10:00 Indvdl Prsrcptns
 5:32 PM 4,475 Yards - Stress Value = 434

Workout #29454 - Tuesday, 24 January 2023

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-Fly Shooters
 { DELTA: Buckets 7@1:30
 { BRAVO: 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 Breast Pace
 1 on 7:00 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 #29458 - Friday, 27 January 2023

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
 { BRAVO: Buckets 7@1:30
 { DELTA: DWOTBUW 6@2:00
 1,000 40 x 25 on :30 200 Fly 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 Breast Pace
 1 on 8:00 Recovery #3
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 10:00 Timed 30yd Diving well sprints
 7:50 AM 4,225 Yards - Stress Value = 409

Workout #29455 - Wednesday, 25 January 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Yoga

Workout #29459 - Friday, 27 January 2023

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-IM Shooters	SP2
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
625	25 x 25 on :30 100 Fly Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Back Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Breast Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Free Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
5:30 PM	2,725 Yards - Stress Value = 257	

Workout #29460 - Monday, 23 January 2023

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 #29461 - Monday, 23 January 2023

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 #29462 - Monday, 23 January 2023

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 #29463 - Monday, 23 January 2023

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 Breast Pace
750	1x{4 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:15 Kick 1fly lbrst 1 free
	{ 4 x 25 on :40 Kick no board S
	{ 3 x 50 on 1:15 Kick 1fly lbrst 1 free
	{ 4 x 25 on :40 Kick no board 2L2R
	{ 3 x 50 on 1:10 Kick 1fly lbrst 1 free
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 #29464 - Monday, 23 January 2023

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
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 #29465 - Monday, 23 January 2023

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 1brst
	{4 x 25 on 1:00 Kick no board S
	{2 x 50 on 2:00 Kick 1 brst 1 free
	{3 x 25 on 1:00 Kick no boardbl1R1C
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 #29466 - Tuesday, 24 January 2023

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
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 #29467 - Tuesday, 24 January 2023

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 #29468 - Tuesday, 24 January 2023

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-2k1p
	{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 #29469 - Tuesday, 24 January 2023

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 #29470 - Tuesday, 24 January 2023

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 #29471 - Tuesday, 24 January 2023

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
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 #29472 - Wednesday, 25 January 2023

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 #29473 - Wednesday, 25 January 2023

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 #29474 - Wednesday, 25 January 2023

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
625	10 x 15 on :45 Racing Skills-Free Shooters
1,500	25 x 25 on :35 USRPT 100 Free Pace
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 #29475 - Wednesday, 25 January 2023

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
625	10 x 15 on :45 Racing Skills-Free Shooters
1,450	25 x 25 on :35 USRPT 100 Free Pace
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

Workout #29476 - Wednesday, 25 January 2023

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-Free Shooters
1,200	22 x 25 on :40 USRPT 100 Free Pace
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 #29477 - Wednesday, 25 January 2023

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
500	10 x 15 on :45 Racing Skills-Free Shooters
1,100	20 x 25 on :45 USRPT 100 Free Pace
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 #29478 - Thursday, 26 January 2023

Group 2 - Fly

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-Fly Shooters
150	30 x 25 on :30 USRPT-100 Fly Pace
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 #29479 - Thursday, 26 January 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Fly Shooters
150	25 x 25 on :35 USRPT-100 Fly Pace
1,400	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 lupldown+1 { 4 x 100 on 1:50 Fly 25R-25L-50B { 8 x 25 on :35 Fly lupldown+1 { 4 x 125 on 2:15 Fly 25R-25L-75B { 6 x 25 on :35 Fly lupldown+1 { 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 #29480 - Thursday, 26 January 2023

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
550	10 x 15 on :45 Racing Skills-Fly Shooters
150	22 x 25 on :40 USRPT-100 Fly Pace
1,800	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 lupldown+1 { 4 x 100 on 2:15 Fly 25R-25L-50B { 8 x 25 on :40 Fly lupldown+1 { 4 x 125 on 2:45 Fly 25R-25L-75B { 8 x 25 on :40 Fly lupldown+1 1 on 10:00 Racing Skills-LP Turns
7:30 PM	2,900 Yards - Stress Value = 97

Workout #29481 - Thursday, 26 January 2023

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
550	10 x 15 on :45 Racing Skills-Fly Shooters
150	22 x 25 on :40 USRPT-100 Fly Pace
1,600	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 lupldown+1 { 4 x 100 on 2:40 Fly 25R-25L-50B { 8 x 25 on :40 Fly lupldown+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 #29482 - Thursday, 26 January 2023

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 lupldown+1 { 4 x 100 on 3:00 Fly 25R-25L-50B { 8 x 25 on :45 Fly lupldown+1 { 2 x 125 on 3:45 Fly 25R-25L-75B { 2 x 25 on :45 Fly lupldown+1 1 on 10:00 Racing Skills-LP Turns
7:30 PM	2,400 Yards - Stress Value = 84

Workout #29483 - Thursday, 26 January 2023

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

Workout #29484 - Friday, 27 January 2023

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 #29485 - Friday, 27 January 2023

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-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 #29486 - Friday, 27 January 2023

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-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 #29487 - Friday, 27 January 2023

Group 2 - Silver/Bronze

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-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 #29488 - Friday, 27 January 2023

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 #29489 - Friday, 27 January 2023

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 #29490 - Friday, 27 January 2023

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-IM Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SP3
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 #29491 - Monday, 30 January 2023

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 #29492 - Monday, 30 January 2023

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 #29493 - Monday, 30 January 2023

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 #29494 - Monday, 30 January 2023

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 #29495 - Monday, 30 January 2023

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 #29496 - Monday, 30 January 2023

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

1 on 10:00 Racing Skills-Back Starts
7:30 PM 3,100 Yards - Stress Value = 124

Workout #29499 - Tuesday, 31 January 2023

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
1,350	1x{4 x 25 on :35 Kick no board B-10KOW+1
	{8 x 50 on 1:15 Kick-alt strmlne/hands by si
	{6 x 25 on :35 Kick no board B-10KOW+1
	{6 x 50 on 1:10 Kick-alt strmlne/hands by si
	{8 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:05 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
	1 on 10:00 Racing Skills-Back Starts
7:30 PM	2,725 Yards - Stress Value = 107

Workout #29497 - Tuesday, 31 January 2023

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 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 strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{6 x 50 on :55 Kick-alt strmlne/hands by sic
	{8 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :50 Kick-alt strmlne/hands by sic
	{10 x 25 on :30 Kick no board B-10KOW+1
	{1 x 50 on :45 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
	1 on 10:00 Racing Skills-Back Starts
7:30 PM	3,200 Yards - Stress Value = 126

Workout #29500 - Tuesday, 31 January 2023

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 strmlne/hands by si
	{6 x 25 on :40 Kick no board B-10KOW+1
	{6 x 50 on 1:15 Kick-alt strmlne/hands by si
	{8 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:15 Kick-alt strmlne/hands by si
100	1 x 100 on 4:00 100 SL Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 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 #29498 - Tuesday, 31 January 2023

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 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 strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{6 x 50 on 1:00 Kick-alt strmlne/hands by si
	{8 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmlne/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

Workout #29501 - Tuesday, 31 January 2023

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 strmlne/hands by si
	{6 x 25 on :45 Kick no board B-10KOW+1
	{4 x 50 on 1:30 Kick-alt strmlne/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 #29502 - Tuesday, 31 January 2023

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 SunYangFree-Count strokes
500	10 x 15 on :45 Racing Skills-Back Shooters
800	20 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
150	{6 x 50 on 2:00 Kick-alt strmline/hands by si
100	{6 x 25 on 1:00 Kick no board B-10KOW+1
150	{2 x 50 on 1:55 Kick-alt strmline/hands by si
100	{6 x 25 on 1:00 Kick no board B-10KOW+1
150	1 x 100 on 4:00 100 SL Kick for Time
100	1x{6 x 25 on 1:00 Odds face in sculling drills
100	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
100	1 on 10:00 Racing Skills-Back Starts
7:30 PM	2,000 Yards - Stress Value = 84

Workout #29503 - Wednesday, 01 February 2023

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
625	{ Evens-underwaters, count kicks
1,000	25 x 25 on :35 USRPT-100 Breast Pace
1,000	1x{1 x 200 on 3:45 Breast Kick w/board
1,000	{4 x 25 on :35 Breast Kick-streamline on back
1,000	{2 x 175 on 3:15 Breast Kick w/board
1,000	{4 x 25 on :35 Breast Kick-streamline on back
1,000	{1 x 150 on 2:40 Breast Kick w/board
1,000	{4 x 25 on :35 Breast Kick-streamline on back
1,000	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	2,175 Yards - Stress Value = 88

Workout #29504 - Wednesday, 01 February 2023

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-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
625	{ Evens-underwaters, count kicks
950	25 x 25 on :35 USRPT-100 Breast Pace
950	1x{1 x 200 on 4:00 Breast Kick w/board
950	{4 x 25 on :35 Breast Kick-streamline on back
950	{2 x 175 on 3:30 Breast Kick w/board
950	{4 x 25 on :35 Breast Kick-streamline on back
950	{1 x 150 on 3:00 Breast Kick w/board
950	{2 x 25 on :35 Breast Kick-streamline on back
950	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	2,125 Yards - Stress Value = 87

Workout #29505 - Wednesday, 01 February 2023

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
550	{ Evens-underwaters, count kicks
850	22 x 25 on :40 USRPT-100 Breast Pace
850	1x{1 x 150 on 3:20 Breast Kick w/board
850	{4 x 25 on :40 Breast Kick-streamline on back
850	{2 x 175 on 3:55 Breast Kick w/board
850	{4 x 25 on :40 Breast Kick-streamline on back
850	{1 x 150 on 3:20 Breast Kick w/board
850	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	1,900 Yards - Stress Value = 78

Workout #29506 - Wednesday, 01 February 2023

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-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
500	{ Evens-underwaters, count kicks
750	20 x 25 on :45 USRPT-100 Breast Pace
750	1x{1 x 200 on 5:00 Breast Kick w/board
750	{4 x 25 on :40 Breast Kick-streamline on back
750	{2 x 175 on 4:25 Breast Kick w/board
750	{4 x 25 on :40 Breast Kick-streamline on back
750	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	1,750 Yards - Stress Value = 71

Workout #29507 - Wednesday, 01 February 2023

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-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
500	{ Evens-underwaters, count kicks
650	20 x 25 on :45 USRPT-100 Breast Pace
650	1x{1 x 100 on 2:45 Breast Kick w/board
650	{2 x 25 on 1:00 Breast Kick-streamline on back
650	{2 x 150 on 4:05 Breast Kick w/board
650	{4 x 25 on 1:00 Breast Kick-streamline on back
650	{1 x 100 on 2:45 Breast Kick w/board
650	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	1,600 Yards - Stress Value = 69

Workout #29508 - Wednesday, 01 February 2023

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

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 #29509 - Thursday, 02 February 2023

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 #29511 - Thursday, 02 February 2023

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
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 100 on 1:40 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 #29510 - Thursday, 02 February 2023

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

Workout #29512 - Thursday, 02 February 2023

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 Fly Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,000	1x{1 x 200 on 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

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 #29515 - Friday, 03 February 2023

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
450	6 x 75 on 3:00 Fly-OTB-100%	SE
75	1 x 75 on 2:00 Easy Free	RE
1,600	8x{8 x 25 on :25 Butterfly {1 on 1:00 Rest	EM RE
200	1 x 200 on 4:00 Stroke Drills	RE
6:32 PM	2,775 Yards - Stress Value = 74	

Workout #29513 - Thursday, 02 February 2023

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	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 #29516 - Friday, 03 February 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
450	6 x 75 on 3:00 Fly-OTB-100%	S
75	1 x 75 on 2:00 Easy Free	F
1,400	7x{8 x 25 on :30 Butterfly {1 on 1:00 Rest	F F
200	1 x 200 on 4:00 Stroke Drills	F
6:32 PM	2,575 Yards - Stress Value = 70	

Workout #29517 - Friday, 03 February 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

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

Workout #29514 - Thursday, 02 February 2023

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

Workout #29518 - Friday, 03 February 2023

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #29519 - Friday, 03 February 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:00 PM	Start	
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
450	6 x 75 on 3:00 Fly-OTB-100%	SE
75	1 x 75 on 2:00 Easy Free	RE
1,000	5x{8 x 25 on :45 Butterfly {1 on 1:00 Rest	EM RE
200	1 x 200 on 3:00 Stroke Drills	RE
6:31 PM	2,075 Yards - Stress Value = 62	

Workout #29520 - Friday, 03 February 2023

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	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
300	6 x 50 on 3:00 Fly-OTB-100%	SE
50	1 x 50 on 2:00 Easy Free	RE
800	4x{8 x 25 on 1:00 Butterfly {1 on 1:00 Rest	EM RE
200	1 x 200 on 4:00 Stroke Drills	RE
6:33 PM	1,700 Yards - Stress Value = 46	

Workout #29521 - Monday, 30 January 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00 Noodle Day -- Noodle Day -- Noodle Day	RE
1,500	30 x 50 on :50 200 Back Pace*	
750	30 x 25 on :30 100 Breast Pace*	
750	30 x 25 on :30 100 Free Pace	
7:50 AM	3,225 Yards - Stress Value = 309	

Workout #29522 - Monday, 30 January 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:40 PM	Start	
225	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooters { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	RE
1,500	30 x 50 on :50 200 Fly Pace*	
600	2x{8 x 15 on :25 Undr Wtr Fly Kck { Each round starts off the blocks { Evens-3 stroke free or fly finish	EM
150	6 x 25 on 3:00 50 #1 Pace	
25	1 x 25 on 10:00 Indvdl Prsrctptns	
5:31 PM	2,500 Yards - Stress Value = 188	

Workout #29523 - Tuesday, 31 January 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooters { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00	RE
1,500	30 x 50 on :55 200 Breast Pace*	
750	30 x 25 on :30 100 Back Pace*	
750	30 x 25 on :30 100 Fly Pace*	
7:50 AM	3,225 Yards - Stress Value = 309	

Workout #29524 - Wednesday, 01 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:40 PM	Start	
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	RE
225	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	RE
1,500	30 x 50 on :50 200 Free Pace*	
750	30 x 25 on :30 Your #1 or #2 100 Pace*	
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #29525 - Thursday, 02 February 2023

5:30 PM 2,725 Yards - Stress Value = 257

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
225	1 on 15:00 Dynamic Stretch/Showers
1,000	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
900	40 x 25 on :30 200 Fly Pace*
750	1 on 9:00 Recovery #1
	30 x 30 on :30 100 Free Pace*
	1 on 9:00 Recovery #2
	30 x 25 on :30 100 Breast Pace*
	1 on 40:00 Weights
7:48 AM	2,875 Yards - Stress Value = 274

Workout #29526 - Thursday, 02 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
3:40 PM	Start
225	1 on 15:00 Dynamic Stretch/Showers
2,250	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
1,500	30 x 75 on 1:05 500 Free Pace Make 1 subtract 1
	1 on 8:00 Recovery #3
	30 x 50 on :50 200 Back Pace*
	1 on 15:00 Peer Coaching
5:30 PM	3,975 Yards - Stress Value = 384

Workout #29527 - Friday, 03 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
225	1 on 15:00 Dynamic Stretch/Showers
1,500	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Free Pace*
	1 on 9:00 Recovery #1
	30 x 50 on :55 200 Breast Pace*
	1 on 9:00 Recovery #2
	30 x 25 on :30 100 Back Pace*
	1 on 8:00 Recovery #3
	30 x 25 on :30 100 Fly Pace
7:50 AM	4,725 Yards - Stress Value = 459

Workout #29528 - Friday, 03 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
	1x{15 x 15 on :45 Racing Skills-IM Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SP3
625	25 x 25 on :30 100 Fly Pace+	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Back Pace+	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Breast Pace+	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
625	25 x 25 on :30 100 Free Pace+	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC

Workout #29529 - Saturday, 04 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
225	1 on 15:00 DS/Showers	REC
1,000	1x{15 x 15 on :45 Racing Skills-IM Shooters { ALFA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00	SP3
1,000	40 x 25 on :30 200 Breast Pace*	SP2
	1 on 8:00 Shoulder 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 8:00 Hip Mobility	REC
1,000	40 x 25 on :30 200 Back Pace*	SP2
	1 on 15:00 Diving Well Relays	SP3
9:30 AM	4,225 Yards - Stress Value = 409	

Workout #29530 - Monday, 06 February 2023

Group 2 - IM'ers

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
750	10 x 15 on :45 Racing Skills-Crossover Turns
1,000	30 x 25 on :30 USRPT-100 Free Pace
	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
1,350	1x{1 x 200 on 3:00 Individual Medley {4 x 25 on :30 Fly lup+1down {1 x 100 on 1:40 Individual Medley {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 50 on 1:00 Easy Free {1 x 200 on 2:55 Individual Medley {6 x 25 on :30 Back 5KOW+2 {1 x 100 on 1:35 Individual Medley {1 x 100 on 1:30 Individual Medley {1 x 100 on 1:25 Individual Medley {1 x 50 on 1:00 Easy Free
	1 on 10:00 Game
7:30 PM	3,700 Yards - Stress Value = 126

Workout #29531 - Monday, 06 February 2023

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 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
 1,300 1x{1 x 200 on 3:15 Individual Medley
 {4 x 25 on :30 Fly lup+1down
 {1 x 100 on 1:50 Individual Medley
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:40 Individual Medley
 {1 x 50 on 1:00 Easy Free
 {1 x 200 on 3:10 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 #29532 - Monday, 06 February 2023

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 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
 1,150 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :35 Fly lup+1down
 {1 x 100 on 1:55 Individual Medley
 {1 x 100 on 1:50 Individual Medley
 {1 x 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 #29533 - Monday, 06 February 2023

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+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 on 10:00 Game
 7:30 PM 2,900 Yards - Stress Value = 96

Workout #29534 - Monday, 06 February 2023

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 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
 900 1x{1 x 200 on 5:00 Individual Medley
 {4 x 25 on :40 Fly lup+1down
 {1 x 100 on 2:30 Individual Medley
 {1 x 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 #29535 - Monday, 06 February 2023

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
 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 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
 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 #29536 - Tuesday, 07 February 2023

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 #29537 - Tuesday, 07 February 2023

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 #29538 - Tuesday, 07 February 2023

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 #29539 - Tuesday, 07 February 2023

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 #29540 - Tuesday, 07 February 2023

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 #29541 - Tuesday, 07 February 2023

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 SunYangFree-Count strokes
375	10 x 15 on :45 Racing Skills-Back Shooters
150	15 x 25 on 1:00 USRPT-100 Back Pace
1,500	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #29542 - Wednesday, 08 February 2023

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
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 #29543 - Wednesday, 08 February 2023

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-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 #29544 - Wednesday, 08 February 2023

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
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 #29545 - Wednesday, 08 February 2023

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-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 #29546 - Wednesday, 08 February 2023

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-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 #29547 - Wednesday, 08 February 2023

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 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 #29548 - Thursday, 09 February 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
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 #29549 - Thursday, 09 February 2023

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 #29550 - Thursday, 09 February 2023

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 #29551 - Thursday, 09 February 2023

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 #29552 - Thursday, 09 February 2023

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-Fly Shooters
1,200	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
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 #29553 - Thursday, 09 February 2023

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
375	10 x 15 on :45 Racing Skills-Fly Shooters
950	15 x 25 on 1:00 USRPT-100 Fly Pace
	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 #29554 - Friday, 10 February 2023

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
1,000	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
	{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 #29555 - Friday, 10 February 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
950	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
	{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 #29556 - Friday, 10 February 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
900	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 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 #29557 - Friday, 10 February 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 Swim-Kick-Drill-Swim
850	10 x 15 on :45 Racing Skills-Free Shooters
	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 #29558 - Friday, 10 February 2023

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 #29562 - Wednesday, 08 February 2023

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
1,000	20 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 8:00 Shoulder Mobility	REC
375	15 x 25 on :30 100 Free Pace	SP2
120	6 x 20 on 1:30 Buckets	EN2
375	15 x 25 on :30 100 Breast Pace	SP3
	7:15 PM 2,845 Yards - Stress Value = 239	

Workout #29559 - Friday, 10 February 2023

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 #29563 - Thursday, 09 February 2023

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
1,000	20 x 50 on :50 200 Free Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
1,000	20 x 50 on :55 200 Breast Pace	SP2
	1 on 7:00 Ankle Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
375	15 x 25 on :30 100 Fly Pace	SP3
	7:15 PM 2,975 Yards - Stress Value = 262	

Workout #29560 - Monday, 06 February 2023

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
1,000	20 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
1,000	20 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Hip Mobility	REC
375	15 x 25 on :30 100 Breast Pace	SP3
	1 on 8:00 Racing Skills-Ipad Starts	REC
375	15 x 25 on :30 100 Free Pace	SP2
	7:15 PM 2,975 Yards - Stress Value = 262	

Workout #29564 - Friday, 10 February 2023

Group 3 - USRPT

1 minute rest between sets

5:00 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
	6:30 PM 2,475 Yards - Stress Value = 234	

Workout #29561 - Tuesday, 07 February 2023

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
1,000	20 x 50 on :55 200 Breast Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
1,000	20 x 50 on :50 200 Free Pace	SE
	1 on 7:00 Thoracic Mobility	RE
375	15 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SE
375	15 x 25 on :30 100 Back Pace	SE
	7:15 PM 2,975 Yards - Stress Value = 262	

Workout #29565 - Monday, 06 February 2023

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-#1 or #2 Shooete { 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 34:00 Weights
7:45 AM	3,225 Yards - Stress Value = 309

Workout #29566 - Monday, 06 February 2023

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-#1 or #2 Shooete { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
1,500	30 x 50 on :55 200 Breast Pace* 1 on 8:00 Recovery #3
300	1x{8 x 15 on :25 Undr Wtr Fly Kck { Each round starts off the blocks { Evens-3 stroke free or fly finish {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 1:00 Rest
100	4 x 25 on 3:00 50 #1 Pace 1 on 15:00 Indvdl Prsrctps
5:23 PM	2,125 Yards - Stress Value = 175

Workout #29567 - Tuesday, 07 February 2023

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-#1 or #2 Shooete { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Fly 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 Breast Pace* 1 on 34:00 Weights
7:45 AM	3,225 Yards - Stress Value = 309

Workout #29568 - Tuesday, 07 February 2023

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-#1 or #2 Shooete { 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 #3
1,050	1x{7 x 50 on :55 400 IM Pace {1 on 1:00 Rest {7 x 50 on :55 400 IM Pace {1 on 1:00 Rest {7 x 50 on :55 400 IM Pace 1 on 15:00 Indvdl Prsrctps
5:18 PM	2,775 Yards - Stress Value = 264

Workout #29569 - Wednesday, 08 February 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Yoga
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
225	1x{15 x 15 on :45 Racing Skills-#1 or #2 Shooete { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00
1,125	15 x 75 on 1:05 1000 Free Pace 1 on 9:00 Video Evaluations 1+/1-
375	15 x 25 on :30 Your #1/#2 non free 100 Pace* 1 on 10:00 Indvdl Prsrctps
5:15 PM	1,975 Yards - Stress Value = 184

Workout #29570 - Thursday, 09 February 2023

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-#1 or #2 Shooete { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
750	15 x 50 on :55 200 Breast Pace* 1 on 8:00 Recovery #1
750	15 x 50 on :50 200 Free Pace* 1 on 9:00 Recovery #2
375	15 x 25 on :30 100 Fly Pace* 1 on 8:00 Recovery #3
375	15 x 25 on :30 100 Back Pace*
5:19 PM	2,475 Yards - Stress Value = 235

Workout #29571 - Friday, 10 February 2023

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-#1 or #2 Shoote
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 750 15 x 50 on :50 200 Back Pace*
 1 on 8:00 Recovery #1
 500 20 x 25 on :30 200 Fly Pace*
 1 on 8:00 Recovery #2
 375 15 x 25 on :30 100 Free Pace*
 1 on 8:00 Recovery #3
 375 15 x 25 on :30 100 Breast Pace*
 5:14 PM 2,225 Yards - Stress Value = 210

Workout #29572 - Saturday, 11 February 2023

HighSchl - USRPT

1 minute rest between sets

8:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 225 1x{15 x 15 on :45 Racing Skills-#1 or #2 Shoote
 { ALFA: Buckets 7@1:30
 { BRAVO: DWOTBUW 6@2:00
 500 20 x 25 on :30 200 Free Pace*
 1 on 7:00 Shoulder Mobility
 500 20 x 25 on :30 200 Fly Pace*
 1 on 7:00 Thoracic Mobility
 500 20 x 25 on :30 200 Back Pace*
 1 on 7:00 Hip Mobility
 500 20 x 25 on :30 200 Breast Pace*
 1 on 35:00 Weights
 10:07 AM 2,225 Yards - Stress Value = 209

Workout #29573 - Monday, 13 February 2023

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 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-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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 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
 {6 x 25 on :30 Back 4 KOW +1
 1 on 10:00 Game
 7:30 PM 3,750 Yards - Stress Value = 129

Workout #29574 - Monday, 13 February 2023

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

Workout #29575 - Monday, 13 February 2023

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 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{4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 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 50 on :50 Backstroke
 1 on 10:00 Game
 7:30 PM 3,125 Yards - Stress Value = 107

Workout #29576 - Monday, 13 February 2023

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 strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
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 #29577 - Monday, 13 February 2023

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 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
	{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 #29578 - Monday, 13 February 2023

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on 1:00 USRPT-100 Back Pace
475	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 2:00 Kick-alt strmline/hands by si
	{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmline/hands by si
	{3 x 25 on 1:00 Kick no board B-10KOW+1
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

{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 #29579 - Tuesday, 14 February 2023

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 :35 100 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 3,625 Yards - Stress Value = 120

Workout #29580 - Tuesday, 14 February 2023

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 :35 100 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 3,475 Yards - Stress Value = 117

Workout #29581 - Tuesday, 14 February 2023

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
1,650	22 x 25 on :40 100 Breast Pace
	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 3,150 Yards - Stress Value = 104

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
950	15 x 25 on 1:00 100 Breast Pace
	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 2,225 Yards - Stress Value = 75

Workout #29585 - Wednesday, 15 February 2023

Group 2 - Freestylers

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-Free Shooters
150	1 on 24:00 TEACH DAY-Free
	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 2,300 Yards - Stress Value = 101

Workout #29582 - Tuesday, 14 February 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
259	1 on 30:00 DS/Dryland
150	1 x 259 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Breast Shooters
1,500	22 x 25 on :40 100 Breast Pace
	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 3,009 Yards - Stress Value = 103

Workout #29586 - Wednesday, 15 February 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
150	1 on 24:00 TEACH DAY-Free
	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 2,150 Yards - Stress Value = 99

Workout #29583 - Tuesday, 14 February 2023

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
500	10 x 15 on :45 Racing Skills-Breast Shooters
1,350	20 x 25 on :45 100 Breast Pace
	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 2,750 Yards - Stress Value = 93

Workout #29584 - Tuesday, 14 February 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Workout #29587 - Wednesday, 15 February 2023

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
	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	1,925 Yards - Stress Value = 84

Workout #29588 - Wednesday, 15 February 2023

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 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
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
	1 on 10:00 Racing Skills-Finishes
7:30 PM	1,800 Yards - Stress Value = 82

Workout #29589 - Wednesday, 15 February 2023

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
	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	1,650 Yards - Stress Value = 74

Workout #29590 - Wednesday, 15 February 2023

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
	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	1,550 Yards - Stress Value = 68

Workout #29591 - Thursday, 16 February 2023

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 #29592 - Thursday, 16 February 2023

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 #29593 - Thursday, 16 February 2023

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 #29594 - Thursday, 16 February 2023

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 #29595 - Thursday, 16 February 2023

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 #29596 - Thursday, 16 February 2023

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 #29597 - Friday, 17 February 2023

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 #29598 - Friday, 17 February 2023

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 #29599 - Friday, 17 February 2023

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 #29600 - Friday, 17 February 2023

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

3:40 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
 or A Relays practice relay starts
 1 on 15:00 Team Meeting
 5:04 PM 1,350 Yards - Stress Value = 122

Workout #29601 - Friday, 17 February 2023

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

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
 750 15 x 50 on :55 Your #2 200 Pace
 Or 20X25 your #2 200 Pace
 1 on 10:00 Recovery-Your Choice
 375 15 x 25 on :30 Your #1 100 Pace
 1 on 10:00 Recovery-Your choice
 Or A Relay working on relay starts
 1 on 15:00 Team Meeting
 5:05 PM 1,350 Yards - Stress Value = 122

Workout #29605 - Wednesday, 15 February 2023

Beat Penn - USRPT

1 minute rest between sets

Workout #29606 - Friday, 17 February 2023

Beat Penn - 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 #29602 - Friday, 17 February 2023

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 #29607 - Monday, 13 February 2023

Group 3 - USRPT

1 minute rest between sets

Workout #29603 - Monday, 13 February 2023

Beat Penn - 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

5:30 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,000 20 x 50 on :50 200 Back Pace
 1 on 9:00 Video Evaluations 1+/1-
 375 15 x 25 on :30 100 Breast Pace
 1 on 8:00 Hip Mobility
 375 15 x 25 on :30 100 Free Pace
 1 on 9:00 Racing Skills-Ipad Starts
 750 30 x 25 on :30 200 Fly Pace
 7:15 PM 2,725 Yards - Stress Value = 237

Workout #29604 - Tuesday, 14 February 2023

Beat Penn - USRPT

1 minute rest between sets

Workout #29608 - Tuesday, 14 February 2023

1 minute rest between sets

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,000	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	20 x 50 on :50 200 Free Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Fly Pace	SP3
	1 on 7:00 Thoracic Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
1,000	20 x 50 on :55 200 Breast Pace	SP2
7:15 PM 2,975 Yards - Stress Value = 262		

Yards	Set Description	EGY	WC
3:30 PM Start			
	1 on 15:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :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 Relay Teams work on Exchanges	SP3	
5:19 PM 2,475 Yards - Stress Value = 235			

Workout #29609 - Wednesday, 15 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,000	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	20 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Shoulder Mobility	REC
375	15 x 25 on :30 100 Breast Pace	SP3
	1 on 8:00 Glider Racing	EN2
1,000	20 x 50 on :50 200 Back Pace	SP2
7:15 PM 2,975 Yards - Stress Value = 262		

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	
	1 on 15:00 Relay Teams Work on Exchanges	SP3	
5:29 PM 2,475 Yards - Stress Value = 235			

Workout #29610 - Thursday, 16 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM Start		
225	1 on 15:00 Dynamic Stretch/Showers	RE
1,000	15 x 15 on :45 Racing Skills-Breast Shooters	SE
	20 x 50 on :55 200 Breast Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Back Pace	SE
	1 on 7:00 Ankle Mobility	RE
375	15 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SE
1,000	20 x 50 on :50 200 Free Pace	SE
7:15 AM 2,975 Yards - Stress Value = 262		

Workout #29614 - Wednesday, 22 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
3:40 PM Start			
	1 on 30:00 Team Pic/DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :55 #1 200 Pace* or 20 X 25 #1 200 Pace	SP2	
	1 on 8:00 Video Evals 2+	REC	
375	15 x 25 on :30 #2 100 Pace*	SP2	
	1 on 15:00 Racing Skills-Relay Starts	SP3	
	1 on 7:00 Team Meeting	REC	
5:15 PM 1,350 Yards - Stress Value = 122			

Workout #29611 - Friday, 17 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
225	1 on 15:00 DS/Showers	RE
600	15 x 15 on :45 Racing Skills-Crossover Turns Goal set protocol 5 misses or 3 in a row	SE
	30 x 20 on :30 100 Fly Pace**	SE
	1 on 7:00 Your Choice Active Recovery	RE
600	30 x 20 on :30 100 Back Pace**	SE
	1 on 8:00 Your Choice Active Recovery	RE
600	30 x 20 on :30 100 Breast Pace**	SE
6:30 PM 2,025 Yards - Stress Value = 189		

Workout #29615 - Thursday, 23 February 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:45 PM Start		
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
750	15 x 50 on :50 #2 200 Pace Or 20X25 your #2 200 Pace	SP2
	1 on 15:00 Racing Skills-Starts/Relay Excha	SP3
375	15 x 25 on :30 #1 100 Pace	SP2
150	1 x 150 on 4:00 Choice	REC
5:55 PM 1,500 Yards - Stress Value = 122		

Workout #29612 - Monday, 20 February 2023

HighSchl - USRPT

Workout #29616 - Monday, 20 February 2023

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 #29617 - Monday, 20 February 2023

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 #29618 - Monday, 20 February 2023

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 #29619 - Monday, 20 February 2023

Taper 1 - Silver/Bronze

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	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 #29620 - Monday, 20 February 2023

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 #29621 - Monday, 20 February 2023

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 #29622 - Tuesday, 21 February 2023

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 #29623 - Tuesday, 21 February 2023

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 #29624 - Tuesday, 21 February 2023

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 #29625 - Tuesday, 21 February 2023

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 #29626 - Tuesday, 21 February 2023

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 #29627 - Tuesday, 21 February 2023

Taper 1 - 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
200	10 x 15 on :45 Racing Skills-Fly Shooters
500	1x{4 x 25 on 1:00 USRPT-100 Fly Pace
	{ 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 #29628 - Wednesday, 22 February 2023

Taper 1 - Freestylers

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
375	10 x 15 on :45 Racing Skills-Free Shooters
150	15 x 25 on :30 USRPT-100 Free Pace
1,800	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{ 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 #29629 - Wednesday, 22 February 2023

Taper 1 - 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
375	10 x 15 on :45 Racing Skills-Free Shooters
150	15 x 25 on :30 USRPT-100 Free Pace
1,600	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{ 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 #29630 - Wednesday, 22 February 2023

Taper 1 - 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
325	10 x 15 on :45 Racing Skills-Free Shooters
150	13 x 25 on :35 USRPT-100 Free Pace
1,300	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{ 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 #29631 - Wednesday, 22 February 2023

Taper 1 - 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
325	10 x 15 on :45 Racing Skills-Free Shooters
150	13 x 25 on :35 USRPT-100 Free
1,200	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{ 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 #29632 - Wednesday, 22 February 2023

Taper 1 - 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
275	10 x 15 on :45 Racing Skills-Free Shooters
150	11 x 25 on :40 USRPT-100 Free Pace
1,100	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{ 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 #29633 - Wednesday, 22 February 2023

Taper 1 - 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
250	10 x 15 on :45 Racing Skills-Free Shooters
150	10 x 25 on :45 USRPT-100 Free Pace
800	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	{ 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 #29634 - Thursday, 23 February 2023

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 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
7:01 PM	1,475 Yards - Stress Value = 54

Workout #29635 - Thursday, 23 February 2023

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 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
7:00 PM	1,375 Yards - Stress Value = 52

Workout #29636 - Thursday, 23 February 2023

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 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
7:00 PM	1,225 Yards - Stress Value = 45

Workout #29637 - Thursday, 23 February 2023

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 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
7:01 PM	1,175 Yards - Stress Value = 41

Workout #29638 - Thursday, 23 February 2023

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 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
7:01 PM	1,050 Yards - Stress Value = 37

Workout #29639 - Thursday, 23 February 2023

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 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
7:01 PM	950 Yards - Stress Value = 31

Workout #29640 - Monday, 20 February 2023

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	SF
1,000	20 x 50 on :50 200 Breast Pace	SF
	1 on 8:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 100 Back Pace	SF
	1 on 8:00 Hip Mobility	RE
375	15 x 25 on :30 100 Fly Pace	SF
	1 on 8:00 Racing Skills-Ipad Starts	RE
1,000	20 x 50 on :50 200 Free Pace	SF
7:15 PM	2,975 Yards - Stress Value = 262	

Workout #29641 - Tuesday, 21 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,000	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	20 x 50 on :50 200 Fly Pace	SP2
375	1 on 8:00 Video Evaluations 1+/1-	REC
	15 x 25 on :30 100 Free Pace	SP3
	1 on 8:00 Thoracic Mobility	REC
375	15 x 25 on :30 100 Breast Pace	SP2
1,000	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
	20 x 50 on :50 200 Back Pace	SP2
	7:15 PM 2,975 Yards - Stress Value = 262	

Workout #29642 - Wednesday, 22 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,000	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	20 x 50 on :50 200 Free Pace	SP2
375	1 on 8:00 Video Evaluations 1+/1-	REC
	15 x 25 on :30 100 Fly Pace	SP2
	1 on 7:00 Shoulder Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP3
1,000	1 on 7:00 Glider Racing	EN2
	20 x 50 on :55 200 Breast Pace	SP2
	7:15 PM 2,975 Yards - Stress Value = 262	

Workout #29643 - Thursday, 23 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,000	15 x 15 on :45 Racing Skills-Back Shooters	SP3
	20 x 50 on :55 200 Back Pace	SP2
375	1 on 9:00 Video Evaluations 1+/1-	REC
	15 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Ankle Mobility	REC
375	15 x 25 on :30 100 Free Pace	SP3
500	1 on 12:00 Racing Skills-Timed DW-UW-OTB	SP3
	20 x 25 on :30 200 Fly Pace	SP2
	7:15 AM 2,475 Yards - Stress Value = 212	

Workout #29644 - Monday, 27 February 2023

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
300	1 on 15:00 DS/Showers
150	1 x 300 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Free Shooters
1,050	15 x 25 on :30 USRPT-100 Free Pace
	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 #29645 - Monday, 27 February 2023

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
300	1 on 15:00 DS/Showers
150	1 x 300 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Free Shooters
1,050	15 x 25 on :30 USRPT-100 Free Pace
	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 #29646 - Monday, 27 February 2023

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
250	1 on 15:00 DS/Showers
150	1 x 250 on 5:00 Underwater trn drill
325	10 x 15 on :45 Racing Skills-Free Shooters
950	13 x 25 on :35 USRPT-100 Free Pace
	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 #29647 - Monday, 27 February 2023

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
250	1 on 15:00 DS/Showers
150	1 x 250 on 5:00 Underwater trn drill
325	10 x 15 on :45 Racing Skills-Free Shooters
825	13 x 25 on :35 USRPT-100 Free Pace
	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 #29648 - Monday, 27 February 2023

Taper 1 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 DS/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-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 #29649 - Monday, 27 February 2023

Taper 1 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 DS/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
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 #29650 - Tuesday, 28 February 2023

Taper 1 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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 #29651 - Tuesday, 28 February 2023

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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 #29652 - Tuesday, 28 February 2023

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 15:00 DS/Showers
250	1 x 250 on 5:00 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 #29653 - Tuesday, 28 February 2023

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 #29656 - Wednesday, 01 March 2023

Taper 1 - Fly
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
 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 #29654 - Tuesday, 28 February 2023

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 #29657 - Wednesday, 01 March 2023

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 #29655 - Tuesday, 28 February 2023

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 #29658 - Wednesday, 01 March 2023

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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 lup1down+1 {3 x 100 on 2:15 Fly 25R-25L-50B {4 x 25 on :40 Fly lup1down+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 #29661 - Wednesday, 01 March 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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 lup1down+1 {2 x 100 on 4:00 Fly 25R-25L-50B {3 x 25 on 1:00 Fly lup1down+1 1 on 10:00 Game
6:57 PM	1,320 Yards - Stress Value = 34

Workout #29659 - Wednesday, 01 March 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
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 lup1down+1 {2 x 100 on 2:40 Fly 25R-25L-50B {6 x 25 on :40 Fly lup1down+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 #29662 - Thursday, 02 March 2023

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
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	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
7:00 PM	1,700 Yards - Stress Value = 18	

Workout #29663 - Monday, 27 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:45 PM	Start	
=====	=====	==
	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Hip Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Racing Skills-Ipad Starts	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
5:30 PM	2,475 Yards - Stress Value = 235	

Workout #29660 - Wednesday, 01 March 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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 lup1down+1 {2 x 100 on 3:00 Fly 25R-25L-50B {4 x 25 on :45 Fly lup1down+1 {1 x 125 on 3:45 Fly 25R-25L-75B {2 x 25 on :45 Fly lup1down+1 1 on 10:00 Game
6:57 PM	1,725 Yards - Stress Value = 51

Workout #29664 - Tuesday, 28 February 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	3:45 PM Start	
1	on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
750	15 x 50 on :50 200 Fly Pace	SI
1	on 9:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Back Pace	SI
1	on 8:00 Thoracic Mobility	RE
375	15 x 25 on :30 100 Breast Pace	SI
1	on 8:00 Racing Skills-Timed DW-UW-OTB	SI
375	15 x 25 on :30 100 Free Pace	SI
1	on 8:00 Glider Racing	RE
5:30	PM 2,475 Yards - Stress Value = 235	

Workout #29665 - Wednesday, 01 March 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
	3:45 PM Start	
1	on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
500	20 x 25 on :30 200 Breast Pace	SP2
1	on 8:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 200 Back Pace	SP2
1	on 7:00 Shoulder Mobility	REC
500	20 x 25 on :30 200 Fly Pace	SP2
1	on 9:00 Racing Skills-UW Racing	SP2
500	20 x 25 on :30 200 Free Pace	SP2
1	on 10:00 Racing Skills-Timed DW-UW-OTB	SP3
5:30	PM 2,225 Yards - Stress Value = 209	

Workout #29666 - Monday, 06 March 2023

Group 2 - Back

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 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 #29667 - Monday, 06 March 2023

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 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 #29668 - Monday, 06 March 2023

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 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 #29669 - Monday, 06 March 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
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 #29670 - Monday, 06 March 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Train Heroic/Showers
150	1 x 200 on 5:00 Underwater trn drill
250	10 x 15 on :45 Racing Skills-Back Shooters
400	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 #29671 - Monday, 06 March 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 15:00 Train Heroic/Showers
150	1 x 200 on 5:00 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 #29672 - Tuesday, 07 March 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	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 #29673 - Tuesday, 07 March 2023

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
	{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 #29674 - Tuesday, 07 March 2023

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
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
950	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 #29675 - Tuesday, 07 March 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 SunYangFree-Count strokes
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 #29676 - Tuesday, 07 March 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
250	10 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
725	1x{2 x 75 on 2:15 Fly 25R-25L-25B {4 x 25 on :45 Fly lup1down+1 {3 x 100 on 3:00 Fly 25R-25L-50B {2 x 25 on :45 Fly lup1down+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 #29677 - Tuesday, 07 March 2023

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 lup1down+1 {3 x 100 on 4:00 Fly 25R-25L-50B {2 x 25 on 1:00 Fly lup1down+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 #29678 - Wednesday, 08 March 2023

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 #29679 - Wednesday, 08 March 2023

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-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
600	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
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
100	1 x 100 on 15:00 Racing Skills-Breast pullouts
7:01	PM 1,975 Yards - Stress Value = 60

Workout #29680 - Wednesday, 08 March 2023

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-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
550	1x{1 x 200 on 4:35 Breast Kick w/board {4 x 25 on :40 Breast Kick on Back-Streamline {1 x 200 on 4:40 Breast Kick w/board {2 x 25 on :40 Breast Kick on Back-Streamline
100	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 1,725 Yards - Stress Value = 55

Workout #29681 - Wednesday, 08 March 2023

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-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 #29682 - Wednesday, 08 March 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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

Yards	Set Description
5:30 PM Start	
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Free Pace
775	1x{1 x 100 on 1:50 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 1 x 100 on 1:55 Free Kick w/board 4 x 25 on :40 Tombstone Kicking
	1 x 100 on 2:00 Free Kick w/board
	4 x 25 on :40 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,900 Yards - Stress Value = 60

Workout #29686 - Thursday, 09 March 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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-Streamlin 1 x 150 on 4:05 Breast Kick w/board 1 x 25 on 1:00 Breast Kick on Back-Streamlin
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
5:30 PM Start	
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Free Pace
700	1x{1 x 100 on 1:55 Free Kick w/board 4 x 25 on :45 Tombstone Kicking 1 x 100 on 2:00 Free Kick w/board 4 x 25 on :45 Tombstone Kicking
	1 x 100 on 2:05 Free Kick w/board
	4 x 25 on :45 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,725 Yards - Stress Value = 52

Workout #29684 - Thursday, 09 March 2023

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Free Pace
800	1x{1 x 100 on 1:40 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 1 x 100 on 1:45 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 1 x 100 on 1:50 Free Kick w/board 4 x 25 on :40 Tombstone Kicking 1 x 100 on 1:55 Free Kick w/board 4 x 25 on :40 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,925 Yards - Stress Value = 60

Workout #29687 - Thursday, 09 March 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Free Pace
700	1x{1 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 4 x 25 on :45 Tombstone Kicking
	1 x 100 on 2:15 Free Kick w/board
	4 x 25 on :45 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,725 Yards - Stress Value = 52

Workout #29685 - Thursday, 09 March 2023

Group 2 - Gold

1 minute rest between sets

Workout #29688 - Thursday, 09 March 2023

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-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Free Pace
550	1x{1 x 100 on 2:30 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking { 1 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 { 2 x 25 on 1:00 Tombstone Kicking
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,475 Yards - Stress Value = 45

Workout #29689 - Thursday, 09 March 2023

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 23:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Free Pace
525	1x{1 x 100 on 3:00 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking { 1 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
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,425 Yards - Stress Value = 41

Workout #29690 - Friday, 10 March 2023

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
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 :30 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	1x{1 x 200 on 3:10 Individual Medley { 3 x 100 on 1:30 Mystery Medley { 1 x 200 on 3:05 Individual Medley { 3 x 100 on 1:30 Mystery Medley { 1 x 200 on 3:00 Individual Medley { 3 x 100 on 1:30 Mystery Medley { 1 x 200 on 2:55 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,825 Yards - Stress Value = 78

Workout #29691 - Friday, 10 March 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
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Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	1x{1 x 200 on 3:20 Individual Medley { 3 x 100 on 1:40 Mystery Medley { 1 x 200 on 3:15 Individual Medley { 3 x 100 on 1:40 Mystery Medley { 1 x 200 on 3:10 Individual Medley { 4 x 100 on 1:40 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
	6:31 PM 2,675 Yards - Stress Value = 70

Workout #29692 - Friday, 10 March 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
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 :35 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{1 x 200 on 3:50 Individual Medley { 2 x 100 on 1:50 Mystery Medley { 1 x 200 on 3:45 Individual Medley { 2 x 100 on 1:50 Mystery Medley { 1 x 200 on 3:40 Individual Medley { 2 x 100 on 1:50 Mystery Medley { 1 x 200 on 3:35 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,425 Yards - Stress Value = 66

Workout #29693 - Friday, 10 March 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
275	11 x 25 on :40 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 200 on 4:10 Individual Medley { 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
200	1 x 200 on 4:00 Stroke Drills
	6:29 PM 2,175 Yards - Stress Value = 58

Workout #29694 - Friday, 10 March 2023

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
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 :45 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 200 on 5:00 Individual Medley { 3 x 100 on 2:30 Mystery Medley { 1 x 200 on 4:55 Individual Medley { 3 x 100 on 2:30 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
6:29	PM 1,900 Yards - Stress Value = 51

Workout #29695 - Friday, 10 March 2023

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland/Showers
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 :45 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 200 on 6:00 Individual Medley { 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 100 on 2:00 Individual Medley
200	1 x 200 on 4:00 Stroke Drills
6:30	PM 1,800 Yards - Stress Value = 49

Workout #29696 - Monday, 06 March 2023

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
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 200 Fly Pace	SP2
	1 on 10:00 Hip Mobility	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Ipad Starts	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
5:30	PM 2,225 Yards - Stress Value = 210	

Workout #29697 - Tuesday, 07 March 2023

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-Breast Shooters	SP3
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Thoracic Mobility	REC
375	15 x 25 on :30 100 Fly Pace	SP2

	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 DW Sculling Drills	REC
5:30	PM 2,475 Yards - Stress Value = 235	

Workout #29698 - Wednesday, 08 March 2023

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-Fly Shooters	SP3
750	15 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace	SP2
	1 on 7:00 Shoulder Mobility	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Glider Racing	EN2
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Timed DW-UW-OTB	SP3
5:30	PM 2,475 Yards - Stress Value = 235	

Workout #29699 - Thursday, 09 March 2023

Group 3 - USRPT

1 minute rest between sets

6:15 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooter	F
750	15 x 50 on :55 Your #2 200 Pace Or 20X25 your #2 200 Pace	F
	1 on 10:00 Recovery-Your Choice	F
375	15 x 25 on :30 Your #1 100 Pace	F
7:16	AM 1,350 Yards - Stress Value = 122	

Workout #29700 - Monday, 13 March 2023

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-Fly Shooters	SP3
750	15 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Hip Mobility	REC
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 9:00 Racing Skills-Ipad Starts	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
5:30	PM 2,475 Yards - Stress Value = 235	

Workout #29701 - Tuesday, 14 March 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	3:45 PM Start	
225	1 on 15:00 Dynamic Stretch/Showers	RE
750	15 x 15 on :45 Racing Skills-Breast Shooters	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Back Pace	SE
	1 on 8:00 Thoracic Mobility	RE
375	15 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SE
375	15 x 25 on :30 100 Free Pace	SE
	1 on 8:00 DW Sculling Drills	RE
	5:30 PM 2,475 Yards - Stress Value = 235	

Workout #29702 - Wednesday, 15 March 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:45 PM Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
750	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	1 on 9:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 200 Fly Pace	SP2
	1 on 9:00 Shoulder Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 9:00 Glider Racing	EN2
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 9:00 Racing Skills-Timed DW-UW-OTB	SP3
	5:30 PM 2,225 Yards - Stress Value = 210	

Workout #29703 - Thursday, 16 March 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:45 PM Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
750	15 x 15 on :45 Racing Skills-Back Shooters	SP3
	1 on 10:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 9:00 Ankle Mobility	REC
375	15 x 25 on :30 100 Free Pace	SP3
	1 on 12:00 Racing Skills-Timed DW-UW-OTB	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
	5:30 PM 2,475 Yards - Stress Value = 212	

Workout #29704 - Friday, 17 March 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	7:00 AM Start	
225	1 on 15:00 DS/Showers	RE
500	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	Goal set protocol 5 misses or 3 in a row	
500	20 x 25 on :25 100 Back Pace**	SE
	1 on 7:00 Your Choice Active Recovery	RE
500	20 x 25 on :25 100 Fly Pace**	SE
	1 on 8:00 Your Choice Active Recovery	RE
500	20 x 25 on :25 100 Free Pace**	SE
	1 on 8:00 Your Choice Active Recovery	RE
400	20 x 20 on :25 100 Breast Pace**	SE
	8:30 AM 2,125 Yards - Stress Value = 199	

Workout #29705 - Monday, 13 March 2023

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Fly Shooters
100	1 on 20:00 TEACH DAY-Fly
	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
850	1x{4 x 25 on :30 Kick no board BSLR
	{4 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
	{6 x 25 on :30 Kick no board BSLR
	1 on 10:00 Racing Skills-Fly Finishes
	7:00 PM 1,775 Yards - Stress Value = 61

Workout #29706 - Monday, 13 March 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
300	1 on 15:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
	10 x 15 on :45 Racing Skills-Fly Shooters
100	1 on 20:00 TEACH DAY-Fly
	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
750	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 on 10:00 Racing Skills-Fly Finishes
	7:00 PM 1,625 Yards - Stress Value = 53

Workout #29707 - Monday, 13 March 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
250	1 on 15:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
	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
325	13 x 25 on :35 USRPT-100 Fly Pace
675	1x{4 x 25 on :40 Kick no board BSLR
	{4 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 Finishes
	7:00 PM 1,500 Yards - Stress Value = 51

Workout #29708 - Monday, 13 March 2023

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Fly Pace
625	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 { 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 1,400 Yards - Stress Value = 47

Workout #29709 - Monday, 13 March 2023

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Fly Pace
550	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 { 2 x 75 on 2:15 Fly Kick w/board { 1 on 10:00 Racing Skills-Fly Breakouts
7:00	PM 1,250 Yards - Stress Value = 42

Workout #29710 - Monday, 13 March 2023

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 Underwater trn drill
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
120	8 x 15 on 1:00 USRPT-100 Fly Pace
400	1x{4 x 25 on 1:00 Kick no board BSLR { 3 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
7:00	PM 970 Yards - Stress Value = 27

Workout #29711 - Tuesday, 14 March 2023

Group 2 - 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

1	on 20:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
850	1x{4 x 25 on :30 Kick no board B-10KOW+1 { 4 x 50 on 1:00 Kick-alt strmlne/hands by si { 4 x 25 on :30 Kick no board B-10KOW+1 { 4 x 50 on :55 Kick-alt strmlne/hands by sic { 4 x 25 on :30 Kick no board B-10KOW+1 { 3 x 50 on 1:00 Kick-alt strmlne/hands by si { 1 on 10:00 Racing Skills-Back Starts
7:00	PM 1,775 Yards - Stress Value = 61

Workout #29712 - Tuesday, 14 March 2023

Group 2 - 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
	1 on 20:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
750	1x{4 x 25 on :35 Kick no board B-10KOW+1 { 4 x 50 on 1:05 Kick-alt strmlne/hands by si { 4 x 25 on :35 Kick no board B-10KOW+1 { 5 x 50 on 1:00 Kick-alt strmlne/hands by si { 4 x 25 on :35 Kick no board B-10KOW+1 { 1 on 10:00 Racing Skills-Back Starts
7:00	PM 1,675 Yards - Stress Value = 59

Workout #29713 - Tuesday, 14 March 2023

Group 2 - 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
	1 on 20:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
600	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 { 1 on 10:00 Racing Skills-Back Starts
6:59	PM 1,425 Yards - Stress Value = 50

Workout #29714 - Tuesday, 14 March 2023

Group 2 - 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
	1 on 20:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Back Pace
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
6:59	PM 1,375 Yards - Stress Value = 46

Workout #29715 - Tuesday, 14 March 2023

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
	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
250	1x{2 x 25 on :45 Kick no board B-10KOW+1 { 2 x 50 on 1:35 Kick-alt strmline/hands by si { 2 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
6:59	PM 1,000 Yards - Stress Value = 36

Workout #29716 - Tuesday, 14 March 2023

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 Shooters
	1 on 20:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	8 x 25 on 1:00 USRPT-100 Back Pace
400	1x{4 x 25 on 1:00 Kick no board B-10KOW+1 { 2 x 50 on 2:00 Kick-alt strmline/hands by si { 4 x 25 on 1:00 Kick no board B-10KOW+1 { 2 x 50 on 1:55 Kick-alt strmline/hands by si
	1 on 10:00 Racing Skills-Back Starts
6:59	PM 1,050 Yards - Stress Value = 34

Workout #29717 - Wednesday, 15 March 2023

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
	1 on 20:00 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
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 8:00 Racing Skills-Finishes
7:00	PM 1,875 Yards - Stress Value = 64

Workout #29718 - Wednesday, 15 March 2023

Group 2 - Gold

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
	1 on 20:00 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
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 8:00 Racing Skills-Finishes
7:00	PM 1,725 Yards - Stress Value = 62

Workout #29719 - Wednesday, 15 March 2023

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
	1 on 20:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Free Pace
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 8:00 Racing Skills-Finishes
7:00	PM 1,575 Yards - Stress Value = 54

Workout #29720 - Wednesday, 15 March 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
175	1 on 15:00 DS/Dryland
150	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
	1 on 20:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Free Pace
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 1 on 8:00 Racing Skills-Finishes
	7:00 PM 1,450 Yards - Stress Value = 52

Workout #29721 - Wednesday, 15 March 2023

Group 2 - Bronze

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-Free Shooters
	1 on 20:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Free Pace
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 8:00 Racing Skills-Finishes
	7:00 PM 1,325 Yards - Stress Value = 47

Workout #29722 - Wednesday, 15 March 2023

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-Free Shooters
	1 on 20:00 Teach Day
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
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 8:00 Racing Skills-Finishes
	7:00 PM 1,250 Yards - Stress Value = 43

Workout #29723 - Monday, 20 March 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

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

750	15 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 8:00 Thoracic Mobility	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Racing Skills-Ipad Starts	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
	7:15 AM 2,475 Yards - Stress Value = 235	

Workout #29724 - Tuesday, 21 March 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY
1	1 on 15:00 Dynamic Stretch>Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Shoulder Mobility	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Racing Skills-Timed DW-UW-OTB	SP3
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 DW Sculling Drills	REC
	5:29 PM 2,475 Yards - Stress Value = 235	

Workout #29725 - Wednesday, 22 March 2023

Group 3 - USRPT

1 minute rest between sets

6:15 AM Start

Yards	Set Description	E
1	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
	7:16 AM 1,350 Yards - Stress Value = 122	

Workout #29726 - Monday, 10 April 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
1	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	S
	1 on 20:00 TEACH DAY-Free	F
375	15 x 25 on :30 USRPT-100 Free Pace	S
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	F
150	1 x 150 on 3:00 Stroke Drills	F
	7:01 PM 1,875 Yards - Stress Value = 62	

Workout #29727 - Monday, 10 April 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	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	§
	1 on 20:00 TEACH DAY-Free	F
375	15 x 25 on :30 USRPT-100 Free Pace	§
900	1x{1 x 100 on 2:05 Free Kick w/board	F
	{2 x 100 on 2:00 Free Kick w/board	E
	{3 x 100 on 1:55 Free Kick w/board	E
	{2 x 100 on 2:00 Free Kick w/board	E
	{1 x 100 on 2:05 Free Kick w/board	E
150	1 x 150 on 3:00 Stroke Drills	F
7:01 PM	1,875 Yards - Stress Value = 62	

Workout #29728 - Monday, 10 April 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	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	§
	1 on 20:00 TEACH DAY-Free	F
325	13 x 25 on :35 USRPT-100 Free Pace	§
750	1x{1 x 100 on 2:15 Free Kick w/board	E
	{2 x 100 on 2:20 Free Kick w/board	E
	{3 x 100 on 2:25 Free Kick w/board	E
	{1 x 100 on 2:20 Free Kick w/board	E
	{1 x 50 on 1:05 Free Kick w/board	E
150	1 x 150 on 3:00 Stroke Drills	F
7:01 PM	1,625 Yards - Stress Value = 53	

Workout #29729 - Monday, 10 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	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	§
	1 on 20:00 TEACH DAY-Free	F
325	13 x 25 on :35 USRPT-100 Free Pace	§
700	1x{1 x 100 on 2:20 Free Kick w/board	E
	{2 x 100 on 2:25 Free Kick w/board	E
	{3 x 100 on 2:30 Free Kick w/board	E
	{1 x 100 on 2:25 Free Kick w/board	E
150	1 x 150 on 3:00 Stroke Drills	F
7:01 PM	1,575 Yards - Stress Value = 52	

Workout #29730 - Monday, 10 April 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	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	§
	1 on 20:00 TEACH DAY-Free	F
275	11 x 25 on :40 USRPT-100 Free Pace	§
600	1x{1 x 100 on 2:40 Free Kick w/board	E
	{2 x 100 on 2:45 Free Kick w/board	E
	{3 x 100 on 2:50 Free Kick w/board	E

150 1 x 150 on 3:00 Stroke Drills F
7:00 PM 1,375 Yards - Stress Value = 46

Workout #29731 - Monday, 10 April 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	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	§
	1 on 20:00 TEACH DAY-Free	F
250	10 x 25 on :45 USRPT-100 Free Pace	§
600	1x{1 x 100 on 3:00 Free Kick w/board	E
	{2 x 100 on 3:05 Free Kick w/board	E
	{3 x 100 on 3:10 Free Kick w/board	E
150	1 x 150 on 3:00 Stroke Drills	F
7:02 PM	1,350 Yards - Stress Value = 43	

Workout #29732 - Tuesday, 11 April 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
	1 on 20:00 TEACH DAY-Back	F
375	15 x 25 on :30 USRPT-100 Back Pace	§
750	1x{1 x 150 on 2:15 Backstroke	E
	{3 x 50 on :45 Backstroke	E
	{1 x 150 on 2:10 Backstroke	E
	{3 x 50 on :50 Backstroke	E
	{1 x 150 on 2:05 Backstroke	E
	1 on 10:00 Game	F
7:00 PM	1,575 Yards - Stress Value = 59	

Workout #29733 - Tuesday, 11 April 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
	1 on 20:00 TEACH DAY-Back	F
375	15 x 25 on :30 USRPT-100 Back Pace	§
700	1x{1 x 150 on 2:25 Backstroke	E
	{3 x 50 on :50 Backstroke	E
	{1 x 150 on 2:20 Backstroke	E
	{2 x 50 on :55 Backstroke	E
	{1 x 150 on 2:15 Backstroke	E
	1 on 10:00 Game	F
7:00 PM	1,525 Yards - Stress Value = 58	

Workout #29734 - Tuesday, 11 April 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
	1 on 20:00 TEACH DAY-Back	F
325	13 x 25 on :35 USRPT-100 Back Pace	£
650	1x{1 x 150 on 2:40 Backstroke	F
	{2 x 50 on :55 Backstroke	E
	{1 x 150 on 2:35 Backstroke	E
	{2 x 50 on 1:00 Backstroke	E
	{1 x 150 on 2:30 Backstroke	E
	1 on 10:00 Game	F
7:00 PM	1,375 Yards - Stress Value = 51	

Workout #29735 - Tuesday, 11 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
	1 on 20:00 TEACH DAY-Back	F
300	12 x 25 on :40 USRPT-100 Back Pace	£
600	1x{1 x 150 on 2:50 Backstroke	E
	{2 x 50 on 1:00 Backstroke	E
	{1 x 150 on 2:45 Backstroke	E
	{1 x 50 on 1:05 Backstroke	E
	{1 x 150 on 2:40 Backstroke	E
	1 on 10:00 Game	F
7:00 PM	1,300 Yards - Stress Value = 48	

Workout #29736 - Tuesday, 11 April 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
	1 on 20:00 TEACH DAY-Back	F
250	10 x 25 on :45 USRPT-100 Back Pace	£
400	1x{1 x 100 on 3:00 Backstroke	E
	{2 x 25 on :45 Backstroke	E
	{1 x 100 on 2:55 Backstroke	E
	{2 x 25 on :45 Backstroke	E
	{1 x 100 on 2:50 Backstroke	E
	1 on 10:00 Game	F
7:00 PM	1,000 Yards - Stress Value = 39	

Workout #29737 - Tuesday, 11 April 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	£
	1 on 20:00 TEACH DAY-Back	F
200	8 x 25 on 1:00 USRPT-100 Back Pace	£
325	1x{1 x 100 on 4:00 Backstroke	E
	{2 x 25 on :45 Backstroke	E

{1 x 100 on 3:55 Backstroke F
 {3 x 25 on :45 Backstroke E
 1 on 10:00 Game F
 7:00 PM 875 Yards - Stress Value = 33

Workout #29738 - Wednesday, 12 April 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	12 x 25 on :30 Wednesday Warm-up	E
150	10 x 15 on :45 Racing Skills-Breast Shooters	£
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT 100 Breast Pace	£
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
200	4 x 50 on 3:00 50 Breast OTB	E
100	1 x 100 on 2:00 Stroke Drills	F
7:00 PM	1,175 Yards - Stress Value = 42	

Workout #29739 - Wednesday, 12 April 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	12 x 25 on :30 Wednesday Warm-up	E
150	10 x 15 on :45 Racing Skills-Breast Shooters	£
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT 100 Breast Pace	£
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
200	4 x 50 on 3:00 50 Breast OTB	E
100	1 x 100 on 2:00 Stroke Drills	F
7:00 PM	1,175 Yards - Stress Value = 42	

Workout #29740 - Wednesday, 12 April 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
250	10 x 25 on :35 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	£
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT 100 Breast Pace	£
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
200	4 x 50 on 3:00 50 Breast OTB	E
100	1 x 100 on 2:00 Stroke Drills	F
7:00 PM	1,125 Yards - Stress Value = 42	

Workout #29741 - Wednesday, 12 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
	1 on 20:00 TEACH DAY-Breast
300	12 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
200	4 x 50 on 3:00 50 Breast OTB
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	1,075 Yards - Stress Value = 40

Workout #29742 - Wednesday, 12 April 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
	1 on 20:00 TEACH DAY-Breast
250	10 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
200	4 x 50 on 3:00 50 Breast OTB
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	950 Yards - Stress Value = 35

Workout #29743 - Wednesday, 12 April 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	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
	1 on 20:00 TEACH DAY-Breast
200	8 x 25 on 1:00 USRPT 100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	4 x 50 on 3:00 50 Breast OTB
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	900 Yards - Stress Value = 30

Workout #29744 - Thursday, 13 April 2023

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 20:00 TEACH DAY-Fly
375	15 x 25 on :30 USRPT-100 Fly Pace
600	1x{4 x 25 on :30 Kick no board BSLR { 2 x 100 on 1:55 Fly Kick w/board { 4 x 25 on :30 Kick no board BSLR { 2 x 100 on 1:55 Fly Kick w/board
	1 on 10:00 Racing Skills-Starts
7:00 PM	1,425 Yards - Stress Value = 56

Workout #29745 - Thursday, 13 April 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
325	13 x 25 on :35 USRPT-100 Fly Pace	SE
550	1x{4 x 25 on :30 Kick no board BSLR { 2 x 100 on 2:05 Fly Kick w/board	EN
	{ 4 x 25 on :30 Kick no board BSLR	EN
	{ 1 x 100 on 2:05 Fly Kick w/board	EN
	{ 1 x 50 on 1:05 Fly Kick w/board	EN
	1 on 10:00 Racing Skills-Starts	RE
7:00 PM	1,325 Yards - Stress Value = 49	

Workout #29746 - Thursday, 13 April 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
300	12 x 25 on :40 USRPT-100 Fly Pace	SE
500	1x{4 x 25 on :35 Kick no board BSLR { 2 x 100 on 2:20 Fly Kick w/board	EN
	{ 4 x 25 on :35 Kick no board BSLR	EN
	{ 1 x 100 on 2:20 Fly Kick w/board	EN
	1 on 10:00 Racing Skills-Starts	RE
7:00 PM	1,200 Yards - Stress Value = 46	

Workout #29747 - Thursday, 13 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
300	12 x 25 on :40 USRPT-100 Fly Pace	SE
450	1x{4 x 25 on :40 Kick no board BSLR { 2 x 100 on 2:30 Fly Kick w/board	EN
	{ 4 x 25 on :40 Kick no board BSLR	EN
	{ 1 x 50 on 1:15 Fly Kick w/board	EN
	1 on 10:00 Racing Skills-Starts	RE
7:00 PM	1,150 Yards - Stress Value = 45	

Workout #29748 - Thursday, 13 April 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
250	10 x 25 on :45 USRPT-100 Fly Pace	SE
400	1x{4 x 25 on :45 Kick no board BSLR	EM
	{1 x 100 on 3:00 Fly Kick w/board	EM
	{4 x 25 on :45 Kick no board BS	EM
	{1 x 100 on 3:00 Fly Kick w/board	EM
	1 on 10:00 Racing Skills-Starts	RE
7:01 PM	1,000 Yards - Stress Value = 39	

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	2,975 Yards - Stress Value = 81	

Workout #29752 - Friday, 14 April 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Workout #29749 - Thursday, 13 April 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
225	9 x 25 on 1:00 USRPT-100 Fly Pace	SE
300	1x{2 x 25 on :45 Kick no board BS	EM
	{2 x 100 on 3:30 Fly Kick w/board	EM
	{2 x 25 on :45 Kick no board BS	EM
	1 on 10:00 Racing Skills-Starts	RE
7:00 PM	875 Yards - Stress Value = 34	

Yards	Set Description	EC
=====	=====	==
	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	
325	13 x 25 on :35 USRPT-Your #1	
1,650	1x{1 x 300 on 5:30 Individual Medley	
	{4 x 25 on :35 Fly lup+ldown	
	{1 x 100 on 1:55 Individual Medley	
	{1 x 100 on 1:50 Individual Medley	
	{1 x 50 on 1:15 Easy Free	
	{1 x 300 on 5:25 Individual Medley	
	{4 x 25 on :35 Back 5KOW+2	
	{1 x 100 on 1:50 Individual Medley	
	{1 x 100 on 1:45 Individual Medley	
	{1 x 300 on 5:20 Individual Medley	
	{4 x 25 on :35 Breaststroke 2X pullouts	
200	1 x 200 on 3:00 Stroke Drills	
6:30 PM	2,575 Yards - Stress Value = 70	

Workout #29750 - Friday, 14 April 2023

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	
375	15 x 25 on :30 USRPT-Your #1	
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	2,975 Yards - Stress Value = 51	

Workout #29753 - Friday, 14 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	
325	13 x 25 on :35 USRPT-Your #1	
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	2,375 Yards - Stress Value = 46	

Workout #29751 - Friday, 14 April 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	
375	15 x 25 on :30 USRPT-Your #1	

Workout #29754 - Friday, 14 April 2023

5:17 PM 2,360 Yards - Stress Value = 198

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
300	12 x 25 on :40 USRPT-Your #1
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 2,100 Yards - Stress Value = 60

Workout #29755 - Friday, 14 April 2023

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
250	10 x 25 on :45 USRPT-Your #1
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 1,750 Yards - Stress Value = 49

Workout #29756 - Monday, 10 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #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
1,500	30 x 50 on :55 200 Breast Pace
	1 on 5:00 Video Evaluations 1+/1-
300	1x{ Each round starts off the blocks
	{ Evens-3 stroke free or fly finis
	{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck

Workout #29757 - Tuesday, 11 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	E
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
1,500	30 x 50 on :50 200 Free Pace	S
	1 on 7:00 Video Evaluations 1+/1-	F
250	1x{10 x 25 on :40 Free Straight Arm Build	S
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
5:15	PM 2,360 Yards - Stress Value = 198	

Workout #29758 - Wednesday, 12 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #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	RE
1,500	30 x 50 on :50 200 Fly Pace	SE
	1 on 6:00 Video Evaluations 1+/1-	RE
300	1x{ Each round starts off the blocks	
	{ Evens-3 stroke free/fly finish	
	{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
5:15	PM 2,360 Yards - Stress Value = 198	

Workout #29759 - Thursday, 13 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
310	1x{10 x 15 on :45 Racing Skills-Back Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets	£ F F F F F
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 F F F F F
1,500	30 x 50 on :50 200 Back Pace 1 on 7:00 Video Evaluations 1+/1-	£ F
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 and #10 All Straight Arm	£ F
5:15 PM 2,360 Yards - Stress Value = 198		

Workout #29760 - Friday, 14 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
225	1 on 15:00 Dynamic Stretch/Showers	RE
3,000	15 x 15 on :45 Racing Skills-Crossover Turns 30 x 100 on 1:25 1650 Free Pace 1 on 5:00 Video Evaluations 1+/1- 1 on 15:00 UW Racing Push/Shooter/Start	SE SE RE SE
5:15 PM 3,225 Yards - Stress Value = 309		

Workout #29761 - Monday, 17 April 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
300	1 on 25:00 DS/Dryland	F
150	1 x 300 on 5:00 Underwater trn drill 10 x 15 on :45 Racing Skills-Back Shooters	F £
375	1 on 20:00 TEACH DAY-Back 15 x 25 on :30 USRPT-100 Back Pace	F £
800	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 {2 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	F F F F F F F
200	1 x 200 on 4:00 Stroke Drills	F
7:00 PM 1,825 Yards - Stress Value = 60		

Workout #29762 - Monday, 17 April 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
300	1 on 25:00 DS/Dryland	F
150	1 x 300 on 5:00 Underwater trn drill 10 x 15 on :45 Racing Skills-Back Shooters	F £

375	1 on 20:00 TEACH DAY-Back	F
700	15 x 25 on :30 USRPT-100 Back Pace 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 Stremline Kick on Back {4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:05 Streamline Kick on back	£ F F F F F F
200	1 x 200 on 4:00 Stroke Drills	F
7:00 PM 1,725 Yards - Stress Value = 58		

Workout #29763 - Monday, 17 April 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
250	1 on 25:00 DS/Dryland	F
150	1 x 250 on 5:00 Underwater trn drill 10 x 15 on :45 Racing Skills-Back Shooters	F £
325	1 on 20:00 TEACH DAY-Back 13 x 25 on :35 USRPT-100 Back Pace	F £
650	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 {3 x 50 on 1:10 Streamline Kick on back	F F F F F F
200	1 x 200 on 4:00 Stroke Drills	F
7:00 PM 1,575 Yards - Stress Value = 51		

Workout #29764 - Monday, 17 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
250	1 on 25:00 DS/Dryland	F
150	1 x 250 on 5:00 Underwater trn drill 10 x 15 on :45 Racing Skills-Back Shooters	F £
275	1 on 20:00 TEACH DAY-Back 11 x 25 on :40 USRPT-100 Back Pace	F £
600	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 Stremline Kick on Back {4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:25 Streamline Kick on back	F F F F F F
200	1 x 200 on 4:00 Stroke Drills	F
7:00 PM 1,475 Yards - Stress Value = 46		

Workout #29765 - Monday, 17 April 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
200	1 on 25:00 DS/Dryland	F
150	1 x 200 on 5:00 Underwater trn drill 10 x 15 on :45 Racing Skills-Back Shooters	F £
250	1 on 20:00 TEACH DAY-Back 10 x 25 on :45 USRPT-100 Back Pace	F £
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 Stremline Kick on Back {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:25 Streamline Kick on back	F F F F F F
200	1 x 200 on 4:00 Stroke Drills	F
6:58 PM 1,300 Yards - Stress Value = 41		

Workout #29766 - Monday, 17 April 2023

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-Back Shooters	F
	1 on 20:00 TEACH DAY-Back	F
200	8 x 25 on 1:00 USRPT-100 Back Pace	F
400	1x{4 x 25 on 1:00 Kick no board BSLR	F
	{1 x 50 on 2:00 Streamline Kick on back	F
	{4 x 25 on 1:00 Kick no board BSLR	F
	{1 x 50 on 2:00 Stremline Kick on Back	F
	{4 x 25 on 1:00 Kick no board BSLR	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:00 PM 1,150 Yards - Stress Value = 34	

Workout #29767 - Tuesday, 18 April 2023

Group 2 - Breast

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 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	F
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT-100 Breast Pace	F
	Alt odds 1st 25 fly kick/free kick	
	All turns 2X pullouts	
500	1x{4 x 50 on 1:05 Breaststroke	F
	{3 x 50 on 1:00 Breaststroke	F
	{2 x 50 on :55 Breaststroke	F
	{1 x 50 on :50 Breaststroke	F
	1 on 10:00 Racing Skills-Game	F
	6:59 PM 1,275 Yards - Stress Value = 48	

Workout #29768 - Tuesday, 18 April 2023

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 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	F
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT-100 Breast Pace	F
	1x{ Evens-underwaters, count kicks	F
	Alt odds 1st 25 fly kick/free kick	
	All turns 2X pullouts	
500	1x{4 x 50 on 1:10 Breaststroke	F
	{3 x 50 on 1:05 Breaststroke	F
	{2 x 50 on 1:00 Breaststroke	F
	{1 x 50 on :55 Breaststroke	F
	1 on 10:00 Racing Skills-Game	F
	7:00 PM 1,275 Yards - Stress Value = 48	

Workout #29769 - Tuesday, 18 April 2023

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 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	F
	1 on 20:00 TEACH DAY-Breast	F

275	11 x 25 on :40 USRPT-100 Breast Pace	F
	Alt odds 1st 25 fly kick/free kick	
	All turns 2X pullouts	
500	1x{4 x 50 on 1:15 Breaststroke	F
	{3 x 50 on 1:10 Breaststroke	F
	{2 x 50 on 1:05 Breaststroke	F
	{1 x 50 on 1:00 Breaststroke	F
	1 on 10:00 Racing Skills-Game	F
	7:00 PM 1,175 Yards - Stress Value = 44	

Workout #29770 - Tuesday, 18 April 2023

Group 2 - Silver/Bronze

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 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	F
	1 on 20:00 TEACH DAY-Breast	F
275	11 x 25 on :40 USRPT-100 Breast Pace	F
	Alt odds 1st 25 fly kick/free kick	
	All turns 2X pullouts	
450	1x{4 x 50 on 1:20 Breaststroke	F
	{3 x 50 on 1:15 Breaststroke	F
	{2 x 50 on 1:10 Breaststroke	F
	1 on 10:00 Racing Skills-Game	F
	7:00 PM 1,125 Yards - Stress Value = 43	

Workout #29771 - Tuesday, 18 April 2023

Group 2 - Bronze

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 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	F
	1 on 20:00 TEACH DAY-Breast	F
250	10 x 25 on :45 USRPT-100 Breast Pace	F
	Alt odds 1st 25 fly kick/free kick	
	All turns 2X pullouts	
400	1x{4 x 50 on 1:30 Breaststroke	F
	{3 x 50 on 1:25 Breaststroke	F
	{1 x 50 on 1:20 Breaststroke	F
	1 on 10:00 Racing Skills-Game	F
	7:00 PM 1,000 Yards - Stress Value = 39	

Workout #29772 - Tuesday, 18 April 2023

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 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	F
	1 on 20:00 TEACH DAY-Breast	F
200	8 x 25 on 1:00 USRPT-100 Breast Pace	F
	Alt odds 1st 25 fly kick/free kick	
	All turns 2X pullouts	
300	1x{3 x 50 on 2:00 Breaststroke	F
	{2 x 50 on 1:55 Breaststroke	F
	{1 x 50 on 1:50 Breaststroke	F
	1 on 10:00 Racing Skills-Game	F
	7:00 PM 850 Yards - Stress Value = 32	

Workout #29773 - Wednesday, 19 April 2023

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
 1 on 20:00 TEACH DAY-Fly
 1,350 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
 {2 x 50 on :55 Butterfly 8 SOW/25 w/free Kick
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,950 Yards - Stress Value = 33

Workout #29774 - Wednesday, 19 April 2023

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
 1 on 20:00 TEACH DAY-Fly
 1,250 1x{7 x 50 on 1:00 Butterfly 3 SOW/25 w/free Kick
 {6 x 50 on 1:00 Butterfly 4 SOW/25 w/free Kick
 {5 x 50 on 1:00 Butterfly 5 SOW/25 w/free Kick
 {4 x 50 on 1:00 Butterfly 6 SOW/25 w/free Kick
 {3 x 50 on 1:00 Butterfly 7 SOW/25 w/free Kick
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,850 Yards - Stress Value = 31

Workout #29775 - Wednesday, 19 April 2023

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
 1 on 20:00 TEACH DAY-Fly
 1,050 1x{6 x 50 on 1:10 Butterfly 3 SOW/25 w/free Kick
 {5 x 50 on 1:10 Butterfly 4 SOW/25 w/free Kick
 {4 x 50 on 1:10 Butterfly 5 SOW/25 w/free Kick
 {3 x 50 on 1:10 Butterfly 6 SOW/25 w/free Kick
 {2 x 50 on 1:10 Butterfly 7 SOW/25 w/free Kick
 {1 x 50 on 1:10 Butterfly 7 SOW/25 w/free Kick
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,600 Yards - Stress Value = 27

Workout #29776 - Wednesday, 19 April 2023

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
 1 on 20:00 TEACH DAY-Fly
 1,000 1x{6 x 50 on 1:15 Butterfly 3 SOW/25 w/free Kick
 {5 x 50 on 1:15 Butterfly 4 SOW/25 w/free Kick
 {4 x 50 on 1:15 Butterfly 5 SOW/25 w/free Kick
 {3 x 50 on 1:15 Butterfly 6 SOW/25 w/free Kick

{2 x 50 on 1:15 Butterfly 7 SOW/25 w/free Kick
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,525 Yards - Stress Value = 26

Workout #29777 - Wednesday, 19 April 2023

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
 1 on 20:00 TEACH DAY-Fly
 800 1x{5 x 50 on 1:30 Butterfly 3 SOW/25 w/free Kick
 {4 x 50 on 1:30 Butterfly 4 SOW/25 w/free Kick
 {3 x 50 on 1:30 Butterfly 5 SOW/25 w/free Kick
 {2 x 50 on 1:30 Butterfly 6 SOW/25 w/free Kick
 {2 x 50 on 1:30 Butterfly 7 SOW/25 w/free Kick
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,300 Yards - Stress Value = 22

Workout #29778 - Wednesday, 19 April 2023

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
 1 on 20:00 TEACH DAY-Breast
 600 1x{5 x 50 on 2:00 Butterfly 3 SOW/25 w/free Kick
 {4 x 50 on 2:00 Butterfly 4 SOW/25 w/free Kick
 {3 x 50 on 2:00 Butterfly 5 SOW/25 w/free Kick
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,100 Yards - Stress Value = 18

Workout #29779 - Thursday, 20 April 2023

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
 1 on 20:00 TEACH DAY-Starts
 375 15 x 25 on :30 USRPT-100 Fly Pace
 800 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/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
 {3 x 50 on :55 Free Kick w/board
 {2 x 25 on :30 Kick no board BS
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,825 Yards - Stress Value = 60

Workout #29780 - Thursday, 20 April 2023

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
	1 on 20:00 TEACH DAY-Starts
375	15 x 25 on :30 USRPT-100 Fly Pace
750	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
	{3 x 50 on 1:00 Breast Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,775 Yards - Stress Value = 59

Workout #29781 - Thursday, 20 April 2023

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
	1 on 20:00 TEACH DAY-Starts
325	13 x 25 on :35 USRPT-100 Fly Pace
650	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
	{3 x 50 on 1:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,575 Yards - Stress Value = 51

Workout #29782 - Thursday, 20 April 2023

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-Crossover Turns
	1 on 20:00 TEACH DAY-Starts
325	13 x 25 on :35 USRPT-100 Fly Pace
650	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
	{3 x 50 on 1:05 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,575 Yards - Stress Value = 51

Workout #29783 - Thursday, 20 April 2023

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-Crossover Turns
	1 on 20:00 TEACH DAY-Starts

275	11 x 25 on :40 USRPT-100 Fly Pace
550	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
	{1 x 50 on 1:15 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,375 Yards - Stress Value = 45

Workout #29784 - Thursday, 20 April 2023

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
	1 on 20:00 TEACH DAY-Starts
250	10 x 25 on :45 USRPT-100 Free Pace
400	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
	{2 x 50 on 2:00 Free Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	1,200 Yards - Stress Value = 39

Workout #29785 - Friday, 21 April 2023

Group 2 - Freestylers

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-Free Shooters
750	1x{2 x 125 on 2:20 Free Kick w/board
	{2 x 125 on 2:15 Free Kick w/board
	{2 x 125 on 2:10 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
6:29 PM	2,000 Yards - Stress Value = 30

Workout #29786 - Friday, 21 April 2023

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-Free Shooters
750	1x{2 x 125 on 2:30 Free Kick w/board
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 125 on 2:20 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
6:30 PM	2,000 Yards - Stress Value = 30

Workout #29787 - Friday, 21 April 2023

6:30 PM 1,650 Yards - Stress Value = 25

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-Free Shooters
700	1x{2 x 125 on 2:40 Free Kick w/board { 2 x 125 on 2:35 Free Kick w/board { 2 x 100 on 2:00 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 1,900 Yards - Stress Value = 29

Workout #29788 - Friday, 21 April 2023

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-Free Shooters
650	1x{2 x 125 on 2:50 Free Kick w/board { 2 x 100 on 2:15 Free Kick w/board { 2 x 100 on 2:10 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 1,850 Yards - Stress Value = 28

Workout #29789 - Friday, 21 April 2023

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-Free Shooters
600	1x{2 x 100 on 2:35 Free Kick w/board { 2 x 100 on 2:30 Free Kick w/board { 2 x 100 on 2:25 Free Kick wboard
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	6 x 75 on 4:00 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 1,750 Yards - Stress Value = 27

Workout #29790 - Friday, 21 April 2023

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-Free Shooters
500	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

Workout #29791 - Monday, 17 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{ 1 on :30 Switch Stations	RE
	{ 4 x 15 on 1:50 DW UW OTB	EM
	{ 1 on :30 Switch Stations	RE
	{ 5 x 20 on 1:30 Buckets	SE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #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	RE
1,500	30 x 50 on :50 200 Fly Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
200	1x{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	RE
750	30 x 25 on :30 100 Free Pace	SE
	5:30 PM 3,010 Yards - Stress Value = 275	

Workout #29792 - Tuesday, 18 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	
	{ 1 on :30 Switch Stations	
	{ 4 x 15 on 1:50 DW UW OTB	
	{ 1 on :30 Switch Stations	
	{ 5 x 20 on 1:30 Buckets	
	1 on 10:00 UW Racing 2X (Push/Shooter)	
1,500	30 x 50 on :55 200 Breast Pace	
	1 on 5:00 Video Evaluations 1+/1-	
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 and #10 All Straight Arm	
750	30 x 25 on :30 100 Back Pace	
	5:32 PM 2,810 Yards - Stress Value = 267	

Workout #29793 - Wednesday, 19 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 Count, #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	F
1,500	30 x 50 on :50 200 Free Pace	£
	1 on 5:00 Video Evaluations 1+/1-	F
	1 on 10:00 Lane Line Survivor	F
750	30 x 25 on :30 100 Fly Pace	£
	5:30 PM 2,810 Yards - Stress Value = 267	

Workout #29794 - Thursday, 20 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
1,500	30 x 50 on :50 200 Back Pace	£
	1 on 6:00 Video Evaluations 1+/1-	F
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 and #10 All Straight Arm	
750	30 x 25 on :30 100 Breast Pace	£
	5:30 PM 2,810 Yards - Stress Value = 267	

Workout #29795 - Friday, 21 April 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Crossover Turns	£
3,000	30 x 100 on 1:25 1650 Free Pace	£
	Make 1 subtract 1	
100	1 x 100 on 15:00 If time permits-DWglider racir	£
	1 on 5:00 Video Evaluations 1+/1-	F
	7:32 AM 3,325 Yards - Stress Value = 313	

Workout #29796 - Friday, 21 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	L
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	S
	Goal set protocol 5 misses or 3 in a row		
600	30 x 20 on :25 100 Back Pace**	SP2	S
	1 on 10:00 Thoracic/Ankle Mobility	REC	L

600	30 x 20 on :25 100 Fly Pace**	SP2	S
	1 on 11:00 Shoulder/Hip Mobility	REC	L
600	30 x 20 on :25 100 Breast Pace**	SP2	S
	5:15 PM 2,025 Yards - Stress Value = 189		

Workout #29797 - Monday, 24 April 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland/Showers	F
300	1 x 300 on 5:00 Underwater trn drill	£
150	10 x 15 on :45 Racing Skills-Breast Shooters	£
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT-100 Breast Pace	£
750	1x{1 on :30 5 Squats	£
	{1 x 50 on 1:00 Breast Kick w/board	
	{1 on :30 10 Squats	
	{2 x 75 on 1:30 Breast Kick w/board	
	{1 on :30 15 Squats	
	{3 x 100 on 2:00 Breast Kick w/board	
	{1 on :30 20 Squats	
	{2 x 125 on 2:30 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	£
	7:01 PM 1,725 Yards - Stress Value = 53	

Workout #29798 - Monday, 24 April 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland/Showers	F
300	1 x 300 on 5:00 Underwater trn drill	£
150	10 x 15 on :45 Racing Skills-Breast Shooters	£
	1 on 20:00 TEACH DAY-Breast	F
325	13 x 25 on :35 USRPT-100 Breast Pace	£
625	1x{1 on :30 5 Squats	£
	{1 x 50 on 1:05 Breast Kick w/board	
	{1 on :30 10 Squats	
	{2 x 75 on 1:35 Breast Kick w/board	
	{1 on :30 15 Squats	
	{3 x 100 on 2:10 Breast Kick w/board	
	{1 on :30 20 Squats	
	{1 x 125 on 2:40 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	£
	7:00 PM 1,600 Yards - Stress Value = 50	

Workout #29799 - Monday, 24 April 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 25:00 DS/Dryland/Showers	F
250	1 x 250 on 5:00 Underwater trn drill	£
150	10 x 15 on :45 Racing Skills-Breast Shooters	£
	1 on 20:00 TEACH DAY-Breast	F
300	12 x 25 on :40 USRPT-100 Breast Pace	£
625	1x{1 on :30 5 Squats	£
	{1 x 50 on 1:10 Breast Kick w/board	
	{1 on :30 10 Squats	
	{2 x 75 on 1:45 Breast Kick w/board	
	{1 on :30 15 Squats	
	{3 x 100 on 2:20 Breast Kick w/board	
	{1 on :30 20 Squats	
	{1 x 125 on 2:55 Breast Kick w/board	
200	1 x 200 on 4:00 Stroke Drills	£
	7:01 PM 1,525 Yards - Stress Value = 48	

Workout #29800 - Monday, 24 April 2023

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	1 on 20:00 TEACH DAY-Breast
550	11 x 25 on :40 USRPT-100 Breast Pace
1x{	1 on :30 5 Squats
	{1 x 50 on 1:15 Breast Kick w/board
	{1 on :30 10 Squats
	{2 x 75 on 1:55 Breast Kick w/board
	{1 on :30 15 Squats
	{3 x 100 on 2:30 Breast Kick w/board
	{1 on :30 20 Squats
	{1 x 50 on 1:15 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 1,425 Yards - Stress Value = 45

Workout #29801 - Monday, 24 April 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland/Showers
150	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	1 on 20:00 TEACH DAY-Breast
550	10 x 25 on :45 USRPT-100 Breast Pace
1x{	1 on :30 5 Squats
	{1 x 50 on 1:20 Breast Kick w/board
	{1 on :30 10 Squats
	{2 x 75 on 2:00 Breast Kick w/board
	{1 on :30 15 Squats
	{3 x 100 on 2:40 Breast Kick w/board
	{1 on :30 20 Squats
	{1 x 50 on 1:20 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:01	PM 1,350 Yards - Stress Value = 42

Workout #29802 - Monday, 24 April 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland/Showers
150	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
200	1 on 20:00 TEACH DAY-Breast
350	8 x 25 on 1:00 USRPT-100 Breast Pace
1x{	1 on :30 5 Squats
	{1 x 50 on 2:00 Breast Kick w/board
	{1 on :30 10 Squats
	{2 x 75 on 3:00 Breast Kick w/board
	{1 on :30 15 Squats
	{2 x 75 on 3:00 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:00	PM 1,100 Yards - Stress Value = 33

Workout #29803 - Tuesday, 25 April 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

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

	1 on 25:00 DS/Dryland	RE
300	1 x 300 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
	1 on 20:00 TEACH DAY-Fly	RE
375	15 x 25 on :30 USRPT-100 Fly Pace	SF
800	1x{4 x 25 on :30 Kick no board S	EN
	{1 x 100 on 2:00 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
	{2 x 100 on 1:55 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
	{1 x 100 on 1:50 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
100	1 x 100 on 4:00 100 Fly Kick for Time	EN
7:00	PM 1,725 Yards - Stress Value = 62	

Workout #29804 - Tuesday, 25 April 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
300	1 x 300 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
	1 on 20:00 TEACH DAY-Fly	RE
325	13 x 25 on :35 USRPT-100 Fly Pace	SF
700	1x{4 x 25 on :35 Kick no board S	EN
	{1 x 100 on 2:10 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{2 x 100 on 2:05 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{1 x 100 on 2:00 Fly Kick w/board	EN
100	1 x 100 on 4:00 100 Fly Kick for time	EN
7:00	PM 1,575 Yards - Stress Value = 54	

Workout #29805 - Tuesday, 25 April 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	1 x 250 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
	1 on 20:00 TEACH DAY-Fly	RE
275	11 x 25 on :40 USRPT-100 Fly Pace	SF
650	1x{4 x 25 on :35 Kick no board S	EN
	{1 x 100 on 2:25 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{2 x 100 on 2:20 Fly Kick w/board	EN
	{2 x 25 on :35 Kick no board S	EN
	{1 x 100 on 2:15 Fly Kick w/board	EN
100	1 x 100 on 4:00 100 Fly Kick for time	EN
7:00	PM 1,425 Yards - Stress Value = 49	

Workout #29806 - Tuesday, 25 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	1 x 250 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
275	11 x 25 on :40 USRPT-100 Fly Pace	SE
600	1x{4 x 25 on :40 Kick no board S	EN
	{1 x 100 on 2:40 Fly Kick w/board	EN
	{4 x 25 on :40 Kick no board S	EN
	{1 x 100 on 2:35 Fly Kick w/board	EN
	{4 x 25 on :40 Kick no board S	EN
	{1 x 100 on 2:30 Fly Kick w/board	EN
100	1 x 100 on 4:00 100 Fly Kick for time	EN
	7:00 PM 1,375 Yards - Stress Value = 48	

Workout #29807 - Tuesday, 25 April 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
250	10 x 25 on :45 USRPT-100 Fly Pace	SE
525	1x{4 x 25 on :45 Kick no board S	EN
	{1 x 100 on 3:00 Fly Kick w/board	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 100 on 2:55 Fly Kick w/board	EN
	{1 x 25 on :45 Kick no board S	EN
100	1 x 100 on 4:00 100 Fly Kick for time	EN
	7:00 PM 1,225 Yards - Stress Value = 43	

Workout #29808 - Tuesday, 25 April 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 SunYangFree-Count strokes	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
200	8 x 25 on 1:00 USRPT-100 Fly Pace	SE
400	1x{2 x 25 on 1:00 Kick no board S	EN
	{1 x 100 on 4:00 Fly Kick w/board	EN
	{2 x 25 on 1:00 Kick no board S	EN
	{1 x 100 on 3:55 Fly Kick w/board	EN
	{4 x 25 on 1:00 Kick no board S	EN
100	1 x 100 on 4:00 100 Fly Kick for time	EN
	7:00 PM 1,050 Yards - Stress Value = 36	

Workout #29809 - Wednesday, 26 April 2023

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	10 x 25 on :30 Wednesday Warm-up	SE
150	10 x 15 on :45 Racing Skills-Crossover Turns	SE
	1 on 20:00 TEACH DAY-Starts	RE
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	

400 4 x 100 on 5:00 IM from a push
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,100 Yards - Stress Value = 38

Workout #29810 - Wednesday, 26 April 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
250	10 x 25 on :30 Wednesday Warm-up	SE
150	10 x 15 on :45 Racing Skills-Crossover Turns	SE
	1 on 20:00 TEACH DAY-Starts	RE
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	
400	4 x 100 on 5:00 IM from a push	SE
200	1 x 200 on 4:00 Stroke Drills	SE
	7:00 PM 1,100 Yards - Stress Value = 38	

Workout #29811 - Wednesday, 26 April 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	8 x 25 on :35 Wednesday Warm-up	SE
150	10 x 15 on :45 Racing Skills-Crossover Turns	SE
	1 on 20:00 TEACH DAY-Starts	RE
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	
400	4 x 100 on 5:00 IM from a push	SE
200	1 x 200 on 4:00 Stroke Drills	SE
	7:00 PM 1,050 Yards - Stress Value = 38	

Workout #29812 - Wednesday, 26 April 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
280	7 x 40 on :35 Wednesday Warm-up	SE
150	10 x 15 on :45 Racing Skills-Crossover Turns	SE
	1 on 20:00 TEACH DAY-Starts	RE
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	
400	4 x 100 on 5:00 IM from a push	SE
200	1 x 200 on 4:00 Stroke Drills	SE
	7:00 PM 1,130 Yards - Stress Value = 38	

Workout #29813 - Wednesday, 26 April 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
150	6 x 25 on :45 Wednesday Warm-up	SE
150	10 x 15 on :45 Racing Skills-Crossover Turns	SE
	1 on 20:00 TEACH DAY-Starts	RE
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	
400	4 x 100 on 5:00 IM from a push	SE
200	1 x 200 on 4:00 Stroke Drills	SE
	7:00 PM 1,000 Yards - Stress Value = 38	

Workout #29814 - Wednesday, 26 April 2023

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
	1 on 20:00 TEACH DAY-Starts
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
400	4 x 100 on 5:00 IM from a push
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,000 Yards - Stress Value = 38

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
1,400	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 {1 x 50 on 1:10 Free 100% {2 x 125 on 2:05 Freestyle
100	1 x 100 on 2:00 Stroke Drills
	7:00 PM 2,625 Yards - Stress Value = 96

Workout #29818 - Thursday, 27 April 2023

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
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT-100 Free Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	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% {4 x 125 on 1:45 Freestyle
100	1 x 100 on 2:00 Stroke Drills
	7:01 PM 3,100 Yards - Stress Value = 115

Yards	Set Description
=====	=====
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
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
1,325	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 {2 x 50 on 1:10 Free 100% {1 x 125 on 2:10 Freestyle
100	1 x 100 on 2:00 Stroke Drills
	7:01 PM 2,550 Yards - Stress Value = 94

Workout #29819 - Thursday, 27 April 2023

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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	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 x 100 on 2:15 Freestyle
100	1 x 100 on 2:00 Stroke Drills
	7:00 PM 2,250 Yards - Stress Value = 84

Yards	Set Description
=====	=====
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Free Shooters
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
1,150	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 x 100 on 2:15 Freestyle
100	1 x 100 on 2:00 Stroke Drills
	7:00 PM 2,250 Yards - Stress Value = 84

Workout #29817 - Thursday, 27 April 2023

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

Workout #29820 - Thursday, 27 April 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Racing Skills-Free Shooters
100	22 x 25 on :40 USRPT-100 Free Pace
800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	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% { 3 x 100 on 3:00 Freestyle
100	1 x 100 on 2:00 Stroke Drills
7:00 PM	1,900 Yards - Stress Value = 77

Workout #29821 - Friday, 28 April 2023

Group 2 - Back

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
375	10 x 15 on :45 Racing Skills-Back Shooters
1,900	1 on 20:00 TEACH DAY-Back 15 x 25 on :30 USRPT-100 Back Pace
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
6:29 PM	2,725 Yards - Stress Value = 82

Workout #29822 - Friday, 28 April 2023

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
325	10 x 15 on :45 Racing Skills-Back Shooters
1,750	13 x 25 on :35 USRPT-100 Back Pace
1,750	1 on 20:00 TEACH DAY-Back 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
6:30 PM	2,525 Yards - Stress Value = 73

Workout #29823 - Friday, 28 April 2023

Group 2 - Silver

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
325	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace

1,600	1 on 20:00 TEACH DAY-Back 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
6:29 PM	2,325 Yards - Stress Value = 70

Workout #29824 - Friday, 28 April 2023

Group 2 - Silver/Bronze

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
300	10 x 15 on :45 Racing Skills-Back Shooters
1,500	12 x 25 on :40 USRPT-100 Back Pace
1,500	1 on 20:00 TEACH DAY-Back 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
6:29 PM	2,200 Yards - Stress Value = 66

Workout #29825 - Friday, 28 April 2023

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
250	10 x 15 on :45 Racing Skills-Back Shooters
1,300	10 x 25 on :45 USRPT-100 Back Pace
1,300	1 on 20:00 TEACH DAY-Back 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
6:30 PM	1,900 Yards - Stress Value = 57

Workout #29826 - Friday, 28 April 2023

Group 2 - Copper

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
200	10 x 15 on :45 Racing Skills-Back Shooters
900	8 x 25 on 1:00 USRPT-100 Back Pace
900	1 on 20:00 TEACH DAY-Back 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
6:29 PM	1,450 Yards - Stress Value = 44

Workout #29827 - Monday, 24 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 250 1x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #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
 1,250 25 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations 1+/1-
 300 1x{ Each round starts off the blocks
 { Evens-3 stroke free or fly finis
 {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
 625 {2 x 15 on :10 Undr Wtr Fly Kck
 25 x 25 on :30 100 Free Pace
 1 on 5:00 Shoulder Hangs
 625 25 x 25 on :30 100 Fly Pace
 5:45 PM 3,360 Yards - Stress Value = 297

Workout #29828 - Tuesday, 25 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Free Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,250 25 x 50 on :50 200 Free Pace
 1 on 7:00 Video Evaluations 1+/1-
 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 and #10 All Straight Arm
 625 25 x 25 on :30 100 Breast Pace
 1 on 6:00 Shoulder Hangs
 625 25 x 25 on :30 100 Back Pace
 5:45 PM 3,360 Yards - Stress Value = 260

Workout #29829 - Wednesday, 26 April 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-#2 Shooter
 1,500 1x{10 x 50 on :55 200 IM Pace

{1 on 1:00 Rest REC
 {10 x 50 on :55 200 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 200 IM Pace SP2
 Set is over at 29:30
 1 on 5:00 In water recovery REC
 100 4 x 25 on 3:00 50 Free Pace SP2
 7:16 AM 1,825 Yards - Stress Value = 164

Workout #29830 - Wednesday, 26 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Back Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 250 1x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #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
 1,250 25 x 50 on :50 200 Back Pace
 1 on 7:00 Video Evaluations 1+/1-
 300 1x{ Each round starts off the blocks
 { Evens-3 stroke free/fly finish
 {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
 625 25 x 25 on :30 100 Free Pace
 1 on 5:00 Shoulder Hang
 625 25 x 25 on :30 100 Fly Pace
 5:45 PM 3,360 Yards - Stress Value = 297

Workout #29831 - Thursday, 27 April 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Fly Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,250 25 x 50 on :50 200 Fly Pace
 1 on 7:00 Video Evaluations 1+/1-
 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 and #10 All Straight Arm
 625 25 x 25 on :30 100 Breast Pace
 1 on 6:00 Shoulder Hangs
 625 25 x 25 on :30 100 Back Pace
 5:45 PM 3,360 Yards - Stress Value = 297

Workout #29832 - Friday, 28 April 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:00 AM	Start	
225	1 on 15:00 Dynamic Stretch>Showers	RE
3,200	15 x 15 on :45 Racing Skills-Crossover Turns	SE
	32 x 100 on 1:25 1650 Free Pace	SE
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	RE
	1 on 10:00 If time permits-DWglider racing	SE
7:28 AM	3,425 Yards - Stress Value = 329	

Workout #29833 - Monday, 01 May 2023

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
300	1 on 25:00 DS/Dryland	RE
150	1 x 300 on 5:00 Underwater trn drill	RE
	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
375	15 x 25 on :30 USRPT-100 Fly Pace	SE
1,050	1x{1 x 150 on 2:55 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
	{2 x 125 on 2:25 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
	{3 x 100 on 1:55 Fly Kick w/board	EN
	{6 x 25 on :30 Kick no board S	EN
7:00 PM	1,875 Yards - Stress Value = 65	

Workout #29834 - Monday, 01 May 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
300	1 on 25:00 DS/Dryland	RE
150	1 x 300 on 5:00 Underwater trn drill	RE
	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
325	13 x 25 on :35 USRPT-100 Fly Pace	SE
1,000	1x{1 x 150 on 3:05 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
	{2 x 125 on 2:35 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
	{3 x 100 on 2:05 Fly Kick w/board	EN
	{4 x 25 on :30 Kick no board S	EN
7:00 PM	1,775 Yards - Stress Value = 58	

Workout #29835 - Monday, 01 May 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
250	1 on 25:00 DS/Dryland	RE
150	1 x 250 on 5:00 Underwater trn drill	RE
	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
325	13 x 25 on :35 USRPT-100 Fly Pace	SE
925	1x{1 x 150 on 3:20 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{2 x 125 on 2:50 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{3 x 100 on 2:15 Fly Kick w/board	EN
	{1 x 25 on :35 Kick no board S	EN
7:00 PM	1,650 Yards - Stress Value = 56	

Workout #29836 - Monday, 01 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
250	1 on 25:00 DS/Dryland	RE
150	1 x 250 on 5:00 Underwater trn drill	RE
	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
300	12 x 25 on :40 USRPT-100 Fly Pace	SE
900	1x{1 x 150 on 3:30 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{2 x 125 on 2:55 Fly Kick w/board	EN
	{4 x 25 on :35 Kick no board S	EN
	{3 x 100 on 2:20 Fly Kick w/board	EN
7:00 PM	1,600 Yards - Stress Value = 54	

Workout #29837 - Monday, 01 May 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
200	1 on 25:00 DS/Dryland	RE
150	1 x 200 on 5:00 Underwater trn drill	RE
	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
250	10 x 25 on :45 USRPT-100 Fly Pace	SE
750	1x{1 x 150 on 4:00 Fly Kick w/board	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 125 on 3:20 Fly Kick w/board	EN
	{2 x 25 on :45 Kick no board S	EN
	{2 x 100 on 2:40 Fly Kick w/board	EN
7:00 PM	1,350 Yards - Stress Value = 46	

Workout #29838 - Monday, 01 May 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
200	1 on 25:00 DS/Dryland	RE
150	1 x 200 on 5:00 Underwater trn drill	RE
	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
200	8 x 25 on 1:00 Racing Skills-Fly Shooters	SE
550	1x{1 x 100 on 3:30 Fly Kick w/board	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{1 x 100 on 3:30 Fly Kick w/board	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{1 x 100 on 3:30 Fly Kick w/board	EN
	{2 x 25 on 1:00 Kick no board S	EN
7:00 PM	1,100 Yards - Stress Value = 25	

Workout #29839 - Tuesday, 02 May 2023

Group 2 - IM'ers

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
375	10 x 15 on :45 Racing Skills-Crossover Turns
1,700	1 on 20:00 TEACH DAY-IM
	15 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
	{1 x 150 on 2:15 IM w/out Fly
	{2 x 50 on :50 Butterfly
	1 on 10:00 Underwater Racing
	7:15 PM 2,525 Yards - Stress Value = 78

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
275	10 x 15 on :45 Racing Skills-Crossover Turns
1,350	1 on 20:00 TEACH DAY-IM
	11 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
	{2 x 50 on 1:05 Breaststroke
	{1 x 150 on 2:55 IM w/out the back
	{2 x 50 on :55 Backstroke
	{1 x 150 on 2:55 IM w/out the fly
	{2 x 50 on 1:00 Butterfly
	1 on 10:00 Underwater Racing
	7:15 PM 2,025 Yards - Stress Value = 61

Workout #29843 - Tuesday, 02 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Workout #29840 - Tuesday, 02 May 2023

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
325	10 x 15 on :45 Racing Skills-Crossover Turns
1,600	1 on 20:00 TEACH DAY-IM
	13 x 25 on :35 USRPT 100 Breast Pace
	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
	{1 x 150 on 2:30 IM w/out the fly
	{2 x 50 on :55 Butterfly
	1 on 10:00 Underwater Racing
	7:15 PM 2,375 Yards - Stress Value = 70

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
250	10 x 15 on :45 Racing Skills-Crossover Turns
1,050	1 on 20:00 TEACH DAY-IM
	10 x 25 on :45 USRPT 100 Fly Pace
	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
	{2 x 50 on 1:10 Breaststroke
	{1 x 150 on 4:00 IM w/out the back
	{2 x 50 on 1:05 Backstroke
	{1 x 150 on 4:00 IM w/out the fly
	{2 x 50 on 1:10 Butterfly
	1 on 10:00 Underwater Racing
	7:14 PM 1,650 Yards - Stress Value = 52

Workout #29844 - Tuesday, 02 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Workout #29841 - Tuesday, 02 May 2023

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
325	10 x 15 on :45 Racing Skills-Crossover Turns
1,450	1 on 20:00 TEACH DAY-IM
	13 x 25 on :35 USRPT 100 Breast Pace
	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
	{1 x 150 on 2:45 IM w/out the fly
	{2 x 50 on :55 Butterfly
	1 on 10:00 Underwater Racing
	7:15 PM 2,175 Yards - Stress Value = 67

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
200	10 x 15 on :45 Racing Skills-Crossover Turns
800	1 on 20:00 TEACH DAY-IM
	8 x 25 on 1:00 USRPT 100 Fly Pace
	1x{1 x 150 on 5:00 IM w/out the free
	{3 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
	7:14 PM 1,350 Yards - Stress Value = 42

Workout #29842 - Tuesday, 02 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Workout #29845 - Wednesday, 03 May 2023

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
250	10 x 25 on :30 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
750	30 x 25 on :30 USRPT-100 Free Pace	§
1,250	1x{4 x 125 on 2:20 Free Kick w/board	E
	{3 x 125 on 2:15 Free Kick w/board	E
	{2 x 125 on 2:10 Free Kick w/board	E
	{1 x 125 on 2:05 Free Kick w/board	E
200	1 x 200 on 4:00 Stroke Drills	F
7:14 PM	2,600 Yards - Stress Value = 106	

Workout #29849 - Wednesday, 03 May 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
150	6 x 25 on :45 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
550	22 x 25 on :40 USRPT-100 Free Pace	§
900	1x{4 x 100 on 2:40 Free Kick w/board	E
	{3 x 100 on 2:35 Free Kick w/board	E
	{2 x 100 on 2:30 Free Kick w/board	E
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	1,950 Yards - Stress Value = 79	

Workout #29846 - Wednesday, 03 May 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
250	10 x 25 on :30 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
750	30 x 25 on :30 USRPT-100 Free Pace	§
1,225	1x{4 x 125 on 2:30 Free Kick w/board	E
	{3 x 125 on 2:25 Free Kick w/board	E
	{2 x 125 on 2:20 Free Kick w/board	E
	{1 x 100 on 1:50 Free Kick w/board	E
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	2,575 Yards - Stress Value = 106	

Workout #29850 - Wednesday, 03 May 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
125	5 x 25 on 1:00 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
500	20 x 25 on :45 USRPT-100 Free Pace	§
600	1x{5 x 50 on 2:00 Free Kick w/board	E
	{4 x 50 on 1:55 Free Kick w/board	E
	{3 x 50 on 1:50 Free Kick w/board	E
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	1,575 Yards - Stress Value = 68	

Workout #29847 - Wednesday, 03 May 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
200	8 x 25 on :35 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
625	25 x 25 on :35 USRPT-100 Free Pace	§
1,125	1x{4 x 125 on 2:40 Free Kick w/board	E
	{3 x 125 on 2:35 Free Kick w/board	E
	{2 x 125 on 2:30 Free Kick w/board	E
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	2,300 Yards - Stress Value = 91	

Workout #29851 - Thursday, 04 May 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
375	15 x 25 on :30 USRPT-100 Back Pace	§
1,000	1x{4 x 25 on :30 Kick no board B	E
	{4 x 50 on 1:00 Kick on left side	E
	{4 x 25 on :30 Kick no board B	E
	{4 x 50 on 1:00 Kick on right side	E
	{4 x 25 on :30 Kick no board B	E
	{6 x 50 on 1:00 Kick alt 8KLS/8KRS	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	
1,600	1x{1 x 150 on 2:20 Backstroke	F
	{3 x 50 on :45 Back 3KOW+1	F
	{2 x 150 on 2:15 Backstroke	F
	{4 x 50 on :50 Back 3KOW+1	F
	{3 x 150 on 2:10 Backstroke	F
	{5 x 50 on :55 Back 3KOW+1	F
	{1 x 100 on 1:30 Backstroke-100%	F
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM	3,725 Yards - Stress Value = 96	

Workout #29848 - Wednesday, 03 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
=====	=====	=====
	1 on 25:00 DS/Dryland	F
200	8 x 25 on :35 Wednesday Warm-up	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
625	25 x 25 on :35 USRPT-100 Free Pace	§
1,000	1x{4 x 100 on 2:20 Free Kick w/board	E
	{3 x 100 on 2:15 Free Kick w/board	E
	{2 x 100 on 2:10 Free Kick w/board	E
	{1 x 100 on 2:05 Free Kick w/board	E
200	1 x 200 on 4:00 Stroke Drills	F
7:14 PM	2,175 Yards - Stress Value = 88	

Workout #29852 - Thursday, 04 May 2023

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
375	15 x 25 on :30 USRPT-100 Back Pace
950	1x{4 x 25 on :30 Kick no board B 4 x 50 on 1:05 Kick on left side 4 x 25 on :30 Kick no board B 4 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
1,450	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 4 x 50 on 1:00 Back 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,525 Yards - Stress Value = 92

Workout #29853 - Thursday, 04 May 2023

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
325	13 x 25 on :35 USRPT-100 Back Pace
850	1x{4 x 25 on :35 Kick no board B 4 x 50 on 1:10 Kick on left side 4 x 25 on :35 Kick no board B 4 x 50 on 1:10 Kick on right side 4 x 25 on :35 Kick no board B 3 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
1,350	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 3 x 50 on 1:00 Back 3KOW+1 1 x 100 on 2:00 Backstroke-100%
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,225 Yards - Stress Value = 82

Workout #29854 - Thursday, 04 May 2023

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-Back Shooters
275	11 x 25 on :40 USRPT-100 Back Pace
750	1x{4 x 25 on :40 Kick no board B 4 x 50 on 1:15 Kick on left side 4 x 25 on :40 Kick no board B 4 x 50 on 1:15 Kick on right side 2 x 25 on :40 Kick no board B 2 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
1,250	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 2 x 50 on 1:05 Back 3KOW+1 1 x 100 on 2:15 Backstroke-100%
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,975 Yards - Stress Value = 74

Workout #29855 - Thursday, 04 May 2023

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
250	10 x 25 on :45 USRPT-100 Back Pace
650	1x{4 x 25 on :45 Kick no board B 3 x 50 on 1:25 Kick on left side 4 x 25 on :45 Kick no board B 3 x 50 on 1:25 Kick on right side 2 x 25 on :45 Kick no board B 2 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
1,050	1x{1 x 100 on 2:25 Backstroke 3 x 50 on 1:05 Back 3KOW+1 2 x 100 on 2:20 Backstroke 2 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%
200	1 x 200 on 4:00 Stroke Drills
7:14 PM	2,600 Yards - Stress Value = 65

Workout #29856 - Thursday, 04 May 2023

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
200	8 x 25 on 1:00 USRPT-100 Back Pace
500	1x{4 x 25 on 1:00 Kick no board B 3 x 50 on 2:00 Kick on left side 2 x 25 on 1:00 Kick no board B 3 x 50 on 2:00 Kick on right side 2 x 25 on 1:00 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
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%
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,100 Yards - Stress Value = 51

Workout #29857 - Friday, 05 May 2023

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
 1 on 15:00 TEACH DAY-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
 6:29 PM 2,250 Yards - Stress Value = 38

200 {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
 1 x 200 on 4:00 Stroke Drills
 6:28 PM 1,900 Yards - Stress Value = 32

Workout #29861 - Friday, 05 May 2023

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
 1 on 15:00 TEACH DAY-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
 6:28 PM 1,650 Yards - Stress Value = 28

Workout #29858 - Friday, 05 May 2023

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
 1 on 15:00 TEACH DAY-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
 6:29 PM 2,150 Yards - Stress Value = 36

Workout #29862 - Friday, 05 May 2023

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
 1 on 15:00 TEACH DAY-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
 6:29 PM 1,500 Yards - Stress Value = 25

Workout #29859 - Friday, 05 May 2023

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
 1 on 15:00 TEACH DAY-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
 6:28 PM 2,000 Yards - Stress Value = 34

Workout #29860 - Friday, 05 May 2023

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
 1 on 15:00 TEACH DAY-Breast
 1,300 1x{2 x 125 on 2:35 100 Breast 25 free
 {3 x 100 on 2:05 Breast-descend

Workout #29863 - Monday, 01 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:45 PM Start		
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	RE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #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	RE
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
200	1x{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	RE
1,250	25 x 50 on :50 200 Fly Pace	SE
	1 on 8:00 Shoulder Hangs	RE
750	30 x 25 on :30 100 Free Pace	SE
5:57 PM 4,010 Yards - Stress Value = 375		

Workout #29864 - Tuesday, 02 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:45 PM Start	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
1,250	1 on 10:00 UW Racing 2X (Push/Shooter)
	25 x 50 on :50 200 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
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 and #10 All Straight Arm
1,250	25 x 50 on :55 200 Breast Pace
	1 on 8:00 Shoulder Hangs
750	30 x 25 on :30 100 Back Pace
6:00 PM 3,810 Yards - Stress Value = 367	

Workout #29865 - Wednesday, 03 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:00 AM Start		
225	15 x 15 on :45 Racing Skills-#2 Shooter	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	Set is over at 29:30	
	1 on 5:00 Your Choice Recovery	REC
100	4 x 25 on 3:00 50 Fly Pace	SP2
7:16 AM 1,825 Yards - Stress Value = 164		

Workout #29866 - Wednesday, 03 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
3:45 PM Start		
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	SE
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	SE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #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	F
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 5:00 Video Evaluations 1+/1-	F
	1 on 10:00 Lane Line Survivor	F
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 8:00 Shoulder Hangs	F
750	30 x 25 on :30 100 Breast Pace	SE
5:59 PM 3,810 Yards - Stress Value = 367		

Workout #29867 - Thursday, 04 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
3:45 PM Start		
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	SE
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	SE
1,250	1 on 10:00 Tic Tac Toe Relay	F
	25 x 50 on :55 200 Breast Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	F
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
1,250	25 x 50 on :50 200 Free Pace	SE
	1 on 8:00 Shoulder Hangs	F
750	30 x 25 on :30 100 Fly Pace	SE
6:00 PM 3,810 Yards - Stress Value = 367		

Workout #29868 - Friday, 05 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:00 AM Start		
225	15 x 15 on :45 Racing Skills-Crossover Turns	F
3,000	40 x 75 on 1:05 1000 Free Pace	F
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	F
100	1 x 100 on 15:00 If time permits-DWglider racir	F
7:33 AM 3,325 Yards - Stress Value = 313		

Workout #29869 - Friday, 05 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
	3:45 PM Start		
	1 on 15:00 DS>Showers	REC	L
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	S
	Goal set protocol 5 misses or 3 in a row		
600	30 x 20 on :25 100 Free Pace**	SP2	S
	1 on 10:00 Thoracic/Ankle Mobility	REC	L
600	30 x 20 on :25 100 Fly Pace**	SP2	S
	1 on 11:00 Shoulder/Hip Mobility	REC	L
600	30 x 20 on :25 100 Back Pace**	SP2	S
	5:15 PM 2,025 Yards - Stress Value = 189		

	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 20:00 TEACH DAY-IM		
450	18 x 25 on :35 USRPT-100 Back Pace		
1,400	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		
	{2 x 100 on 2:20 Kick on back no board		
	{2 x 100 on 2:10 Breast Kick w/board		
	{2 x 100 on 2:10 Free Kick w/board		
	7:14 PM 2,250 Yards - Stress Value = 79		

Workout #29873 - Monday, 08 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #29870 - Monday, 08 May 2023

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
500	20 x 25 on :30 USRPT 100 Back Pace
1,700	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
	{1 x 75 on 1:30 Fly Kick w/board
	{1 x 75 on 1:35 Kick on back no board
	{1 x 75 on 1:25 Breast Kick w/board
	{1 x 75 on 1:25 Breast Kick w/board
	7:14 PM 2,650 Yards - Stress Value = 92

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
400	16 x 25 on :40 USRPT-100 Back Pace
1,400	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
	{2 x 100 on 2:20 Fly Kick w/board
	{2 x 100 on 2:25 Kick on back no board
	{2 x 100 on 2:20 Breast Kick w/board
	{2 x 100 on 2:20 Free Kick w/board
	7:15 PM 2,200 Yards - Stress Value = 74

Workout #29874 - Monday, 08 May 2023

Group 2 - Bronze

1 minute rest between sets

Workout #29871 - Monday, 08 May 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
450	18 x 25 on :35 USRPT-100 Back Pace
1,550	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
	{2 x 100 on 2:00 Free Kick w/board
	{1 x 75 on 1:30 Free Kick w/board
	{1 x 75 on 1:40 Kick on back no board
	7:14 PM 2,450 Yards - Stress Value = 83

Yards	Set Description
	5:30 PM Start
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
350	14 x 25 on :45 USRPT-100 Back Pace
1,200	1x{1 x 150 on 4:00 Fly Kick w/board
	{1 x 150 on 4:10 Kick on back no board
	{1 x 150 on 4:00 Breast Kick w/board
	{1 x 150 on 4:00 Free Kick w/board
	{2 x 100 on 2:40 Fly Kick w/board
	{2 x 100 on 2:50 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
	7:15 PM 1,900 Yards - Stress Value = 65

Workout #29872 - Monday, 08 May 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start

Workout #29875 - Monday, 08 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Crossover Turns
	1 on 20:00 TEACH DAY-IM
275	11 x 25 on 1:00 USRPT-100 Back Pace
1,000	1x{1 x 150 on 4:30 Fly Kick w/board
	{1 x 150 on 5:30 Kick on back no board
	{1 x 150 on 4:30 Breast Kick w/board
	{1 x 150 on 4:30 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
7:14 PM	1,625 Yards - Stress Value = 54

{3 x 100 on 1:45 FR #1DPS, #2KOW, #3FAST!	E
{1 x 50 on :55 Ludicrous Speed!!!!!!	E
1 x 150 on 3:00 Stroke Drills	F
7:15 PM	2,550 Yards - Stress Value = 82

Workout #29879 - Tuesday, 09 May 2023

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
	1 on 20:00 TEACH DAY-Free
325	13 x 25 on :35 USRPT-100 Free Pace
1,575	1x{3 x 200 on 4:00 FR #1DPS, #2KOW, #3FAST!
	{3 x 150 on 3:05 FR #1DPS, #2KOW, #3FAST!
	{3 x 100 on 1:55 FR #1DPS, #2KOW, #3FAST!
	{3 x 75 on 1:25 FR #1DPS, #2KOW, #3FAST!
150	1 x 150 on 3:00 Stroke Drills
7:15 PM	2,450 Yards - Stress Value = 69

Workout #29876 - Tuesday, 09 May 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 TEACH DAY-Free
500	20 x 25 on :30 USRPT-100 Free Pace
2,100	1x{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!
	{3 x 100 on 1:20 FR #1DPS, #2KOW, #3FAST!
150	1 x 150 on 3:00 Stroke Drills
7:15 PM	3,200 Yards - Stress Value = 98

Workout #29880 - Tuesday, 09 May 2023

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
	1 on 20:00 TEACH DAY-Free
275	11 x 25 on :40 USRPT-100 Free Pace
1,350	1x{3 x 200 on 4:50 FR #1DPS, #2KOW, #3FAST!
	{3 x 150 on 3:30 FR #1DPS, #2KOW, #3FAST!
	{3 x 100 on 2:15 FR #1DPS, #2KOW, #3FAST!
150	1 x 150 on 3:00 Stroke Drills
7:15 PM	2,125 Yards - Stress Value = 61

Workout #29877 - Tuesday, 09 May 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 TEACH DAY-Free
500	20 x 25 on :30 USRPT-100 Free Pace
1,850	1x{3 x 250 on 4:05 FR #1DPS, #2KOW, #3FAST!
	{3 x 200 on 3:10 FR #1DPS, #2KOW, #3FAST!
	{3 x 150 on 2:20 FR #1DPS, #2KOW, #3FAST!
	{1 x 50 on :45 Ludicrous Speed!!!!!!
150	1 x 150 on 3:00 Stroke Drills
7:15 PM	2,950 Yards - Stress Value = 93

Workout #29881 - Tuesday, 09 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 TEACH DAY-Free
250	10 x 25 on :45 USRPT-100 Free Pace
1,100	1x{3 x 200 on 6:00 FR #1DPS, #2KOW, #3FAST!
	{3 x 100 on 2:50 FR #1DPS, #2KOW, #3FAST!
	{4 x 50 on 1:20 FR #1DPS, #2KOW, #3-#4FAST!
150	1 x 150 on 3:00 Stroke Drills
7:15 PM	1,850 Yards - Stress Value = 53

Workout #29878 - Tuesday, 09 May 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start	
Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 20:00 TEACH DAY-Free
450	18 x 25 on :35 USRPT-100 Free Pace
1,550	1x{3 x 250 on 4:40 FR #1DPS, #2KOW, #3FAST!
	{3 x 150 on 2:45 FR #1DPS, #2KOW, #3FAST!

Workout #29882 - Wednesday, 10 May 2023

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 on 20:00 TEACH DAY-Back
450	1x{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick on left side
	{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick on right side
	{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:00 Kick alt 8KLS/8KRS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke-100%
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,775 Yards - Stress Value = 69

Workout #29883 - Wednesday, 10 May 2023

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 on 20:00 TEACH DAY-Back
400	1x{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:05 Kick on left side
	{2 x 25 on :30 Kick no board B
	{2 x 50 on 1:05 Kick on right side
	{2 x 25 on :30 Kick no board B
	{1 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
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,725 Yards - Stress Value = 82

Workout #29884 - Wednesday, 10 May 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 TEACH DAY-Back
350	1x{2 x 25 on :35 Kick no board B
	{2 x 50 on 1:10 Kick on left side
	{2 x 25 on :35 Kick no board B
	{2 x 50 on 1:10 Kick on right side
	{2 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,625 Yards - Stress Value = 81

Workout #29885 - Wednesday, 10 May 2023

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 on 20:00 TEACH DAY-Back
350	1x{2 x 25 on :40 Kick no board B
	{2 x 50 on 1:15 Kick on left side
	{2 x 25 on :40 Kick no board B
	{2 x 50 on 1:15 Kick on right side
	{2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,625 Yards - Stress Value = 81

Workout #29886 - Wednesday, 10 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 20:00 TEACH DAY-Back
300	1x{2 x 25 on :45 Kick no board B
	{2 x 50 on 1:25 Kick on left side
	{2 x 25 on :45 Kick no board B
	{2 x 50 on 1:25 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
675	9 x 75 on 3:00 Backstroke
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,525 Yards - Stress Value = 80

Workout #29887 - Wednesday, 10 May 2023

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
	1 on 20:00 TEACH DAY-Back
250	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
	{1 x 50 on 2:00 Kick on right side
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
150	1 x 150 on 3:00 Stroke Drills
	7:16 PM 1,425 Yards - Stress Value = 79

Workout #29888 - Thursday, 11 May 2023

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
500	20 x 25 on :30 USRPT-100 Breast Pace
1,300	1x{1 on :30 5 Squats
	{1 x 50 on :55 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:25 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 1:55 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 2:25 Breaststroke
	{1 on :45 20 Squats
	{3 x 100 on 1:55 Breaststroke
	{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 4:00 100 Breast for Time
	1 on 10:00 Game
	7:15 PM 2,550 Yards - Stress Value = 102

Workout #29889 - Thursday, 11 May 2023

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
450	18 x 25 on :35 USRPT-100 Breast Pace
1,200	1x{1 on :30 5 Squats
	{1 x 50 on 1:05 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:35 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:05 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 2:35 Breaststroke
	{1 on :40 15 Squats
	{2 x 100 on 2:05 Breaststroke
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 4:00 100 Breast for Time
	1 on 10:00 Game
	7:16 PM 2,400 Yards - Stress Value = 95

Workout #29890 - Thursday, 11 May 2023

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
400	16 x 25 on :40 USRPT-100 Breast Pace
1,100	1x{1 on :30 5 Squats
	{1 x 50 on 1:10 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:40 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:15 Breaststroke
	{1 on :45 20 Squats

	{4 x 125 on 2:50 Breaststroke
	{1 on :40 15 squats
	{1 x 100 on 2:15 Breaststroke
100	1 x 100 on 4:00 100 Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 100 Breast for time
	1 on 10:00 Game
	7:15 PM 2,200 Yards - Stress Value = 88

Workout #29891 - Thursday, 11 May 2023

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
400	16 x 25 on :40 USRPT-100 Breast Pace
1,000	1x{1 on :30 5 Squats
	{1 x 50 on 1:15 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 1:55 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:30 Breaststroke
	{1 on :45 20 Squats
	{4 x 125 on 3:10 Breaststroke
100	1 x 100 on 4:00 100 Kick for time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 100 Breast for time
	1 on 10:00 Game
	7:15 PM 2,100 Yards - Stress Value = 86

Workout #29892 - Thursday, 11 May 2023

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
350	14 x 25 on :45 USRPT-100 Breast Pace
925	1x{1 on :30 5 Squats
	{1 x 50 on 1:20 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 2:00 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 2:40 Breaststroke
	{1 on :45 20 Squats
	{3 x 125 on 3:20 Breaststroke
	{1 on :40 15 Squats
	{1 x 50 on 1:20 Breaststroke
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 4:00 100 Breast for time
	1 on 10:00 Game
	7:15 PM 1,925 Yards - Stress Value = 80

Workout #29893 - Thursday, 11 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
250	10 x 15 on :45 Racing Skills-Breast Shooters
625	10 x 25 on 1:00 USRPT-100 Breast Pace
	1x{1 on :30 5 Squats
	{1 x 50 on 2:00 Breaststroke
	{1 on :35 10 Squats
	{2 x 75 on 3:00 Breaststroke
	{1 on :40 15 Squats
	{3 x 100 on 4:00 Breaststroke
	{1 on :45 20 Squats
	{1 x 125 on 5:00 Breaststroke
	{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 4:00 100 Breast for time
	1 on 10:00 Game
	7:14 PM 1,425 Yards - Stress Value = 45

Workout #29894 - Friday, 12 May 2023

Group 2 - Fly

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
500	10 x 15 on :45 Racing Skills-Fly Shooters
1,450	1 on 15:00 TEACH DAY-Fly
	20 x 25 on :30 USRPT 100 Fly Pace
	1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick
	{6 x 25 on :30 Fly 8/9/10/11/12/13 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{6 x 25 on :30 Fly 9/10/11/12/13/14 KOW
	{3 x 100 on 1:30 75 Free 25 Fly w/free kick
	{6 x 25 on :30 Fly 10/11/12/13/14/15 KOW
	{4 x 100 on 1:30 75 Free 25 Fly w/free kick
	6:30 PM 2,400 Yards - Stress Value = 45

Workout #29895 - Friday, 12 May 2023

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
450	10 x 15 on :45 Racing Skills-Fly Shooters
1,350	18 x 25 on :35 USRPT 100 Fly Pace
	1 on 15:00 TEACH DAY-Fly
	1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick
	{6 x 25 on :30 Fly 8/9/10/11/12/13 KOW
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick
	{6 x 25 on :30 Fly 9/10/11/12/13/14 KOW
	{3 x 100 on 1:40 75 Free 25 Fly w/free kick
	{6 x 25 on :30 Fly 10/11/12/13/14/15 KOW
	{3 x 100 on 1:40 75 Free 25 Fly w/free kick
	6:31 PM 2,250 Yards - Stress Value = 42

Workout #29896 - Friday, 12 May 2023

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
450	10 x 15 on :45 Racing Skills-Fly Shooters
1,150	1 on 15:00 TEACH DAY-Fly
	18 x 25 on :35 USRPT 100 Fly Pace
	1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick
	{6 x 25 on :35 Fly 8/9/10/11/12/13 KOW
	{2 x 100 on 1:55 75 Free 25 Fly w/free kick
	{6 x 25 on :35 Fly 9/10/11/12/13/14 KOW
	{3 x 100 on 1:55 75 Free 25 Fly w/free kick
	{6 x 25 on :35 Fly 10/11/12/13/14/15 KOW
	{1 x 100 on 1:55 75 Free 25 Fly w/free kick
	6:31 PM 2,000 Yards - Stress Value = 38

Workout #29897 - Friday, 12 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 25:00 DS/Dryland
1,000	1 x 250 on 5:00 Swim-Kick-Drill-Swim
	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
	16 x 25 on :40 USRPT 100 Fly Pace
	1x{1 x 100 on 2:15 75 Free 25 Fly w/free kick
	{4 x 25 on :40 Fly 8/9/10/11 KOW
	{2 x 100 on 2:15 75 Free 25 Fly w/free kick
	{4 x 25 on :40 Fly 9/10/11/12 KOW
	{3 x 100 on 2:15 75 Free 25 Fly w/free kick
	{4 x 25 on :40 Fly 12/13/14/15 KOW
	{1 x 100 on 2:15 75 Free 25 Fly w/free kick
	6:31 PM 1,800 Yards - Stress Value = 34

Workout #29898 - Friday, 12 May 2023

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
350	10 x 15 on :45 Racing Skills-Fly Shooters
800	1 on 15:00 TEACH DAY-Fly
	14 x 25 on :45 USRPT 100 Fly Pace
	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
	{4 x 25 on :45 Fly 8/9/10/11 KOW
	{2 x 100 on 3:00 75 Free 25 Fly w/free kick
	{4 x 25 on :45 Fly 9/10/11/12 KOW
	{3 x 100 on 3:00 75 Free 25 Fly w/free kick
	6:31 PM 1,500 Yards - Stress Value = 29

Workout #29899 - Friday, 12 May 2023

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim	F
150	10 x 15 on :45 Racing Skills-Fly Shooters	£
	1 on 15:00 TEACH DAY-Fly	F
250	10 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
	6:30 PM 1,200 Yards - Stress Value = 23	

Workout #29900 - Monday, 08 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	£
	{1 on :30 Switch Stations	
	{4 x 15 on 1:50 DW UW OTB	
	{1 on :30 Switch Stations	
	{5 x 20 on 1:30 Buckets	
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 Count, #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	
1,250	25 x 50 on :50 200 Free Pace	£
	1 on 5:00 Video Evaluations 1+/1-	
300	1x{ Each round starts off the blocks	£
	{ Evens-3 stroke free or fly finis	
	{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 :55 200 Breast Pace	£
	1 on 6:00 Shoulder Hangs	
625	25 x 25 on :30 100 Back Pace	£
	1 on 9:00 Animal Flow/Shoulder Mobility	
500	25 x 20 on :25 100 Fly Pace	£
	6:15 PM 4,485 Yards - Stress Value = 410	

Workout #29901 - Tuesday, 09 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
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 Back Pace	£
	1 on 7:00 Video Evaluations 1+/1-	F
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 and #10 All Straight Arm	
1,250	25 x 50 on :50 200 Fly Pace	£
	1 on 6:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Free Pace	£
	1 on 10:00 Animal Flow/Thoracic Mobility	F
500	25 x 20 on :25 100 Breast Pace	£
	6:15 PM 4,485 Yards - Stress Value = 410	

Workout #29902 - Wednesday, 10 May 2023

Group 3 - USRPT

1 minute rest between sets

6:00 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 :55 400 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 Your Choice Recovery	REC
100	4 x 25 on 3:00 50 Back Pace	SP2
	7:16 AM 1,825 Yards - Stress Value = 164	

Workout #29903 - Wednesday, 10 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 Count, #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	F
1,250	25 x 50 on :55 200 Breast Pace	£
	1 on 5:00 Video Evaluations 1+/1-	F
300	1x{ Each round starts off the blocks	£
	{ Evens-3 stroke free/fly finish	
	{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 Free Pace	£
	1 on 5:00 Shoulder Hang	F
625	25 x 25 on :30 100 Fly Pace	£
	1 on 10:00 Animal Flow/Hip Mobility	F
500	25 x 20 on :25 100 Back Pace	£
	6:15 PM 4,485 Yards - Stress Value = 410	

Workout #29904 - Thursday, 11 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
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
1,000	{2 x 15 on :10 Undr Wtr Fly Kck	EN
	40 x 25 on :30 200 Fly Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 7:00 Shoulder Hangs	RE
625	25 x 25 on :30 100 Breast Pace	SE
	1 on 10:00 Animal Flow/Ankle Mobility	RE
500	25 x 20 on :25 100 Free Pace	SE
	6:15 PM 4,235 Yards - Stress Value = 385	

Workout #29905 - Friday, 12 May 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
3,000	40 x 75 on 1:05 500 Free Pace	SE
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	RE
	1 on 10:00 If time permits-DWglider racing	SE
	7:26 AM 3,225 Yards - Stress Value = 309	

Workout #29906 - Friday, 12 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EGY	WORK
=====	=====	==	====
	1 on 15:00 DS/Showers	REC	L
225	15 x 15 on :45 Racing Skills-IM Turns	SP3	S
	Goal set protocol 5 misses or 3 in a row		
600	30 x 20 on :25 100 Breast Pace**	SP2	S
	1 on 10:00 Thoracic/Ankle Mobility	REC	L
600	30 x 20 on :25 100 Free Pace**	SP2	S
	1 on 11:00 Shoulder/Hip Mobility	REC	L
600	30 x 20 on :25 100 Fly Pace**	SP2	S
	5:15 PM 2,025 Yards - Stress Value = 189		

Workout #29907 - Monday, 15 May 2023

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	SE
	1 on 20:00 TEACH DAY-Free	F
500	20 x 25 on :30 USRPT-100 Free Pace	SE
1,750	1x{4 x 125 on 2:20 Free Kick wboard	SE
	{1 x 50 on 1:15 Free Kick w/board-100%	SE
	{3 x 125 on 2:15 Free Kick w/board	SE
	{2 x 50 on 1:15 Free Kick w/board-100%	SE
	{2 x 125 on 2:10 Free Kick w/board	SE
	{3 x 50 on 1:15 Free Kick w/board-100%	SE
	{1 x 125 on 2:05 Free Kick w/board	SE
	{4 x 50 on 1:15 Free Kick w/board-100%	SE
	7:16 PM 2,700 Yards - Stress Value = 95	

Workout #29908 - Monday, 15 May 2023

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	SE
	1 on 20:00 TEACH DAY-Free	F
500	20 x 25 on :30 USRPT-100 Free Pace	SE
1,650	1x{4 x 125 on 2:30 Free Kick wboard	SE
	{1 x 50 on 1:15 Free Kick w/board-100%	SE
	{3 x 125 on 2:25 Free Kick w/board	SE
	{2 x 50 on 1:15 Free Kick w/board-100%	SE
	{2 x 125 on 2:20 Free Kick w/board	SE
	{3 x 50 on 1:15 Free Kick w/board-100%	SE
	{1 x 125 on 2:15 Free Kick w/board	SE
	{2 x 50 on 1:15 Free Kick w/board-100%	SE
	7:16 PM 2,600 Yards - Stress Value = 93	

Workout #29909 - Monday, 15 May 2023

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	SE
	1 on 20:00 TEACH DAY-Free	F
425	17 x 25 on :35 USRPT-100 Free Pace	SE
1,600	1x{4 x 125 on 2:40 Free Kick wboard	SE
	{1 x 50 on 1:20 Free Kick w/board-100%	SE
	{3 x 125 on 2:35 Free Kick w/board	SE
	{2 x 50 on 1:20 Free Kick w/board-100%	SE
	{2 x 125 on 2:30 Free Kick w/board	SE
	{3 x 50 on 1:20 Free Kick w/board-100%	SE
	{1 x 125 on 2:25 Free Kick w/board	SE
	{1 x 50 on 1:00 Free Kick w/board-100%	SE
	7:16 PM 2,425 Yards - Stress Value = 88	

Workout #29910 - Monday, 15 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
425	17 x 25 on :35 USRPT-100 Free Pace	§
1,400	1x{4 x 100 on 2:20 Free Kick w/board	E
	{1 x 50 on 1:30 Free Kick w/board-100%	§
	{3 x 100 on 2:20 Free Kick w/board	E
	{2 x 50 on 1:30 Free Kick w/board-100%	E
	{2 x 100 on 2:15 Free Kick w/board	E
	{3 x 50 on 1:30 Free Kick w/board-100%	E
	{1 x 100 on 2:10 Free Kick w/board	E
	{2 x 50 on 1:30 Free Kick w/board-100%	E
7:16 PM	2,225 Yards - Stress Value = 80	

Workout #29911 - Monday, 15 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
375	15 x 25 on :40 USRPT-100 Free Pace	§
1,300	1x{4 x 100 on 2:40 Free Kick w/board	E
	{1 x 50 on 1:30 Free Kick w/board-100%	§
	{3 x 100 on 2:35 Free Kick w/board	E
	{2 x 50 on 1:30 Free Kick w/board-100%	E
	{2 x 100 on 2:30 Free Kick w/board	E
	{3 x 50 on 1:30 Free Kick w/board-100%	E
	{1 x 100 on 2:25 Free Kick w/board	E
7:16 PM	2,025 Yards - Stress Value = 74	

Workout #29912 - Monday, 15 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
200	1 x 200 on 5:00 Underwater trn drill	F
150	10 x 15 on :45 Racing Skills-Free Shooters	§
	1 on 20:00 TEACH DAY-Free	F
325	13 x 25 on :45 USRPT-100 Free Pace	§
900	1x{4 x 100 on 4:00 Free Kick w/board	E
	{1 x 50 on 2:00 Free Kick w/board-100%	§
	{3 x 100 on 3:55 Free Kick w/board	E
	{3 x 50 on 2:00 Free Kick w/board-100%	E
7:17 PM	1,575 Yards - Stress Value = 60	

Workout #29913 - Tuesday, 16 May 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
	1 on 20:00 TEACH DAY-Back	F
500	20 x 25 on :30 USRPT-100 Back Pace	§
1,500	1x{1 x 150 on 2:20 Backstroke	E

{3 x 50 on :45 Back 3KOW+1	E
{2 x 150 on 2:15 Backstroke	E
{4 x 50 on :50 Back 3KOW+1	E
{3 x 150 on 2:10 Backstroke	E
{5 x 50 on :55 Back 3KOW+1	E
1 on 11:00 Game	F
7:15 PM	2,450 Yards - Stress Value = 86

Workout #29914 - Tuesday, 16 May 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
	1 on 20:00 TEACH DAY-Back	F
425	17 x 25 on :35 USRPT-100 Back Pace	§
1,400	1x{1 x 150 on 2:30 Backstroke	E
	{3 x 50 on :50 Back 3KOW+1	E
	{2 x 150 on 2:25 Backstroke	E
	{4 x 50 on :55 Back 3KOW+1	E
	{3 x 150 on 2:20 Backstroke	E
	{3 x 50 on 1:00 Back 3KOW+1	E
	1 on 11:00 Game	F
7:15 PM	2,275 Yards - Stress Value = 76	

Workout #29915 - Tuesday, 16 May 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
	1 on 20:00 TEACH DAY-Back	F
425	17 x 25 on :35 USRPT-100 Back Pace	§
1,300	1x{1 x 150 on 2:45 Backstroke	E
	{3 x 50 on :50 Back 3KOW+1	E
	{2 x 150 on 2:40 Backstroke	E
	{4 x 50 on :55 Back 3KOW+1	E
	{2 x 150 on 2:35 Backstroke	E
	{4 x 50 on 1:00 Back 3KOW+1	E
	1 on 11:00 Game	F
7:15 PM	2,125 Yards - Stress Value = 74	

Workout #29916 - Tuesday, 16 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 25:00 DS/Dryland	F
250	1 x 250 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Back Shooters	§
	1 on 20:00 TEACH DAY-Back	F
375	15 x 25 on :40 USRPT-100 Back Pace	§
1,200	1x{1 x 150 on 2:55 Backstroke	E
	{3 x 50 on :55 Back 3KOW+1	E
	{2 x 150 on 2:50 Backstroke	E
	{3 x 50 on 1:00 Back 3KOW+1	E
	{2 x 150 on 2:45 Backstroke	E
	{3 x 50 on 1:05 Back 3KOW+1	E
	1 on 11:00 Game	F
7:15 PM	1,975 Yards - Stress Value = 68	

Workout #29917 - Tuesday, 16 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description E
 =====
 1 on 25:00 DS/Dryland F
 200 1 x 200 on 5:00 SunYangFree-Count strokes F
 150 10 x 15 on :45 Racing Skills-Back Shooters S
 1 on 20:00 TEACH DAY-Back F
 325 13 x 25 on :45 USRPT-100 Back Pace S
 1,000 1x{1 x 100 on 2:25 Backstroke E
 {3 x 50 on 1:05 Back 3KOW+1 E
 {2 x 100 on 2:20 Backstroke F
 {3 x 50 on 1:10 Back 3KOW+1 E
 {3 x 100 on 2:15 Backstroke E
 {2 x 50 on 1:15 Back 3KOW+1 E
 1 on 11:00 Game F
 7:15 PM 1,675 Yards - Stress Value = 58

Workout #29918 - Tuesday, 16 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description E
 =====
 1 on 25:00 DS/Dryland F
 200 1 x 200 on 5:00 SunYangFree-Count strokes F
 150 10 x 15 on :45 Racing Skills-Back Shooters S
 1 on 20:00 TEACH DAY-Back F
 250 10 x 25 on 1:00 USRPT-100 Back Pace S
 700 1x{1 x 100 on 3:00 Backstroke E
 {4 x 50 on 1:40 Back 3KOW+1 E
 {2 x 100 on 2:55 Backstroke F
 {4 x 50 on 1:45 Back 3KOW+1 E
 1 on 11:00 Game F
 7:14 PM 1,300 Yards - Stress Value = 45

Workout #29919 - Wednesday, 17 May 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description E
 =====
 1 on 25:00 DS/Dryland F
 250 10 x 25 on :30 Wednesday Warm-up F
 150 10 x 15 on :45 Racing Skills-Breast Shooters S
 1 on 20:00 TEACH DAY-Breast F
 150 1x{6 x 25 on 1:00 Odds face in sculling drills E
 { Evens-underwaters, count kicks E
 925 1x{1 x 200 on 6:00 Breaststroke F
 {1 x 175 on 5:30 Breaststroke E
 {1 x 150 on 5:00 Breaststroke E
 {1 x 125 on 4:30 Breaststroke F
 {1 x 100 on 4:00 Breaststroke E
 {1 x 75 on 3:30 Breaststroke E
 {1 x 50 on 3:00 Breaststroke F
 {2 x 25 on :30 Breast-100% E
 200 1 x 200 on 4:00 Stroke Drills F
 7:15 PM 1,675 Yards - Stress Value = 80

Workout #29920 - Wednesday, 17 May 2023

Group 2 - Gold

1 minute rest between sets

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

1 on 20:00 TEACH DAY-Breast F
 150 1x{6 x 25 on 1:00 Odds face in sculling drills E
 { Evens-underwaters, count kicks E
 925 1x{1 x 200 on 6:00 Breaststroke F
 {1 x 175 on 5:30 Breaststroke E
 {1 x 150 on 5:00 Breaststroke E
 {1 x 125 on 4:30 Breaststroke F
 {1 x 100 on 4:00 Breaststroke E
 {1 x 75 on 3:30 Breaststroke E
 {1 x 50 on 3:00 Breaststroke F
 {2 x 25 on :30 Breast-100% E
 200 1 x 200 on 4:00 Stroke Drills F
 7:15 PM 1,675 Yards - Stress Value = 80

Workout #29921 - Wednesday, 17 May 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description E
 =====
 1 on 25:00 DS/Dryland F
 200 8 x 25 on :35 Wednesday Warm-up F
 150 10 x 15 on :45 Racing Skills-Breast Shooters S
 1 on 20:00 TEACH DAY-Breast F
 150 1x{6 x 25 on 1:00 Odds face in sculling drills E
 { Evens-underwaters, count kicks E
 925 1x{1 x 200 on 6:00 Breaststroke F
 {1 x 175 on 5:30 Breaststroke E
 {1 x 150 on 5:00 Breaststroke E
 {1 x 125 on 4:30 Breaststroke F
 {1 x 100 on 4:00 Breaststroke E
 {1 x 75 on 3:30 Breaststroke E
 {1 x 50 on 3:00 Breaststroke F
 {2 x 25 on :30 Breast-100% E
 200 1 x 200 on 4:00 Stroke Drills F
 7:15 PM 1,625 Yards - Stress Value = 80

Workout #29922 - Wednesday, 17 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description E
 =====
 1 on 25:00 DS/Dryland F
 175 7 x 25 on :40 Wednesday Warm-up F
 150 10 x 15 on :45 Racing Skills-Breast Shooters S
 1 on 20:00 TEACH DAY-Breast F
 150 1x{6 x 25 on 1:00 Odds face in sculling drills E
 { Evens-underwaters, count kicks E
 925 1x{1 x 200 on 6:00 Breaststroke F
 {1 x 175 on 5:30 Breaststroke E
 {1 x 150 on 5:00 Breaststroke E
 {1 x 125 on 4:30 Breaststroke F
 {1 x 100 on 4:00 Breaststroke E
 {1 x 75 on 3:30 Breaststroke E
 {1 x 50 on 3:00 Breaststroke F
 {2 x 25 on :30 Breast-100% E
 200 1 x 200 on 4:00 Stroke Drills F
 7:15 PM 1,600 Yards - Stress Value = 80

Workout #29923 - Wednesday, 17 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EC
Yards	Set Description	=====	=====	=====
	1 on 25:00 DS/Dryland			RE
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3	300		RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	150		SE
	17 x 25 on :35 USRPT-100 Fly Pace	425		SE
	2nd round swim-25's 3KOW+1			
	longer swims 2R2L2B+1			
2,500	2x{1 x 150 on 3:05 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
150	{2 x 125 on 2:35 Fly Kick w/board			EN
150	{4 x 25 on :30 Kick no board S			EN
925	{3 x 100 on 2:05 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{1 x 175 on 5:30 Breaststroke			EN
	{1 x 150 on 5:00 Breaststroke			EN
	{1 x 125 on 4:30 Breaststroke			EN
	{1 x 100 on 4:00 Breaststroke			EN
	{1 x 75 on 3:30 Breaststroke	100		RE
	{1 x 50 on 3:00 Breaststroke			
	{2 x 25 on :30 Breast-100%			
200	1 x 200 on 4:00 Stroke Drills			
	7:16 PM 3,475 Yards - Stress Value = 98			

Workout #29927 - Thursday, 18 May 2023

Group 2 - Silver

1 minute rest between sets

Workout #29924 - Wednesday, 17 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EC
Yards	Set Description	=====	=====	=====
	1 on 25:00 DS/Dryland			RE
125	1 x 250 on 5:00 Free 3KOW to 10 back to 3	250		RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	150		SE
	17 x 25 on :35 USRPT-100 Fly	425		SE
	2nd round swim-25's 3KOW+1			
	longer swims 2R2L2B+1			
2,300	2x{1 x 150 on 3:20 Fly Kick w/board			EN
	{4 x 25 on :35 Kick no board S			EN
150	{2 x 125 on 2:50 Fly Kick w/board			EN
150	{4 x 25 on :35 Kick no board S			EN
925	{3 x 100 on 2:15 Fly Kick w/board			EN
	{2 x 25 on :35 Kick no board S			EN
	{2 x 75 on 1:40 Fly Kick w/board			EN
	{2 x 25 on :30 Kick no board S			EN
	1 x 100 on 2:00 Stroke Drills	100		RE
	7:16 PM 3,225 Yards - Stress Value = 94			

Workout #29928 - Thursday, 18 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #29925 - Thursday, 18 May 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EC
Yards	Set Description	=====	=====	=====
	1 on 25:00 DS/Dryland			RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	250		RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	150		SE
500	20 x 25 on :30 USRPT-100 Fly	375		SE
	2nd round swim-25's 3KOW+1			
	longer swims 2R2L2B+1			
2,600	2x{1 x 150 on 2:55 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{2 x 125 on 2:25 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{3 x 100 on 1:55 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S	100		EN
	{4 x 75 on 1:25 Fly Kick w/board			EN
100	1 x 100 on 2:00 Stroke Drills			RE
	7:16 PM 3,075 Yards - Stress Value = 88			

Workout #29926 - Thursday, 18 May 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EC
Yards	Set Description	=====	=====	=====
	1 on 25:00 DS/Dryland			RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	250		RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	150		SE
500	20 x 25 on :30 USRPT-100 Fly	375		SE
	2nd round swim-25's 3KOW+1			
	longer swims 2R2L2B+1			
2,600	2x{1 x 150 on 2:55 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{2 x 125 on 2:25 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{3 x 100 on 1:55 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S	100		EN
	{4 x 75 on 1:25 Fly Kick w/board			EN
100	1 x 100 on 2:00 Stroke Drills			RE
	7:16 PM 3,075 Yards - Stress Value = 88			

Workout #29925 - Thursday, 18 May 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start		Yards	Set Description	EC
Yards	Set Description	=====	=====	=====
	1 on 25:00 DS/Dryland			RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	250		RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	150		SE
500	20 x 25 on :30 USRPT-100 Fly	375		SE
	2nd round swim-25's 3KOW+1			
	longer swims 2R2L2B+1			
2,600	2x{1 x 150 on 2:55 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{2 x 125 on 2:25 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S			EN
	{3 x 100 on 1:55 Fly Kick w/board			EN
	{4 x 25 on :30 Kick no board S	100		EN
	{4 x 75 on 1:25 Fly Kick w/board			EN
100	1 x 100 on 2:00 Stroke Drills			RE
	7:16 PM 3,075 Yards - Stress Value = 88			

Workout #29929 - Thursday, 18 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
325	13 x 25 on :45 USRPT-100 Fly Pace	SE
	2nd round swim-25's 3KOW+1	
	longer swims 2R2L2B+1	
1,800	2x{1 x 150 on 4:00 Fly Kick w/board	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 125 on 3:20 Fly Kick w/board	EN
	{4 x 25 on :45 Kick no board S	EN
	{3 x 100 on 2:40 Fly Kick w/board	EN
100	1 x 100 on 2:00 Stroke Drills	RE
	7:14 PM 2,575 Yards - Stress Value = 74	

Workout #29930 - Thursday, 18 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
250	10 x 25 on 1:00 USRPT-100 Fly Pace	SE
	2nd round swim-25's 3KOW+1	
	longer swims 2R2L2B+1	
1,400	2x{1 x 100 on 3:30 Fly Kick w/board	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{2 x 100 on 3:30 Fly Kick w/board	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{2 x 100 on 3:30 Fly Kick w/board	EN
100	1 x 100 on 2:00 Stroke Drills	RE
	7:15 PM 2,100 Yards - Stress Value = 59	

Workout #29931 - Friday, 19 May 2023

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	
500	20 x 25 on :30 USRPT 100 Breast Pace	
2,150	1x{2 x 150 on 2:15 IM w/out the free	
	{5 x 50 on :40 Freestyle	
	{2 x 150 on 2:15 IM w/out the breast	
	{5 x 50 on :55 Breaststroke	
	{2 x 150 on 2:15 IM w/out the back	
	{5 x 50 on :50 Backstroke	
	{2 x 150 on 2:15 IM w/out the fly	
	{4 x 50 on :50 Butterfly	
200	1 x 200 on 4:00 Stroke Drills	
	6:30 PM 3,300 Yards - Stress Value = 99	

Workout #29932 - Friday, 19 May 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

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

425	17 x 25 on :35 USRPT 100 Breast Pace
2,000	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
	{4 x 50 on :55 Breaststroke
	{2 x 150 on 2:30 IM w/out the back
	{4 x 50 on :50 Backstroke
	{2 x 150 on 2:30 IM w/out the fly
	{4 x 50 on :55 Butterfly
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,075 Yards - Stress Value = 88

Workout #29933 - Friday, 19 May 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	
425	17 x 25 on :35 USRPT 100 Breast Pace	
1,800	1x{2 x 150 on 2:45 IM w/out the free	
	{4 x 50 on :50 Freestyle	
	{2 x 150 on 2:45 IM w/out the breast	
	{4 x 50 on 1:00 Breaststroke	
	{2 x 150 on 2:45 IM w/out the back	
	{4 x 50 on :55 Backstroke	
	{1 x 150 on 2:45 IM w/out the fly	
	{3 x 50 on :55 Butterfly	
200	1 x 200 on 4:00 Stroke Drills	
	6:29 PM 2,825 Yards - Stress Value = 84	

Workout #29934 - Friday, 19 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	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	
375	15 x 25 on :40 USRPT 100 Breast Pace	
1,800	1x{2 x 150 on 2:55 IM w/out the free	
	{4 x 50 on :55 Freestyle	
	{2 x 150 on 2:55 IM w/out the breast	
	{4 x 50 on 1:05 Breaststroke	
	{1 x 150 on 2:55 IM w/out the back	
	{4 x 50 on :55 Backstroke	
	{1 x 250 on 2:55 IM w/out the fly	
	{4 x 50 on 1:00 Butterfly	
200	1 x 200 on 4:00 Stroke Drills	
	6:30 PM 2,775 Yards - Stress Value = 80	

Workout #29935 - Friday, 19 May 2023

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
325	10 x 15 on :45 Racing Skills-Crossover Turns
1,400	13 x 25 on :45 USRPT 100 Breast Pace
	1x{1 x 150 on 4:00 IM w/out the free
	{4 x 50 on 1:00 Freestyle
	{1 x 150 on 4:00 IM w/out the breast
	{4 x 50 on 1:10 Breaststroke
	{1 x 150 on 4:00 IM w/out the back
	{4 x 50 on 1:05 Backstroke
	{1 x 150 on 4:00 IM w/out the fly
	{4 x 50 on 1:10 Butterfly
200	1 x 200 on 4:00 Stroke Drills

6:30 PM 2,275 Yards - Stress Value = 66

Workout #29936 - Friday, 19 May 2023

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
250	10 x 15 on :45 Racing Skills-Crossover Turns
1,050	10 x 25 on 1:00 USRPT 100 Breast Pace
	1x{1 x 150 on 5:00 IM w/out the free
	{3 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
	{2 x 50 on 1:30 Butterfly
100	1 x 100 on 4:00 Stroke Drills

6:30 PM 1,750 Yards - Stress Value = 52

Workout #29937 - Monday, 15 May 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY
225	1 on 15:00 Dynamic Stretch/Showers	REC
3,400	15 x 15 on :45 Racing Skills-#1 Shooter	SP3
	34 x 100 on 1:25 1650 Free Pace	SP2
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	REC
	1 on 10:00 If time permits-DWglider racing	SP3

7:31 AM 3,625 Yards - Stress Value = 349

Workout #29938 - Monday, 15 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
310	1 on 15:00 Dynamic Stretch/Showers	F
	1x{10 x 15 on :45 Racing Skills-Fly Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
250	1x{10 x 25 on :40 Free Straight Arm Build	S
	{ #1 Count, #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

1,250	{1 on 1:00 Rest	F
	25 x 50 on :50 200 Fly Pace	S
200	1 on 8:00 Video Evaluations 1+/1-	F
	1x{1 x 25 on :30 Freestyle 8/10 KOW	S
	{1 x 25 on :40 Freestyle 10/12 KOW	S
	{1 x 25 on :50 Freestyle 12/14 KOW	S
	{1 x 25 on 1:00 Freestyle 14/16 KOW	S
	{1 x 100 on 4:00 Sculling drills	F
1,250	25 x 50 on :50 200 Back Pace	S
	1 on 8:00 Shoulder Hangs	F
625	25 x 25 on :25 100 Breast Pace	S
100	1 x 100 on 9:00 Animal Flow/Ankle Mobility	F
500	25 x 20 on :25 100 Free Pace	S

6:15 PM 4,485 Yards - Stress Value = 412

Workout #29939 - Tuesday, 16 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
310	1 on 15:00 Dynamic Stretch/Showers
	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
	1 on 10:00 UW Racing 2X (Push/Shooter)
1,250	25 x 50 on :55 200 Breast Pace
	1 on 6:00 Video Evaluations 1+/1-
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1-15mU 1st 3, #2 1st.4 #3 1st 5, #4 1st 6,
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10
	{ #9 and #10 All Straight Arm
1,250	25 x 50 on :50 200 Free Pace
	1 on 6:00 Shoulder Hangs
625	25 x 25 on :30 100 Fly Pace
	1 on 8:00 Animal Flow/Hip Mobility
500	25 x 20 on :25 100 Back Pace

6:14 PM 4,185 Yards - Stress Value = 404

Workout #29940 - Wednesday, 17 May 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY
225	1 on 15:00 DS/Showers	REC
1,500	15 x 15 on :45 Racing Skills-#2 Shooter	EN2
	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 Your Choice Recovery	REC
100	4 x 25 on 3:00 50 Breast Pace	SP2

7:16 AM 1,825 Yards - Stress Value = 164

Workout #29941 - Wednesday, 17 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
3:45 PM Start		
310	1x{10 x 15 on :45 Racing Skills-Free Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets	F F F F F
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #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	F F F F
1,250	25 x 50 on :50 200 Back Pace 1 on 6:00 Video Evaluations 1+/1-	F F
1,000	40 x 25 on :30 200 Fly Pace 1 on 8:00 Shoulder Hangs	F F
625	25 x 25 on :30 100 Free Pace 1 on 8:00 Animal Flow/Thoracic Mobility	F F
500	25 x 20 on :25 100 Breast Pace	F
6:14 PM 3,935 Yards - Stress Value = 379		

Workout #29942 - Thursday, 18 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
3:45 PM Start		
310	1x{10 x 15 on :45 Racing Skills-Back Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets	F F F F F
1,250	1 on 10:00 Tic Tac Toe Relay 25 x 50 on :50 200 Free Pace 1 on 6:00 Video Evaluations 1+/1-	F F F
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 and #10 All Straight Arm	F F F
1,250	25 x 50 on :55 200 Breast Pace 1 on 6:00 Shoulder Hangs	F F
625	25 x 25 on :30 100 Back Pace 1 on 8:00 Animal Flow/Shoulder Mobility	F F
500	25 x 20 on :25 100 Fly Pace	F
6:14 PM 4,185 Yards - Stress Value = 404		

Workout #29943 - Friday, 19 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:00 AM Start		
225	1 on 15:00 DS/Showers 15 x 15 on :45 Racing Skills-Crossover Turns	RF SF
500	20 x 25 on :30 200 Breast Pace* 1 on 8:00 Shoulder Mobility	SF RF
500	20 x 25 on :30 200 Free Pace* 1 on 8:00 Thoracic Mobility	SF RF
500	20 x 25 on :30 200 Fly Pace*	SF
7:16 AM 1,725 Yards - Stress Value = 159		

Workout #29944 - Friday, 19 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK
3:45 PM Start			
225	1 on 15:00 DS/Showers 15 x 15 on :45 Racing Skills-IM Turns Goal set protocol 5 misses or 3 in a row	REC	L SP3 S
600	30 x 20 on :25 100 Back Pace**	SP2	S
600	1 on 10:00 Ankle Mobility 30 x 20 on :25 100 Fly Pace**	REC SP2	L S
600	1 on 11:00 Hip Mobility 30 x 20 on :25 100 Free Pace**	REC SP2	L S
5:15 PM 2,025 Yards - Stress Value = 189			

Workout #29945 - Monday, 22 May 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description	F
5:30 PM Start		
300	1 on 25:00 DS/Dryland 1 x 300 on 5:00 Underwater trn drill	F F
150	10 x 15 on :45 Racing Skills-Back Shooters 1 on 20:00 TEACH DAY-Back	F F
500	20 x 25 on :30 USRPT-100 Back Pace	F
1,850	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 {2 x 150 on 2:05 Backstroke {1 x 50 on 1:00 Back-100%	F F F F F F F F
7:15 PM 3,000 Yards - Stress Value = 93		

Workout #29946 - Monday, 22 May 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	F
5:30 PM Start		
300	1 on 25:00 DS/Dryland 1 x 300 on 5:00 Underwater trn drill	F F
150	10 x 15 on :45 Racing Skills-Back Shooters 1 on 20:00 TEACH DAY-Back	F F
425	17 x 25 on :35 USRPT-100 Back Pace	F
1,700	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 x 150 on 2:15 Backstroke {1 x 50 on 1:05 Back-100%	F F F F F F F F
200	1 x 200 on 4:00 Stroke Drills	F
7:15 PM 2,775 Yards - Stress Value = 82		

Workout #29947 - Monday, 22 May 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	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-Back Shooters	S
	1 on 20:00 TEACH DAY-Back	F
425	17 x 25 on :35 USRPT-100 Back Pace	S
1,600	1x{1 x 150 on 2:45 Backstroke	F
	{3 x 50 on :50 Back 3KOW+1	E
	{2 x 150 on 2:40 Backstroke	F
	{4 x 50 on :55 Back 3KOW+1	F
	{3 x 150 on 2:35 Backstroke	F
	{5 x 50 on 1:00 Back 3KOW+1	F
	{1 x 100 on 1:40 Backstroke	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:15 PM 2,625 Yards - Stress Value = 80	

Workout #29948 - Monday, 22 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	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-Back Shooters	S
	1 on 20:00 TEACH DAY-Back	F
375	15 x 25 on :40 USRPT-100 Back Pace	S
1,500	1x{1 x 150 on 2:55 Backstroke	F
	{3 x 50 on :55 Back 3KOW+1	F
	{2 x 150 on 2:50 Backstroke	F
	{3 x 50 on 1:00 Back 3KOW+1	F
	{3 x 150 on 2:45 Backstroke	F
	{3 x 50 on 1:05 Back 3KOW+1	F
	{1 x 150 on 2:40 Backstroke	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:15 PM 2,475 Yards - Stress Value = 74	

Workout #29949 - Monday, 22 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	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-Back Shooters	S
	1 on 20:00 TEACH DAY-Back	F
325	13 x 25 on :45 USRPT-100 Back Pace	S
1,200	1x{1 x 100 on 2:25 Backstroke	F
	{3 x 50 on 1:05 Back 3KOW+1	F
	{2 x 100 on 2:20 Backstroke	F
	{4 x 50 on 1:10 Back 3KOW+1	F
	{3 x 100 on 2:15 Backstroke	F
	{5 x 50 on 1:15 Back 3KOW+1	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:14 PM 2,075 Yards - Stress Value = 62	

Workout #29950 - Monday, 22 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	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-Back Shooters	S
	1 on 20:00 TEACH DAY-Back	F
250	10 x 25 on 1:00 USRPT-100 Back Pace	S
850	1x{1 x 100 on 3:00 Backstroke	F
	{3 x 50 on 1:45 Back 3KOW+1	F
	{2 x 100 on 3:00 Backstroke	F
	{4 x 50 on 1:45 Back 3KOW+1	F
	{1 x 100 on 3:00 Backstroke	F
	{2 x 50 on 1:45 Back 3KOW+1	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:14 PM 1,650 Yards - Stress Value = 48	

Workout #29951 - Tuesday, 23 May 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	S
	1 on 20:00 TEACH DAY-Breast	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills	F
	{Evens-underwaters, count kicks	F
500	20 x 25 on :30 100 Breast Pace	S
1,150	1x{1 on :30 5 Squats	F
	{1 x 50 on :55 Breast Kick w/board	F
	{1 on :35 10 Squats	F
	{2 x 75 on 1:25 Breast Kick w/board	F
	{1 on :40 15 Squats	F
	{3 x 100 on 1:55 Breast Kick w/board	F
	{1 on :45 20 Squats	F
	{4 x 125 on 2:25 Breast Kick w/board	F
	{1 on :45 20 Squats	F
	{1 x 150 on 2:50 Breast Kick with board	F
	7:14 PM 2,250 Yards - Stress Value = 79	

Workout #29952 - Tuesday, 23 May 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=
	1 on 25:00 DS/Dryland	F
300	1 x 300 on 5:00 SunYangFree-Count strokes	F
150	10 x 15 on :45 Racing Skills-Breast Shooters	S
	1 on 20:00 TEACH DAY-Breast	F
150	1x{6 x 25 on 1:00 Odds face in sculling drills	F
	{Evens-underwaters, count kicks	F
425	17 x 25 on :35 USRPT-100 Breast Pace	S
1,100	1x{1 on :30 5 Squats	F
	{1 x 50 on 1:05 Breast Kick w/board	F
	{1 on :35 10 Squats	F
	{2 x 75 on 1:35 Breast Kick w/board	F
	{1 on :40 15 Squats	F
	{3 x 100 on 2:05 Breast Kick w/board	F
	{1 on :45 20 Squats	F
	{4 x 125 on 2:35 Breast Kick w/board	F
	{1 on :40 15 Squats	F
	{1 x 100 on 2:00 Breast Kick w/board	F
	7:14 PM 2,125 Yards - Stress Value = 70	

Workout #29953 - Tuesday, 23 May 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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
425	17 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
7:14 PM	1,975 Yards - Stress Value = 34

Workout #29956 - Tuesday, 23 May 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 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 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 1:00 USRPT-100 Breast Pace
600	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
	{2 x 50 on 2:00 Breast Kick w/board
7:15 PM	1,350 Yards - Stress Value = 43

Workout #29954 - Tuesday, 23 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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 :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
7:14 PM	1,825 Yards - Stress Value = 24

Workout #29957 - Wednesday, 24 May 2023

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Dryland/Showers	RE
250	10 x 25 on :30 Wednesday Warm-up	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	SE
500	20 x 25 on :30 USRPT-100 Fly Pace	SE
1,600	1x{1 x 150 on 2:55 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
	{2 x 125 on 2:25 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
	{3 x 100 on 1:55 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
	{4 x 75 on 1:25 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
100	1 x 100 on 2:00 Stroke Drills	RE
7:16 PM	2,600 Yards - Stress Value = 88	

Workout #29958 - Wednesday, 24 May 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	==
	1 on 25:00 DS/Dryland/Showers	RE
250	10 x 25 on :30 Wednesday Warm-up	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
425	17 x 25 on :35 USRPT-100 Fly Pace	SE
1,550	1x{1 x 150 on 3:05 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
	{2 x 125 on 2:35 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
	{3 x 100 on 2:05 Butterfly	EM
	{6 x 25 on :30 Kick no board S	EM
	{4 x 75 on 1:35 Butterfly	EM
	{4 x 25 on :30 Kick no board S	EM
100	1 x 100 on 2:00 Stroke Drills	RE
7:16 PM	2,475 Yards - Stress Value = 79	

Workout #29955 - Tuesday, 23 May 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 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 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 :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
7:14 PM	1,700 Yards - Stress Value = 56

Workout #29959 - Wednesday, 24 May 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 DS/Dryland>Showers	RE
250	1 x 250 on 5:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
450	18 x 25 on :35 USRPT-100 Fly Pace	SE
1,350	1x{1 x 150 on 3:20 Butterfly	EN
	{6 x 25 on :35 Kick no board S	EN
	{2 x 125 on 2:50 Butterfly	EN
	{6 x 25 on :35 Kick no board S	EN
	{3 x 100 on 2:15 Butterfly	EN
	{6 x 25 on :35 Kick no board S	EN
	{2 x 75 on 1:40 Butterfly	EN
100	{2 x 25 on :35 Kick no board S	EN
	1 x 100 on 2:00 Stroke Drills	RE
	7:16 PM 2,300 Yards - Stress Value = 78	

Workout #29960 - Wednesday, 24 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 DS/Dryland>Showers	RE
175	7 x 25 on :40 Wednesday Warm-up	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
375	15 x 25 on :40 USRPT-100 Fly Pace	SE
1,350	1x{1 x 150 on 3:30 Butterfly	EN
	{4 x 25 on :35 Kick no board S	EN
	{2 x 125 on 2:55 Butterfly	EN
	{4 x 25 on :35 Kick no board S	EN
	{3 x 100 on 2:20 Butterfly	EN
	{4 x 25 on :35 Kick no board S	EN
	{4 x 75 on 1:45 Fly Kick w/board	EN
	{2 x 25 on :35 Kick no board S	EN
100	1 x 100 on 2:00 Stroke Drills	RE
	7:16 PM 2,150 Yards - Stress Value = 71	

Workout #29961 - Wednesday, 24 May 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 DS/Dryland>Showers	RE
150	6 x 25 on :45 Wednesday Warm-up	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
325	13 x 25 on :45 USRPT-100 Fly Pace	SE
1,150	1x{1 x 150 on 4:00 Butterfly	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 125 on 3:20 Butterfly	EN
	{4 x 25 on :45 Kick no board S	EN
	{3 x 100 on 2:40 Butterfly	EN
	{4 x 25 on :45 Kick no board S	EN
	{2 x 75 on 2:00 Butterfly	EN
100	1 x 100 on 2:00 Stroke Drills	RE
	7:16 PM 1,875 Yards - Stress Value = 61	

Workout #29962 - Wednesday, 24 May 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 DS/Dryland>Showers	RE
125	5 x 25 on 1:00 Wednesday Warm-up	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 20:00 TEACH DAY-Fly	RE
250	10 x 25 on 1:00 USRPT-100 Fly Pace	SE
875	1x{1 x 100 on 3:30 Butterfly	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{2 x 100 on 3:30 Butterfly	EN
	{4 x 25 on 1:00 Kick no board S	EN
	{3 x 100 on 3:30 Butterfly	EN
	{3 x 25 on 1:00 Kick no board S	EN
100	1 x 100 on 2:00 Stroke Drills	RE
	7:16 PM 1,500 Yards - Stress Value = 49	

Workout #29963 - Thursday, 25 May 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 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-Free Shooters	SE
500	20 x 25 on :30 USRPT-100 Free Pace	SE
900	1x{2 x 125 on 2:20 Free Kick wboard	EN
	{1 x 50 on 1:15 Free Kick w/board-100%	EN
	{2 x 125 on 2:15 Free Kick w/board	EN
	{2 x 50 on 1:15 Free Kick w/board-100%	EN
	{2 x 125 on 2:10 Free Kick w/board	EN
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	EN
1,500	1x{3 x 200 on 2:50 FR #1DPS, #2KOW, #3FAST!	EN
	{3 x 150 on 2:10 FR #1DPS, #2KOW, #3FAST!	EN
	{3 x 100 on 1:25 FR #1DPS, #2KOW, #3FAST!	EN
	{3 x 50 on :45 FR #1DPS, #2KOW, #3FAST!	EN
	1 on 10:00 Game or Relay	RE
	7:16 PM 3,450 Yards - Stress Value = 108	

Workout #29964 - Thursday, 25 May 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 25:00 DS/Dryland	RE
300	1 x 300 on 5:00 Underwater trn drill	RE
150	10 x 15 on :45 Racing Skills-Free Shooters	SE
500	20 x 25 on :30 USRPT-100 Free Pace	SE
850	1x{2 x 125 on 2:30 Free Kick wboard	EN
	{1 x 50 on 1:15 Free Kick w/board-100%	EN
	{2 x 125 on 2:25 Free Kick w/board	EN
	{2 x 50 on 1:15 Free Kick w/board-100%	EN
	{2 x 100 on 1:50 Free Kick w/board	EN
100	1x{4 x 25 on 1:00 Odds face in sculling drills	EN
	{ Evens-underwaters, count kicks	EN
1,350	1x{3 x 200 on 3:10 FR #1DPS, #2KOW, #3FAST!	EN
	{3 x 150 on 2:20 FR #1DPS, #2KOW, #3FAST!	EN
	{3 x 100 on 1:30 FR #1DPS, #2KOW, #3FAST!	EN
	1 on 10:00 Game or Relay	RE
	7:16 PM 3,250 Yards - Stress Value = 104	

Workout #29965 - Thursday, 25 May 2023

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-Free Shooters
425	17 x 25 on :35 USRPT-100 Free Pace
800	1x{2 x 125 on 2:40 Free Kick wboard {1 x 50 on 1:20 Free Kick w/board-100% {2 x 125 on 2:35 Free Kick w/board {2 x 50 on 1:20 Free Kick w/board-100% {1 x 125 on 2:30 Free Kick w/board {1 x 25 on :40 Free Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{3 x 200 on 3:40 FR #1DPS, #2KOW, #3FAST! {3 x 150 on 2:40 FR #1DPS, #2KOW, #3FAST! {3 x 50 on :50 FR #1DPS, #2KOW, #3FAST! 1 on 10:00 Game or Relay
7:16 PM	2,925 Yards - Stress Value = 91

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
150	10 x 15 on :45 Racing Skills-Free Shooters
325	13 x 25 on :45 USRPT-100 Free Pace
450	1x{2 x 100 on 4:00 Free Kick wboard {1 x 50 on 2:00 Free Kick w/board-100% {2 x 100 on 3:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
725	1x{3 x 100 on 2:50 FR #1DPS, #2KOW, #3FAST! {3 x 75 on 2:05 FR #1DPS, #2KOW, #3FAST! {4 x 50 on 1:20 FR #1DPS, #2KOW, #3-#4FAST! 1 on 10:00 Game or Relay
7:15 PM	1,950 Yards - Stress Value = 65

Workout #29969 - Monday, 22 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:00 AM	Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3
3,000	40 x 75 on 1:05 1000 Free Pace Make 1 subtract 1	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	1 on 10:00 If time permits-DWglider racing	SP3
7:26 AM	3,225 Yards - Stress Value = 309	

Workout #29966 - Thursday, 25 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
425	17 x 25 on :35 USRPT-100 Free Pace
700	1x{2 x 100 on 2:20 Free Kick wboard {1 x 50 on 1:30 Free Kick w/board-100% {2 x 100 on 2:20 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board-100% {2 x 75 on 1:45 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{3 x 200 on 4:00 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 1:55 FR #1DPS, #2KOW, #3FAST! {4 x 50 on :55 FR #1DPS, #2KOW, #3&4FAST! 1 on 10:00 Game or Relay
7:16 PM	2,725 Yards - Stress Value = 88

Workout #29970 - Monday, 22 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
3:45 PM	Start
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #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
1,250	25 x 50 on :55 200 Breast Pace 1 on 5:00 Video Evaluations 1+/1-
300	1x{ Each round starts off the blocks { Evens-3 stroke free or fly finis {8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck
1,250	25 x 50 on :50 200 Free Pace 1 on 6:00 Shoulder Hangs
625	25 x 25 on :30 100 Fly Pace 1 on 9:00 Animal Flow/Shoulder Mobility
500	25 x 20 on :25 100 Back Pace
6:15 PM	4,485 Yards - Stress Value = 410

Workout #29967 - Thursday, 25 May 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
375	15 x 25 on :40 USRPT-100 Free Pace
650	1x{2 x 100 on 2:40 Free Kick wboard {1 x 50 on 1:30 Free Kick w/board-100% {2 x 100 on 2:35 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board-100% {1 x 100 on 2:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{3 x 150 on 3:30 FR #1DPS, #2KOW, #3FAST! {3 x 100 on 2:15 FR #1DPS, #2KOW, #3FAST! {4 x 50 on 1:05 FR #1DPS, #2KOW, #3&4FAST! 1 on 10:00 Game or Relay
7:16 PM	2,425 Yards - Stress Value = 80

Workout #29968 - Thursday, 25 May 2023

Workout #29971 - Tuesday, 23 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	
3:45 PM	Start	
1,250	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
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
1,250	25 x 50 on :50 200 Fly Pace	£
	1 on 7:00 Video Evaluations 1+/1-	F
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 15m 1st3, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
1,250	25 x 50 on :50 200 Back Pace	£
	1 on 6:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Breast Pace	£
	1 on 10:00 Animal Flow/Thoracic Mobility	F
500	25 x 20 on :25 100 Free Pace	£
	6:15 PM 4,485 Yards - Stress Value = 410	

Workout #29972 - Wednesday, 24 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	
6:00 AM	Start	
1,500	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 :55 400 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 Your Choice Recovery	REC
100	4 x 25 on 3:00 50 Free Pace	SP2
	7:16 AM 1,825 Yards - Stress Value = 164	

Workout #29973 - Wednesday, 24 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	
3:45 PM	Start	
1,250	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
250	1x{10 x 25 on :40 Free Straight Arm Build	£
	{ #1 Count, #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	F
1,250	25 x 50 on :50 200 Free Pace	£
	1 on 7:00 Video Evaluations 1+/1-	F
300	1x{ Each round starts off the blocks	
	{ Evens-3 stroke free/fly finish	
	{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
25 x 50 on :55 200 Breast Pace	£
1 on 5:00 Shoulder Hang	F
25 x 25 on :30 100 Back Pace	£
1 on 8:00 Animal Flow/Hip Mobility	F
25 x 20 on :25 100 Fly Pace	£
6:15 PM 4,485 Yards - Stress Value = 410	

Workout #29974 - Thursday, 25 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	
3:45 PM	Start	
1,250	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
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
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 15m 1st 3, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 7:00 Shoulder Hangs	RE
625	25 x 25 on :30 100 Free Pace	SE
	1 on 10:00 Animal Flow/Ankle Mobility	RE
500	25 x 20 on :25 100 Breast Pace	SE
	6:15 PM 4,235 Yards - Stress Value = 385	

Workout #29975 - Friday, 26 May 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	
6:00 AM	Start	
1,000	1 on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
550	22 x 25 on :30 200 Back Pace*	SE
	1 on 6:00 Shoulder Hangs	RE
550	22 x 25 on :30 200 Fly Pace*	SE
	1 on 6:00 Shoulder Hangs	RE
550	22 x 25 on :30 200 Free Pace*	SE
	7:15 AM 1,875 Yards - Stress Value = 174	

Workout #29976 - Tuesday, 30 May 2023

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 on 20:00 TEACH DAY-Fly
500	20 x 25 on :30 USRPT-100 Fly Pace
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
7:15 PM	2,500 Yards - Stress Value = 87

Workout #29977 - Tuesday, 30 May 2023

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 on 20:00 TEACH DAY-Fly
425	17 x 25 on :35 USRPT-100 Fly Pace
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
7:15 PM	2,325 Yards - Stress Value = 77

Workout #29978 - Tuesday, 30 May 2023

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 on 20:00 TEACH DAY-Fly
425	17 x 25 on :35 USRPT-100 Fly Pace
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
7:15 PM	2,100 Yards - Stress Value = 73

Workout #29979 - Tuesday, 30 May 2023

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 on 20:00 TEACH DAY-Fly
375	15 x 25 on :40 USRPT-100 Fly Pace
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
7:15 PM	1,950 Yards - Stress Value = 67

Workout #29980 - Tuesday, 30 May 2023

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 on 20:00 TEACH DAY-Fly
325	13 x 25 on :45 USRPT-100 Fly Pace
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
7:15 PM	1,650 Yards - Stress Value = 57

Workout #29981 - Tuesday, 30 May 2023

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
	1 on 20:00 TEACH DAY-Fly
250	10 x 25 on 1:00 USRPT-100 Fly Pace
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
7:15 PM	1,425 Yards - Stress Value = 47

Workout #29982 - Wednesday, 31 May 2023

Group 2 - Breast

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-Breast Shooters
 1 on 20:00 TEACH DAY-Breast
 500 20 x 25 on :30 USRPT 100 Breast Pace
 1,700 1x{4 x 50 on :45 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {4 x 75 on 1:10 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {4 x 100 on 1:35 Breaststroke
 {1 x 100 on 2:00 Breast Pull
 {4 x 125 on 2:05 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,800 Yards - Stress Value = 90

175 7 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 1 on 20:00 TEACH DAY-Breast
 375 15 x 25 on :40 USRPT-100 Breast Pace
 1,250 1x{4 x 50 on 1:00 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {4 x 75 on 1:35 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {4 x 100 on 2:10 Breaststroke
 {1 x 100 on 2:45 Breast Pull
 {1 x 50 on 1:10 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,150 Yards - Stress Value = 69

Workout #29986 - Wednesday, 31 May 2023

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-Breast Shooters
 1 on 20:00 TEACH DAY-Breast
 325 13 x 25 on :45 USRPT 100 Breast Pace
 1,050 1x{4 x 50 on 1:10 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 75 on 1:50 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 {4 x 100 on 2:30 Breaststroke
 {1 x 50 on 2:00 Breast Pull
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 1,875 Yards - Stress Value = 59

Workout #29983 - Wednesday, 31 May 2023

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-Breast Shooters
 1 on 20:00 TEACH DAY-Breast
 425 17 x 25 on :35 USRPT 100 Breast Pace
 1,575 1x{4 x 50 on :50 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 75 on 1:20 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {4 x 100 on 1:50 Breaststroke
 {1 x 100 on 2:15 Breast Pull
 {3 x 125 on 2:20 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 2,600 Yards - Stress Value = 80

Workout #29987 - Wednesday, 31 May 2023

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-Breast Shooters
 1 on 20:00 TEACH DAY-Breast
 250 10 x 25 on 1:00 USRPT 100 Breast Pace
 850 1x{4 x 50 on 1:30 Breaststroke
 {1 x 50 on 2:30 Breast Pull
 {4 x 75 on 2:15 Breaststroke
 {1 x 50 on 2:30 Breast Pull
 {2 x 100 on 3:00 Breaststroke
 {1 x 50 on 2:30 Breast Pull
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 1,575 Yards - Stress Value = 48

Workout #29984 - Wednesday, 31 May 2023

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-Breast Shooters
 1 on 20:00 TEACH DAY-Breast
 425 17 x 25 on :35 USRPT 100 Breast Pace
 1,325 1x{4 x 50 on :55 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {4 x 75 on 1:30 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {4 x 100 on 2:05 Breaststroke
 {1 x 100 on 2:30 Breast Pull
 {1 x 125 on 2:40 Breaststroke
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,300 Yards - Stress Value = 74

Workout #29985 - Wednesday, 31 May 2023

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #29988 - Thursday, 01 June 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Back Shooters
1,530	1 on 15:00 TEACH DAY-Back
	20 x 25 on :30 USRPT-100 Back Pace
	1x{6 x 25 on :30 Kick no board B-10KOW+1
	{5 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmlne/hands by sic
	{6 x 25 on :30 Kick no board B-10KOW+1
	{3 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{2 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 30 on :30 Kick no board B-10KOW+1
	{1 x 50 on 1:00 Kick-alt strmlne/hands by si
	1 on 10:00 Racing Skills-Back Starts
7:15 PM	2,480 Yards - Stress Value = 87

Workout #29989 - Thursday, 01 June 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Showers
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Racing Skills-Back Shooters
1,350	1 on 15:00 Teach Day-Backstroke
	20 x 25 on :30 USRPT-100 Back Pace
	1x{6 x 25 on :35 Kick no board B-10KOW+1
	{5 x 50 on 1:05 Kick-alt strmlne/hands by si
	{6 x 25 on :35 Kick no board B-10KOW+1
	{4 x 50 on 1:00 Kick-alt strmlne/hands by si
	{6 x 25 on :35 Kick no board B-10KOW+1
	{3 x 50 on :55 Kick-alt strmlne/hands by sic
	{6 x 25 on :35 Kick no board B-10KOW+1
	{2 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
7:15 PM	2,300 Yards - Stress Value = 83

Workout #29990 - Thursday, 01 June 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
425	10 x 15 on :45 Racing Skills-Back Shooters
1,175	1 on 15:00 Teach Day-Backstroke
	17 x 25 on :35 USRPT-100 Back Pace
	1x{6 x 25 on :40 Kick no board B-10KOW+1
	{5 x 50 on 1:15 Kick-alt strmlne/hands by si
	{6 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:10 Kick-alt strmlne/hands by si
	{6 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:05 Kick-alt strmlne/hands by si
	{5 x 25 on :40 Kick no board B-10KOW+1
	1 on 10:00 Racing Skills-Back Starts
7:15 PM	2,000 Yards - Stress Value = 71

Workout #29991 - Thursday, 01 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
375	10 x 15 on :45 Racing Skills-Back Shooters
1,150	1 on 15:00 TEACH DAY-Back
	15 x 25 on :40 USRPT-100 Back Pace
	1x{6 x 25 on :40 Kick no board B-10KOW+1
	{5 x 50 on 1:20 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:15 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{3 x 50 on 1:10 Kick-alt strmlne/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:10 Kick-alt strmlne/hands by si
	1 on 10:00 Racing Skills-Back Starts
7:15 PM	1,925 Yards - Stress Value = 67

Workout #29992 - Thursday, 01 June 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 25:00 DS/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
325	10 x 15 on :45 Racing Skills-Back Shooters
975	1 on 15:00 Teach Day-Backstroke
	13 x 25 on :45 USRPT-100 Back Pace
	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{5 x 50 on 1:35 Kick-alt strmlne/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{4 x 50 on 1:30 Kick-alt strmlne/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{3 x 50 on 1:25 Kick-alt strmlne/hands by si
	{3 x 25 on :45 Kick no board B-10KOW+1
	1 on 10:00 Racing Skills-Back Starts
7:15 PM	1,650 Yards - Stress Value = 58

Workout #29993 - Monday, 01 May 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 on 25:00 DS/Showers
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
375	10 x 15 on :45 Racing Skills-Back Shooters
650	1 on 15:00 Teach Day-Backstroke
	15 x 25 on 1:00 USRPT-100 Back Pace
	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{5 x 50 on 2:00 Kick-alt strmlne/hands by si
	{4 x 25 on 1:00 Kick no board B-10KOW+1
	{4 x 50 on 1:55 Kick-alt strmlne/hands by si
	1 on 10:00 Racing Skills-Back Starts
7:16 PM	1,375 Yards - Stress Value = 57

Workout #29994 - Friday, 02 June 2023

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
500	20 x 25 on :30 USRPT-100 Choice Pace
2,100	1x{1 x 300 on 4:30 Individual Medley
	{8 x 25 on :30 Fly lup+1down
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 4:20 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
	{8 x 25 on :30 Breaststroke 2X Pullouts
200	1 x 100 on 1:25 Individual Medley
	1 x 200 on 3:00 Stroke Drills
	6:30 PM 3,250 Yards - Stress Value = 96

Workout #29995 - Friday, 02 June 2023

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
500	20 x 25 on :30 USRPT-100 Choice
2,050	1x{1 x 300 on 4:45 Individual Medley
	{6 x 25 on :30 Fly lup+1down
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 300 on 4:40 Individual Medley
	{6 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
	{6 x 25 on :35 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 3,200 Yards - Stress Value = 95

Workout #29996 - Friday, 02 June 2023

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
425	17 x 25 on :35 USRPT-100 Choice
1,750	1x{1 x 300 on 5:30 Individual Medley
	{4 x 25 on :35 Fly lup+1down
	{1 x 100 on 1:55 Individual Medley
	{1 x 100 on 1:50 Individual Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 300 on 5:25 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 1:50 Individual Medley
	{1 x 100 on 1:45 Individual Medley

	{1 x 300 on 5:20 Individual Medley
	{4 x 25 on :40 Breaststroke 2X Pullouts
	{1 x 100 on 1:45 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 2,775 Yards - Stress Value = 82

Workout #29997 - Friday, 02 June 2023

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
425	17 x 25 on :35 USRPT-100 Choice Pace
1,600	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
	{4 x 25 on :35 Breaststroke 2X Pullouts
	{1 x 100 on 1:55 Individual Medley
	{1 x 100 on 1:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 2,625 Yards - Stress Value = 78

Workout #29998 - Friday, 02 June 2023

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
325	13 x 25 on :45 USRPT-100 Choice
1,350	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :40 Fly lup+1down
	{1 x 100 on 2:30 Individual Medley
	{1 x 100 on 2:25 Individual Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:55 Individual Medley
	{4 x 25 on :40 Back 5KOW+2
	{1 x 100 on 2:25 Individual Medley
	{1 x 100 on 2:20 Individual Medley
	{1 x 100 on 2:20 Individual Medley
	{1 x 100 on 2:15 Individual Medley
	{4 x 25 on :45 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 2,225 Yards - Stress Value = 64

Workout #29999 - Friday, 02 June 2023

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
250	10 x 15 on :45 Racing Skills-Crossover Turns
1,100	10 x 25 on 1:00 USRPT-100 Choice Pace
	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 50 on 1:30 Easy Free
	{1 x 200 on 5:50 Individual Medley
200	1 x 200 on 3:00 Stroke Drills

6:30 PM 1,900 Yards - Stress Value = 51

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #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
1,250	25 x 50 on :55 200 Breast Pace*
	1 on 6:00 Video Evaluations 1+/1-
1,250	1 on 10:00 Lane Line Survivor
	25 x 50 on :50 200 Back Pace*
	1 on 6:00 Thoracic Mobility-Turn Eval
625	25 x 25 on :30 100 Fly Pace*
	1 on 8:00 Shoulder Hangs
500	25 x 20 on :25 100 Free Pace**

6:15 PM 4,185 Yards - Stress Value = 404

Workout #30000 - Tuesday, 30 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
1,250	1 on 13:00 UWRacing3X(Push/Shooter/Start)	EM
	25 x 50 on :50 200 Fly Pace*	SE
	1 on 6:00 Video Evaluations 1+/1-	RE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1-15mU 1st 3, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
1,250	25 x 50 on :50 200 Free Pace*	SE
	1 on 6:00 Hip Mobility-Turn Eval	RE
625	25 x 25 on :30 100 Breast Pace*	SE
	1 on 8:00 Shoulder Hangs	RE
500	25 x 20 on :25 100 Back**	SE

6:15 PM 4,185 Yards - Stress Value = 404

Workout #30003 - Thursday, 01 June 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	E
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
	1 on 10:00 Tic Tac Toe Relay	E
1,250	25 x 50 on :50 200 Free Pace*	S
	1 on 6:00 Video Evaluations 1+/1-	F
250	1x{10 x 25 on :40 Free Straight Arm Build	S
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
1,000	40 x 25 on :30 200 Fly Pace*	S
	1 on 8:00 Shoulder Mobility	F
625	25 x 25 on :30 100 Back Pace*	S
	1 on 6:00 Shoulder Hangs	F
500	25 x 20 on :25 100 Breast Pace**	S

6:11 PM 3,935 Yards - Stress Value = 379

Workout #30001 - Wednesday, 31 May 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EGY
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooter	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	Set is over at 29:30	
	1 on 5:00 Your Choice Recovery	REC
100	4 x 25 on 3:00 50 Fly Pace	SP2

7:16 AM 1,825 Yards - Stress Value = 164

Workout #30004 - Friday, 02 June 2023

Group 3 - USRPT

1 minute rest between sets

6:00 AM Start

Yards	Set Description	EC
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
3,000	30 x 100 on 1:25 1650 Free Pace	SE
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	RE
	1 on 10:00 If time permits-DWglider racing	SE

7:25 AM 3,225 Yards - Stress Value = 309

Workout #30002 - Wednesday, 31 May 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Workout #30005 - Friday, 02 June 2023

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	SP3
1,250	25 x 50 on :50 200 Breast Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,250	25 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
500	25 x 20 on :25 100 Fly Pace**	SP2
5:18 PM 3,225 Yards - Stress Value = 309		

Workout #30006 - Monday, 05 June 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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 #30007 - Monday, 05 June 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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 #30008 - Monday, 05 June 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
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

1,400	2x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmlne/hands by si {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 #30009 - Monday, 05 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
1,400	2x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:20 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmlne/hands by si {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 #30010 - Monday, 05 June 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
1,200	2x{4 x 25 on :45 Kick no board B-10KOW+1 {4 x 50 on 1:35 Kick-alt strmlne/hands by si {4 x 25 on :45 Kick no board B-10KOW+1 {3 x 50 on 1:30 Kick-alt strmlne/hands by si {2 x 25 on :45 Kick no board B-10KOW+1
100	1 x 100 on 4:00 100 SL Kick for Time
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 #30011 - Monday, 05 June 2023

Group 2 - Copper

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
900	20 x 25 on :45 USRPT-100 Back Pace
	2x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 2:00 Kick-alt strmline/hands by si
	{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmline/hands by si
	{1 x 50 on 1:50 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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,300 Yards - Stress Value = 94

Workout #30012 - Tuesday, 06 June 2023

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 #30013 - Tuesday, 06 June 2023

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
	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 #30014 - Tuesday, 06 June 2023

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
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 #30015 - Tuesday, 06 June 2023

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 #30016 - Tuesday, 06 June 2023

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 #30017 - Tuesday, 06 June 2023

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-Breast Shooters
150	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
200	{ 1 x 50 on 1:00 Breast Kick w/board 1 x 200 on 4:00 Stroke Drills
7:30 PM 1,575 Yards - Stress Value = 54	

Workout #30018 - Wednesday, 07 June 2023

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	10 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Fly Shooters
900	30 x 25 on :30 USRPT-100 Fly Pace
150	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
1,800	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 #30019 - Wednesday, 07 June 2023

Group 2 - Gold

1 minute rest between sets

5:00 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-Fly Shooters
850	25 x 25 on :35 USRPT-100 Fly Pace
150	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%
1,650	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 #30020 - Wednesday, 07 June 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
625	10 x 15 on :45 Racing Skills-Fly Shooters
800	25 x 25 on :35 USRPT-100 Fly Pace
150	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%
1,425	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 #30021 - Wednesday, 07 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
550	10 x 15 on :45 Racing Skills-Fly Shooters
750	22 x 25 on :40 USRPT-100 Fly Pace
150	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%
1,325	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 #30022 - Wednesday, 07 June 2023

1 minute rest between sets

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
150	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

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
750	10 x 15 on :45 Racing Skills-Free Shooters
150	30 x 25 on :30 USRPT-100 Free Pace
2,900	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 2x{1 x 225 on 3:30 Freestyle BTintoW { 1 x 225 on 3:35 Free-3KOW { 1 x 225 on 3:40 Freestyle 5KOW-100% { 1 x 100 on 2:15 EZ Free { 1 x 225 on 3:40 Freestyle BTintoW { 1 x 225 on 3:35 Freestyle HB 3SOW { 1 x 225 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	4,450 Yards - Stress Value = 135

Workout #30023 - Wednesday, 07 June 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:00 PM	Start
150	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

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
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

Workout #30024 - Thursday, 08 June 2023

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 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

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-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 #30025 - Thursday, 08 June 2023

Group 2 - Gold

Workout #30028 - Thursday, 08 June 2023

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 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

Workout #30029 - Thursday, 08 June 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
475	10 x 15 on :45 Racing Skills-Free Shooters
150	19 x 25 on :45 USRPT-100 Free Pace
1,600	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 125 on 3:30 Freestyle BTintoW
	{1 x 125 on 3:35 Free-3KOW
	{1 x 125 on 3:40 Freestyle 5KOW-100%
	{1 x 50 on 2:15 EZ Free
	{1 x 125 on 3:40 Freestyle BTintoW
	{1 x 125 on 3:35 Freestyle HB 3SOW
	{1 x 125 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,775 Yards - Stress Value = 84

Workout #30030 - Monday, 05 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
310	1 on 45:00 DS/Weights/Back to Pool
1,250	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
1,250	25 x 50 on :55 200 Breast Pace
1,250	1 on 7:00 Video Evaluations 1+/1-
1,250	25 x 50 on :50 200 Free Pace
	1 on 6:00 Shoulder Hangs
	25 x 50 on :50 200 Fly Pace
9:00 AM	4,060 Yards - Stress Value = 392

Workout #30031 - Monday, 05 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
	1 on 15:00 DS/Animal Flow/Crawls/Shower	REC	

225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,400	28 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Racing Skills-Starts	REC
	1 on 30:00 Plyometrics/Balance Drills	SP3
6:31 PM	1,625 Yards - Stress Value = 149	

Workout #30032 - Tuesday, 06 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WC
310	1 on 45:00 DS/Weights/Back to Pool	F	
625	1x{10 x 15 on :45 Racing Skills-Free Shooters	F	
	{1 on :30 Switch Stations	F	
	{4 x 15 on 1:50 DW UW OTB	F	
	{1 on :30 Switch Stations	F	
	{5 x 20 on 1:30 Buckets	F	
625	25 x 25 on :30 100 Free Pace	F	
625	1 on 8:00 Video Evaluations 1+/1-	F	
625	25 x 25 on :30 100 Fly Pace	F	
	1 on 8:00 Shoulder Hangs	F	
625	25 x 25 on :30 100 Back Pace	F	
	1 on 8:00 Shoulder Mobility	F	
625	25 x 25 on :30 100 Breast Pace	F	
8:59 AM	2,810 Yards - Stress Value = 265		

Workout #30033 - Tuesday, 06 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 DS/Animal Flow/Crawls/Showers	REC	
300	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
	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	
500	{2 x 15 on :10 Undr Wtr Fly Kck	EN2	
400	20 x 25 on :30 Your #1 Pace***	SP2	
	1x{10 x 25 on :40 Free Straight Arm Build	SP2	
	{ #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 x 150 on 3:00 Sculling drills	REC	
75	5 x 15 on 2:00 DW UWR OTB	SP3	
	1 on 20:00 Dryland-Sprinting	SP3	
6:30 PM	1,500 Yards - Stress Value = 93		

Workout #30034 - Wednesday, 07 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 310 1x{10 x 15 on :45 Racing Skills-Crossover Turns
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 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 ends at 29:30
 1 on 10:00 Video Evaluations 1+/1-
 3,000 40 x 75 on 1:05 1000 Free Pace
 Make 1 subtract 1
 9:04 AM 4,810 Yards - Stress Value = 467

1 on 20:00 Dryland-Sprinting SP3
 6:30 PM 1,400 Yards - Stress Value = 107

Workout #30037 - Friday, 09 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 Yoga-Shower RE
 310 1x{10 x 15 on :45 Racing Skills-IM Shooters SP3
 {1 on :30 Switch Stations RE
 {4 x 15 on 1:50 DW UW OTB EN2
 {1 on :30 Switch Stations RE
 {5 x 20 on 1:30 Buckets SP2
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Video Evaluations 1+/1- RE
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 8:00 Shoulder Hangs RE
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 8:00 Hip Mobility RE
 750 30 x 25 on :30 100 Back Pace SP2
 8:52 AM 3,310 Yards - Stress Value = 317

Workout #30035 - Thursday, 08 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool RE
 225 15 x 15 on :45 Racing Skills-Fly Shooters SE
 All sets individualized rest.
 Minimum 5:00 rest
 1,250 25 x 50 on :50 200 Free Pace* SE
 1 on 5:00 Your Choice Recovery RE
 750 30 x 25 on :30 200 Fly Pace* SE
 1 on 5:00 Your Choice Recovery RE
 1,250 25 x 50 on :50 200 Back Pace* SE
 1 on 5:00 Your Choice Recovery* RE
 1,250 25 x 50 on :55 200 Breast Pace* SE
 If you finish before 9:00-Do the following
 set as many times until practice ends
 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 :30 Rest RE
 9:16 AM 5,025 Yards - Stress Value = 465

Workout #30038 - Monday, 12 June 2023

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 #30036 - Thursday, 08 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Animal Flow/Crawls/Showers RE
 225 15 x 15 on :45 Racing Skills-#3 Shooters SP3
 200 2x{1 x 25 on :30 Freestyle 8/10 KOW SP2
 {1 x 25 on :40 Freestyle 10/12 KOW SP2
 {1 x 25 on :50 Freestyle 12/14 KOW SP2
 {1 x 25 on 1:00 Freestyle 14/16 KOW SP2
 {1 on 1:30 Rest RE
 500 20 x 25 on :30 Your #2 Pace*** SP2
 400 1x{10 x 25 on :40 Free Straight Arm Build SP2
 { #1 15mlst 3, #2 1st4 #3 1st5,
 { #5 1st7, #6 1s58, #7 1st9, #8 1st10
 { #9 and #10 All Straight Arm
 {1 x 150 on 3:00 Sculling drills RE
 75 5 x 15 on 2:00 DW UWR OTB SP3

Workout #30039 - Monday, 12 June 2023

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-Fly Shooters
1,750	25 x 25 on :35 USRPT-100 Fly Pace
	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 #30042 - Monday, 12 June 2023

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-Fly Shooters
1,400	20 x 25 on :45 USRPT-100 Fly Pace
	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 #30040 - Monday, 12 June 2023

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-Fly Shooters
1,650	25 x 25 on :35 USRPT-100 Fly Pace
	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 #30043 - Monday, 12 June 2023

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
1,150	15 x 25 on 1:00 USRPT-100 Fly Pace
	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 #30041 - Monday, 12 June 2023

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-Fly Shooters
1,500	22 x 25 on :40 USRPT-100 Fly Pace
	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 #30044 - Tuesday, 13 June 2023

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 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 #30045 - Tuesday, 13 June 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
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 #30046 - Tuesday, 13 June 2023

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
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 #30047 - Tuesday, 13 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
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 #30048 - Tuesday, 13 June 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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

Workout #30049 - Tuesday, 13 June 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
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 #30050 - Wednesday, 14 June 2023

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 { 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 1 x 200 on 4:00 Stroke Drills
7:30 PM	4,175 Yards - Stress Value = 135

Workout #30051 - Wednesday, 14 June 2023

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 #30052 - Wednesday, 14 June 2023

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 #30053 - Wednesday, 14 June 2023

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 #30054 - Wednesday, 14 June 2023

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 #30055 - Wednesday, 14 June 2023

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
	{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
1,100	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

Workout #30056 - Thursday, 15 June 2023

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 #30057 - Thursday, 15 June 2023

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 #30058 - Thursday, 15 June 2023

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 #30059 - Thursday, 15 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
550	22 x 25 on :45 USRPT-100 Breast Pace
475	1x{1 x 150 on 3:35 Breast Kick w/board
	{ 4 x 25 on :40 Sprint Free Kick w/board
	{ 1 x 150 on 3:30 Breast Kick w/board
	{ 3 x 25 on :40 Sprint Free Kick w/board
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 #30060 - Thursday, 15 June 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
500	20 x 25 on :45 USRPT 100 Breast Pace
475	1x{1 x 150 on 4:00 Breast Kick w/board
	{ 4 x 25 on :45 Sprint Free Kick w/board
	{ 1 x 100 on 2:40 Breast Kick w/board
	{ 2 x 25 on :45 Sprint Free Kick w/board
	{ 1 x 75 on 2:05 Breast Kick w/board
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 #30061 - Thursday, 15 June 2023

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 #30062 - Friday, 16 June 2023

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 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 #30063 - Friday, 16 June 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 300 1 x 300 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 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 1:45 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 #30064 - Friday, 16 June 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 250 1 x 250 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 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
 825 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
 { 1 x 25 on :45 Tombstone Kicking
 6:30 PM 2,125 Yards - Stress Value = 97

Workout #30065 - Friday, 16 June 2023

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 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 800 1x{1 x 100 on 2:00 Free Kick w/board
 { 4 x 25 on :45 Tombstone Kicking
 { 2 x 100 on 2:05 Free Kick w/board
 { 4 x 25 on :45 Tombstone Kicking
 { 3 x 100 on 2:10 Free Kick w/board
 6:30 PM 1,975 Yards - Stress Value = 84

Workout #30066 - Friday, 16 June 2023

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 200 1 x 200 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 18:00 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 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 #30067 - Friday, 16 June 2023

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Free Shooters
	1 on 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 #30068 - Monday, 12 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{ 1 on :30 Switch Stations
	{ 4 x 15 on 1:50 DW UW OTB
	{ 1 on :30 Switch Stations
	{ 5 x 20 on 1:30 Buckets
1,250	25 x 50 on :50 200 Free Pace
	1 on 7:00 Video Evaluations 1+/1-
1,250	25 x 50 on :55 200 Breast Pace
	1 on 6:00 Shoulder Hangs
1,250	25 x 50 on :50 200 Back Pace
9:00	AM 4,060 Yards - Stress Value = 392

Workout #30069 - Monday, 12 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 15:00 DS/Animal Flow/Crawls/Shower	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,400	28 x 50 on :50 200 Fly Pace	SP2	
	1 on 10:00 Racing Skills-Starts	REC	
	1 on 30:00 Plyometrics/Balance Drills	SP3	
6:31	PM 1,625 Yards - Stress Value = 149		

Workout #30070 - Tuesday, 13 June 2023

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
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	E
	{ 1 on :30 Switch Stations	F
	{ 4 x 15 on 1:50 DW UW OTB	E
	{ 1 on :30 Switch Stations	F
	{ 5 x 20 on 1:30 Buckets	E
625	25 x 25 on :30 100 Free Pace	E
	1 on 8:00 Video Evaluations 1+/1-	F
625	25 x 25 on :30 100 Fly Pace	E
	1 on 8:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Back Pace	E
	1 on 8:00 Thoracic Mobility	F

625 25 x 25 on :30 100 Breast Pace
8:59 AM 2,810 Yards - Stress Value = 265

Workout #30071 - Tuesday, 13 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	===
	1 on 15:00 DS/Animal Flow/Crawls/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{ 1 on :30 Rest	REC
	{ 6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{ 1 on :30 Rest	REC
	{ 4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{ 1 on :30 Rest	REC
	{ 2 x 15 on :10 Undr Wtr Fly Kck	EN2
450	18 x 25 on :30 Your #1 Pace***	SP2
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count strokes, #2 L.4 #3 L.5,	
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10	
	{ #9 -#12 All Straight Arm	
75	5 x 15 on 2:00 DW UWR OTB	SP3
	1 on 20:00 Dryland-Sprinting	SP3
6:27	PM 1,350 Yards - Stress Value = 93	

Workout #30072 - Wednesday, 14 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
310	1x{10 x 15 on :45 Racing Skills-Crossover Turns
	{ 1 on :30 Switch Stations
	{ 4 x 15 on 1:50 DW UW OTB
	{ 1 on :30 Switch Stations
	{ 5 x 20 on 1:30 Buckets
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 ends at 29:30
3,000	1 on 10:00 Video Evaluations 1+/1-
	40 x 75 on 1:05 500 Free Pace
	Make 1 subtract 1
9:04	AM 4,810 Yards - Stress Value = 467

Workout #30073 - Thursday, 15 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 45:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Fly Shooters	SE
	All sets individualized rest.	
	Minimum 5:00 rest	
750	30 x 25 on :30 200 Fly Pace*	SE
	1 on 5:00 Your Choice Recovery	RE
1,250	25 x 50 on :50 200 Back Pace*	SE
	1 on 5:00 Your Choice Recovery	RE
1,250	25 x 50 on :55 200 Breast Pace*	SE
	1 on 5:00 Your Choice Recovery*	RE
1,250	25 x 50 on :50 200 Free Pace*	SE
	If you finish before 9:00-Do the following	
	set as many times until practice ends	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EM
	{1 on :30 Rest	RE
	{6 x 15 on :20 Undr Wtr Fly Kck	EM
	{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 on :30 Rest	RE
	9:16 AM 5,025 Yards - Stress Value = 465	

Workout #30074 - Thursday, 15 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 DS/Animal Flow/Crawls/Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
300	2x{1 x 25 on :30 Freestyle 8/10 KOW	SP2
	{1 x 25 on :40 Freestyle 10/12 KOW	SP2
	{1 x 25 on :50 Freestyle 12/14 KOW	SP2
	{1 x 25 on 1:00 Freestyle 14/16 KOW	SP2
	{1 x 50 on 1:00 Sculling Drills	REC
450	18 x 25 on :30 Your #2 Pace***	SP2
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 15mlst 3, #2 1st4 #3 1st5,	
	{ #5 1st7, #6 1st58, #7 1st9, #8 1st10	
	{ #9 - #12 All Straight Arm	
75	5 x 15 on 2:00 DW UWR OTB	SP3
	1 on 20:00 Dryland-Sprinting	SP3
	6:26 PM 1,350 Yards - Stress Value = 107	

Workout #30075 - Friday, 16 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start		
Yards	Set Description	EGY
=====	=====	==
	1 on 30:00 Yoga-Shower	REC
310	1x{10 x 15 on :45 Racing Skills-IM Shooters	SP3
	{1 on :30 Switch Stations	REC
	{4 x 15 on 1:50 DW UW OTB	EN2
	{1 on :30 Switch Stations	REC
	{5 x 20 on 1:30 Buckets	SP2
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Shoulder Hangs	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Ankle Mobility	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	8:52 AM 3,310 Yards - Stress Value = 317	

Workout #30076 - Friday, 16 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EGY WOF
=====	=====	== ==
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#4 Shooter	SP3
600	6 x 100 on 8:00 IM OTB	SP1
200	1 x 200 on 4:00 Sculling Drill	REC
	6:21 PM 1,025 Yards - Stress Value = 57	

Workout #30077 - Monday, 19 June 2023

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 #30078 - Monday, 19 June 2023

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 #30079 - Monday, 19 June 2023

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
	{2 x 25 on :40 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 3,175 Yards - Stress Value = 112

Workout #30082 - Monday, 19 June 2023

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 #30080 - Monday, 19 June 2023

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

Workout #30083 - Tuesday, 20 June 2023

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 #30081 - Monday, 19 June 2023

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 #30084 - Tuesday, 20 June 2023

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
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 #30085 - Tuesday, 20 June 2023

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
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

Workout #30086 - Tuesday, 20 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
625	10 x 15 on :45 Racing Skills-Free Shooters
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 #30087 - Tuesday, 20 June 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
550	10 x 15 on :45 Racing Skills-Free Shooters
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

Workout #30088 - Tuesday, 20 June 2023

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
150	20 x 25 on :45 USRPT-100 Free Pace
1,600	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	2x{1 x 125 on 3:30 Freestyle BTintoW
	{1 x 125 on 3:35 Free-3KOW
	{1 x 125 on 3:40 Freestyle 5KOW-100%
	{1 x 50 on 2:15 EZ Free
	{1 x 125 on 3:40 Freestyle BTintoW
	{1 x 125 on 3:35 Freestyle HB 3SOW
	{1 x 125 on 3:30 Freestyle HB 4SOW-100%
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,800 Yards - Stress Value = 86

Workout #30089 - Wednesday, 21 June 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland/Showers
150	10 x 25 on :30 Wednesday Warm-up
750	10 x 15 on :45 Racing Skills-Back Shooters
1,800	30 x 25 on :30 USRPT-100 Back Pace
	2x{6 x 25 on :30 Kick no board B-10KOW+1
	{5 x 50 on 1:00 Kick-alt strmline/hands by si
	{6 x 25 on :30 Kick no board B-10KOW+1
	{4 x 50 on :55 Kick-alt strmline/hands by sic
	{6 x 25 on :30 Kick no board B-10KOW+1
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 #30090 - Wednesday, 21 June 2023

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
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

Workout #30091 - Wednesday, 21 June 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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

Yards	Set Description
	1 on 30:00 DS/Dryland/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
900	2x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 2:00 Kick-alt strmline/hands by si
	{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmline/hands by si
	{1 x 50 on 1:50 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
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,250 Yards - Stress Value = 94

Workout #30095 - Thursday, 22 June 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
1,400	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

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
100	1 x 100 on 26:00 TEACH DAY-Fly	RE
750	30 x 25 on :30 USRPT-100 Fly Pace	SE
1,300	1x{1 x 300 on 6:00 Fly Kick w/board	EM
	{6 x 50 on 1:05 Fly Kick w/board-100%	EM
	{1 x 250 on 4:50 Fly Kick w/board	EM
	{5 x 50 on 1:05 Fly Kick w/board-100%	EM
	{1 x 200 on 3:50 Fly Kick w/board	EM
200	1 x 200 on 4:00 Stroke Drills	RE
	7:30 PM 2,800 Yards - Stress Value = 107	

Workout #30096 - Thursday, 22 June 2023

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 26:00 TEACH DAY-Fly
625	25 x 25 on :35 USRPT-100 Fly Pace
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%
	{1 x 200 on 3:55 Fly Kick w/board
	{1 x 50 on 1:00 Fly Kick w/board-100%
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,625 Yards - Stress Value = 95

Yards	Set Description	EC
	1 on 30:00 DS/Dryland	RE
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
625	25 x 25 on :35 USRPT-100 Fly Pace	SE
1,350	1x{1 x 300 on 6:10 Fly Kick w/board	EM
	{6 x 50 on 1:05 Fly Kick w/board-100%	EM
	{1 x 250 on 5:00 Fly Kick w/board	EM
	{5 x 50 on 1:05 Fly Kick w/board-100%	EM
	{1 x 200 on 3:55 Fly Kick w/board	EM
	{1 x 50 on 1:00 Fly Kick w/board-100%	EM
200	1 x 200 on 4:00 Stroke Drills	RE
	7:30 PM 2,625 Yards - Stress Value = 95	

Workout #30094 - Wednesday, 21 June 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Workout #30097 - Thursday, 22 June 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
625	25 x 25 on :35 USRPT-100 Fly Pace	SE
1,200	1x{1 x 300 on 6:40 Fly Kick w/board	EN
	{5 x 50 on 1:10 Fly Kick w/board-100%	EN
	{1 x 250 on 5:30 Fly Kick w/board	EN
	{4 x 50 on 1:10 Fly Kick w/board-100%	EN
	{1 x 200 on 4:20 Fly Kick w/board	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:29 PM 2,425 Yards - Stress Value = 92	

Workout #30098 - Thursday, 22 June 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
550	22 x 25 on :40 USRPT-100 Fly Pace	SE
1,100	1x{1 x 300 on 7:05 Fly Kick w/board	EN
	{6 x 50 on 1:15 Fly Kick w/board-100%	EN
	{1 x 250 on 5:50 Fly Kick w/board	EN
	{5 x 50 on 1:15 Fly Kick w/board-100%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:29 PM 2,250 Yards - Stress Value = 83	

Workout #30099 - Thursday, 22 June 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
500	20 x 25 on :45 USRPT-100 Fly Pace	SE
1,000	1x{1 x 300 on 8:00 Fly Kick w/board	EN
	{6 x 50 on 1:20 Fly Kick w/board-100%	EN
	{1 x 250 on 6:30 Fly Kick w/board	EN
	{3 x 50 on 1:20 Fly Kick w/board-100%	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	7:29 PM 2,050 Yards - Stress Value = 76	

Workout #30100 - Thursday, 22 June 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	RE
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
	1 on 26:00 TEACH DAY-Fly	RE
375	15 x 25 on 1:00 USRPT-100 Fly Pace	SE
850	1x{1 x 250 on 7:30 Fly Kick w/board	EN
	{5 x 50 on 1:45 Fly Kick w/board-100%	EN
	{1 x 200 on 5:55 Fly Kick w/board	EN
	{3 x 50 on 1:45 Fly Kick w/board-100%	EN

200 1 x 200 on 4:00 Stroke Drills RE
7:30 PM 1,775 Yards - Stress Value = 61

Workout #30101 - Monday, 19 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start		
Yards	Set Description	
=====	=====	
	1 on 45:00 DS/Weights/Back to Pool	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	
	{1 on :30 Switch Stations	
	{4 x 15 on 1:50 DW UW OTB	
	{1 on :30 Switch Stations	
	{5 x 20 on 1:30 Buckets	
1,250	25 x 50 on :55 200 Breast Pace	
	1 on 7:00 Video Evaluations 1+/1-	
1,250	25 x 50 on :50 200 Back Pace	
	1 on 6:00 Shoulder Hangs	
1,250	25 x 50 on :50 200 Fly Pace	
	9:00 AM 4,060 Yards - Stress Value = 392	

Workout #30102 - Monday, 19 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EGY WC
=====	=====	== ==
	1 on 15:00 DS/Animal Flow/Crawls/Shower	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,400	28 x 50 on :50 200 Free Pace	SP2
	1 on 10:00 Racing Skills-Starts	REC
	1 on 30:00 Plyometrics/Balance Drills	SP3
	6:31 PM 1,625 Yards - Stress Value = 149	

Workout #30103 - Tuesday, 20 June 2023

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
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
625	25 x 25 on :30 100 Fly Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
625	25 x 25 on :30 100 Back Pace	S
	1 on 8:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Free Pace	S
	1 on 8:00 Hip Mobility	F
625	25 x 25 on :30 100 Breast Pace	S
	8:59 AM 2,810 Yards - Stress Value = 265	

Workout #30104 - Tuesday, 20 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Animal Flow/Crawls/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooters SP3
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {6 x 15 on :20 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {4 x 15 on :15 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {2 x 15 on :10 Undr Wtr Fly Kck EN2
 450 18 x 25 on :30 Your #1 Pace*** SP2
 300 1x{12 x 25 on :40 Free Straight Arm Build SP2
 { #1 Count strokes, #2 L.4 #3 L.5,
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 -#12 All Straight Arm
 75 5 x 15 on 2:00 DW UWR OTB SP3
 1 on 20:00 Dryland-Sprinting SP3
 6:27 PM 1,350 Yards - Stress Value = 93

Workout #30105 - Wednesday, 21 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 310 1x{10 x 15 on :45 Racing Skills-Crossover Turns
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 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 ends at 29:30
 1 on 10:00 Video Evaluations 1+/1-
 3,200 32 x 100 on 1:25 1650 Free Pace
 Make 1 subtract 1
 9:06 AM 5,010 Yards - Stress Value = 487

Workout #30106 - Thursday, 22 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EC
 =====
 1 on 45:00 DS/Weights/Back to Pool RE
 225 15 x 15 on :45 Racing Skills-Fly Shooters SE
 All sets individualized rest.
 Minimum 5:00 rest
 1,250 25 x 50 on :50 200 Back Pace* SE
 1 on 5:00 Your Choice Recovery RE
 1,250 25 x 50 on :55 200 Breast Pace* SE
 1 on 5:00 Your Choice Recovery RE
 1,250 25 x 50 on :50 200 Free Pace* SE
 1 on 5:00 Your Choice Recovery* RE
 750 30 x 25 on :30 200 Fly Pace* SE
 If you finish before 9:00-Do the following
 set as many times until practice ends
 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 :30 Rest RE
 9:16 AM 5,025 Yards - Stress Value = 465

Workout #30107 - Thursday, 22 June 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Animal Flow/Crawls/Showers REC
 225 15 x 15 on :45 Racing Skills-#3 Shooters SP3
 300 2x{1 x 25 on :30 Freestyle 8/10 KOW SP2
 {1 x 25 on :40 Freestyle 10/12 KOW SP2
 {1 x 25 on :50 Freestyle 12/14 KOW SP2
 {1 x 25 on 1:00 Freestyle 14/16 KOW SP2
 {1 x 50 on 1:00 Sculling Drills REC
 450 18 x 25 on :30 Your #2 Pace*** SP2
 300 1x{12 x 25 on :40 Free Straight Arm Build SP2
 { #1 15m1st 3, #2 1st4 #3 1st5,
 { #5 1st7, #6 1s58, #7 1st9, #8 1st10
 { #9 - #12 All Straight Arm
 75 5 x 15 on 2:00 DW UWR OTB SP3
 1 on 20:00 Dryland-Sprinting SP3
 6:26 PM 1,350 Yards - Stress Value = 107

Workout #30108 - Friday, 23 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 30:00 Yoga-Shower REC
 310 1x{10 x 15 on :45 Racing Skills-IM Shooters SP3
 {1 on :30 Switch Stations REC
 {4 x 15 on 1:50 DW UW OTB EN2
 {1 on :30 Switch Stations REC
 {5 x 20 on 1:30 Buckets SP2
 750 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 8:00 Shoulder Hangs REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Ankle Mobility REC
 750 30 x 25 on :30 100 Free Pace SP2
 8:52 AM 3,310 Yards - Stress Value = 317

Workout #30109 - Monday, 26 June 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 310 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 1,250 25 x 50 on :50 200 Back Pace
 1 on 8:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Fly Pace
 1 on 7:00 Shoulder Hangs
 1,250 25 x 50 on :50 200 Free Pace
 9:00 AM 4,060 Yards - Stress Value = 392

Workout #30110 - Monday, 26 June 2023

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	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,250	25 x 50 on :55 200 Breast Pace	SP2	
	1 on 10:00 Underwater Racing	SP3	
	1 on 30:00 Plyometrics/Balance Drills	SP3	
6:30 PM	1,475 Yards - Stress Value = 134		

Workout #30111 - Tuesday, 27 June 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E	F
6:30 AM	Start		
310	1 on 45:00 DS/Weights/Back to Pool	F	
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	F	
	{1 on :30 Switch Stations	F	
	{4 x 15 on 1:50 DW UW OTB	F	
	{1 on :30 Switch Stations	F	
	{5 x 20 on 1:30 Buckets	F	
625	25 x 25 on :30 100 Breast Pace	F	
	1 on 9:00 Video Evaluations 1+/1-	F	
625	25 x 25 on :30 100 Free Pace	F	
	1 on 8:00 Shoulder Hangs	F	
625	25 x 25 on :30 100 Fly Pace	F	
	1 on 8:00 Hip Mobility	F	
625	25 x 25 on :30 100 Back Pace	F	
9:00 AM	2,810 Yards - Stress Value = 265		

Workout #30112 - Tuesday, 27 June 2023

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	
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2	
450	18 x 25 on :30 Your #1 Pace***	SP2	
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2	
	{ #1 Count strokes, #2 L.4 #3 L.5,		
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10		
	{ #9 -#12 All Straight Arm		
75	5 x 15 on 2:00 DW UWR OTB	SP3	
	1 on 23:00 Dryland-Sprinting	SP3	
6:30 PM	1,350 Yards - Stress Value = 93		

Workout #30113 - Wednesday, 28 June 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E	F
6:30 AM	Start		
310	1 on 45:00 DS/Weights/Back to Pool	F	
310	1x{10 x 15 on :45 Racing Skills-Crossover Turns	F	
	{1 on :30 Switch Stations	F	
	{4 x 15 on 1:50 DW UW OTB	F	
	{1 on :30 Switch Stations	F	
	{5 x 20 on 1:30 Buckets	F	

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 ends at 29:30		
3,000	1 on 10:00 Video Evaluations 1+/1-		
	40 x 75 on 1:05 1000 Free Pace		
	Make 1 subtract 1		
9:04 AM	4,810 Yards - Stress Value = 467		

Workout #30114 - Thursday, 29 June 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
6:30 AM	Start		
225	1 on 45:00 DS/Weights/Back to Pool	RE	
	15 x 15 on :45 Racing Skills-Fly Shooters	SE	
	All sets individualized rest.		
	Min-5:00 rest, Max-9:00 rest		
750	30 x 25 on :30 200 Fly Pace*	SE	
	1 on 5:00 Video Evaluations 1+/1-	RE	
1,250	25 x 50 on :50 200 Back Pace*	SE	
	1 on 5:00 Your Choice Recovery	RE	
1,250	25 x 50 on :55 200 Breast Pace*	SE	
	1 on 5:00 Your Choice Recovery*	RE	
1,250	25 x 50 on :50 200 Free Pace*	SE	
	If you finish before 9:00-Do the following		
	set as many times until practice ends		
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 :30 Rest	RE	
9:16 AM	5,025 Yards - Stress Value = 465		

Workout #30115 - Thursday, 29 June 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
225	1 on 15:00 DS/Animal Flow/Crawls/Showers	REC	
	15 x 15 on :45 Racing Skills-#3 Shooters	SP3	
300	2x{1 x 25 on :30 Freestyle 8/10 KOW	SP2	
	{1 x 25 on :40 Freestyle 10/12 KOW	SP2	
	{1 x 25 on :50 Freestyle 12/14 KOW	SP2	
	{1 x 25 on 1:00 Freestyle 14/16 KOW	SP2	
	{1 x 50 on 1:00 Sculling Drills	REC	
450	18 x 25 on :30 Your #2 Pace***	SP2	
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2	
	{ #1 15m1st 3, #2 1st4 #3 1st5,		
	{ #5 1st7, #6 1s58, #7 1st9, #8 1st10		
	{ #9 - #12 All Straight Arm		
75	5 x 15 on 2:00 DW UWR OTB	SP3	
	1 on 24:00 Dryland-Sprinting	SP3	
6:30 PM	1,350 Yards - Stress Value = 107		

Workout #30116 - Friday, 30 June 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
310	1 on 30:00 Yoga-Shower	REC
1x{10 x 15 on :45 Racing Skills-IM Shooters	SP3	
	{1 on :30 Switch Stations	REC
	{4 x 15 on 1:50 DW UW OTB	EN2
	{1 on :30 Switch Stations	REC
	{5 x 20 on 1:30 Buckets	SP2
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Shoulder Hangs	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Ankle Mobility	REC
750	30 x 25 on :30 100 Breast Pace	SP2
8:52 AM	3,310 Yards - Stress Value = 317	

Workout #30120 - Tuesday, 27 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
310	1 on 45:00 DS/Weights/Back to Pool	F
1x{10 x 15 on :45 Racing Skills-Free Shooters	S	
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
375	15 x 25 on :30 100 Breast Pace	S
	1 on 9:00 Video Evaluations 1+/1-	F
375	15 x 25 on :30 100 Free Pace	S
	1 on 8:00 Shoulder Hangs	F
375	15 x 25 on :30 100 Fly Pace	S
	1 on 8:00 Hip Mobility	F
375	15 x 25 on :30 100 Back Pace	S
8:40 AM	1,810 Yards - Stress Value = 169	

Workout #30117 - Friday, 30 June 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#4 Shooter	SP3
250	1x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 15mU 1st 3, #2 1st.4 #3 1st.5,	
	{ #5 1st 6, #6 L.3, #7 L.4, #8 L.5	
	{ #9 L.6 & #10 All SA	
600	6 x 100 on 6:00 OTB-Freestyle for TIME	SP1
200	1 x 200 on 4:00 Sculling Drill	REC
	1 on 13:00 Tic Tac Toe Relay	SP2
6:30 PM	1,275 Yards - Stress Value = 82	

Workout #30121 - Tuesday, 27 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooters	SP3
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
300	12 x 25 on :30 Your #1 Pace***	SP2
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count strokes, #2 L.4 #3 L.5,	
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10	
	{ #9 -#12 All Straight Arm	
75	5 x 15 on 2:00 DW UWR OTB	SP3
	1 on 23:00 Dryland-Sprinting	SP3
6:27 PM	1,200 Yards - Stress Value = 78	

Workout #30118 - Monday, 26 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
	1 on 45:00 DS/Weights/Back to Pool	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	
	{1 on :30 Switch Stations	
	{4 x 15 on 1:50 DW UW OTB	
	{1 on :30 Switch Stations	
	{5 x 20 on 1:30 Buckets	
750	15 x 50 on :50 200 Back Pace	
	1 on 8:00 Video Evaluations 1+/1-	
750	15 x 50 on :50 200 Fly Pace	
	1 on 7:00 Shoulder Hangs	
750	15 x 50 on :50 200 Free Pace	
8:36 AM	2,560 Yards - Stress Value = 242	

Workout #30122 - Wednesday, 28 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
	1 on 45:00 DS/Weights/Back to Pool	
310	1x{10 x 15 on :45 Racing Skills-Crossover Turns	
	{1 on :30 Switch Stations	
	{4 x 15 on 1:50 DW UW OTB	
	{1 on :30 Switch Stations	
	{5 x 20 on 1:30 Buckets	
1,050	1x{7 x 50 on :55 400 IM Pace	
	{1 on 1:00 Rest	
	{7 x 50 on :55 400 IM Pace	
	{1 on 1:00 Rest	
	{7 x 50 on :55 400 IM Pace	
	Set ends at 29:30	
	1 on 10:00 Video Evaluations 1+/1-	
1,500	20 x 75 on 1:05 1000 Free Pace	
	Make 1 subtract 1	
8:34 AM	2,860 Yards - Stress Value = 272	

Workout #30119 - Monday, 26 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :55 200 Breast Pace	SP2	
	1 on 10:00 Underwater Racing	SP3	
	1 on 30:00 Plyometrics/Balance Drills	SP3	
6:21 PM	975 Yards - Stress Value = 84		

Workout #30123 - Thursday, 29 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	All sets individualized rest.	
	Min-5:00 rest, Max-9:00 rest	
375	15 x 25 on :30 200 Fly Pace*	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
750	15 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Your Choice Recovery*	REC
750	15 x 50 on :50 200 Free Pace*	SP2
8:34 AM	2,850 Yards - Stress Value = 272	

Workout #30124 - Thursday, 29 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
225	1 on 15:00 DS/Animal Flow/Crawls/Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
300	2x{1 x 25 on :30 Freestyle 8/10 KOW	SP2
	{1 x 25 on :40 Freestyle 10/12 KOW	SP2
	{1 x 25 on :50 Freestyle 12/14 KOW	SP2
	{1 x 25 on 1:00 Freestyle 14/16 KOW	SP2
	{1 x 50 on 1:00 Sculling Drills	REC
300	12 x 25 on :30 Your #2 Pace***	SP2
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 15mlst 3, #2 1st4 #3 1st5,	
	{ #5 1st7, #6 1s58, #7 1st9, #8 1st10	
	{ #9 - #12 All Straight Arm	
75	5 x 15 on 2:00 DW UWR OTB	SP3
	1 on 24:00 Dryland-Sprinting	SP3
6:27 PM	1,200 Yards - Stress Value = 92	

Workout #30125 - Friday, 30 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
310	1x{10 x 15 on :45 Racing Skills-IM Shooters	SP3
	{1 on :30 Switch Stations	REC
	{4 x 15 on 1:50 DW UW OTB	EN2
	{1 on :30 Switch Stations	REC
	{5 x 20 on 1:30 Buckets	SP2
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Shoulder Hangs	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Ankle Mobility	REC
375	15 x 25 on :30 100 Breast Pace	SP2
8:24 AM	1,810 Yards - Stress Value = 169	

Workout #30126 - Friday, 30 June 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
225	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#4 Shooter	SP3

250	1x{10 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 15mU 1st 3, #2 1st.4 #3 1st.5,	
	{ #5 1st 6, #6 L.3, #7 L.4, #8 L.5	
	{ #9 L.6
 All SA	
300	3 x 100 on 6:00 OTB-Freestyle for TIME	SP1
400	1 x 400 on 7:00 Sculling Drill	REC
6:02 PM	1,175 Yards - Stress Value = 58	

Workout #30127 - Monday, 26 June 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	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
750	30 x 25 on :30 USRPT-100 Back Pace
1,050	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 #30128 - Monday, 26 June 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
300	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
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 #30129 - Monday, 26 June 2023

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 #30130 - Monday, 26 June 2023

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 #30131 - Monday, 26 June 2023

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 #30132 - Monday, 26 June 2023

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
	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 #30133 - Tuesday, 27 June 2023

Group 2 - 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
750	30 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
2,100 1x{	6 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 5 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 1:45 Breaststroke
	1 on 11:00 Killer Relays-Breast
7:30 PM	3,450 Yards - Stress Value = 123

Workout #30134 - Tuesday, 27 June 2023

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
150 1x{	6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,950 1x{	6 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 5 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 50 on :55 Breaststroke
	1 on 11:00 Killer Relays-Breast
7:30 PM	3,175 Yards - Stress Value = 107

Workout #30135 - Tuesday, 27 June 2023

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
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
1,750	1x{6 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {5 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {3 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {2 x 100 on 2:10 Breaststroke {1 on 1:00 Rest {3 x 50 on 1:05 Breaststroke 1 on 11:00 Killer Relays-Breast
7:30 PM	2,850 Yards - Stress Value = 96

Workout #30136 - Tuesday, 27 June 2023

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

Workout #30137 - Tuesday, 27 June 2023

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

Workout #30138 - Tuesday, 27 June 2023

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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{5 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {4 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {3 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {1 x 100 on 2:00 Breaststroke 1 on 11:00 Killer Relays-Breast
7:30 PM	2,175 Yards - Stress Value = 70

Workout #30139 - Wednesday, 28 June 2023

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 #30140 - Wednesday, 28 June 2023

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
 {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

{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 #30143 - Wednesday, 28 June 2023

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
 600 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

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 #30141 - Wednesday, 28 June 2023

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

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 #30142 - Wednesday, 28 June 2023

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

Workout #30144 - Wednesday, 28 June 2023

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

Workout #30145 - Thursday, 29 June 2023

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 #30146 - Thursday, 29 June 2023

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 #30147 - Thursday, 29 June 2023

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 #30148 - Thursday, 29 June 2023

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 #30149 - Thursday, 29 June 2023

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 #30150 - Thursday, 29 June 2023

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 #30151 - Friday, 30 June 2023

Group 2 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-#4 Shooter	SP3
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 15mU 1st 3, #2 1st.4 #3 1st.5, { #5 1st 6, #6 L.3, #7 L.4, #8 L.5 { #9 L.6 & #10 All SA	SP2
600	6 x 100 on 6:00 OTB-Freestyte for TIME	SP1
200	1 x 200 on 4:00 Sculling Drill	REC
	1 on 13:00 Tic Tac Toe Relay	SP2
	6:30 PM 1,275 Yards - Stress Value = 82	

Workout #30152 - Monday, 26 June 2023

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
	7:05 PM 1,325 Yards - Stress Value = 47

Workout #30153 - Monday, 26 June 2023

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-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
400	1x{1 x 100 on 2:20 Streamline Kick on back { 1 x 50 on 1:20 Alt 25 kick on each side { 1 x 100 on 2:20 Streamline Kick on back { 1 x 50 on 1:20 Alt 25 kick on each side { 1 x 100 on 2:20 Streamline Kick on back
	7:04 PM 1,275 Yards - Stress Value = 46

Workout #30154 - Monday, 26 June 2023

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-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
300	12 x 25 on :40 USRPT-100 Back Pace
350	1x{1 x 100 on 2:45 Streamline Kick on back { 1 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 x 50 on 1:25 Streamline Kick on back
	7:04 PM 1,150 Yards - Stress Value = 43

Workout #30155 - Tuesday, 27 June 2023

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-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 Racing Skills-Starts
	7:05 PM 1,825 Yards - Stress Value = 54

Workout #30156 - Tuesday, 27 June 2023

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-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
900	1x{5 x 100 on 2:25 Breaststroke { 1 on 1:00 Rest { 3 x 100 on 2:25 Breaststroke { 1 on 1:00 Rest { 1 x 100 on 2:25 Breaststroke 1 on 11:00 Racing Skills-Starts
7:05	PM 1,725 Yards - Stress Value = 52

Workout #30157 - Tuesday, 27 June 2023

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-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
800	1x{5 x 100 on 2:45 Breaststroke { 1 on 1:00 Rest { 3 x 100 on 2:45 Breaststroke 1 on 11:00 Racing Skills-Starts
7:05	PM 1,550 Yards - Stress Value = 47

Workout #30158 - Thursday, 29 June 2023

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 #30159 - Thursday, 29 June 2023

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-Free Shooters
325	13 x 25 on :35 USRPT-100 Free Pace

550	1x{1 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 { 4 x 25 on :45 Tombstone Kicking { 1 x 100 on 2:15 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
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 #30160 - Thursday, 29 June 2023

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-Free Shooters
275	11 x 25 on :40 USRPT-100 Free Pace
450	1x{1 x 100 on 2:30 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking { 1 x 100 on 2:35 Free Kick w/board { 2 x 25 on 1:00 Tombstone Kicking { 1 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
600	8 x 75 on 1:30 Freestyle
200	1 x 200 on 4:00 Stroke Drills
7:03	PM 2,025 Yards - Stress Value = 79

Workout #30161 - Monday, 03 July 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 45:00 DS/Weights	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets	SE RE RE SE
1,250	25 x 50 on :50 200 Fly Pace	SE
1,250	1 on 7:00 Video Evaluations 1+/1-	RE
1,250	25 x 50 on :50 200 Back Pace	SE
1,250	1 on 7:00 Shoulder Hangs	RE
1,250	25 x 50 on :55 200 Breast Pace	SE
9:01	AM 4,060 Yards - Stress Value = 392	

Workout #30162 - Monday, 03 July 2023

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	
1,250	25 x 50 on :50 200 Free Pace	SP2	
	1 on 10:00 Underwater Racing	SP3	
	1 on 30:00 Plyometrics/Balance Drills	SP3	
6:28	PM 1,475 Yards - Stress Value = 134		

Workout #30163 - Tuesday, 04 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
625	25 x 25 on :30 100 Free Pace	£
	1 on 9:00 Video Evaluations 1+/1-	F
625	25 x 25 on :30 100 Fly Pace	£
	1 on 8:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Back Pace	£
	1 on 8:00 Hip Mobility	F
625	25 x 25 on :30 100 Breast Pace	£
9:00 AM	2,810 Yards - Stress Value = 265	

Workout #30164 - Wednesday, 05 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
225	1 on 45:00 DS/Weights	F
	15 x 15 on :45 Racing Skills-Breast Shooters	£
	All sets individualized rest.	
	Min-5:00 rest, Max-9:00 rest	
750	30 x 25 on :30 200 Fly Pace*	£
	1 on 5:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :50 200 Free Pace*	£
	1 on 5:00 Your Choice Recovery	F
1,250	25 x 50 on :55 200 Breast Pace*	£
	1 on 5:00 Your Choice Recovery*	F
1,250	25 x 50 on :50 200 Back Pace*	£
	If you finish before 9:00-Do the following	
	set as many times until practice ends	
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
	{2 x 15 on :10 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
9:16 AM	5,025 Yards - Stress Value = 465	

Workout #30165 - Thursday, 06 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
750	30 x 25 on :30 100 Fly Pace	£
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Back Pace	£
	1 on 8:00 Shoulder Hangs	F
750	30 x 25 on :30 100 Breast Pace	£
	1 on 8:00 Thoracic Mobility	F
750	30 x 25 on :30 100 Free Pace	£
9:00 AM	3,310 Yards - Stress Value = 317	

Workout #30166 - Thursday, 06 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	F
5:00 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	F
	15 x 15 on :45 Racing Skills-Crossover Turns	£
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
	{2 x 15 on :10 Undr Wtr Fly Kck	F
450	18 x 25 on :30 Your #1 Pace***	£
300	1x{12 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 -#12 All Straight Arm	
75	5 x 15 on 2:00 DW UWR OTB	£
	1 on 23:00 Dryland-Sprinting	F
6:30 PM	1,350 Yards - Stress Value = 93	

Workout #30167 - Monday, 03 July 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
225	1 on 45:00 DS/Weights	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EM
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
750	15 x 50 on :50 200 Fly Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Back Pace	SE
	1 on 7:00 Shoulder Hangs	RE
750	15 x 50 on :55 200 Breast Pace	SE
8:36 AM	2,560 Yards - Stress Value = 242	

Workout #30168 - Tuesday, 04 July 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	F
6:30 AM	Start	
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	£
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	£
375	15 x 25 on :30 100 Free Pace	£
	1 on 9:00 Video Evaluations 1+/1-	F
375	15 x 25 on :30 100 Fly Pace	£
	1 on 8:00 Shoulder Hangs	F
375	15 x 25 on :30 100 Back Pace	£
	1 on 8:00 Hip Mobility	F
375	15 x 25 on :30 100 Breast Pace	£
8:40 AM	1,810 Yards - Stress Value = 169	

Workout #30169 - Wednesday, 05 July 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
All sets individualized rest.		
Min-5:00 rest, Max-9:00 rest		
375	15 x 25 on :30 #2 100 Pace	SE
1 on 10:00 Video Evaluations 1+/1-		
750	15 x 50 on :50 #1 200 Pace	SE
1 on 10:00 Glider Racing		
8:09 AM 1,350 Yards - Stress Value = 122		

Yards	Set Description	EC
6:30 AM Start		
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	SE
{1 on :30 Switch Stations		
{4 x 15 on 1:50 DW UW OTB		
{1 on :30 Switch Stations		
{5 x 20 on 1:30 Buckets		
375	15 x 25 on :30 100 Free Pace	SE
1 on 9:00 Video Evaluations 1+/1-		
375	15 x 25 on :30 100 Fly Pace	SE
1 on 8:00 Shoulder Hangs		
375	15 x 25 on :30 100 Back Pace	SE
1 on 8:00 Hip Mobility		
375	15 x 25 on :30 100 Breast Pace	SE
8:40 AM 1,810 Yards - Stress Value = 169		

Workout #30170 - Thursday, 06 July 2023

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	SE
{1 on :30 Switch Stations		
{4 x 15 on 1:50 DW UW OTB		
{1 on :30 Switch Stations		
{5 x 20 on 1:30 Buckets		
375	15 x 25 on :30 #2 100 Pace	SE
1 on 10:00 Video Evaluations 1+/1-		
750	15 x 50 on :50 #1 200 Pace	SE
8:05 AM 1,435 Yards - Stress Value = 130		

Workout #30174 - Wednesday, 05 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
All sets individualized rest.		
Min-5:00 rest, Max-9:00 rest		
375	15 x 25 on :30 200 Fly Pace*	SE
1 on 5:00 Video Evaluations 1+/1-		
750	15 x 50 on :50 200 Free Pace*	SE
1 on 5:00 Your Choice Recovery		
750	15 x 50 on :55 200 Breast Pace*	SE
1 on 5:00 Your Choice Recovery*		
750	15 x 50 on :50 200 Back Pace*	SE
1 on 10:00 Glider Racing		
8:43 AM 2,850 Yards - Stress Value = 272		

Workout #30171 - Monday, 03 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
{1 on :30 Switch Stations		
{4 x 15 on 1:50 DW UW OTB		
{1 on :30 Switch Stations		
{5 x 20 on 1:30 Buckets		
750	15 x 50 on :50 200 Fly Pace	SE
1 on 7:00 Video Evaluations 1+/1-		
750	15 x 50 on :50 200 Back Pace	SE
1 on 7:00 Shoulder Hangs		
750	15 x 50 on :55 200 Breast Pace	SE
8:36 AM 2,560 Yards - Stress Value = 242		

Workout #30175 - Thursday, 06 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM Start		
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	SE
{1 on :30 Switch Stations		
{4 x 15 on 1:50 DW UW OTB		
{1 on :30 Switch Stations		
{5 x 20 on 1:30 Buckets		
750	30 x 25 on :30 100 Fly Pace	SE
1 on 8:00 Video Evaluations 1+/1-		
750	30 x 25 on :30 100 Back Pace	SE
1 on 8:00 Shoulder Hangs		
750	30 x 25 on :30 100 Breast Pace	SE
1 on 8:00 Thoracic Mobility		
750	30 x 25 on :30 100 Free Pace	SE
9:00 AM 3,310 Yards - Stress Value = 317		

Workout #30172 - Monday, 03 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM Start			
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :50 200 Free Pace	SP2	
1 on 10:00 Underwater Racing			
1 on 30:00 Plyometrics/Balance Drills			
6:20 PM 975 Yards - Stress Value = 84			

Workout #30173 - Tuesday, 04 July 2023

Taper 2 - USRPT

1 minute rest between sets

Workout #30176 - Thursday, 06 July 2023

Taper 2 - 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-Crossover Turns
 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
 300 12 x 25 on :30 Your #1 Pace***
 300 1x{12 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 -#12 All Straight Arm
 75 5 x 15 on 2:00 DW UWR OTB
 1 on 23:00 Dryland-Sprinting
 6:27 PM 1,200 Yards - Stress Value = 78

Workout #30179 - Monday, 03 July 2023

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
 1,500 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {2 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {3 x 200 on 4:45 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 100 1 x 100 on 4:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100 1 x 100 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 93

Workout #30177 - Monday, 03 July 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 750 30 x 25 on :30 USRPT-100 Breast Pace
 1,900 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {2 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {3 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {2 x 200 on 3:55 Breast Kick w/board
 100 1 x 100 on 4:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100 1 x 100 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,600 Yards - Stress Value = 128

Workout #30180 - Monday, 03 July 2023

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
 1,400 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {2 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {3 x 200 on 5:05 Breast Kick w/board
 100 1 x 100 on 4:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100 1 x 100 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,850 Yards - Stress Value = 99

Workout #30178 - Monday, 03 July 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1,700 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {2 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {3 x 200 on 4:25 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:30 Breast Kick w/board
 100 1 x 100 on 4:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100 1 x 100 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 111

Workout #30181 - Monday, 03 July 2023

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
 1,350 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {2 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {3 x 150 on 4:10 Breast Kick w/board
 {4 x 25 on :45 Breast kick on Back-Streamline
 {1 x 150 on 4:15 Breast Kick w/board
 100 1 x 100 on 4:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100 1 x 100 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 80

Workout #30182 - Monday, 03 July 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 900 1x{1 x 100 on 4:00 Breast Kick w/board
 { 4 x 25 on 1:00 Breast Kick on Back-Streamlir
 { 2 x 100 on 4:05 Breast Kick w/board
 { 4 x 25 on 1:00 Breast Kick on Back-Streamlir
 { 3 x 100 on 4:10 Breast Kick w/board
 { 4 x 25 on 1:00 Breast Kick on Back-Streamlir
 100 1 x 100 on 4:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100 1 x 100 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,125 Yards - Stress Value = 72

Workout #30185 - Tuesday, 04 July 2023

Group 2 - Silver

1 minute rest between sets

7:00 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
 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
 9:00 AM 4,125 Yards - Stress Value = 124

Workout #30183 - Tuesday, 04 July 2023

Group 2 - Freestylers

1 minute rest between sets

7:00 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
 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
 9:01 AM 5,100 Yards - Stress Value = 153

Workout #30186 - Tuesday, 04 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

7:00 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
 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
 8:58 AM 3,725 Yards - Stress Value = 116

Workout #30184 - Tuesday, 04 July 2023

Group 2 - Gold

1 minute rest between sets

7:00 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
 750 30 x 25 on :30 USRPT-100 Free Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 3,200 2x{1 x 100 on 1:40 Free L.25 6BK
 { 1 x 100 on 1:40 Free L.25 2 breaths
 { 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:35 Free L.25 6BK
 { 2 x 100 on 1:35 Free L.25 2 breaths
 { 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 { 3 x 100 on 1:30 Free L.25 6bk
 { 2 x 100 on 1:30 Free L.25 2 breaths
 { 2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 200 1 x 200 on 4:00 Stroke Drills
 9:01 AM 4,700 Yards - Stress Value = 145

Workout #30187 - Tuesday, 04 July 2023

1 minute rest between sets

Group 2 - Bronze

1 minute rest between sets

7:00 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
 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
 9:02 AM 3,300 Yards - Stress Value = 103

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
 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 #30191 - Friday, 07 July 2023

Group 2 - Silver

1 minute rest between sets

Workout #30188 - Tuesday, 04 July 2023

Group 2 - Copper

1 minute rest between sets

7:00 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
 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
 8:59 AM 2,750 Yards - Stress Value = 88

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
 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 #30192 - Thursday, 06 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #30189 - Thursday, 06 July 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 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

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 #30190 - Thursday, 06 July 2023

Group 2 - Gold

Workout #30193 - Thursday, 06 July 2023

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 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Fly Pace
 650 1x{4 x 25 on :45 Kick no board S-12KOW+1
 {1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S-13KOW+1
 {1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 1 on 12:00 Racing Skills-Starts
 7:30 PM 1,600 Yards - Stress Value = 69

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
 325 13 x 25 on :35 USRPT-100 Breast Pace
 950 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:25 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 50 on 1:05 Breast Kick w/board
 50 1 x 50 on 2:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 50 1 x 50 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:05 PM 2,125 Yards - Stress Value = 60

Workout #30197 - Monday, 03 July 2023

Taper 1 - Silver

1 minute rest between sets

Workout #30194 - Thursday, 06 July 2023

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
 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

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 275 11 x 25 on :40 USRPT-100 Breast Pace
 900 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:45 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 50 1 x 50 on 2:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 50 1 x 50 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:05 PM 1,975 Yards - Stress Value = 52

Workout #30198 - Monday, 03 July 2023

Taper 1 - Silver/Bronze

1 minute rest between sets

Workout #30195 - Monday, 03 July 2023

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 :30 USRPT-100 Breast Pace
 1,100 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:55 Breast Kick w/board
 1 on 2:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 50 1 x 50 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:04 PM 2,275 Yards - Stress Value = 68

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 275 11 x 25 on :40 USRPT-100 Breast Pace
 800 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:05 Breast Kick w/board
 50 1 x 50 on 2:00 100 Breast Kick for Time
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 50 1 x 50 on 5:00 OTB-100 Breast for Time
 200 1 x 200 on 4:00 Stroke Drills
 7:04 PM 1,875 Yards - Stress Value = 54

Workout #30196 - Monday, 03 July 2023

Taper 1 - Gold

Workout #30199 - Tuesday, 04 July 2023

Taper 1 - Freestylers

1 minute rest between sets

7:00 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
 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
 8:29 AM 2,925 Yards - Stress Value = 80

Workout #30202 - Tuesday, 04 July 2023

Taper 1 - Silver/Bronze

1 minute rest between sets

7:00 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
 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
 1,200 1x{1 x 100 on 2:00 Free L.25 6BK
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:55 Free L.25 6BK
 {2 x 100 on 1:55 Free L.25 2 breaths
 {2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:00 Free L.25 6bk
 {1 x 100 on 2:00 Free L.25 2 breaths
 {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 200 1 x 200 on 4:00 Stroke Drills
 8:28 AM 2,225 Yards - Stress Value = 62

Workout #30200 - Tuesday, 04 July 2023

Taper 1 - Gold

1 minute rest between sets

7:00 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
 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
 8:29 AM 2,725 Yards - Stress Value = 76

Workout #30203 - Thursday, 06 July 2023

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 #30201 - Tuesday, 04 July 2023

Taper 1 - Silver

1 minute rest between sets

7:00 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
 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
 8:29 AM 2,425 Yards - Stress Value = 66

Workout #30204 - Thursday, 06 July 2023

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 #30205 - Thursday, 06 July 2023

6:30 PM 1,725 Yards - Stress Value = 159

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 #30206 - Thursday, 06 July 2023

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-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Fly Pace
350	1x{4 x 25 on :40 Kick no board S-12KOW+1 { 1 x 50 on 1:15 Fly Kick w/board { 1 x 100 on 2:30 Fly Kick w/board { 1 x 100 on 2:35 Fly Kick w/board
	1 on 5:00 Racing Skills-Starts
7:06	PM 1,125 Yards - Stress Value = 41

Workout #30207 - Monday, 10 July 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets
1,250	25 x 50 on :55 200 Breast Pace
	1 on 7:00 Video Evaluations 1+/1-
1,250	25 x 50 on :50 200 Free Pace
	1 on 7:00 Shoulder Hangs
1,250	25 x 50 on :50 200 Fly Pace
9:01	AM 4,060 Yards - Stress Value = 392

Workout #30208 - Monday, 10 July 2023

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	
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 10:00 Underwater Racing	SP3	
	1 on 27:00 Plyometrics/Balance Drills	SP3	

Workout #30209 - Tuesday, 11 July 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=====
	1 on 45:00 DS/Weights	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets	S F E F S
625	25 x 25 on :30 100 Back Pace	S
	1 on 9:00 Video Evaluations 1+/1-	F
625	25 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Shoulder Hangs	F
	25 x 25 on :30 100 Free Pace	S
	1 on 8:00 Hip Mobility	F
625	25 x 25 on :30 100 Fly Pace	S
9:00	AM 2,810 Yards - Stress Value = 265	

Workout #30210 - Tuesday, 11 July 2023

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-IM Shooters	SP3
300	1x{8 x 15 on :25 Undr Wtr Fly Kck { 1 on :30 Rest { 6 x 15 on :20 Undr Wtr Fly Kck { 1 on :30 Rest { 4 x 15 on :15 Undr Wtr Fly Kck { 1 on :30 Rest { 2 x 15 on :10 Undr Wtr Fly Kck	EN2 REC EN2 REC EN2 REC EN2
450	18 x 25 on :30 Your #1 Pace***	SP2
300	1x{12 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 -#12 All Straight Arm	SP2 SP2
75	5 x 15 on 2:00 DW UWR OTB	SP3
	1 on 23:00 Dryland-Sprinting	SP3
6:30	PM 1,350 Yards - Stress Value = 93	

Workout #30211 - Wednesday, 12 July 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Back to Pool
310	1x{10 x 15 on :45 Racing Skills-Crossover Turns { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets
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 ends at 29:30
	1 on 10:00 Video Evaluations 1+/1-
3,000	40 x 75 on 1:05 500 Free Pace Make 1 subtract 1
9:04	AM 4,810 Yards - Stress Value = 467

Workout #30212 - Thursday, 13 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Back to Pool	F
	15 x 15 on :45 Racing Skills-Free Shooters	ε
	All sets individualized rest.	
	Min-5:00 rest, Max-9:00 rest	
1,250	25 x 50 on :50 200 Free Pace*	ε
	1 on 5:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 200 Fly Pace*	ε
	1 on 5:00 Your Choice Recovery	F
1,250	25 x 50 on :50 200 Back Pace*	ε
	1 on 5:00 Your Choice Recovery*	F
1,250	25 x 50 on :55 200 Breast Pace*	ε

If you finish before 9:00-Do the following set as many times until practice ends

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 on :30 Rest	F
	9:16 AM 5,025 Yards - Stress Value = 465	

Workout #30213 - Friday, 14 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
	1 on 30:00 Yoga-Shower	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 8:00 Shoulder Hangs	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 8:00 Ankle Mobility	RE
750	30 x 25 on :30 100 Back Pace	SE
	8:52 AM 3,310 Yards - Stress Value = 317	

Workout #30214 - Monday, 10 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
	1 on 45:00 DS/Weights	REC
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
750	15 x 50 on :55 200 Breast Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
750	15 x 50 on :50 200 Free Pace	SE
	1 on 7:00 Shoulder Hangs	RE
750	15 x 50 on :50 200 Fly Pace	SE
	1 on 10:00 Racing Skills-Relay Starts	RE
	8:45 AM 2,560 Yards - Stress Value = 242	

Workout #30215 - Tuesday, 11 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
	1 on 45:00 DS/Weights	REC
310	1x{10 x 15 on :45 Racing Skills-#2 Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
750	15 x 50 on :50 #2 200 Pace	SE
	1 on 10:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :30 #1 100 Pace	SE
	1 on 10:00 Racing Skills-Relay Starts	RE
	8:21 AM 1,435 Yards - Stress Value = 130	

Workout #30216 - Wednesday, 12 July 2023

Taper 2 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
	1 on 38:00 DS/Weights	REC
310	1x{10 x 15 on :45 Racing Skills-#1 Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
750	15 x 50 on :50 #1 200 Pace	SE
	1 on 10:00 Video Evaluations 1+/1-	RE
375	15 x 25 on :50 #2 100 Pace	SE
	1 on 10:00 Racing Skills-Relay Starts	RE
	8:19 AM 1,435 Yards - Stress Value = 130	

Workout #30217 - Monday, 10 July 2023

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	E
5:30 PM	Start	
	1 on 30:00 DS/Dryland	REC
300	1 x 300 on 5:00 Underwater trn drill	SE
150	10 x 15 on :45 Racing Skills-Free Shooters	SE
	1 on 23:00 TEACH DAY-Free	RE
100	1x{4 x 25 on 1:00 Odds face in sculling drills	SE
	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT-100 Free Pace	SE
1,200	1x{1 x 100 on 1:40 Free Kick w/board	SE
	{4 x 25 on :40 Tombstone Kicking	RE
	{2 x 100 on 1:45 Free Kick w/board	SE
	{4 x 25 on :40 Tombstone Kicking	RE
	{3 x 100 on 1:50 Free Kick w/board	SE
	{4 x 25 on :40 Tombstone Kicking	RE
	{2 x 100 on 1:55 Free Kick w/board	SE
	{4 x 25 on :40 Tombstone Kicking	RE
200	1 x 200 on 4:00 Stroke Drills	SE
	7:30 PM 2,700 Yards - Stress Value = 105	

Workout #30218 - Monday, 10 July 2023

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
 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 1:55 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 #30221 - Monday, 10 July 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 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 #30219 - Monday, 10 July 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 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 #30222 - Monday, 10 July 2023

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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Free Pace
 775 1x{1 x 100 on 3:00 Free Kick w/board
 { 4 x 25 on 1:00 Tombstone Kicking
 { 2 x 100 on 3:00 Free Kick w/board
 { 5 x 25 on 1:00 Tombstone Kicking
 { 2 x 100 on 3:00 Free Kick w/board
 { 2 x 25 on 1:00 Tombstone Kicking
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,925 Yards - Stress Value = 71

Workout #30220 - Monday, 10 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 5:00 Underwater trn drill
 150 10 x 15 on :45 Racing Skills-Free Shooters
 1 on 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 #30223 - Tuesday, 11 July 2023

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
2,150	1x{4 x 25 on :30 Kick no board S-12KOW+1
	{1 x 50 on :50 Fly Kick w/board
	{1 x 100 on 1:45 Fly Kick w/board
	{1 x 150 on 2:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{2 x 50 on :50 Fly Kick w/board
	{2 x 100 on 1:40 Fly Kick w/board
	{2 x 150 on 2:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-14KOW+1
	{3 x 50 on :50 Fly Kick w/board
	{3 x 100 on 1:45 Fly Kick w/board
	{3 x 150 on 2:30 Fly Kick w/board
	{2 x 25 on :30 Kick no board S-15KOW+1
100	1 x 100 on 4:00 100 Fly Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,850 Yards - Stress Value = 128

Workout #30224 - Tuesday, 11 July 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
750	30 x 25 on :30 USRPT-100 Fly Pace
1,800	1x{4 x 25 on :35 Kick no board S-12KOW+1
	{1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-13KOW+1
	{2 x 50 on 1:00 Fly Kick w/board
	{2 x 100 on 2:00 Fly Kick w/board
	{2 x 150 on 3:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-14KOW+1
	{3 x 50 on 1:00 Fly Kick w/board
	{3 x 100 on 2:00 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,500 Yards - Stress Value = 129

Workout #30225 - Tuesday, 11 July 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
1,550	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:20 Fly Kick w/board

	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:20 Fly Kick w/board
	{2 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-14KOW+1
	{3 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:20 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 5:00 OTB-100 Fly for Time
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,075 Yards - Stress Value = 111

Workout #30226 - Tuesday, 11 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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 #30227 - Tuesday, 11 July 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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 #30228 - Tuesday, 11 July 2023

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
375	10 x 15 on :45 Racing Skills-Fly Shooters
1,100	15 x 25 on 1:00 USRPT-100 Fly Pace
	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 #30229 - Thursday, 13 July 2023

Group 2 - Back

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
750	10 x 15 on :45 Racing Skills-Back Shooters
100	30 x 25 on :30 USRPT-100 Back Pace
2,400	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 #30230 - Thursday, 13 July 2023

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
750	10 x 15 on :45 Racing Skills-Back Shooters
100	30 x 25 on :30 USRPT-100 Back Pace
2,300	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 #30231 - Thursday, 13 July 2023

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
625	10 x 15 on :45 Racing Skills-Back Shooters
100	25 x 25 on :35 USRPT-100 Back Pace
2,050	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 #30232 - Thursday, 13 July 2023

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
550	10 x 15 on :45 Racing Skills-Back Shooters
100	22 x 25 on :40 USRPT-100 Back Pace
1,750	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	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 #30233 - Thursday, 13 July 2023

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 KOW1 +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 #30234 - Thursday, 13 July 2023

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 #30235 - Wednesday, 12 July 2023

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 #30236 - Wednesday, 12 July 2023

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 #30237 - Wednesday, 12 July 2023

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 #30238 - Wednesday, 12 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
850	25 x 25 on :35 USRPT-100 Breast 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
	{ 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 #30239 - Wednesday, 12 July 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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
700	22 x 25 on :40 USRPT-100 Breast 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
	{ 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 #30240 - Wednesday, 12 July 2023

Group 2 - Copper

1 minute rest between sets

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
750	15 x 25 on :45 USRPT-100 Breast Pace
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 #30241 - Monday, 17 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
1	on 45:00 DS/Weights	F
310	1x{ 10 x 15 on :45 Racing Skills-Free Shooters	S
	{ 1 on :30 Switch Stations	F
	{ 4 x 15 on 1:50 DW UW OTB	E
	{ 1 on :30 Switch Stations	F
	{ 5 x 20 on 1:30 Buckets	S
1,250	25 x 50 on :50 200 Free Pace	S
	1 on 7:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :55 200 Breast Pace	S
	1 on 7:00 Shoulder Hangs	F
1,250	25 x 50 on :50 200 Back Pace	S
9:01 AM	4,060 Yards - Stress Value = 392	

Workout #30242 - Monday, 17 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:00 PM	Start		
1	on 15:00 Dynamic Stretch>Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,500	30 x 50 on :50 200 Fly Pace	SP2	
	1 on 10:00 Underwater Racing	SP3	
	1 on 27:00 Plyometrics/Balance Drills	SP3	
6:30 PM	1,725 Yards - Stress Value = 159		

Workout #30243 - Tuesday, 18 July 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EG
6:30 AM	Start	
1	on 45:00 DS/Weights	RE
310	1x{ 10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{ 1 on :30 Switch Stations	RE
	{ 4 x 15 on 1:50 DW UW OTB	EN
	{ 1 on :30 Switch Stations	RE
	{ 5 x 20 on 1:30 Buckets	SE
625	25 x 25 on :30 100 Fly Pace	SE
	1 on 9:00 Video Evaluations 1+/1-	RE
625	25 x 25 on :30 100 Back Pace	SE
	1 on 8:00 Shoulder Hangs	RE
625	25 x 25 on :30 100 Breast Pace	SE
	1 on 8:00 Hip Mobility	RE
625	25 x 25 on :30 100 Free Pace	SE
9:00 AM	2,810 Yards - Stress Value = 265	

Workout #30244 - Tuesday, 18 July 2023

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
 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
 450 18 x 25 on :30 Your #1 Pace*** SP2
 300 1x{12 x 25 on :40 Free Straight Arm Build SP2
 { #1 Count strokes, #2 L.4 #3 L.5,
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 -#12 All Straight Arm
 75 5 x 15 on 2:00 DW UWR OTB SP3
 1 on 23:00 Dryland-Sprinting SP3
 6:30 PM 1,350 Yards - Stress Value = 93

Workout #30245 - Wednesday, 19 July 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Back to Pool
 310 1x{10 x 15 on :45 Racing Skills-Crossover Turns
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 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 ends at 29:30
 1 on 10:00 Video Evaluations 1+/1-
 3,000 30 x 100 on 1:25 1650 Free Pace
 Make 1 subtract 1
 9:03 AM 4,810 Yards - Stress Value = 467

Workout #30246 - Thursday, 20 July 2023

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-Back Shooters E
 All sets individualized rest.
 Min-5:00 rest, Max-9:00 rest
 1,250 25 x 50 on :50 200 Back Pace* E
 1 on 5:00 Your Choice Recovery* F
 1,250 25 x 50 on :55 200 Breast Pace* E
 1 on 5:00 Video Evaluations 1+/1- F
 1,250 25 x 50 on :50 200 Free Pace* E
 1 on 5:00 Your Choice Recovery F
 750 30 x 25 on :30 200 Fly Pace* E
 If you finish before 9:00-Do the following
 set as many times until practice ends
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck E
 {1 on :30 Rest F
 {6 x 15 on :20 Undr Wtr Fly Kck E
 {1 on :30 Rest F
 {4 x 15 on :15 Undr Wtr Fly Kck E
 {1 on :30 Rest F

{2 x 15 on :10 Undr Wtr Fly Kck E
 {1 on :30 Rest F
 9:16 AM 5,025 Yards - Stress Value = 465

Workout #30247 - Thursday, 20 July 2023

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-#3 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
 450 18 x 25 on :30 Your #1 Pace*** SP2
 300 1x{12 x 25 on :40 Free Straight Arm Build SP2
 { #1 Count strokes, #2 L.4 #3 L.5,
 { #5 L.7, #6 L.8, #7 L.9, #8 L.10
 { #9 -#12 All Straight Arm
 75 5 x 15 on 2:00 DW UWR OTB SP3
 1 on 23:00 Dryland-Sprinting SP3
 6:30 PM 1,350 Yards - Stress Value = 93

Workout #30248 - Friday, 21 July 2023

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 Yoga-Shower
 310 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 750 30 x 25 on :30 100 Fly Pace
 1 on 8:00 Video Evaluations 1+/1-
 750 30 x 25 on :30 100 Free Pace
 1 on 8:00 Shoulder Hangs
 750 30 x 25 on :30 100 Breast Pace
 1 on 8:00 Ankle Mobility
 750 30 x 25 on :30 100 Back Pace
 8:52 AM 3,310 Yards - Stress Value = 317

Workout #30249 - Friday, 21 July 2023

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EG
 =====
 1 on 15:00 Dynamic Stretch/Showers RE
 225 15 x 15 on :45 Racing Skills-IM Shooters SE
 600 30 x 20 on :25 #1 Stroke** SE
 1 on 10:00 Hip/Shoulder Mobility RE
 600 30 x 20 on :25 Opposite Axis Best Stroke** SE
 1 on 10:00 Ankle/Thoracic Mobility RE
 600 30 x 20 on :25 Same Axis as 1st Set non #1** SE
 6:29 PM 2,025 Yards - Stress Value = 189

Workout #30250 - Monday, 17 July 2023

Taper 2 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=
	1 on 45:00 DS/Weights	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	Σ
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	Σ
750	15 x 50 on :50 200 Free Pace	Σ
	1 on 7:00 Video Evaluations 1+/1-	F
750	15 x 50 on :55 200 Breast Pace	Σ
	1 on 7:00 Shoulder Hangs	F
750	15 x 50 on :50 200 Back Pace	Σ
8:36 AM	2,560 Yards - Stress Value = 242	

Workout #30251 - Tuesday, 18 July 2023

Taper 2 - USRPT

1 minute rest between sets

6:30 AM Start

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

Workout #30252 - Wednesday, 19 July 2023

Taper 2 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=
	1 on 45:00 DS/Weights/Back to Pool	F
385	1x{15 x 15 on :45 Racing Skills-Crossover Turns	Σ
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	Σ
1,050	1x{7 x 50 on :55 400 IM Pace	Σ
	{1 on 1:00 Rest	F
	{7 x 50 on :55 400 IM Pace	Σ
	{1 on 1:00 Rest	F
	{7 x 50 on :55 400 IM Pace	Σ
	Set ends at 29:30	
	1 on 10:00 Video Evaluations 1+/1-	F
2,000	20 x 100 on 1:25 1650 Free Pace	Σ
	Make 1 subtract 1	
8:45 AM	3,435 Yards - Stress Value = 325	

Workout #30253 - Thursday, 20 July 2023

Taper 2 - 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-Back Shooters	Σ
	All sets individualized rest.	
	Min-5:00 rest, Max-9:00 rest	
750	15 x 50 on :50 200 Back Pace*	Σ
	1 on 5:00 Your Choice Recovery*	F
750	15 x 50 on :55 200 Breast Pace*	Σ
	1 on 5:00 Video Evaluations 1+/1-	F
750	15 x 50 on :50 200 Free Pace*	Σ
	1 on 5:00 Your Choice Recovery	F
375	15 x 25 on :30 200 Fly Pace*	Σ
	If you finish before 9:00-Do the following	
	set as many times until practice ends	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
8:44 AM	3,150 Yards - Stress Value = 278	

Workout #30254 - Friday, 21 July 2023

Taper 2 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 Yoga-Shower	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	Σ
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	Σ
375	15 x 25 on :30 100 Fly Pace	Σ
	1 on 8:00 Video Evaluations 1+/1-	F
375	15 x 25 on :30 100 Free Pace	Σ
	1 on 8:00 Shoulder Hangs	F
375	15 x 25 on :30 100 Breast Pace	Σ
	1 on 8:00 Ankle Mobility	F
375	15 x 25 on :30 100 Back Pace	Σ
8:24 AM	1,810 Yards - Stress Value = 169	

Workout #30255 - Thursday, 20 July 2023

Taper 1 - 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-Back Shooters	Σ
	All sets individualized rest.	
	Min-5:00 rest, Max-9:00 rest	
750	15 x 50 on :50 200 Back Pace*	Σ
	1 on 5:00 Your Choice Recovery*	F
750	15 x 50 on :55 200 Breast Pace*	Σ
	1 on 5:00 Video Evaluations 1+/1-	F
750	15 x 50 on :50 200 Free Pace*	Σ
	1 on 5:00 Your Choice Recovery	F
375	15 x 25 on :30 200 Fly Pace*	Σ
	If you finish before 9:00-Do the following	
	set as many times until practice ends	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
8:44 AM	3,150 Yards - Stress Value = 278	

Workout #30256 - Thursday, 20 July 2023

Taper 1 - 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-#3 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
450	18 x 25 on :30 Your #1 Pace***	SP2
300	1x{12 x 25 on :40 Free Straight Arm Build	SP2
	{ #1 Count strokes, #2 L.4 #3 L.5,	
	{ #5 L.7, #6 L.8, #7 L.9, #8 L.10	
	{ #9 -#12 All Straight Arm	
75	5 x 15 on 2:00 DW UWR OTB	SP3
	1 on 23:00 Dryland-Sprinting	SP3
	6:30 PM 1,350 Yards - Stress Value = 93	

Workout #30257 - Friday, 21 July 2023

Taper 1 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 Yoga-Shower	
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	
	{1 on :30 Switch Stations	
	{4 x 15 on 1:50 DW UW OTB	
	{1 on :30 Switch Stations	
	{5 x 20 on 1:30 Buckets	
375	15 x 25 on :30 100 Fly Pace	
	1 on 8:00 Video Evaluations 1+/1-	
375	15 x 25 on :30 100 Free Pace	
	1 on 8:00 Shoulder Hangs	
375	15 x 25 on :30 100 Breast Pace	
	1 on 8:00 Ankle Mobility	
375	15 x 25 on :30 100 Back Pace	
	8:24 AM 1,810 Yards - Stress Value = 169	

Workout #30258 - Friday, 21 July 2023

Taper 1 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	RE
225	15 x 15 on :45 Racing Skills-IM Shooters	SE
600	30 x 20 on :25 #1 Stroke**	SE
	1 on 10:00 Hip/Shoulder Mobility	RE
600	30 x 20 on :25 Opposite Axis Best Stroke**	SE
	1 on 10:00 Ankle/Thoracic Mobility	RE
600	30 x 20 on :25 Same Axis as 1st Set non #1**	SE
	6:29 PM 2,025 Yards - Stress Value = 189	

Workout #30259 - Monday, 17 July 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 Dynamic Stretch/Showers	
300	1 x 300 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Fly Shooters	
	1 on 15:00 TEACH DAY-Fly	

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
	7:30 PM 2,550 Yards - Stress Value = 60

Workout #30260 - Monday, 17 July 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
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
	7:29 PM 2,225 Yards - Stress Value = 88

Workout #30261 - Monday, 17 July 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
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
	7:30 PM 2,175 Yards - Stress Value = 88

Workout #30262 - Monday, 17 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 15:00 TEACH DAY-Fly
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
	7:30 PM 2,100 Yards - Stress Value = 81

Workout #30263 - Monday, 17 July 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 Dynamic Stretch/Showers
150	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
500	1 on 15:00 TEACH DAY-Fly
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
800	4x{8 x 25 on :40 Butterfly { 1 on 1:00 Rest
7:29	1 on 11:00 Racing Skills-Starts
	7:29 PM 1,800 Yards - Stress Value = 72

Workout #30264 - Monday, 17 July 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 Dynamic Stretch/Showers
150	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	1 on 15:00 TEACH DAY-Fly
150	15 x 25 on 1:00 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
7:30	1 on 9:00 Racing Skills-Starts
	7:30 PM 1,475 Yards - Stress Value = 56

Workout #30265 - Tuesday, 18 July 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
750	1 on 15:00 TEACH DAY-Back
1,000	30 x 25 on :30 USRPT-100 Back Pace
150	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
7:28	7:28 PM 2,750 Yards - Stress Value = 113

Workout #30266 - Tuesday, 18 July 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters

625	1 on 15:00 TEACH DAY-Back
900	25 x 25 on :35 USRPT-100 Back Pace
100	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
150	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
7:28	7:28 PM 2,525 Yards - Stress Value = 98

Workout #30267 - Tuesday, 18 July 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
625	1 on 15:00 TEACH DAY-Back
800	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
7:28	7:28 PM 2,425 Yards - Stress Value = 96

Workout #30268 - Tuesday, 18 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
550	1 on 15:00 TEACH DAY-Back
750	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
7:27	7:27 PM 2,250 Yards - Stress Value = 80

Workout #30269 - Tuesday, 18 July 2023

7:30 PM 4,300 Yards - Stress Value = 137

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
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
	7:27 PM 2,050 Yards - Stress Value = 81

Workout #30270 - Tuesday, 18 July 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 15:00 TEACH DAY-Back
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
	7:27 PM 1,875 Yards - Stress Value = 68

Workout #30271 - Wednesday, 19 July 2023

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
250	10 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
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,200	1x{1 x 200 on 3:00 Butterfly
	{5 x 100 on 1:30 Mystery Medley
	{1 x 200 on 2:50 Backstroke
	{5 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

Workout #30272 - Wednesday, 19 July 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
650	26 x 25 on :35 USRPT-100 Fly Pace
600	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Fly Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Kick on back/side
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Breast Kick
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,050	1x{1 x 200 on 3:10 Butterfly
	{4 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:00 Backstroke
	{4 x 100 on 1:35 Mystery Medley
	{1 x 200 on 3:40 Breaststroke
	{4 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 = 124

Workout #30273 - Wednesday, 19 July 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 Dynamic Stretch/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Crossover Turns
650	26 x 25 on :35 USRPT-100 Fly Pace
500	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:05 Fly Kick
	{4 x 25 on :35 Kick no board BSLR
	{2 x 50 on 1:05 Kick on back/side
	{2 x 25 on :35 Kick no board BS
	{1 x 50 on 1:05 Breast Kick
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,850	1x{1 x 150 on 2:45 Butterfly
	{4 x 100 on 1:45 Mystery Medley
	{1 x 150 on 2:40 Backstroke
	{4 x 100 on 1:45 Mystery Medley
	{1 x 150 on 3:00 Breaststroke
	{4 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 3,750 Yards - Stress Value = 118

Workout #30274 - Wednesday, 19 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dynamic Stretch/Showers
 200 8 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 650 26 x 25 on :35 USRPT-100 Fly Pace
 500 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:10 Fly Kick
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:10 Kick on back/side
 {4 x 25 on :35 Kick no board BSLR
 {1 x 50 on 1:10 Breast Kick
 {2 x 25 on :35 Kick no board BS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 150 on 3:00 Butterfly
 {4 x 100 on 1:55 Mystery Medley
 {1 x 150 on 2:55 Backstroke
 {4 x 100 on 1:55 Mystery Medley
 {1 x 100 on 2:05 Breaststroke
 {4 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 3,600 Yards - Stress Value = 115

Workout #30275 - Wednesday, 19 July 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dynamic Stretch/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
 400 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:20 Fly Kick
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:20 Kick on back/side
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:20 Breast Kick
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 100 on 2:30 Butterfly
 {4 x 100 on 2:15 Mystery Medley
 {1 x 100 on 2:20 Backstroke
 {4 x 100 on 2:15 Mystery Medley
 {1 x 100 on 2:30 Breaststroke
 {3 x 100 on 2:15 Mystery Medley
 {1 x 50 on 1:00 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 98

Workout #30276 - Wednesday, 19 July 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 Dynamic Stretch/Showers
 125 5 x 25 on 1:00 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 500 20 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,450 1x{1 x 100 on 3:00 Butterfly
 {3 x 100 on 2:30 Mystery Medley
 {1 x 100 on 2:45 Backstroke
 {3 x 100 on 2:30 Mystery Medley
 {1 x 100 on 3:00 Breaststroke
 {3 x 100 on 2:30 Mystery Medley
 {1 x 50 on 1:00 Freestyle
 {2 x 100 on 2:30 Mystery Medley
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,875 Yards - Stress Value = 90

Workout #30277 - Thursday, 20 July 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 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
 750 30 x 25 on :30 USRPT-100 Breast Pace
 1,350 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
 {3 x 150 on 2:55 Breast Kick w/board
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,900 Yards - Stress Value = 106

Workout #30278 - Thursday, 20 July 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 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
 650 26 x 25 on :35 USRPT-100 Breast Pace
 1,150 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
 {2 x 175 on 3:55 Breast Kick w/board
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 92

Workout #30279 - Thursday, 20 July 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
550	22 x 25 on :40 USRPT-100 Breast Pace
1,050	1x{1 x 200 on 4:35 Breast Kick w/board { 4 x 25 on :40 Breast Kick on Back-Streamline { 2 x 200 on 4:40 Breast Kick w/board { 6 x 25 on :40 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:45 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,350 Yards - Stress Value = 80

Workout #30280 - Thursday, 20 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
550	22 x 25 on :40 USRPT-100 Breast Pace
1,000	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
	{ 1 x 200 on 5:05 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,300 Yards - Stress Value = 79

Workout #30281 - Thursday, 20 July 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
500	20 x 25 on :45 USRPT-100 Breast Pace
950	1x{1 x 150 on 4:00 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline { 2 x 150 on 4:05 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 3 x 100 on 2:40 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 73

Workout #30282 - Thursday, 20 July 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 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
375	15 x 25 on 1:00 USRPT-100 Breast Pace
700	1x{1 x 100 on 4:00 Breast Kick w/board { 4 x 25 on 1:00 Breast Kick on Back-Streamline { 2 x 100 on 4:05 Breast Kick w/board { 4 x 25 on 1:00 Breast Kick on Back-Streamline { 2 x 100 on 4:10 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:32 PM 1,775 Yards - Stress Value = 56

Workout #30283 - Friday, 21 July 2023

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 #30284 - Friday, 21 July 2023

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 #30285 - Friday, 21 July 2023

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
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 #30286 - Friday, 21 July 2023

Group 2 - Silver/Bronze

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
900	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	

Workout #30287 - Friday, 21 July 2023

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
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 { 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	

Workout #30288 - Friday, 21 July 2023

Group 2 - Copper

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
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 { 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	

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 #30289 - Sunday, 23 July 2023

Taper 2 - USRPT

1 minute rest between sets

9:00 AM Start

Yards	Set Description	EGY
310	1x{10 x 15 on :45 Racing Skills-#2 Shooters { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets	REC SP3 REC EN2 REC
375	15 x 25 on :30 #2 100 Pace	SP2
750	1 on 10:00 Video Evaluations 1+/1-	REC
750	15 x 50 on :50 #1 200 Pace	SP2
10:12 AM 1,435 Yards - Stress Value = 130		

Workout #30290 - Monday, 24 July 2023

Taper 2 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
310	1x{10 x 15 on :45 Racing Skills-#1 Shooters { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets	REC SP3 REC EN2 REC
750	15 x 50 on :50 #1 200 Pace	SP2
375	1 on 10:00 Video Evaluations 1+/1-	REC
375	15 x 25 on :50 #2 100 Pace	SP2
750	1 on 10:00 Racing Skills-Relay Starts	REC
8:26 AM 1,435 Yards - Stress Value = 130		

Workout #30291 - Monday, 24 July 2023

Taper 1 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters { 1 on :30 Switch Stations { 4 x 15 on 1:50 DW UW OTB { 1 on :30 Switch Stations { 5 x 20 on 1:30 Buckets	F F F F F
750	15 x 50 on :50 200 Free Pace	F
750	1 on 7:00 Video Evaluations 1+/1-	F
750	15 x 50 on :55 200 Breast Pace	F
750	1 on 7:00 Shoulder Hangs	F
750	15 x 50 on :50 200 Back Pace	F
500	1 on 7:00 Mobility	F
500	20 x 25 on :30 200 Fly Pace	F
8:54 AM 3,060 Yards - Stress Value = 292		

Workout #30292 - Tuesday, 25 July 2023

Taper 1 - USRPT

1 minute rest between sets

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

Workout #30293 - Wednesday, 26 July 2023

Taper 1 - USRPT

1 minute rest between sets

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

Workout #30294 - Thursday, 27 July 2023

Taper 1 - USRPT

1 minute rest between sets

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

Workout #30295 - Monday, 24 July 2023

Group 2 - Back

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-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	
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 #30296 - Monday, 24 July 2023

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-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	
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 #30297 - Monday, 24 July 2023

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-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 #30298 - Monday, 24 July 2023

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 #30299 - Monday, 24 July 2023

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 #30300 - Monday, 24 July 2023

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 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
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 #30301 - Tuesday, 25 July 2023

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 #30302 - Tuesday, 25 July 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
600	6 x 100 on 2:00 Kick-drop 5 seconds on each
900	1x{1 x 50 on 1:05 Breast L.25 2k1p { 2 x 75 on 1:35 Breast L.25 2k1p { 3 x 100 on 2:05 Breast L.25 2k1p { 1 x 150 on 3:00 Breast L.25 2k1p { 1 x 100 on 1:55 Breast L.25 2k1p { 2 x 75 on 1:25 Breast L.25 2k1p
	1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,475 Yards - Stress Value = 68

Workout #30303 - Tuesday, 25 July 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
325	13 x 25 on :35 USRPT-100 Breast Pace
450	6 x 75 on 2:00 Kick-drop 5 seconds on each
850	1x{1 x 50 on 1:15 Breast L.25 2k1p { 2 x 75 on 1:45 Breast L.25 2k1p { 3 x 100 on 2:15 Breast L.25 2k1p { 1 x 100 on 2:10 Breast L.25 2k1p { 2 x 75 on 1:35 Breast L.25 2k1p { 2 x 50 on 1:00 Breast L.25 2k1p
	1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,225 Yards - Stress Value = 38

Workout #30304 - Tuesday, 25 July 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :40 USRPT-100 Breast Pace
450	6 x 75 on 2:00 Kick-drop 5 seconds on each
775	1x{1 x 50 on 1:15 Breast L.25 2k1p
	{2 x 75 on 1:50 Breast L.25 2k1p
	{3 x 100 on 2:30 Breast L.25 2k1p
	{1 x 100 on 2:25 Breast L.25 2k1p
	{2 x 75 on 1:45 Breast L.25 2k1p
	{1 x 25 on :35 Breast L.25 2k1p
	1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,100 Yards - Stress Value = 58

Workout #30305 - Tuesday, 25 July 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
250	10 x 25 on :45 USRPT-100 Breast Pace
300	6 x 50 on 2:00 Kick-drop 5 seconds on each
625	1x{1 x 50 on 1:30 Breast L.25 2k1p
	{2 x 75 on 2:15 Breast L.25 2k1p
	{3 x 100 on 3:00 Breast L.25 2k1p
	{1 x 75 on 2:00 Breast L.25 2k1p
	{1 x 50 on 1:30 Breast L.25 2k1p
	1 on 14:00 Tic Tac Toe Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,725 Yards - Stress Value = 50

Workout #30306 - Tuesday, 25 July 2023

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 #30307 - Wednesday, 26 July 2023

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 #30308 - Wednesday, 26 July 2023

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 #30309 - Wednesday, 26 July 2023

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 #30310 - Wednesday, 26 July 2023

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 #30311 - Wednesday, 26 July 2023

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 #30312 - Thursday, 27 July 2023

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 #30313 - Thursday, 27 July 2023

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	EN
600	12 x 50 on 1:15 Down Drill Back Build	EN

	3 on each stroke	
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
	1 on 15:00 Game or Relay	RE
6:59	PM 2,000 Yards - Stress Value = 21	

Workout #30314 - Tuesday, 05 September 2023

Group 3 - USRPT

1 minute rest between sets

4:00 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,500	30 x 50 on :50 200 Free Pace	S
	1 on 10:00 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	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 on 8:00 Racing Skills-Starts	F
5:36	PM 2,775 Yards - Stress Value = 240	

Workout #30315 - Wednesday, 06 September 2023

Group 3 - USRPT

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Underwater Racing	REC
5:29	PM 2,475 Yards - Stress Value = 234	

Workout #30316 - Thursday, 07 September 2023

Group 3 - USRPT

1 minute rest between sets

4:00 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
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 10:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 10:00 Racing Skills-Glider Racing	SE
5:32	PM 2,475 Yards - Stress Value = 234	

Workout #30317 - Tuesday, 05 September 2023

Group 2 - Freestylers

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-Free Shooters
600	15 x 25 on :30 USRPT-Free
100	12 x 50 on 1:00 Kick
1,200	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
250	4 x 25 on 1:00 Odds face in sculling drills
7:00 PM	Evens-underwaters, count kicks
1,200	1x{4 x 100 on 1:20 Freestyle
	{4 x 100 on 1:25 Freestyle
	{4 x 100 on 1:30 Freestyle
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,975 Yards - Stress Value = 80

Workout #30318 - Tuesday, 05 September 2023

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-Free Shooters
550	15 x 25 on :30 USRPT-Free
100	11 x 50 on 1:05 Kick
1,100	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
250	4 x 25 on 1:00 Odds face in sculling drills
7:00 PM	Evens-underwaters, count kicks
1,100	1x{4 x 100 on 1:25 Freestyle
	{4 x 100 on 1:30 Freestyle
	{3 x 100 on 1:35 Freestyle
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,825 Yards - Stress Value = 77

Workout #30319 - Tuesday, 05 September 2023

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
325	10 x 15 on :45 Racing Skills-Free Shooters
500	13 x 25 on :35 USRPT-Free
100	10 x 50 on 1:10 Kick
1,000	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
250	4 x 25 on 1:00 Odds face in sculling drills
7:00 PM	Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:35 Freestyle
	{3 x 100 on 1:40 Freestyle
	{3 x 100 on 1:45 Freestyle
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
7:00 PM	2,575 Yards - Stress Value = 68

Workout #30320 - Tuesday, 05 September 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
300	12 x 25 on :40 USRPT-Free
450	9 x 50 on 1:20 Kick
100	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
900	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1x{3 x 100 on 1:45 Freestyle
	{3 x 100 on 1:50 Freestyle
	{3 x 100 on 1:55 Freestyle
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
7:00 PM	2,300 Yards - Stress Value = 63

Workout #30321 - Tuesday, 05 September 2023

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
200	10 x 15 on :45 Racing Skills-Free Shooters
400	8 x 25 on 1:00 USRPT-Free
100	8 x 50 on 1:30 Kick
800	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
200	4 x 25 on 1:00 Odds face in sculling drills
7:00 PM	Evens-underwaters, count kicks
800	1x{3 x 100 on 2:00 Freestyle
	{3 x 100 on 2:05 Freestyle
	{2 x 100 on 2:10 Freestyle
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
7:00 PM	2,050 Yards - Stress Value = 50

Workout #30322 - Tuesday, 05 September 2023

Group 2 - Copper

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
200	10 x 15 on :45 Racing Skills-Free Shooters
350	8 x 25 on 1:00 USRPT-Free
100	7 x 50 on 1:45 Kick
600	#1 Fast Turn, #2 no board , #3 Fast!!-Repea
200	4 x 25 on 1:00 Odds face in sculling drills
7:01 PM	Evens-underwaters, count kicks
600	1x{3 x 75 on 2:00 Freestyle
	{3 x 75 on 2:05 Freestyle
	{2 x 75 on 2:10 Freestyle
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
7:01 PM	1,800 Yards - Stress Value = 44

Workout #30323 - Wednesday, 06 September 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on :30 USRPT-100 Back Pace
600	1x{6 x 25 on :45 Kick no board B
	{6 x 50 on 1:00 Kick no board L/R/S
	{6 x 25 on :45 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-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
250	1 on 10:00 Racing Skills-Back Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,525 Yards - Stress Value = 72

Workout #30324 - Wednesday, 06 September 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace
575	1x{6 x 25 on :45 Kick no board B
	{6 x 50 on 1:05 Kick no board L/R/S
	{5 x 25 on :45 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-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
	1 on 10:00 Racing Skills-Back Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,350 Yards - Stress Value = 64

Workout #30325 - Wednesday, 06 September 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
300	12 x 25 on :40 USRPT-100 Back Pace
550	1x{6 x 25 on :45 Kick no board B
	{6 x 50 on 1:10 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
	Evns-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
 1 on 10:00 Racing Skills-Back Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,125 Yards - Stress Value = 59

Workout #30326 - Wednesday, 06 September 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
250	10 x 25 on :45 USRPT-100 Back Pace
450	1x{4 x 25 on 1:00 Kick no board B
	{6 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
	Evns-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
	1 on 10:00 Racing Skills-Back Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,850 Yards - Stress Value = 50

Workout #30327 - Wednesday, 06 September 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	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-Back Shooters
200	8 x 25 on 1:00 USRPT-100 Back Pace
350	1x{4 x 25 on 1:15 Kick no board B
	{4 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
	Evns-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
	1 on 10:00 Racing Skills-Back Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,575 Yards - Stress Value = 41

Workout #30328 - Wednesday, 06 September 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
125	1 on 15:00 Dynamic Stretch/Showers
150	5 x 25 on 1:00 Wednesday Warm-up
200	10 x 15 on :45 Racing Skills-Back Shooters
250	8 x 25 on 1:00 USRPT-100 Back Pace
100	1x{2 x 25 on 1:30 Kick no board B 4 x 50 on 3:00 Kick no board L/R
400	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3K 50'S=Start with 4 KOW +1 each wall
250	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
7:00 PM	1 on 10:00 Racing Skills-Back Starts
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,475 Yards - Stress Value = 39

Workout #30329 - Thursday, 07 September 2023

Group 2 - Breast

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 Free 3KOW to 10 back to 3
350	10 x 15 on :45 Racing Skills-Breast Shooters
1,000	1 on 18:00 TEACH DAY-Breast
	14 x 25 on :35 USRPT-100 Breast Pace
	2x{1 x 200 on 4:45 Kick 1 x 150 on 3:20 Kick 1 x 100 on 2:10 Kick 1 x 50 on 1:05 Kick
7:00 PM	1 on 10:00 Game/Relay
	7:00 PM 1,800 Yards - Stress Value = 61

Workout #30330 - Thursday, 07 September 2023

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 Free 3KOW to 10 back to 3
350	10 x 15 on :45 Racing Skills-Breast Shooters
900	1 on 18:00 TEACH DAY-Breast
	14 x 25 on :35 USRPT-100 Breast Pace
	2x{1 x 200 on 4:45 Kick 1 x 150 on 3:30 Kick 1 x 100 on 2:15 Kick
6:59 PM	1 on 10:00 Game/Relay
	6:59 PM 1,700 Yards - Stress Value = 59

Workout #30331 - Thursday, 07 September 2023

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 Free 3KOW to 10 back to 3
325	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 18:00 TEACH DAY-Breast
	13 x 25 on :40 USRPT-100 Breast Pace

1,000	2x{1 x 200 on 5:20 Kick 1 x 150 on 4:00 Kick 1 x 100 on 2:35 Kick 1 x 50 on 1:15 Kick
	Don't do the 150 on 2nd round
	1 on 10:00 Game/Relay
7:04 PM	1,725 Yards - Stress Value = 58

Workout #30332 - Thursday, 07 September 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
325	10 x 15 on :45 Racing Skills-Breast Shooters
1,000	1 on 18:00 TEACH DAY-Breast
	13 x 25 on :40 USRPT-100 Breast Pace
	2x{1 x 200 on 5:40 Kick 1 x 150 on 4:10 Kick 1 x 100 on 2:40 Kick 1 x 50 on 1:20 Kick
	Don't do 200 kick on 2nd round
	1 on 10:00 Game/Relay
7:05 PM	1,725 Yards - Stress Value = 58

Workout #30333 - Thursday, 07 September 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
300	10 x 15 on :45 Racing Skills-Breast Shooters
900	1 on 18:00 TEACH DAY-Breast
	12 x 25 on :45 USRPT-100 Breast Pace
	2x{1 x 200 on 6:00 Kick 1 x 150 on 4:25 Kick 1 x 100 on 2:50 Kick
	Don't do the 100 on 2nd round
	1 on 10:00 Game/Relay
7:04 PM	1,600 Yards - Stress Value = 54

Workout #30334 - Thursday, 07 September 2023

Group 2 - Copper

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 Free 3KOW to 10 back to 3
225	10 x 15 on :45 Racing Skills-Breast Shooters
600	1 on 18:00 TEACH DAY-Breast
	9 x 25 on 1:00 USRPT-100 Breast Pace
	2x{1 x 150 on 5:15 Kick 1 x 100 on 3:20 Kick 1 x 50 on 1:45 Kick
	1 on 10:00 Game/Relay
6:58 PM	1,175 Yards - Stress Value = 40

Workout #30335 - Monday, 11 September 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:00 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	RE
1,500	15 x 15 on :45 Racing Skills-Fly Shooters	SE
	30 x 50 on :55 200 Fly Pace	SE
750	1 on 8:00 Video Evaluations 2-	RE
300	30 x 25 on :30 100 Back Pace	SE
	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
750	{2 x 15 on :10 Undr Wtr Fly Kck	EN
	30 x 25 on :30 100 Breast Pace	SE
	5:46 PM 3,525 Yards - Stress Value = 315	

5:30 PM Start

Yards	Set Description
300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 Underwater trn drill
375	10 x 15 on :45 Racing Skills-Breast Shooters
500	15 x 25 on :35 USRPT-100 Breast Pace
100	1x{6 x 75 on 1:35 Breast Kick w/board
	{1 x 50 on 1:05 Breast Kick-100%
1,000	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
	1x{3 x 200 on 4:00 Breast w/2X pullots bhw
	{2 x 150 on 3:00 Breast w/2X pullots bhw
	{1 x 100 on 2:00 Breast w/2X pullots bhw
200	1 on 9:00 Breast Relay
	1 x 200 on 4:00 Stroke Drills
	7:01 PM 2,625 Yards - Stress Value = 74

Workout #30340 - Monday, 11 September 2023

Group 2 - Gold

1 minute rest between sets

Workout #30336 - Tuesday, 12 September 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:00 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,500	15 x 15 on :45 Racing Skills-Back Shooters	SP3
	30 x 50 on :50 200 Back Pace	SP2
750	1 on 8:00 Video Evaluations 1+/1-	REC
	30 x 25 on :30 100 Fly Pace	SP2
750	1 on 12:00 Underwater Racing	SP3
	30 x 25 on :30 100 Free Pace	SP2
	5:45 PM 3,225 Yards - Stress Value = 309	

5:30 PM Start

Yards	Set Description
300	1 on 15:00 Dynamic Stretch/Showers
150	1 x 300 on 5:00 Underwater trn drill
325	10 x 15 on :45 Racing Skills-Breast Shooters
450	13 x 25 on :40 USRPT-100 Breast Pace
100	1x{6 x 75 on 1:45 Breast Kick w/board
	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
900	1x{3 x 200 on 4:20 Breast w/2X pullots bhw
	{2 x 150 on 3:15 Breast w/2X pullots bhw
	1 on 9:00 Breast Relay
200	1 x 200 on 3:00 Stroke Drills
	7:00 PM 2,425 Yards - Stress Value = 65

Workout #30337 - Wednesday, 13 September 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:00 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	REC
1,500	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	30 x 50 on :50 200 Free Pace	SP2
750	1 on 7:00 Video Evaluations 2-	REC
	30 x 25 on :30 100 Breast Pace	SP2
100	4 x 25 on 3:00 50 Free	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	5:45 PM 3,325 Yards - Stress Value = 313	

Workout #30341 - Monday, 11 September 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 Underwater trn drill
325	10 x 15 on :45 Racing Skills-Breast Shooters
425	13 x 25 on :40 USRPT-100 Breast Pace
100	1x{5 x 75 on 1:55 Breast Kick w/board
	{1 x 50 on 1:15 Breast-100%
850	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
	1x{2 x 200 on 4:40 Breast w/2X pullots bhw
	{2 x 150 on 3:30 Breast w/2X pullots bhw
	{1 x 100 on 2:20 Breast w/2X pullots bhw
	{1 x 50 on 1:10 Breast w/2X pullouts bhw
	1 on 9:00 Breast Relay
200	1 x 200 on 3:00 Stroke Drills
	7:00 PM 2,300 Yards - Stress Value = 64

Workout #30338 - Thursday, 14 September 2023

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:00 PM	Start	
225	1 on 15:00 Dynamic Stretch/Showers	RE
1,500	15 x 15 on :45 Racing Skills-Breast Shooters	SE
	30 x 50 on :55 200 Breast Pace	SE
750	1 on 8:00 Video Evaluations 1+/1-	RE
	30 x 25 on :30 100 Free Pace	SE
750	1 on 10:00 Tic Tac Toe Relay	SE
	30 x 25 on :30 100 Fly Pace	SE
	5:46 PM 3,225 Yards - Stress Value = 309	

Workout #30339 - Monday, 11 September 2023

Group 2 - Breast

1 minute rest between sets

Workout #30342 - Monday, 11 September 2023

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-Breast Shooters
275	11 x 25 on :45 USRPT-100 Breast Pace
375	1x{5 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
800	1x{2 x 200 on 5:00 Breast w/2X pullots bhw {1 x 150 on 3:45 Breast w/2X pullots bhw {2 x 100 on 2:30 Breast w/2X pullots bhw {1 x 50 on 1:15 Breast w/2X pullouts bhw
	1 on 9:00 Breast Relay
200	1 x 200 on 3:00 Stroke Drills
	7:00 PM 2,150 Yards - Stress Value = 58

Workout #30343 - Monday, 11 September 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
275	11 x 25 on :45 USRPT-100 Breast Pace
350	1x{4 x 75 on 2:15 Breast Kick w/board {1 x 50 on 1:30 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
750	1x{2 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 x 50 on 1:20 Breast w/2X pulluts bhw
	1 on 9:00 Breast Relay
200	1 x 200 on 3:00 Stroke Drills
	7:00 PM 2,025 Yards - Stress Value = 56

Workout #30344 - Monday, 11 September 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
150	1 x 150 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
225	9 x 25 on 1:00 USRPT-100 Breast Pace
250	1x{5 x 50 on 2:10 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	1x{2 x 150 on 5:20 Breast w/2X pullots bhw {1 x 100 on 4:00 Breast w/2X pullots bhw {1 x 75 on 2:40 Breast w/2X pullots bhw {1 x 25 on 1:00 Breast w/2X pullouts bhw
	1 on 9:00 Breast Relay
200	1 x 200 on 3:00 Stroke Drills
	6:59 PM 1,575 Yards - Stress Value = 43

Workout #30345 - Tuesday, 12 September 2023

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-CountStrokes
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 :45 Kick no board B {8 x 50 on 1:00 Kick no board L/R/S/C {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
1,300	1x{2 x 200 on 3:10 Backstroke {4 x 50 on :55 Back-descend {2 x 150 on 2:25 Backstroke {4 x 50 on :55 Back-descend {2 x 100 on 1:40 Backstroke
	1 on 10:00 Racing Skills-back starts
	7:00 PM 2,825 Yards - Stress Value = 82

Workout #30346 - Tuesday, 12 September 2023

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 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
325	13 x 25 on :35 USRPT-100 Back Pace
525	1x{4 x 25 on :45 Kick no board B {6 x 50 on 1:10 Kick no board L/R/S {5 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
1,150	1x{2 x 200 on 3:20 Backstroke {4 x 50 on 1:05 Back-descend {2 x 150 on 2:35 Backstroke {3 x 50 on 1:05 Back-descend {1 x 100 on 1:45 Backstroke
	1 on 10:00 Racing Skills-Back Starts
	7:00 PM 2,550 Yards - Stress Value = 71

Workout #30347 - Tuesday, 12 September 2023

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 SunYangFree-Count strokes
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 :45 Kick no board B {6 x 50 on 1:20 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
900	1x{2 x 200 on 4:30 Backstroke {3 x 50 on 1:15 Back-descend {1 x 150 on 3:30 Backstroke {2 x 50 on 1:15 Back-descend {1 x 100 on 2:30 Backstroke
	1 on 10:00 Racing Skills-back starts
	7:00 PM 2,225 Yards - Stress Value = 66

Workout #30348 - Tuesday, 12 September 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 Dynamic Stretch/Showers
150	1 x 250 on 5:00 SunYangFree-Count strokes
300	10 x 15 on :45 Racing Skills-Back Shooters
450	12 x 25 on :40 USRPT-100 Back Pace
100	1x{4 x 25 on :45 Kick no board B {5 x 50 on 1:30 Kick no board L/R/S {4 x 25 on :45 Kick no board B
800	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks Longer swims focus on PERFECT STREAMLINE-3P 50'S=Start with 4 KOW +1 each wall
7:00 PM	2,050 Yards - Stress Value = 61

Workout #30349 - Tuesday, 12 September 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
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-Back Shooters
300	10 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on 1:15 Kick no board B {4 x 50 on 2:00 Kick no board L/R/S/C
700	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
6:59 PM	1,700 Yards - Stress Value = 51

Workout #30350 - Tuesday, 12 September 2023

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
150	1 on 15:00 Dynamic Stretch/Showers
150	1 x 150 on 5:00 SunYangFree-Count strokes
250	10 x 15 on :45 Racing Skills-Back Shooters
300	10 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on 1:15 Kick no board B {4 x 50 on 2:00 Kick no board L/R
600	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
7:00 PM	1,550 Yards - Stress Value = 49

Workout #30351 - Wednesday, 13 September 2023

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 15:00 Dynamic Stretch/Showers
150	10 x 25 on :30 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Free Shooters
600	15 x 25 on :30 USRPT-Free
100	12 x 50 on 1:00 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
1,275	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	1x{4 x 125 on 1:40 Freestyle {3 x 125 on 1:45 Freestyle {2 x 125 on 1:50 Freestyle {2 x 75 on 1:10 Freestyle
7:00 PM	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills 2,950 Yards - Stress Value = 82

Workout #30352 - Wednesday, 13 September 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 15:00 DS/Dryland
150	8 x 25 on :35 Wednesday Warm-up
375	10 x 15 on :45 Racing Skills-Free Shooters
550	15 x 25 on :30 USRPT-Free
100	11 x 50 on 1:05 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
1,175	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	1x{4 x 125 on 1:50 Freestyle {3 x 125 on 1:55 Freestyle {2 x 125 on 2:00 Freestyle {1 x 50 on :50 Freestyle
7:00 PM	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills 2,750 Yards - Stress Value = 79

Workout #30353 - Wednesday, 13 September 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
175	1 on 15:00 Dynamic Stretch/Showers
150	7 x 25 on :40 Wednesday Warm-up
325	10 x 15 on :45 Racing Skills-Free Shooters
500	13 x 25 on :35 USRPT-Free
100	10 x 50 on 1:10 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
1,000	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	1x{4 x 125 on 2:05 Freestyle {3 x 125 on 2:10 Freestyle {1 x 125 on 2:15 Freestyle
7:00 PM	1 on 10:00 Relay 1 x 200 on 4:00 Stroke Drills 2,450 Yards - Stress Value = 68

Workout #30354 - Wednesday, 13 September 2023

Group 2 - Silver/Bronze

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-Free Shooters
325	13 x 25 on :35 USRPT-Free
450	9 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
825	1x{3 x 125 on 2:25 Freestyle
	{2 x 125 on 2:30 Freestyle
	{2 x 100 on 2:05 Freestyle
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 2,200 Yards - Stress Value = 64

Workout #30355 - Wednesday, 13 September 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	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-Free Shooters
250	10 x 25 on :45 USRPT-Free
400	8 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
700	1x{4 x 100 on 2:25 Freestyle
	{2 x 100 on 2:30 Freestyle
	{1 x 100 on 2:35 Freestyle
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,925 Yards - Stress Value = 53

Workout #30356 - Wednesday, 13 September 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	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-Free Shooters
250	10 x 25 on :45 USRPT-Free
350	7 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
500	1x{4 x 75 on 2:25 Freestyle
	{2 x 75 on 2:30 Freestyle
	{1 x 50 on 1:20 Freestyle
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,675 Yards - Stress Value = 48

Workout #30357 - Thursday, 14 September 2023

Group 2 - Fly

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 16:00 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
600	1x{4 x 25 on :45 Kick no board S
	{4 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 1,725 Yards - Stress Value = 56

Workout #30358 - Thursday, 14 September 2023

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 16:00 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
575	1x{4 x 25 on :45 Kick no board S
	{4 x 100 on 2:25 Fly Kick w/board
	{3 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 1,650 Yards - Stress Value = 50

Workout #30359 - Thursday, 14 September 2023

Group 2 - Silver

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 16:00 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
500	1x{4 x 25 on :45 Kick no board S
	{3 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
	6:59 PM 1,575 Yards - Stress Value = 48

Workout #30360 - Thursday, 14 September 2023

Group 2 - Silver/Bronze

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 16:00 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
500	1x{4 x 25 on :45 Kick no board S {3 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 1,550 Yards - Stress Value = 46

Workout #30361 - Thursday, 14 September 2023

Group 2 - Bronze

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 16:00 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
425	1x{4 x 25 on 1:00 Kick no board S {3 x 100 on 2:55 Fly Kick w/board {1 x 25 on 1:00 Kick no board S 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,450 Yards - Stress Value = 42

Workout #30362 - Thursday, 14 September 2023

Group 2 - Copper

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 16:00 TEACH DAY-Fly
100	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
325	1x{4 x 25 on 1:00 Kick no board S {4 x 50 on 2:30 Fly Kick w/board {1 x 25 on 1:00 Kick no board S 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,275 Yards - Stress Value = 32

Workout #30363 - Monday, 18 September 2023

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 Evens-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 Underwater Racing
	7:00 PM 2,225 Yards - Stress Value = 70

Workout #30364 - Monday, 18 September 2023

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
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 Evens-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 Underwater Racing
	7:00 PM 2,050 Yards - Stress Value = 62

Workout #30365 - Monday, 18 September 2023

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 Evens-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 Underwater Racing
	7:00 PM 1,850 Yards - Stress Value = 56

Workout #30366 - Monday, 18 September 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-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 Underwater Racing
7:00 PM	1,700 Yards - Stress Value = 52

Workout #30367 - Monday, 18 September 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-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
	Evens-underwaters, count kicks
575	1x{2 x 75 on 2:20 Fly 25R, 25L, 25B
	{2 x 50 on 1:30 Fly lupldown+1 to 3 down
	{2 x 75 on 2:15 Fly 25R, 25L, 25B
	{2 x 50 on 1:35 Fly lupldown+1 to 3 down
	{1 x 75 on 2:10 Fly 25R, 25L, 25B
	1 on 10:00 Underwater Racing
7:01 PM	1,500 Yards - Stress Value = 47

Workout #30368 - Monday, 18 September 2023

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
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
	Evens-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 Underwater Racing
7:00 PM	1,275 Yards - Stress Value = 39

Workout #30369 - Tuesday, 19 September 2023

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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 #30370 - Tuesday, 19 September 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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 #30371 - Tuesday, 19 September 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-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 #30372 - Tuesday, 19 September 2023

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 #30373 - Tuesday, 19 September 2023

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 #30374 - Tuesday, 19 September 2023

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 wall
	1 on 8:00 Racing Skills-Breast Finishes
6:59	PM 1,375 Yards - Stress Value = 42

Workout #30375 - Wednesday, 20 September 2023

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

150	10 x 15 on :45 Racing Skills-Crossover Turns
375	15 x 25 on :30 USRPT-100 Back Pace
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 #30376 - Wednesday, 20 September 2023

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
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Back Pace
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 #30377 - Wednesday, 20 September 2023

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
150	10 x 15 on :45 Racing Skills-Crossover Turns
325	13 x 25 on :35 USRPT-100 Back Pace
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 #30378 - Wednesday, 20 September 2023

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
150	10 x 15 on :45 Racing Skills-Crossover Turns
275	11 x 25 on :40 USRPT-100 Back Pace
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
.	.
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 #30379 - Wednesday, 20 September 2023

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
150	10 x 15 on :45 Racing Skills-Crossover Turns
250	10 x 25 on :45 USRPT-100 Back Pace
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 #30380 - Wednesday, 20 September 2023

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-Crossover Turns
250	10 x 25 on :45 USRPT-100 Back Pace
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 #30381 - Thursday, 21 September 2023

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 #30382 - Thursday, 21 September 2023

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 #30383 - Thursday, 21 September 2023

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 #30384 - Thursday, 21 September 2023

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

	{1 on 1:00 Rest
1,250	25 x 50 on :55 200 Breast Pace
	1 on 5:00 Video Evaluations 1+/1-
300 1x{	Each round starts off the blocks
	{ Evens-3 stroke free or fly finis
	{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
625	25 x 25 on :30 100 Free Pace
	1 on 5:00 Shoulder Hangs
625	25 x 25 on :30 100 Fly Pace
5:45 PM	3,360 Yards - Stress Value = 297

Workout #30388 - Tuesday, 19 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch>Showers	F
310 1x{	10 x 15 on :45 Racing Skills-Free Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	E
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
300 1x{	8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
1,250	25 x 50 on :50 200 Free Pace	S
	1 on 7:00 Video Evaluations 1+/1-	F
250 1x{	10 x 25 on :40 Free Straight Arm Build	S
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
625	25 x 25 on :30 100 Breast Pace	S
	1 on 6:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Back Pace	S
5:45 PM	3,360 Yards - Stress Value = 260	

Workout #30385 - Thursday, 21 September 2023

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 #30386 - Thursday, 21 September 2023

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 #30387 - Monday, 18 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
310 1x{	10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
250 1x{	10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #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

Workout #30389 - Wednesday, 20 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters	SE
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	F
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	SE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #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	F
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	F
300	1x{ Each round starts off the blocks	=====
	{ Evens-3 stroke free/fly finish	
	{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 Free Pace	SE
	1 on 5:00 Shoulder Hang	F
625	25 x 25 on :30 100 Fly Pace	SE
	5:45 PM 3,360 Yards - Stress Value = 297	

Workout #30390 - Thursday, 21 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
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
1,250	25 x 50 on :50 200 Fly Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
250	1x{10 x 25 on :40 Free Straight Arm Build	SE
	{ #1 Count, #2 1st.4 #3 1st 5, #4 1st 6,	
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10	
	{ #9 and #10 All Straight Arm	
625	25 x 25 on :30 100 Breast Pace	SE
	1 on 6:00 Shoulder Hangs	RE
625	25 x 25 on :30 100 Back Pace	SE
	5:45 PM 3,360 Yards - Stress Value = 297	

Workout #30391 - Friday, 22 September 2023

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 #30392 - Monday, 25 September 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Free Shooters	
375	15 x 25 on :30 USRPT-Free	
450	1x{ #1 Fast Turn, #2 no board ,-Repeat	
	{2 x 100 on 2:00 Kick	
	{2 x 100 on 1:55 Kick	
	{1 x 50 on :55 Kick	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,150	1x{ HB 2 SOW-L.25 of each 7KOW	
	{3 x 125 on 1:40 Freestyle	
	{3 x 125 on 1:45 Freestyle	
	{2 x 125 on 1:50 Freestyle	
	{2 x 75 on 1:05 Freestyle	
	1 on 10:00 Killer Relays	
	7:00 PM 2,525 Yards - Stress Value = 77	

Workout #30393 - Monday, 25 September 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Free Shooters	
375	15 x 25 on :30 USRPT-Free	
400	1x{ #1 Fast Turn, #2 no board Repeat	
	{2 x 100 on 2:10 Kick	
	{2 x 100 on 2:05 Kick	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evens-underwaters, count kicks	
1,075	1x{ HB 2 SOW-L.25 of each 7KOW	
	{3 x 125 on 1:50 Freestyle	
	{3 x 125 on 1:55 Freestyle	
	{2 x 125 on 2:00 Freestyle	
	{1 x 75 on 1:15 Freestyle	
	1 on 10:00 Killer Relays	
	7:00 PM 2,400 Yards - Stress Value = 75	

Workout #30394 - Monday, 25 September 2023

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
325	10 x 15 on :45 Racing Skills-Free Shooters
400	13 x 25 on :35 USRPT-Free
1x{	#1 Fast Turn, #2 no board
	{ 2 x 100 on 2:20 Kick
	{ 2 x 75 on 1:40 Kick
100	{ 1 x 50 on :55 Kick-FAST
	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 2:05 Freestyle
	{ 3 x 125 on 2:10 Freestyle
	{ 2 x 100 on 1:50 Freestyle
	1 on 10:00 Killer Relays
7:00 PM	2,175 Yards - Stress Value = 66

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
250	10 x 15 on :45 Racing Skills-Free Shooters
300	10 x 25 on :45 USRPT-Free
1x{	#1 Fast Turn, #2 no board
	{ 2 x 100 on 3:15 Kick
	{ 2 x 50 on 1:10 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
500	1x{ HB 2 SOW-L.25 of each 7KOW
	{ 3 x 75 on 2:25 Freestyle
	{ 3 x 75 on 2:30 Freestyle
	{ 1 x 50 on 1:50 Freestyle
	1 on 10:00 Killer Relays
7:00 PM	1,500 Yards - Stress Value = 46

Workout #30398 - Tuesday, 26 September 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
375	10 x 15 on :45 Racing Skills-Fly Shooters
450	15 x 25 on :30 USRPT-100 Fly Pace
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
900	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
	1 on 10:00 Tivo Starts
7:00 PM	2,275 Yards - Stress Value = 71

Workout #30395 - Monday, 25 September 2023

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
325	10 x 15 on :45 Racing Skills-Free Shooters
350	13 x 25 on :35 USRPT-Free
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
850	1x{ HB 2 SOW-L.25 of each 7KOW
	{ 3 x 125 on 2:25 Freestyle
	{ 3 x 125 on 2:30 Freestyle
	{ 1 x 100 on 2:05 Freestyle
	1 on 10:00 Killer Relays
7:00 PM	2,025 Yards - Stress Value = 63

Workout #30399 - Tuesday, 26 September 2023

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
325	10 x 15 on :45 Racing Skills-Fly Shooters
400	13 x 25 on :35 USRPT-100 Fly Pace
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
850	1x{ 2 x 75 on 1:40 Fly 25R, 25L, 25B
	{ 2 x 50 on :50 Fly lupdown+1 to 3 down
	{ 2 x 75 on 1:35 Fly 25R, 25L, 25B
	{ 2 x 50 on :55 Fly lupdown+1 to 3 down
	{ 2 x 75 on 1:30 Fly 25R, 25L, 25B
	{ 1 x 50 on 1:00 Fly lupdown+1 to 3 down
	{ 2 x 75 on 1:25 Fly 25R, 25L, 25B
	1 on 10:00 Tivo Starts
7:00 PM	2,125 Yards - Stress Value = 63

Workout #30397 - Monday, 25 September 2023

Group 2 - Copper

1 minute rest between sets

Workout #30400 - Tuesday, 26 September 2023

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
275	11 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
750	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 on 10:00 Tivo Starts
7:01 PM	1,875 Yards - Stress Value = 56

Workout #30401 - Tuesday, 26 September 2023

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
275	11 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
700	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 50 on 1:15 Fly lupldown+1 to 3 down 1 on 10:00 Tivo Starts
7:01 PM	1,800 Yards - Stress Value = 55

Workout #30402 - Tuesday, 26 September 2023

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
250	10 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 {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
7:01 PM	1,575 Yards - Stress Value = 49

Workout #30403 - Tuesday, 26 September 2023

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
200	8 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
450	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B {2 x 50 on 2:00 Fly lupldown+1 to 3 down {2 x 75 on 2:35 Fly 25R, 25L, 25B {1 x 50 on 2:00 Fly lupldown+1 to 3 down 1 on 10:00 Tivo Starts
7:00 PM	1,300 Yards - Stress Value = 39

Workout #30404 - Wednesday, 27 September 2023

Group 2 - Breast

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-Breast Shooters
325	13 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
900	1x{1 x 200 on 3:50 Breast 2X pullouts start wal {2 x 150 on 2:50 Breast 2X pullouts start wal {3 x 100 on 1:50 Breast 2X pullouts start wal {2 x 50 on :55 Breast 2X pullouts start wall
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,575 Yards - Stress Value = 69

Workout #30405 - Wednesday, 27 September 2023

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-Breast Shooters
275	11 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
850	1x{1 x 200 on 4:10 Breast 2X pullouts start wal {2 x 150 on 3:00 Breast 2X pullouts start wal {3 x 100 on 1:55 Breast 2X pullouts start wal {1 x 50 on :55 Breast 2X pullouts start wall
200	1 x 200 on 4:00 Stroke Drills
7:00 PM	2,425 Yards - Stress Value = 63

Workout #30406 - Wednesday, 27 September 2023

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-Breast Shooters
275	11 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
750	1x{1 x 200 on 4:30 Breast 2X pullouts start wal {2 x 150 on 3:20 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 wal
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,225 Yards - Stress Value = 60

Workout #30407 - Wednesday, 27 September 2023

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-Breast Shooters
275	11 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
700	1x{1 x 200 on 4:55 Breast 2X pullouts start wal {2 x 150 on 3:40 Breast 2X pullouts start wal {2 x 100 on 2:25 Breast 2X pullouts start wal
200	1 x 200 on 4:00 Stroke Drills
	7:01 PM 2,125 Yards - Stress Value = 58

Workout #30408 - Wednesday, 27 September 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
120	6 x 20 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
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
600	1x{1 x 200 on 5:45 Breast 2X pullouts start wal {2 x 150 on 4:10 Breast 2X pullouts start wal {1 x 100 on 2:45 Breast 2X pullouts start wal
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,845 Yards - Stress Value = 52

Workout #30409 - Wednesday, 27 September 2023

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-Breast Shooters
200	8 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
450	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
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,625 Yards - Stress Value = 42

Workout #30410 - Thursday, 28 September 2023

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 17:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
450	1x{2 x 25 on :30 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {2 x 25 on :30 Kick no board B {3 x 50 on 1:00 Kick no board L/R/S {2 x 25 on :30 Kick no board B 1 on 10:00 Racing Skills-back starts
	7:00 PM 1,375 Yards - Stress Value = 53

Workout #30411 - Thursday, 28 September 2023

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 17:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
400	1x{2 x 25 on :35 Kick no board B {3 x 50 on 1:10 Kick no board L/R/S {2 x 25 on :35 Kick no board B {2 x 50 on 1:05 Kick no board L/R {2 x 25 on :35 Kick no board BSLR 1 on 10:00 Racing Skills-back starts
	7:00 PM 1,325 Yards - Stress Value = 52

Workout #30412 - Thursday, 28 September 2023

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 17:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
	All BLSR's 12.5 yds minimum
400	1x{2 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick no board L/R/S
	{2 x 25 on :40 Kick no board B
	{3 x 50 on 1:10 Kick no board L/R/S
	1 on 10:00 Racing Skills-back starts
	7:00 PM 1,225 Yards - Stress Value = 46

Workout #30413 - Thursday, 28 September 2023

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-Back Shooters
	1 on 17:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
	All BLSR's 12.5 yds minimum
350	1x{2 x 25 on :40 Kick no board B
	{3 x 50 on 1:20 Kick no board L/R/S
	{2 x 25 on :40 Kick no board B
	{2 x 50 on 1:15 Kick no board L/R
	1 on 10:00 Racing Skills-back starts
	7:00 PM 1,175 Yards - Stress Value = 45

Workout #30414 - Thursday, 28 September 2023

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
	1 on 17:00 Teach Day-Backstroke
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Back Pace
	All BLSR's 12.5 yds minimum
300	1x{2 x 25 on :45 Kick no board B
	{3 x 50 on 1:45 Kick no board L/R/S
	{2 x 25 on :45 Kick no board B
	{1 x 50 on 1:45 Kick no board S
	1 on 10:00 Racing Skills-back starts
	7:01 PM 1,025 Yards - Stress Value = 40

Workout #30415 - Thursday, 28 September 2023

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 17:00 Teach Day-Backstroke
100	4 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
	All BLSR's 12.5 yds minimum
250	1x{2 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 10:00 Racing Skills-back starts
	7:01 PM 900 Yards - Stress Value = 31

Workout #30416 - Friday, 29 September 2023

Group 2 - IM's

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-your choice
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,600	8x{1 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on 1:00 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 3,100 Yards - Stress Value = 105

Workout #30417 - Friday, 29 September 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 USRPT-your choice
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,400	7x{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:05 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 2,900 Yards - Stress Value = 102

Workout #30418 - Friday, 29 September 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
625	25 x 25 on :35 USRPT-Your Choice
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:50 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:10 Freestyle
	on round 6 do 2X50's @:55
200	1 x 200 on 3:00 Stroke Drills
	6:29 PM 2,525 Yards - Stress Value = 86

Workout #30419 - Friday, 29 September 2023

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 #30420 - Friday, 29 September 2023

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 #30421 - Friday, 29 September 2023

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
375	10 x 15 on :45 Racing Skills-Crossover Turns
100	15 x 25 on 1:00 USRPT-Your Choice
800	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
200	4x{1 x 100 on 3:00 Individual Medley {1 x 50 on 1:30 Freestyle {1 x 50 on 2:00 Freestyle
6:31 PM	1 x 200 on 3:00 Stroke Drills
	1,825 Yards - Stress Value = 56

Workout #30422 - Monday, 25 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
310	1 on 15:00 Dynamic Stretch/Showers
	1x{10 x 15 on :45 Racing Skills-Fly Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #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	RE
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 8:00 Video Evaluations 1+/1-	RE
200	1x{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	RE
1,250	25 x 50 on :50 200 Fly Pace	SE
	1 on 8:00 Shoulder Hangs	RE
750	30 x 25 on :30 100 Free Pace	SE
	5:57 PM 4,010 Yards - Stress Value = 375	

Workout #30423 - Tuesday, 26 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
	1 on 10:00 UW Racing 2X (Push/Shooter)
1,250	25 x 50 on :50 200 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1 15mu 1st 3, #2 1st.4 #3 1st 5, #4 1st 6,
	{ #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10
	{ #9 and #10 All Straight Arm
1,250	25 x 50 on :55 200 Breast Pace
	1 on 8:00 Shoulder Hangs
750	30 x 25 on :30 100 Back Pace
	6:00 PM 3,810 Yards - Stress Value = 367

Workout #30424 - Wednesday, 27 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Free Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #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	40 x 25 on :30 200 Fly Pace
	1 on 5:00 Video Evaluations 1+/1-
	1 on 10:00 Lane Line Survivor
1,500	30 x 50 on :50 200 Back Pace
	1 on 8:00 Shoulder Hangs
750	30 x 25 on :30 100 Breast Pace
	5:59 PM 3,810 Yards - Stress Value = 367

Workout #30425 - Thursday, 28 September 2023

6:46 AM 1,825 Yards - Stress Value = 164

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers F
 310 1x{10 x 15 on :45 Racing Skills-Back Shooters S
 {1 on :30 Switch Stations F
 {4 x 15 on 1:50 DW UW OTB E
 {1 on :30 Switch Stations F
 {5 x 20 on 1:30 Buckets S
 1 on 10:00 Tic Tac Toe Relay E
 1,250 25 x 50 on :55 200 Breast Pace S
 1 on 8:00 Video Evaluations 1+/1- F
 250 1x{10 x 25 on :40 Free Straight Arm Build S
 { #1 15mu 1st 3, #2 1st.4 #3 1st 5, #4 1st 6,
 { #5 1st.7, #6 1st .8, #7 1st 9, #8 1st.10
 { #9 and #10 All Straight Arm
 1,250 25 x 50 on :50 200 Free Pace S
 1 on 8:00 Shoulder Hangs F
 750 30 x 25 on :30 100 Breast Pace S
 6:00 PM 3,810 Yards - Stress Value = 367

Workout #30426 - Friday, 29 September 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 3,000 40 x 75 on 1:05 1000 Free Pace
 Make 1 subtract 1
 1 on 5:00 Video Evaluations 1+/1-
 100 1 x 100 on 15:00 If time permits-DWglider racir
 7:03 AM 3,325 Yards - Stress Value = 313

Workout #30427 - Friday, 29 September 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description EGY WORK
 =====
 1 on 15:00 DS/Showers REC L
 225 15 x 15 on :45 Racing Skills-IM Turns SP3 S
 Goal set protocol 5 misses or 3 in a row
 600 30 x 20 on :25 100 Free Pace** SP2 S
 1 on 10:00 Thoracic/Ankle Mobility REC L
 600 30 x 20 on :25 100 Fly Pace** SP2 S
 1 on 11:00 Shoulder/Hip Mobility REC L
 600 30 x 20 on :25 100 Back Pace** SP2 S
 5:15 PM 2,025 Yards - Stress Value = 189

Workout #30428 - Monday, 02 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 Set is over at 29:30
 1 on 5:00 Your Choice Recovery
 100 4 x 25 on 3:00 50 Back Pace

Workout #30429 - Monday, 02 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers F
 310 1x{10 x 15 on :45 Racing Skills-Free Shooters S
 {1 on :30 Switch Stations F
 {4 x 15 on 1:50 DW UW OTB E
 {1 on :30 Switch Stations F
 {5 x 20 on 1:30 Buckets S
 250 1x{10 x 25 on :40 Free Straight Arm Build S
 { #1 15mu F3, #2 F.4 #3 F.5, #4 F.6
 { #5 F.7, #6 F.8, #7 F.9, #8 F.10
 { #9 and #10 All Straight Arm
 {1 on 1:00 Sculll F
 1,250 25 x 50 on :50 200 Free Pace S
 1 on 5:00 Video Evaluations 1+/1- F
 1,250 25 x 50 on :55 200 Breast Pace S
 1 on 6:00 Shoulder Hangs F
 625 25 x 25 on :30 100 Back Pace S
 1 on 5:00 Shoulder Mobility F
 500 25 x 20 on :25 100 Fly Pace** S
 6:01 PM 4,185 Yards - Stress Value = 404

Workout #30430 - Tuesday, 03 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers F
 310 1x{10 x 15 on :45 Racing Skills-Back Shooters S
 {1 on :30 Switch Stations F
 {4 x 15 on 1:50 DW UW OTB E
 {1 on :30 Switch Stations F
 {5 x 20 on 1:30 Buckets S
 1 on 10:00 Underwater Racing E
 1,250 25 x 50 on :50 200 Back Pace S
 1 on 7:00 Video Evaluations 1+/1- F
 1,000 40 x 25 on :30 200 Fly Pace S
 1 on 6:00 Shoulder Hangs F
 625 25 x 25 on :30 100 Free Pace S
 1 on 5:00 Thoracic Mobility F
 500 25 x 20 on :25 100 Breast Pace** S
 6:01 PM 3,685 Yards - Stress Value = 354

Workout #30431 - Thursday, 05 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build { #1 Count, #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
1,250	25 x 50 on :55 200 Breast Pace 1 on 5:00 Video Evaluations 1+/1-
1,250	25 x 50 on :50 200 Free Pace 1 on 5:00 Shoulder Hang
625	25 x 25 on :30 100 Fly Pace 1 on 5:00 Hip Mobility
500	25 x 20 on :25 100 Back Pace**
	6:00 PM 4,185 Yards - Stress Value = 404

	{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
	7:15 PM 2,000 Yards - Stress Value = 95

Workout #30435 - Monday, 02 October 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters 1 on 21:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
650	1x{1 x 100 on 1:55 Free Kick w/board {2 x 100 on 2:00 Free Kick w/board {3 x 100 on 2:05 Free Kick w/board {1 x 50 on 1:05 Free Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
	7:15 PM 1,950 Yards - Stress Value = 94

Workout #30432 - Friday, 06 October 2023

Group 3 - 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-Your #1	SP3
3,000	40 x 75 on 1:05 500 Free Pace Make 1 subtract 1	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	1 on 10:00 If time permits-DWglider racing	SP3
	6:56 AM 3,225 Yards - Stress Value = 309	

Workout #30436 - Monday, 02 October 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters 1 on 21:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
600	1x{1 x 100 on 2:05 Free Kick w/board {2 x 100 on 2:10 Free Kick w/board {3 x 100 on 2:15 Free Kick w/board 1 on 10:00 Racing Skills-Relay Starts
	7:15 PM 1,725 Yards - Stress Value = 80

Workout #30433 - Friday, 06 October 2023

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-Fly Shooters	SP3
	1 on 10:00 Tic Tac Toe Relay	SP2
1,250	25 x 50 on :50 200 Back Pace*	SP2
	1 on 7:00 Shoulder Hangs	REC
625	25 x 25 on :30 100 Breast Pace*	SP2
	1 on 5:00 Ankle Mobility	REC
400	20 x 20 on :25 100 Free Pace**	SP2
	5:20 PM 2,500 Yards - Stress Value = 236	

Workout #30437 - Monday, 02 October 2023

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 1 on 21:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
550	1x{1 x 100 on 2:20 Free Kick w/board {2 x 100 on 2:25 Free Kick w/board {2 x 100 on 2:30 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
	7:15 PM 1,600 Yards - Stress Value = 72

Workout #30434 - Monday, 02 October 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters 1 on 21:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
700	1x{1 x 100 on 1:45 Free Kick w/board

Workout #30438 - Monday, 02 October 2023

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

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
1,350	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
7:16 PM	2,725 Yards - Stress Value = 105

Workout #30442 - Tuesday, 03 October 2023

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
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
7:16 PM	2,450 Yards - Stress Value = 94

Workout #30439 - Monday, 02 October 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
	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
	1 on 10:00 Racing Skills Starts
7:14 PM	1,225 Yards - Stress Value = 52

Workout #30440 - Tuesday, 03 October 2023

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
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
7:16 PM	2,775 Yards - Stress Value = 105

Workout #30443 - Tuesday, 03 October 2023

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 3:00 SunYangFree-Count strokes
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
7:14 PM	2,350 Yards - Stress Value = 89

Workout #30441 - Tuesday, 03 October 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #30444 - Tuesday, 03 October 2023

1 minute rest between sets

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
 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
 7:16 PM 2,025 Yards - Stress Value = 75

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
 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 #30445 - Tuesday, 03 October 2023

Workout #30448 - Thursday, 05 October 2023

Group 2 - Copper

Group 2 - Silver

1 minute rest between sets

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
 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
 7:16 PM 2,200 Yards - Stress Value = 108

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 #30446 - Thursday, 05 October 2023

Workout #30449 - Thursday, 05 October 2023

Group 2 - Fly

Group 2 - Silver/Bronze

1 minute rest between sets

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

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
 1,400 1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 8/9/10/11 KOW
 {2 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 9/10/11/12 KOW
 {3 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 {4 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 11/12/13/14 KOW
 1 on 12:00 Racing Skills-Fly Starts
 7:15 PM 2,450 Yards - Stress Value = 45

Workout #30447 - Thursday, 05 October 2023

Group 2 - Gold

Workout #30450 - Thursday, 05 October 2023

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
500	20 x 25 on :45 USRPT 100 Fly Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {2 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {3 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {3 x 100 on 2:30 75 Free 25 Fly w/free kick 1 on 12:00 Racing Skills-Fly Starts
7:15 PM	2,150 Yards - Stress Value = 40

Workout #30451 - Thursday, 05 October 2023

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 #30452 - Friday, 06 October 2023

Group 2 - Back

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-Back Shooters
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,100	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 3KOW+1 {5 x 100 on 1:40 Back descend-min 5KOW
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	3,500 Yards - Stress Value = 60

Workout #30453 - Friday, 06 October 2023

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-Back Shooters
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 {2 x 50 on 1:05 Kick no board L/R {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
1,900	1x{1 x 100 on 1:30 Backstroke 3KOW+1 {3 x 50 on :55 Back descend-min 5KOW {2 x 100 on 1:35 Backstroke 3KOW+1 {3 x 50 on :55 Back descend-min 5KOW {3 x 100 on 1:40 Backstroke 3KOW+1 {3 x 50 on :55 Back descend-min 5KOW {4 x 100 on 1:45 Backstroke 3KOW+1 {3 x 50 on :55 Back descend-min 5KOW {3 x 100 on 1:50 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	3,250 Yards - Stress Value = 55

Workout #30454 - Friday, 06 October 2023

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-Back Shooters
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,750	1x{1 x 100 on 1:40 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 {3 x 50 on 1:00 Back descend-min 5KOW {2 x 75 on 1:30 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
6:30 PM	3,000 Yards - Stress Value = 51

Workout #30455 - Friday, 06 October 2023

6:30 PM 2,100 Yards - Stress Value = 34

Group 2 - Silver/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-Back Shooters
 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 1:15 Kick no board L/R/S
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{1 x 100 on 1:50 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
 {4 x 50 on 1:05 Back descend min 5KOW
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,850 Yards - Stress Value = 49

Workout #30456 - Friday, 06 October 2023

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-Back Shooters
 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 S
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 100 on 2:15 Backstroke 3KOW+1
 {3 x 50 on 1:20 Back descend-min 5KOW
 {2 x 100 on 2:20 Backstroke 3KOW+1
 {3 x 50 on 1:20 Back descend-min 5KOW
 {3 x 100 on 2:25 Backstroke 3KOW+1
 {4 x 50 on 1:20 Back descend-min 5KOW
 {2 x 100 on 2:30 Backstroke 3KOW+1
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 2,400 Yards - Stress Value = 40

Workout #30457 - Friday, 06 October 2023

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
 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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 2:50 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
 {4 x 50 on 1:40 Back descend-min 5KOW
 200 1 x 200 on 4:00 Stroke Drills

Workout #30458 - Monday, 09 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 250 1x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #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
 1,250 25 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Free Pace
 1 on 6:00 Shoulder Hangs
 625 25 x 25 on :30 100 Fly Pace
 1 on 9:00 Shoulder Mobility
 500 25 x 20 on :25 100 Back Pace*
 6:05 PM 4,185 Yards - Stress Value = 404

Workout #30459 - Tuesday, 10 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers RE
 310 1x{10 x 15 on :45 Racing Skills-Fly Shooters SE
 {1 on :30 Switch Stations RE
 {4 x 15 on 1:50 DW UW OTB EN
 {1 on :30 Switch Stations RE
 {5 x 20 on 1:30 Buckets SE
 300 1x{ Each round starts OTB
 { Evens w/3 strk fly or free bo
 {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
 1,250 25 x 50 on :50 200 Fly Pace SE
 1 on 7:00 Video Evaluations 1+/1- RE
 1,250 25 x 50 on :50 200 Back Pace SE
 1 on 6:00 Shoulder Hangs RE
 625 25 x 25 on :30 100 Breast Pace SE
 1 on 7:00 Thoracic Mobility RE
 500 25 x 20 on :25 100 Free Pace* SE
 6:04 PM 4,235 Yards - Stress Value = 385

Workout #30460 - Wednesday, 11 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	1x{10 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 400 IM Pace
	Set is over at 29:30
	1 on 5:00 Your Choice Recovery
100	4 x 25 on 3:00 50 Free Pace
6:46 AM	1,825 Yards - Stress Value = 164

Workout #30461 - Wednesday, 11 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Free Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
250	1x{10 x 25 on :40 Free Straight Arm Build
	{ #1 Count, #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
1,250	25 x 50 on :50 200 Free Pace
	1 on 7:00 Video Evaluations 1+/1-
1,250	25 x 50 on :55 200 Breast Pace
	1 on 5:00 Shoulder Hang
625	25 x 25 on :30 100 Back Pace
	1 on 8:00 Animal Flow/Hip Mobility
500	25 x 20 on :25 100 Fly Pace*
6:05 PM	4,185 Yards - Stress Value = 404

Workout #30462 - Thursday, 12 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Back Shooters
	{1 on :30 Switch Stations
	{4 x 15 on 1:50 DW UW OTB
	{1 on :30 Switch Stations
	{5 x 20 on 1:30 Buckets
300	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
1,250	25 x 50 on :50 200 Back Pace
	1 on 7:00 Video Evaluations 1+/1-
1,000	40 x 25 on :30 200 Fly Pace
	1 on 7:00 Shoulder Hangs
625	25 x 25 on :30 100 Free Pace
	1 on 10:00 Animal Flow/Ankle Mobility
500	25 x 20 on :25 100 Breast Pace*
6:07 PM	3,985 Yards - Stress Value = 360

Workout #30463 - Friday, 13 October 2023

Group 3 - 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-Your #1	SP3
3,000	30 x 100 on 1:25 1650 Free Pace	SP2
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	REC
	1 on 10:00 If time permits-DWglider racing	SP3
6:55 AM	3,225 Yards - Stress Value = 309	

Workout #30464 - Friday, 13 October 2023

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-#1 Shooters	SP3	
	1 on 10:00 Tic Tac Toe Relay	SP2	
600	30 x 20 on :25 100 Breast Pace**	SP2	
	1 on 6:00 Your Choice Recovery	REC	
600	30 x 20 on :25 100 Free Pace**	SP2	
	1 on 5:00 Your Choice Recovery	REC	
600	30 x 20 on :25 100 Fly Pace**	SP2	
5:15 PM	2,025 Yards - Stress Value = 189		

Workout #30465 - Monday, 09 October 2023

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 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 #30466 - Monday, 09 October 2023

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 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

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

Workout #30470 - Monday, 09 October 2023

Group 2 - Copper

1 minute rest between sets

Workout #30467 - Monday, 09 October 2023

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 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-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 #30471 - Tuesday, 10 October 2023

Group 2 - Back

1 minute rest between sets

Workout #30468 - Monday, 09 October 2023

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-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 #30469 - Monday, 09 October 2023

Group 2 - Bronze

Workout #30472 - Tuesday, 10 October 2023

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 #30473 - Tuesday, 10 October 2023

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 #30474 - Tuesday, 10 October 2023

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 #30475 - Tuesday, 10 October 2023

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 #30476 - Tuesday, 10 October 2023

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 #30477 - Wednesday, 11 October 2023

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 #30478 - Wednesday, 11 October 2023

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
	7:15 PM 2,875 Yards - Stress Value = 57

Workout #30481 - Wednesday, 11 October 2023

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 #30479 - Wednesday, 11 October 2023

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 #30482 - Wednesday, 11 October 2023

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 #30480 - Wednesday, 11 October 2023

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 #30483 - Thursday, 12 October 2023

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 #30484 - Thursday, 12 October 2023

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 #30485 - Thursday, 12 October 2023

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 #30486 - Thursday, 12 October 2023

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-Breast Shooters
550	22 x 25 on :40 USRPT-100 Breast Pace
750	1x{1 x 200 on 4:55 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,200 Yards - Stress Value = 106

Workout #30487 - Thursday, 12 October 2023

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-Breast Shooters

500	20 x 25 on :45 USRPT-100 Breast Pace
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
400	4 x 100 on 6:00 100 Breast OTB
	7:15 PM 2,000 Yards - Stress Value = 99

Workout #30488 - Thursday, 12 October 2023

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-Streamlinr
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlinr
	{ 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 #30489 - Friday, 13 October 2023

Group 2 - Freestylers

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-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
2,250	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
	{ 2 x 125 on 1:35 Freestyle
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,800 Yards - Stress Value = 126

Workout #30490 - Friday, 13 October 2023

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-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
 2,000 1x{4 x 125 on 2:00 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 125 on 1:55 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 125 on 1:50 Freestyle
 {4 x 50 on :50 Free-descend to 5s obt
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,550 Yards - Stress Value = 121

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
 1,400 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
 {3 x 100 on 2:05 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 2,600 Yards - Stress Value = 84

Workout #30491 - Friday, 13 October 2023

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-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
 1,825 1x{4 x 125 on 2:10 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {4 x 125 on 2:05 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {3 x 125 on 2:00 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,200 Yards - Stress Value = 105

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-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
 1,000 1x{3 x 100 on 3:00 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 {3 x 100 on 3:05 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 {1 x 100 on 3:10 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 2,200 Yards - Stress Value = 76

Workout #30495 - Monday, 16 October 2023

Group 2 - Breast

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-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
 1,650 1x{4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {4 x 100 on 1:50 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,025 Yards - Stress Value = 101

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-Breast Shooters
 625 25 x 25 on :35 USRPT-100 Breast Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,900 1x{8 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
 {8 x 25 on :30 Breast 2X Pullouts
 1 on 10:00 Rock Paper Scissors Relay
 7:15 PM 3,075 Yards - Stress Value = 106

Workout #30493 - Friday, 13 October 2023

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Dryland

Workout #30496 - Monday, 16 October 2023

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-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 :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 {4 x 25 on :35 Breast 2X Pullouts 1 on 10:00 Rock Paper Scissors Relay
7:15 PM	2,800 Yards - Stress Value = 95

Workout #30499 - Monday, 16 October 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-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
1,150	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 {2 x 25 on :45 Breast 2X Pullouts 1 on 10:00 Rock Paper Scissors Relay
7:15 PM	2,100 Yards - Stress Value = 79

Workout #30497 - Monday, 16 October 2023

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-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
1,600	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 1 on 10:00 Rock Paper Scissors Relay
7:15 PM	2,650 Yards - Stress Value = 93

Workout #30500 - Monday, 16 October 2023

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
750	15 x 50 on 1:00 USRPT-100 Breast Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{2 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 {2 x 25 on :45 Breast 2X Pullouts 1 on 10:00 Rock Paper Scissors Relay
7:15 PM	2,100 Yards - Stress Value = 98

Workout #30498 - Monday, 16 October 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-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
1,450	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 {2 x 25 on :40 Breast 2X Pullouts 1 on 10:00 Rock Paper Scissors Relay
7:15 PM	2,500 Yards - Stress Value = 90

Workout #30501 - Tuesday, 17 October 2023

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Racing Skills-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
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 3,600 Yards - Stress Value = 123

{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
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 3,125 Yards - Stress Value = 104

Workout #30504 - Tuesday, 17 October 2023

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-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
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 2,975 Yards - Stress Value = 101

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-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
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 2,975 Yards - Stress Value = 101

Workout #30502 - Tuesday, 17 October 2023

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-IM Shooters
 625 25 x 25 on :35 USRPT-Your #1 Pace
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly lup2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Free 6BK
 200 1 x 200 on 3:00 Stroke Drills
 7:14 PM 3,275 Yards - Stress Value = 106

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-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

Workout #30503 - Tuesday, 17 October 2023

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-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

Workout #30505 - Tuesday, 17 October 2023

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-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
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 2,500 Yards - Stress Value = 83

Workout #30506 - Tuesday, 17 October 2023

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-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
 650 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
 {6 x 25 on 1:00 Breast 2K1P
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 2,025 Yards - Stress Value = 64

Workout #30507 - Wednesday, 18 October 2023

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
 750 30 x 25 on :30 USRPT-100 Back Pace
 600 1x{4 x 25 on :30 Kick no board B
 {1 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :30 Kick no board B
 {1 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks

{4 x 25 on :30 Kick no board B
 {1 x 100 on 2:00 Kick 25L/25R/25SL/25-6ks
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 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
 7:16 PM 2,725 Yards - Stress Value = 122

Workout #30508 - Wednesday, 18 October 2023

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
 625 25 x 25 on :35 USRPT-100 Back Pace
 500 1x{4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
 {4 x 25 on :35 Kick no board B
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 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
 7:16 PM 2,500 Yards - Stress Value = 107

Workout #30509 - Wednesday, 18 October 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
450	1x{4 x 25 on :40 Kick no board B
	{1 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :40 Kick no board B
	{1 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	7:16 PM 2,400 Yards - Stress Value = 106

Workout #30510 - Wednesday, 18 October 2023

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
550	22 x 25 on :40 USRPT-100 Back Pace
450	1x{4 x 25 on :40 Kick no board B
	{1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
	{6 x 25 on :40 Kick no board B
	{1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
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
	7:16 PM 2,325 Yards - Stress Value = 99

Workout #30511 - Wednesday, 18 October 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
400	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
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
	7:17 PM 2,175 Yards - Stress Value = 93

Workout #30512 - Wednesday, 18 October 2023

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-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
300	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
100	1x{4 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
	7:16 PM 2,075 Yards - Stress Value = 91

Workout #30513 - Thursday, 19 October 2023

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
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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,000 Yards - Stress Value = 119

Workout #30514 - Thursday, 19 October 2023

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
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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,950 Yards - Stress Value = 118

Workout #30515 - Thursday, 19 October 2023

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
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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,675 Yards - Stress Value = 103

Workout #30516 - Thursday, 19 October 2023

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
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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,675 Yards - Stress Value = 103

Workout #30517 - Thursday, 19 October 2023

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
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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,300 Yards - Stress Value = 87

Workout #30518 - Thursday, 19 October 2023

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
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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,125 Yards - Stress Value = 66

Workout #30519 - Monday, 16 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 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
3,000	30 x 100 on 1:25 1650 Free Pace	SE
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	RE
	1 on 10:00 If time permits-DWglider racing	SE
	6:55 AM 3,225 Yards - Stress Value = 309	

Workout #30520 - Monday, 16 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Fly Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
	1 on 10:00 UWRacing3X(Push/Shooter/Start)	EN
1,250	25 x 50 on :50 200 Fly Pace*	SE
	1 on 6:00 Video Evaluations 1+/1-	RE
1,250	25 x 50 on :50 200 Free Pace*	SE
	1 on 6:00 Hip Mobility-Turn Evals	RE
625	25 x 25 on :30 100 Breast Pace*	SE
	1 on 5:00 Shoulder Hangs	RE
500	25 x 20 on :25 100 Back**	SE
	6:01 PM 3,935 Yards - Stress Value = 379	

Workout #30521 - Tuesday, 17 October 2023

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-#1 Shooter	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	Set is over at 29:30	
	1 on 5:00 Your Choice Recovery	REC
100	4 x 25 on 3:00 50 Fly Pace	SP2
	6:46 AM 1,825 Yards - Stress Value = 164	

Workout #30522 - Tuesday, 17 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters	SE
	{1 on :30 Switch Stations	RE
	{4 x 15 on 1:50 DW UW OTB	EN
	{1 on :30 Switch Stations	RE
	{5 x 20 on 1:30 Buckets	SE
250	1x{10 x 25 on :40 Free Straight Arm Build	
	{ #1 Count, #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	
1,250	25 x 50 on :55 200 Breast Pace*	
	1 on 6:00 Video Evaluations 1+/1-	
1,250	25 x 50 on :50 200 Back Pace*	
	1 on 6:00 Thoracic Mobility-Turn Evals	
625	25 x 25 on :30 100 Fly Pace*	
	1 on 5:00 Shoulder Hangs	
500	25 x 20 on :25 100 Free Pace**	
	6:02 PM 4,185 Yards - Stress Value = 404	

Workout #30523 - Wednesday, 18 October 2023

Group 3 - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Shower	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
875	35 x 25 on :30 200 Breast Pace*	SE
	1 on 6:00 Video Evaluations 1+/1-	RE
875	35 x 25 on :30 200 Free Pace*	SE
	1 on 6:00 Thoaracic Mobility	RE
875	35 x 25 on :30 200 Fly Pace*	SE
	1 on 10:00 Racing Skills-UW Racing	EM
875	35 x 25 on :30 200 Back Pace	SE
	9:05 AM 3,725 Yards - Stress Value = 361	

Workout #30524 - Wednesday, 18 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters	S
	{1 on :30 Switch Stations	F
	{4 x 15 on 1:50 DW UW OTB	E
	{1 on :30 Switch Stations	F
	{5 x 20 on 1:30 Buckets	S
	1 on 10:00 Tic Tac Toe Relay	E
1,250	25 x 50 on :50 200 Free Pace*	S
	1 on 6:00 Video Evaluations 1+/1-	F
1,000	40 x 25 on :30 200 Fly Pace*	S
	1 on 6:00 Shoulder Hangs/Finish Evals	F
625	25 x 25 on :30 100 Back Pace*	S
	1 on 5:00 Shoulder Mobility	F
500	25 x 20 on :25 100 Breast Pace**	S
	6:00 PM 3,685 Yards - Stress Value = 354	

Workout #30525 - Monday, 23 October 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Underwater trn drill	
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	
1,150	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 :50 Butterfly	
	{1 x 50 on :50 Freestyle	
	{5 x 50 on :50 Butterfly	
	{1 x 50 on :50 Freestyle	
	{3 x 50 on :50 Butterfly	
	1 on 10:00 Tic Tac Toe Relay	
	7:15 PM 3,200 Yards - Stress Value = 116	

Workout #30526 - Monday, 23 October 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
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
1,000	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
	1 on 10:00 Tic Tac Toe Relay
7:15 PM	2,825 Yards - Stress Value = 98

Workout #30527 - Monday, 23 October 2023

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
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
850	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
	{ 3 x 50 on 1:10 Butterfly
	1 on 10:00 Tic Tac Toe Relay
7:15 PM	2,525 Yards - Stress Value = 93

Workout #30528 - Monday, 23 October 2023

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
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
800	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	
{ 2 x 50 on 1:15 Butterfly	
1 on 10:00 Tic Tac Toe Relay	
7:15 PM	2,350 Yards - Stress Value = 84

Workout #30529 - Monday, 23 October 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
450	18 x 25 on :50 USRPT-100 Fly Pace
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
650	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 on 10:00 Tic Tac Toe Relay
7:14 PM	2,000 Yards - Stress Value = 71

Workout #30530 - Monday, 23 October 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT-100 Fly Pace
350	1x{1 x 100 on 4:00 Fly Kick w/board
	{ 2 x 75 on 3:00 Fly Kick w/board
	{ 2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	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
	{ 1 x 50 on 2:15 Butterfly
	1 on 10:00 Tic Tac Toe Relay
7:16 PM	1,675 Yards - Stress Value = 59

Workout #30531 - Tuesday, 24 October 2023

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
1,250	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
1,250	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
	7:15 PM 2,425 Yards - Stress Value = 90

Workout #30532 - Tuesday, 24 October 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
1,150	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
1,150	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
	7:15 PM 2,325 Yards - Stress Value = 88

Workout #30533 - Tuesday, 24 October 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
550	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	22 x 25 on :40 USRPT-100 Breast Pace
	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
	7:15 PM 2,050 Yards - Stress Value = 78

Workout #30534 - Tuesday, 24 October 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
550	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	22 x 25 on :40 USRPT-100 Breast Pace
	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
	7:15 PM 1,950 Yards - Stress Value = 76

Workout #30535 - Tuesday, 24 October 2023

Group 2 - Bronze

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 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
450	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	18 x 25 on :50 USRPT-100 Breast Pace
	1x{1 x 150 on 4:00 Breast Kick w/board { 4 x 25 on 1:00 Breast Kick on Back-Streamlir { 1 x 150 on 4:05 Breast Kick w/board { 4 x 25 on 1:00 Breast Kick on Back-Streamlir { 1 x 150 on 4:10 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline
	7:15 PM 1,650 Yards - Stress Value = 63

Workout #30536 - Tuesday, 24 October 2023

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 SunYangFree-Count strokes
100	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 20:00 TEACH DAY-Breast
375	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	15 x 25 on 1:00 USRPT-100 Breast Pace
	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
	7:15 PM 1,525 Yards - Stress Value = 55

Workout #30537 - Wednesday, 25 October 2023

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
 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
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 2,700 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
 {1 x 200 on 2:50 Freestyle
 {1 x 100 on 1:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 4,150 Yards - Stress Value = 135

Workout #30538 - Wednesday, 25 October 2023

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
 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
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 2,500 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
 {5 x 100 on 1:40 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 3,950 Yards - Stress Value = 131

Workout #30539 - Wednesday, 25 October 2023

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
 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
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 2,300 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
 {3 x 100 on 1:50 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 3,575 Yards - Stress Value = 114

Workout #30540 - Wednesday, 25 October 2023

Group 2 - Silver/Bronze
1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 8 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Free Shooters
 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
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 2,100 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
 {1 x 100 on 1:55 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 3,375 Yards - Stress Value = 110

Workout #30541 - Wednesday, 25 October 2023

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
 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
 100"s=L.25 #1-6bk, #2 7KOW
 #3Hb4SOW #4SA/NBIF
 1,600 1x{1 x 400 on 9:20 Freestyle
 {4 x 100 on 2:30 Freestyle
 {1 x 300 on 7:00 Freestyle
 {5 x 100 on 2:30 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,700 Yards - Stress Value = 88

Workout #30542 - Wednesday, 25 October 2023

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-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
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 #3Hb4SOW #4SA/NBIF
 1,300 1x{1 x 400 on 11:00 Freestyle
 {4 x 100 on 3:00 Freestyle
 {1 x 300 on 8:15 Freestyle
 {2 x 100 on 3:00 Freestyle
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 2,400 Yards - Stress Value = 82

Workout #30543 - Thursday, 26 October 2023

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-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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,800 Yards - Stress Value = 119

Workout #30544 - Thursday, 26 October 2023

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-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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,375 Yards - Stress Value = 101

Workout #30545 - Thursday, 26 October 2023

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-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

200 1 x 200 on 4:00 Stroke Drills
7:13 PM 3,025 Yards - Stress Value = 90

Workout #30546 - Thursday, 26 October 2023

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-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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,900 Yards - Stress Value = 33

Workout #30547 - Thursday, 26 October 2023

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-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
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 28

Workout #30548 - Thursday, 26 October 2023

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 7:00 Free 3KOW to 10 back to 3
375	10 x 15 on :45 Racing Skills-IM Shooters
350	15 x 25 on 1:00 USRPT-100 Back Pace
	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:45 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Stremline Kick on Back
	{2 x 25 on 1:00 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	4x{1 x 100 on 2:45 Individual Medley
	{1 x 50 on 1:30 Freestyle
	{1 x 50 on 2:00 Freestyle
	only do 1st 50 on 4th round
200	1 x 200 on 4:00 Stroke Drills
	7:18 PM 2,175 Yards - Stress Value = 25

	{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
	{3 x 50 on :55 Back descend-min 5KOW
	{3 x 100 on 1:50 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,250 Yards - Stress Value = 55

Workout #30551 - Friday, 27 October 2023

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-Back Shooters
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{1 x 100 on 1:40 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
	{3 x 50 on 1:00 Back descend-min 5KOW
	{2 x 75 on 1:30 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,000 Yards - Stress Value = 51

Workout #30549 - Friday, 27 October 2023

Group 2 - Back

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-Back Shooters
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,100	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 3KOW+1
	{5 x 100 on 1:40 Back descend-min 5KOW
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 3,500 Yards - Stress Value = 60

Workout #30552 - Friday, 27 October 2023

Group 2 - Silver/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-Back Shooters
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 1:15 Kick no board L/R/S
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{1 x 100 on 1:50 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
	{4 x 50 on 1:05 Back descend min 5KOW
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,850 Yards - Stress Value = 49

Workout #30550 - Friday, 27 October 2023

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-Back Shooters
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
	{2 x 50 on 1:05 Kick no board L/R
	{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
1,900	1x{1 x 100 on 1:30 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{2 x 100 on 1:35 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW

Workout #30553 - Friday, 27 October 2023

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
400	10 x 15 on :45 Racing Skills-Back Shooters
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 S
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 100 on 2:15 Backstroke 3KOW+1
	{ 3 x 50 on 1:20 Back descend-min 5KOW
	{ 2 x 100 on 2:20 Backstroke 3KOW+1
	{ 3 x 50 on 1:20 Back descend-min 5KOW
	{ 3 x 100 on 2:25 Backstroke 3KOW+1
	{ 4 x 50 on 1:20 Back descend-min 5KOW
	{ 2 x 100 on 2:30 Backstroke 3KOW+1
200	1 x 200 on 4:00 Stroke Drills
6:29 PM 2,400 Yards - Stress Value = 40	

Workout #30554 - Friday, 27 October 2023

Group 2 - Copper

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
300	10 x 15 on :45 Racing Skills-Back Shooters
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
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 100 on 2:50 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
	{ 4 x 50 on 1:40 Back descend-min 5KOW
200	1 x 200 on 4:00 Stroke Drills
6:30 PM 2,100 Yards - Stress Value = 34	

Workout #30555 - Monday, 23 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 15:00 Dynamic Stretch/Showers	REC
3,000	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
	30 x 100 on 1:25 1650 Free Pace	SP2
	Make 1 subtract 1	
	1 on 5:00 Video Evaluations 1+/1-	REC
	1 on 10:00 If time permits-DWglider racing	SP3
6:55 AM 3,225 Yards - Stress Value = 309		

Workout #30556 - Monday, 23 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
310	1 on 15:00 Dynamic Stretch/Showers	F
1x{10 x 15 on :45 Racing Skills-Free Shooters		S

	{ 1 on :30 Switch Stations	F
	{ 4 x 15 on 1:50 DW UW OTB	E
	{ 1 on :30 Switch Stations	F
	{ 5 x 20 on 1:30 Buckets	S
250	1x{10 x 25 on :40 Free Straight Arm Build	S
	{ #1 15mu F3, #2 F.4 #3 F.5, #4 F.6	
	{ #5 F.7, #6 F.8, #7 F.9, #8 F.10	
	{ #9 and #10 All Straight Arm	
	{ 1 on 1:00 Sculll	F
1,250	25 x 50 on :50 200 Free Pace	S
	1 on 5:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :55 200 Breast Pace	S
	1 on 6:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Back Pace	S
	1 on 5:00 Shoulder Mobility	F
500	25 x 20 on :25 100 Fly Pace**	S
6:01 PM 4,185 Yards - Stress Value = 404		

Workout #30557 - Tuesday, 24 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	F
310	1 on 15:00 Dynamic Stretch/Showers	F
1x{10 x 15 on :45 Racing Skills-Back Shooters		S
	{ 1 on :30 Switch Stations	F
	{ 4 x 15 on 1:50 DW UW OTB	E
	{ 1 on :30 Switch Stations	F
	{ 5 x 20 on 1:30 Buckets	S
	1 on 10:00 Underwater Racing	E
1,250	25 x 50 on :50 200 Back Pace	S
	1 on 7:00 Video Evaluations 1+/1-	F
1,250	25 x 50 on :50 200 Fly Pace	S
	1 on 6:00 Shoulder Hangs	F
625	25 x 25 on :30 100 Free Pace	S
	1 on 5:00 Thoracic Mobility	F
500	25 x 20 on :25 100 Breast Pace**	S
6:02 PM 3,935 Yards - Stress Value = 379		

Workout #30558 - Wednesday, 25 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	F
225	1 on 15:00 DS/Showers	
1,500	15 x 15 on :45 Racing Skills-Crossover Turns	
1x{10 x 50 on :55 400 IM Pace		
	{ 1 on 1:00 Rest	
	{ 10 x 50 on :55 400 IM Pace	
	{ 1 on 1:00 Rest	
	{ 10 x 50 on :55 400 IM Pace	
	Set is over at 29:30	
100	1 on 5:00 Your Choice Recovery	
	4 x 25 on 3:00 50 Fly Pace	
6:46 AM 1,825 Yards - Stress Value = 164		

Workout #30559 - Wednesday, 25 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Breast Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 250 1x{10 x 25 on :40 Free Straight Arm Build
 { #1 Count, #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
 1,250 25 x 50 on :55 200 Breast Pace
 1 on 5:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Free Pace
 1 on 5:00 Shoulder Hang
 625 25 x 25 on :30 100 Fly Pace
 1 on 5:00 Hip Mobility
 500 25 x 20 on :25 100 Back Pace**
 6:00 PM 4,185 Yards - Stress Value = 404

Workout #30560 - Thursday, 26 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 310 1x{10 x 15 on :45 Racing Skills-Fly Shooters
 {1 on :30 Switch Stations
 {4 x 15 on 1:50 DW UW OTB
 {1 on :30 Switch Stations
 {5 x 20 on 1:30 Buckets
 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
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 7:00 Video Evaluations 1+/1-
 1,250 25 x 50 on :50 200 Back Pace
 1 on 6:00 Shoulder Hangs
 625 25 x 25 on :30 100 Free Pace
 1 on 5:00 Thoracic Mobility
 500 25 x 20 on :25 100 Breast Pace**
 6:01 PM 3,985 Yards - Stress Value = 360

Workout #30561 - Friday, 27 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 3,000 40 x 75 on 1:05 500 Free Pace
 Make 1 subtract 1
 1 on 5:00 Video Evaluations 1+/1-
 1 on 10:00 If time permits-DWglider racing
 6:56 AM 3,225 Yards - Stress Value = 309

Workout #30562 - Friday, 27 October 2023

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-#2 Shooters
 500 25 x 20 on :25 100 Fly Pace**
 1 on 5:00 Your Choice Recovery
 500 25 x 20 on :25 100 Breast Pace**
 1 on 5:00 Your Choice Recovery
 500 25 x 20 on :25 100 Back Pace**
 1 on 5:00 Your Choice Recovery
 500 25 x 20 on :25 100 Free Pace**
 5:15 PM 2,225 Yards - Stress Value = 179

Workout #30563 - Monday, 23 October 2023

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
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 750 30 x 25 on :30 100 Fly Pace
 1 on 8:00 Recovery #1
 750 30 x 25 on :30 100 Back Pace
 1 on 9:00 Recovery #2
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 36:00 Weights
 7:50 AM 3,225 Yards - Stress Value = 309

Workout #30564 - Monday, 23 October 2023

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-#4 Shooters
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Free Pace
 1 on 10:00 Recovery #3
 750 30 x 25 on :30 100 Breast Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,000 40 x 25 on :30 #1 200 Pace (Not Breast)
 5:30 PM 3,775 Yards - Stress Value = 320

Workout #30565 - Tuesday, 24 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters	SP3	
	{ DELTA: Buckets 7@1:30		
	{ BRAVO: DWOTBUW 6@2:00		
1,500	30 x 50 on :50 200 Back Pace	SP2	
	1 on 9:00 Recovery #1	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 9:00 Recovery #2	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 37:00 Weights		
	7:50 AM 3,225 Yards - Stress Value = 309		

Workout #30569 - Thursday, 26 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:40 PM Start	
	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 #30566 - Tuesday, 24 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:40 PM Start		
	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 #30570 - Friday, 27 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
	1 on 15:00 Dynamic Stretch/Showers	REC
225	1x{15 x 15 on :45 Racing Skills-Crossover Turns	SP3
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast Pace**	SP2
	1 on 8:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Free Pace **	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Fly Pace **	SP2
400	2x{1 x 25 on :30 Freestyle 11 KOW	SP2
	{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 **	SP2
	7:53 AM 5,125 Yards - Stress Value = 479	

Workout #30567 - Wednesday, 25 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	5:30 AM Start		
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	{ ALFA: Buckets 7@1:30		
	{ CHARLIE: DWOTBUW 6@2:00		
750	30 x 25 on :30 100 Breast Pace	SP2	
	1 on 9:00 Recovery #1	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 9:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 42:00 Weights	REC	
	7:50 AM 2,725 Yards - Stress Value = 259		

Workout #30571 - Friday, 27 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	3:40 PM Start	
	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	SP2
	5:32 PM 3,225 Yards - Stress Value = 234	

Workout #30568 - Wednesday, 25 October 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	3:40 PM Start		
	1 on 30:00 Yoga	REC	
250	1x{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-#3	SP3	
	{ BRAVO: Buckets 7@1:30		
	{ DELTA: DWOTBUW 6@2:00		
1,500	30 x 50 on :55 200 Back Pace	SP2	
	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 #30572 - Saturday, 28 October 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
1,000	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	
1,000	1 on 8:00 Ankle Mobility	REC	
1,000	40 x 25 on :30 200 Breast Pace*	SP2	
1,000	1 on 8:00 Hip Mobility	REC	
1,000	40 x 25 on :30 200 Free Pace*	SP2	
1,000	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	
9:30 AM 4,225 Yards - Stress Value = 409			

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Breast Shooters
100	22 x 25 on :40 USRPT-100 Breast Pace
1,800	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	1x{6 x 100 on 2:00 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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,050 Yards - Stress Value = 97	

Workout #30576 - Monday, 30 October 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 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
2,000	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
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,375 Yards - Stress Value = 108	

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Underwater trn drill
550	10 x 15 on :45 Racing Skills-Breast Shooters
100	22 x 25 on :40 USRPT-100 Breast Pace
1,600	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	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
	{3 x 100 on 2:15 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:15 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 2,850 Yards - Stress Value = 93	

Workout #30577 - Monday, 30 October 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Underwater trn drill
625	10 x 15 on :45 Racing Skills-Breast Shooters
100	25 x 25 on :35 USRPT-100 Breast Pace
1,900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{6 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{5 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 1:50 Breaststroke
	{1 on 1:00 Rest
	{1 x 100 on 1:50 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:15 PM 3,275 Yards - Stress Value = 106	

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Underwater trn drill
450	10 x 15 on :45 Racing Skills-Breast Shooters
100	18 x 25 on :50 USRPT-100 Breast Pace
1,400	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{5 x 100 on 2:30 Breaststroke
	{1 on 1:00 Rest
	{4 x 100 on 2:30 Breaststroke
	{1 on 1:00 Rest
	{3 x 100 on 2:30 Breaststroke
	{1 on 1:00 Rest
	{2 x 100 on 2:30 Breaststroke
200	1 x 200 on 4:00 Stroke Drills
7:14 PM 2,500 Yards - Stress Value = 79	

Workout #30575 - Monday, 30 October 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Workout #30578 - Monday, 30 October 2023

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 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{5 x 100 on 3:00 Breaststroke {1 on 1:00 Rest {4 x 100 on 4:00 Breaststroke {1 on 1:00 Rest {3 x 100 on 3:00 Breaststroke
	1 on 5:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,275 Yards - Stress Value = 68

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT 100 Back Pace
650	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:20 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:20 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:10 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{6 x 75 on 1:30 Backstroke {6 x 75 on 1:25 Backstroke {6 x 75 on 1:20 Backstroke
	1 on 10:00 Game
7:29 PM	3,075 Yards - Stress Value = 108

Workout #30579 - Wednesday, 01 November 2023

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
900	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:50 Streamline Kick on Back {4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:50 Streamline Kick on Back {4 x 25 on :30 Kick no board BSLR {3 x 100 on 1:50 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,725	1x{6 x 75 on 1:15 Backstroke {8 x 75 on 1:10 Backstroke {8 x 75 on 1:05 Backstroke {1 x 75 on 1:00 Backstroke
	1 on 10:00 Game
7:30 PM	3,875 Yards - Stress Value = 134

Workout #30582 - Wednesday, 01 November 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
550	22 x 25 on :40 USRPT-100 Back Pace
650	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:30 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:30 Streamline Kick on Back {4 x 25 on :40 Kick no board BSLR {1 x 50 on 1:00 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{6 x 75 on 1:40 Backstroke {6 x 75 on 1:35 Backstroke {4 x 75 on 1:30 Backstroke
	1 on 10:00 Game
7:29 PM	2,850 Yards - Stress Value = 98

Workout #30580 - Wednesday, 01 November 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
750	1x{4 x 25 on :35 Kick no board BSLR {1 x 100 on 2:05 Streamline Kick on Back {4 x 25 on :35 Kick no board BSLR {2 x 100 on 2:05 Streamline Kick on Back {2 x 25 on :30 Kick no board BS {2 x 100 on 2:05 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{6 x 75 on 1:20 Backstroke {6 x 75 on 1:15 Backstroke {8 x 75 on 1:10 Backstroke
	1 on 10:00 Game
7:30 PM	3,425 Yards - Stress Value = 113

Workout #30583 - Wednesday, 01 November 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
550	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on Back {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:45 Streamline Kick on Back {2 x 25 on 1:00 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{5 x 75 on 1:55 Backstroke {5 x 75 on 1:50 Backstroke {4 x 75 on 1:45 Backstroke
	1 on 10:00 Game
7:29 PM	2,500 Yards - Stress Value = 39

Workout #30581 - Wednesday, 01 November 2023

Workout #30584 - Wednesday, 01 November 2023

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
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

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 #30588 - Thursday, 02 November 2023

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
550	10 x 15 on :45 Racing Skills-Fly Shooters 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

Workout #30589 - Thursday, 02 November 2023

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 Sun Yang Free w/snorkels
500	10 x 15 on :45 Racing Skills-Fly Shooters 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 #30586 - Thursday, 02 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
625	10 x 15 on :45 Racing Skills-Fly Shooters 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 #30587 - Thursday, 02 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Workout #30590 - Thursday, 02 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
375	10 x 15 on :45 Racing Skills-Fly Shooters
1,000	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 #30591 - Monday, 30 October 2023

Group 3 - 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-#1 Shooters	SP3
3,400	34 x 100 on 1:25 1650 Free Pace Make 1 subtract 1	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
	1 on 10:00 If time permits-DWglider racing	SP3
	7:01 AM 3,625 Yards - Stress Value = 349	

Workout #30592 - Monday, 30 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description
310	1 on 15:00 Dynamic Stretch/Showers
310	1x{10 x 15 on :45 Racing Skills-Breast Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets
300	1x{ Each round starts off the blocks { Evens-3 stroke free or fly finis {8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck
1,250	25 x 50 on :50 200 Free Pace
1,250	1 on 5:00 Video Evaluations 1+/1- 25 x 50 on :55 200 Breast Pace
625	1 on 6:00 Shoulder Hangs 25 x 25 on :30 100 Back Pace
500	1 on 5:00 Shoulder Mobility 25 x 20 on :25 100 Fly Pace**
	6:02 PM 4,235 Yards - Stress Value = 385

Workout #30593 - Tuesday, 31 October 2023

Group 3 - USRPT

1 minute rest between sets

5:30 AM 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-Crossover Turns
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace Set is over at 29:30
100	1 on 5:00 Your Choice Recovery 4 x 25 on 3:00 50 Fly Pace
	6:46 AM 1,825 Yards - Stress Value = 164

Workout #30594 - Tuesday, 31 October 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Free Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets	S
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 and #10 All Straight Arm	S
1,250	25 x 50 on :50 200 Back Pace	S
1,250	1 on 7:00 Video Evaluations 1+/1- 25 x 50 on :50 200 Fly Pace	F
625	1 on 6:00 Shoulder Hangs 25 x 25 on :30 100 Free Pace	F
500	1 on 5:00 Thoracic Mobility 25 x 20 on :25 100 Breast Pace**	F
	6:00 PM 4,185 Yards - Stress Value = 404	S

Workout #30595 - Wednesday, 01 November 2023

Group 3 - USRPT

1 minute rest between sets

3:45 PM Start

Yards	Set Description	E
	1 on 15:00 Dynamic Stretch/Showers	F
310	1x{10 x 15 on :45 Racing Skills-Back Shooters {1 on :30 Switch Stations {4 x 15 on 1:50 DW UW OTB {1 on :30 Switch Stations {5 x 20 on 1:30 Buckets	S
300	1x{ Each round starts off the blocks { Evens-3 stroke free/fly finish {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	S
1,250	25 x 50 on :55 200 Breast Pace	S
1,250	1 on 5:00 Video Evaluations 1+/1- 25 x 50 on :50 200 Free Pace	F
625	1 on 5:00 Shoulder Hang 25 x 25 on :30 100 Fly Pace	F
500	1 on 5:00 Hip Mobility 25 x 20 on :25 100 Back Pace**	F
	6:01 PM 4,235 Yards - Stress Value = 385	S

Workout #30596 - Thursday, 02 November 2023

Group 3 - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 5:30 AM and stress value 309.

Table with columns: Rest, Undr, Wtr, Fly, Kck, Pace, RACING. Includes start time 5:30 PM and stress value 315.

Workout #30597 - Thursday, 02 November 2023

Group 3 - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 3:45 PM and stress value 379.

Workout #30600 - Tuesday, 31 October 2023

HighSchl - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 5:30 AM and stress value 309.

Workout #30601 - Tuesday, 31 October 2023

HighSchl - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WC. Includes start time 3:40 PM and stress value 459.

Workout #30598 - Monday, 30 October 2023

HighSchl - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 5:30 AM and stress value 309.

Workout #30602 - Wednesday, 01 November 2023

HighSchl - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 3:40 PM and stress value 284.

Workout #30599 - Monday, 30 October 2023

HighSchl - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY. Includes start time 3:40 PM and stress value 284.

Workout #30603 - Thursday, 02 November 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers		
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00		
1,500	30 x 50 on :55 200 Breast Pace		
	1 on 8:00 Recovery #1		
750	30 x 25 on :30 100 Free Pace		
	1 on 7:00 Recovery #2		
750	30 x 25 on :30 100 Fly Pace		
	1 on 37:00 Weights		
	7:50 AM 3,225 Yards - Stress Value = 309		

Workout #30604 - Thursday, 02 November 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC	
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3	
1,500	30 x 50 on :55 200 Back Pace	SP2	
	1 on 8:00 Recovery #3	REC	
2,250	30 x 75 on 1:15 500 Free Pace	SP2	
	1 on 10:00 Tic Tac Toe Relay		
	5:32 PM 3,975 Yards - Stress Value = 384		

Workout #30605 - Friday, 03 November 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	RE	
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SE	
1,500	30 x 50 on :50 200 Free Pace	SE	
	1 on 7:00 Recovery #1	RE	
750	30 x 25 on :30 100 Breast Pace	SE	
	1 on 7:00 Recovery #2	RE	
750	30 x 25 on :30 100 Back Pace	SE	
	1 on 7:00 Recovery #3	RE	
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	SE	
	{ 1 x 100 on 3:00 Sculling drills	RE	
1,000	40 x 25 on :30 200 Fly Pace	SE	
	7:50 AM 4,625 Yards - Stress Value = 429		

Workout #30606 - Friday, 03 November 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 26:00 Yoga/Shower	REC	
225	1x{15 x 15 on :45 Racing Skills-IM Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SP3	
500	20 x 25 on :30 100 Fly Pace**	SP2	
	1 on 7:00 Video Evaluations 1+/1-	REC	

500	20 x 25 on :30 100 Back Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 100 Breast Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
500	20 x 25 on :30 100 Free Pace**	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
	5:30 PM 2,225 Yards - Stress Value = 209	

Workout #30607 - Saturday, 04 November 2023

HighSchl - USRPT

1 minute rest between sets

7:00 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 Fly Pace*	SP2	
	1 on 8:00 Ankle Mobility	REC	
1,000	40 x 25 on :30 200 Back Pace*	SP2	
	1 on 8:00 Hip Mobility	REC	
1,000	40 x 25 on :30 200 Breast Pace*	SP2	
	1 on 8:00 Thoracic Mobility	REC	
1,000	40 x 25 on :30 200 Free Pace*	SP2	
	1 on 15:00 Underwater Racing	EN2	
	9:30 AM 4,225 Yards - Stress Value = 409		

Workout #30608 - Monday, 06 November 2023

Group 2 - Back

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 Underwater trn drill		
150	10 x 15 on :45 Racing Skills-Back Shooters		
750	30 x 25 on :30 USRPT-100 Back Pace		
1,400	1x{8 x 25 on :30 Kick no board BSLR { 1 x 100 on 1:50 Streamline Kick on Back { 8 x 25 on :30 Kick no board BSLR { 2 x 100 on 1:50 Streamline Kick on Back { 8 x 25 on :30 Kick no board BSLR { 3 x 100 on 1:50 Streamline Kick on Back { 8 x 25 on :30 Kick no board BSLR		
100	1 x 100 on 4:00 100 SL Kick for Time		
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks		
100	1 x 100 on 4:00 OTB-100 Back for Time		
	1 on 11:00 Game		
200	1 x 200 on 4:00 Stroke Drills		
	7:29 PM 3,100 Yards - Stress Value = 121		

Workout #30609 - Monday, 06 November 2023

7:30 PM 2,550 Yards - Stress Value = 95

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,250	1x{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 #30612 - Monday, 06 November 2023

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
950	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 #30610 - Monday, 06 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT 100 Back Pace
1,100	1x{8 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Streamline Kick on Back
	{8 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{8 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
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 #30613 - Monday, 06 November 2023

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
800	1x{8 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{8 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
100	1 x 100 on 4:00 100 SL Kick for Time
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,025 Yards - Stress Value = 34

Workout #30611 - Monday, 06 November 2023

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
1,100	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

Workout #30614 - Tuesday, 07 November 2023

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 #30615 - Tuesday, 07 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{1 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {2 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {3 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {4 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {5 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {6 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {7 x 50 on 1:00 Butterfly {1 x 50 on :50 Freestyle {3 x 50 on 1:00 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 101

Workout #30616 - Monday, 06 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace

150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{1 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {2 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {3 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {4 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {5 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {6 x 50 on 1:10 Butterfly {1 x 50 on :55 Freestyle {6 x 50 on 1:10 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,025 Yards - Stress Value = 96

Workout #30617 - Tuesday, 07 November 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
550	22 x 25 on :40 USRPT-100 Fly Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {2 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {3 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {4 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {5 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {6 x 50 on 1:15 Butterfly {1 x 50 on 1:00 Freestyle {3 x 50 on 1:15 Butterfly
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,800 Yards - Stress Value = 86

Workout #30618 - Tuesday, 07 November 2023

7:30 PM 2,525 Yards - Stress Value = 91

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
1,250	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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 #30619 - Tuesday, 07 November 2023

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
375	10 x 15 on :45 Racing Skills-Fly Shooters
150	15 x 25 on 1:00 USRPT-100 Fly Pace
900	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
	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
200	1 on 10:00 Racing Skills-Relay Starts
	1 x 200 on 4:00 Stroke Drills

7:31 PM 1,975 Yards - Stress Value = 60

Workout #30620 - Wednesday, 08 November 2023

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
625	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	25 x 25 on :35 USRPT-100 Breast Pace
	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

Workout #30621 - Wednesday, 08 November 2023

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-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
625	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	25 x 25 on :35 USRPT-100 Breast Pace
	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 #30622 - Wednesday, 08 November 2023

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
150	10 x 15 on :45 Racing Skills-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
550	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	22 x 25 on :40 USRPT-100 Breast Pace
	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 #30623 - Wednesday, 08 November 2023

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-Breast Shooters
150	1 on 23:00 TEACH DAY-Breaststroke
500	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	20 x 25 on :45 USRPT-100 Breast Pace
	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 #30624 - Wednesday, 08 November 2023

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
 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

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
 1,600 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 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 #30625 - Wednesday, 08 November 2023

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 #30628 - Thursday, 09 November 2023

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
 1,450 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 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 #30626 - Thursday, 09 November 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Free Shooters
 750 30 x 25 on :30 USRPT-100 Free Pace
 1,050 1x{2 x 150 on 2:45 Free Kick w/board
 { 2 x 125 on 2:15 Free Kick w/board
 { 2 x 100 on 1:45 Free Kick w/board
 { 2 x 75 on 1:20 Free Kick w/board
 { 3 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 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 #30627 - Thursday, 09 November 2023

Group 2 - Gold

Workout #30629 - Thursday, 09 November 2023

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

Group 2 - IM'ers

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-Crossover Turns
 1 on 10:00 Racing Skills-Starts
 400 1 x 400 on 8:00 Kick-Sprint on every :40 to
 alternate fly breast free kick on sprint
 2,100 1x{6 x 100 on 1:30 Individual Medley
 {1 on 1:00 Rest
 {5 x 100 on 1:30 Individual Medley
 {1 on 1:00 Rest
 {4 x 100 on 1:30 Individual Medley
 {1 on 1:00 Rest
 {3 x 100 on 1:30 Individual Medley
 {1 on 1:00 Rest
 {2 x 100 on 1:30 Individual Medley
 {1 on :30 Rest
 {1 x 100 on 1:30 Individual Medley
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,150 Yards - Stress Value = 56

Workout #30630 - Thursday, 09 November 2023

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 #30633 - Friday, 10 November 2023

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-pull-swim
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 1 on 10:00 Racing Skills-Starts
 400 1 x 400 on 8:00 Kick-Sprint on every :40 to
 alternate fly breast free kick on sprint
 1,900 1x{6 x 100 on 1:40 Individual Medley
 {1 on 1:00 Rest
 {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
 {1 x 100 on 1:40 Individual Medley
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,950 Yards - Stress Value = 52

Workout #30631 - Thursday, 09 November 2023

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 #30634 - Friday, 10 November 2023

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-Crossover Turns
 1 on 10:00 Racing Skills-Starts
 400 1 x 400 on 8:00 Kick-Sprint on every :40 to
 alternate fly breast free kick on sprint
 1,800 1x{6 x 100 on 1:50 Individual Medley
 {1 on 1:00 Rest
 {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
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,800 Yards - Stress Value = 50

Workout #30632 - Friday, 10 November 2023

Workout #30635 - Friday, 10 November 2023

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-Crossover Turns
 1 on 10:00 Racing Skills-Starts
 400 1 x 400 on 8:00 Kick-Sprint on every :40 to
 alternate fly breast free kick on sprint
 1,600 1x{6 x 100 on 2:00 Individual Medley
 {1 on 1:00 Rest
 {5 x 100 on 2:00 Individual Medley
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Individual Medley
 {1 on 1:00 Rest
 {2 x 100 on 2:00 Individual Medley
 200 1 x 200 on 4:00 Stroke Drills
 6:29 PM 2,600 Yards - Stress Value = 46

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 S
 { CHARLIE: Buckets 7@1:30
 { ALFA: 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 Fly Pace
 1 on 8:00 Recovery #2
 750 30 x 25 on :30 100 Free Pace
 1 on 36:00 Weights
 7:47 AM 3,225 Yards - Stress Value = 309

Workout #30636 - Friday, 10 November 2023

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-Crossover Turns
 1 on 10:00 Racing Skills-Starts
 400 1 x 400 on 8:00 Kick-Sprint on every :40 to
 alternate fly breast free kick on sprint
 1,400 1x{5 x 100 on 2:15 Individual Medley
 {1 on 1:00 Rest
 {4 x 100 on 2:15 Individual Medley
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Individual Medley
 {1 on 1:00 Rest
 {1 x 100 on 2:15 Individual Medley
 {1 on 1:00 Rest
 {1 x 100 on 2:15 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 6:29 PM 2,350 Yards - Stress Value = 40

Workout #30639 - Monday, 06 November 2023
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 SP3
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 9:00 Recovery #3
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 100 1 x 100 on 30:00 Meeting W/ Ava
 5:28 PM 2,125 Yards - Stress Value = 165

Workout #30637 - Friday, 10 November 2023

Group 2 - Copper

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Dryland
 200 1 x 200 on 5:00 Swim-Kick-Drill-Swim
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 1 on 10:00 Racing Skills-Starts
 450 1 x 450 on 13:00 Kick-Sprint on every :40 to
 alternate fly breast free kick on sprint
 1,000 1x{4 x 100 on 2:45 Individual Medley
 {1 on 1:00 Rest
 {3 x 100 on 2:45 Individual Medley
 {1 on 1:00 Rest
 {2 x 100 on 2:45 Individual Medley
 {1 on 1:00 Rest
 {1 x 100 on 2:45 Individual Medley
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,000 Yards - Stress Value = 35

Workout #30640 - Tuesday, 07 November 2023
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-#4 Shooters SP3
 1,500 30 x 50 on :55 200 Breast
 1 on 10:00 Recovery #3
 3,000 30 x 100 on 1:25 1650 Free Pace
 1 on 10:00 Glider Racing-If Time
 5:39 PM 4,725 Yards - Stress Value = 459

Workout #30638 - Monday, 06 November 2023

HighSchl - USRPT

1 minute rest between sets

Workout #30641 - Wednesday, 08 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
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 Free Pace	
	1 on 8:00 Recovery #1	
750	30 x 25 on :30 100 Breat Pace	
	1 on 7:00 Recovery #2	
750	30 x 25 on :30 100 Back Pace	
	1 on 37:00 Weights	
7:47 AM	3,225 Yards - Stress Value = 309	

Workout #30642 - Wednesday, 08 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:40 PM	Start	
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	RE SE
225	1x{15 x 15 on :45 Racing Skills-IM Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SE
1,500	30 x 50 on :50 200 Fly Pace	SE
	1 on 14:00 Racing Skills-UW Racing	EM
750	30 x 25 on :30 100 Back or Free-your best	SE
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #30643 - Thursday, 09 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	SE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 7:00 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 #30644 - Thursday, 09 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:40 PM	Start	
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
1,500	30 x 50 on :55 200 Back Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Brst or Fly-your best*	SP2
5:00 PM	2,475 Yards - Stress Value = 234	

Workout #30645 - Friday, 10 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-Free Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SE
1,000	40 x 25 on :30 2000 Fly Pace	SE
	1 on 7:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	SE
	1 on 7:00 Recovery #2	F
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 7:00 Recovery #3	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 {1 x 100 on 3:00 Sculling drills	SE SE SE SE
1,500	30 x 50 on :50 200 Free Pace	F SE
7:50 AM	4,625 Yards - Stress Value = 429	

Workout #30646 - Friday, 10 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:40 PM	Start	
225	1x{15 x 15 on :45 Racing Skills-#1 { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	EGY WC REC SP3
2,250	30 x 75 on 1:05 500 Free Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
250	5 x 50 on 3:00 50 Fly OTB	SP2
	1 on 11:00 Start/Shooter/Finish Relay	SP3
5:30 PM	2,725 Yards - Stress Value = 259	

Workout #30647 - Saturday, 11 November 2023

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	RE SE
1,000	40 x 25 on :30 200 Free Pace*	SE
	1 on 8:00 Ankle Mobility	RE
1,000	40 x 25 on :30 200 Fly Pace*	SE
	1 on 8:00 Hip Mobility	RE
1,000	40 x 25 on :30 200 Back Pace*	SE
	1 on 8:00 Thoracic Mobility	RE
1,000	40 x 25 on :30 200 Breast Pace*	SE
	1 on 15:00 Tic Tac Toe Relay	EN
9:30 AM	4,225 Yards - Stress Value = 409	

Workout #30648 - Monday, 13 November 2023

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
	1 on 23:00 TEACH DAY-Fly
150	10 x 15 on :45 Racing Skills-Fly Shooters
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,050	1x{5 x 100 on 1:50 Fly Kick w/board { 4 x 75 on 1:25 Fly Kick w/board { 5 x 50 on :50 Fly Kick w/board 1 on 10:00 Racing Skills-Starts
	7:30 PM 2,400 Yards - Stress Value = 102

Workout #30649 - Monday, 13 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
900	1x{5 x 100 on 2:05 Fly Kick w/board { 4 x 75 on 1:35 Fly Kick w/board { 2 x 50 on 1:05 Fly Kick w/board 1 on 10:00 Relay
	7:29 PM 2,125 Yards - Stress Value = 86

Workout #30650 - Monday, 13 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
850	1x{4 x 100 on 2:20 Fly Kick w/board { 4 x 75 on 1:40 Fly Kick w/board { 3 x 50 on 1:10 Fly Kick w/board 1 on 10:00 Relay
	7:30 PM 1,950 Yards - Stress Value = 78

Workout #30651 - Monday, 13 November 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace

750	1x{3 x 100 on 2:35 Fly Kick w/board { 4 x 75 on 1:55 Fly Kick w/board { 3 x 50 on 1:20 Fly Kick w/board 1 on 10:00 Racing Skills-Starts
	7:30 PM 1,800 Yards - Stress Value = 71

Workout #30652 - Monday, 13 November 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Fly Pace
600	1x{2 x 100 on 3:00 Fly Kick w/board { 4 x 75 on 2:15 Fly Kick w/board { 2 x 50 on 1:30 Fly Kick w/board 1 on 10:00 Racing Skills-Starts
	7:29 PM 1,550 Yards - Stress Value = 63

Workout #30653 - Monday, 13 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
	1 on 23:00 TEACH DAY-Fly
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
450	1x{2 x 100 on 4:00 Fly Kick w/board { 2 x 75 on 3:00 Fly Kick w/board { 2 x 50 on 2:00 Fly Kick w/board 1 on 10:00 Racing Skills-Starts
	7:29 PM 1,325 Yards - Stress Value = 53

Workout #30654 - Tuesday, 14 November 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
3,100	2x{8 x 75 on 1:15 Back 1st 25 11 KOW { 6 x 75 on 1:10 Back 1st 25 9 KOW { 4 x 75 on 1:05 Back 1st.25 7 KOW { 2 x 75 on 1:00 Back 1st 25 5 KOW { 1 x 50 on 1:00 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,600 Yards - Stress Value = 141

Workout #30655 - Tuesday, 14 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,800	2x{8 x 75 on 1:20 Back 1st 25 11 KOW {6 x 75 on 1:15 Back 1st 25 9 KOW {4 x 75 on 1:10 Back 1st 25 7 KOW {1 x 50 on 1:10 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 4,175 Yards - Stress Value = 122

Workout #30656 - Tuesday, 14 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT 100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,350	2x{7 x 75 on 1:35 Back 1st 25 9 KOW {6 x 75 on 1:30 Back 1st.25 7 KOW {2 x 75 on 1:25 Back 1st 25 5 KOW {1 x 50 on 1:20 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,675 Yards - Stress Value = 113

Workout #30657 - Tuesday, 14 November 2023

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 #30658 - Tuesday, 14 November 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
500	20 x 25 on :45 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	2x{6 x 75 on 1:55 Back 1st 25 7 KOW

	{4 x 75 on 1:50 Back 1st 25 5 KOW
	{2 x 75 on 1:45 Back 1st 25 3 KOW
	{1 x 50 on 1:40 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,050 Yards - Stress Value = 42

Workout #30659 - Tuesday, 14 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
375	15 x 25 on 1:00 USRPT-100 Back Pace
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	2x{6 x 50 on 1:55 Back 1st 25 7 KOW {4 x 50 on 1:50 Back 1st 25 5 KOW {2 x 50 on 1:45 Back 1st 25 3 KOW {1 x 50 on 2:00 EZ Free
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,325 Yards - Stress Value = 30

Workout #30660 - Wednesday, 15 November 2023

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 #30661 - Wednesday, 15 November 2023

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 #30662 - Wednesday, 15 November 2023

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
625	10 x 15 on :45 Racing Skills-Free Shooters
	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 #30663 - Wednesday, 15 November 2023

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
625	10 x 15 on :45 Racing Skills-Free Shooters
	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 #30664 - Wednesday, 15 November 2023

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-Free Shooters
	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

Workout #30665 - Wednesday, 15 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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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-Free Shooters
	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 #30666 - Thursday, 16 November 2023

Group 2 - IM'ers

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-Crossover Turns
800	30 x 25 on :30 USRPT-100 Breast Pace
	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 1up2down
	{1 x 200 on 3:05 Individual Medley
	{6 x 25 on :30 Back 5KOW+1
	{1 x 200 on 3:00 Individual Medley
	{6 x 25 on :30 Breast 2K1P
	{1 x 200 on 2:55 Individual Medley
	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 #30667 - Thursday, 16 November 2023

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 #30668 - Thursday, 16 November 2023

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 #30669 - Thursday, 16 November 2023

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 #30670 - Thursday, 16 November 2023

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 #30671 - Thursday, 16 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Racing Skills-Crossover Turns
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly lup2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,975 Yards - Stress Value = 63

{2 x 75 on 1:25 Breast L.25 2k1p
 {1 x 50 on 1:05 Breast L.25 2k1p
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,975 Yards - Stress Value = 100

Workout #30674 - Friday, 17 November 2023

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-Breast Shooters
 625 25 x 25 on :35 USRPT-100 Breast Pace
 300 1 x 300 on 6:00 Breast Kick w/board
 Breast kick :40/Sprint Free Kick :20
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 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 150 on 3:20 Breast L.25 2k1p
 {3 x 100 on 2:10 Breast L.25 2k1p
 {2 x 75 on 1:40 Breast L.25 2k1p
 {2 x 50 on 1:10 Breast L.25 2k1p
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,825 Yards - Stress Value = 48

Workout #30672 - Friday, 17 November 2023

Group 2 - Breast

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-Breast Shooters
 750 30 x 25 on :30 USRPT-100 Breast Pace
 300 1 x 300 on 6:00 Breast Kick w/board
 Breast kick :40/Sprint Free Kick :20
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 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
 {4 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
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 3,400 Yards - Stress Value = 119

Workout #30675 - Friday, 17 November 2023

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-Breast Shooters
 550 22 x 25 on :40 USRPT-100 Breast Pace
 300 1 x 300 on 6:00 Breast Kick w/board
 Breast kick :40/Sprint Free Kick :20
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:15 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 150 on 3:40 Breast L.25 2k1p
 {3 x 100 on 2:25 Breast L.25 2k1p
 {2 x 75 on 1:50 Breast L.25 2k1p
 200 1 x 200 on 4:00 Stroke Drills
 6:30 PM 2,650 Yards - Stress Value = 89

Workout #30673 - Friday, 17 November 2023

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-Breast Shooters
 625 25 x 25 on :35 USRPT-100 Breast Pace
 300 1 x 300 on 6:00 Breast Kick w/board
 Breast kick :40/Sprint Free Kick :20
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 50 on 1:05 Breast L.25 2k1p
 {2 x 75 on 1:35 Breast L.25 2k1p
 {3 x 100 on 2:05 Breast L.25 2k1p
 {2 x 150 on 3:00 Breast L.25 2k1p
 {3 x 100 on 1:55 Breast L.25 2k1p

Workout #30676 - Friday, 17 November 2023

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-Breast Shooters
300	20 x 25 on :45 USRPT-100 Breast Pace
100	1 x 300 on 6:00 Breast Kick w/board Breast kick :40/Sprint Free Kick :20
900	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	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 150 on 4:30 Breast L.25 2k1p
	{ 2 x 100 on 3:00 Breast L.25 2k1p
	{ 1 x 50 on 1:30 Breast L.25 2k1p
200	1 x 200 on 4:00 Stroke Drills
	6:30 PM 2,350 Yards - Stress Value = 80

225	1x{15 x 15 on :45 Racing Skills-#1 Shooters SP1 { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	
250	1x{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	
1,500	1x{10 x 50 on :55 400 IM Pace { 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 9:00 Recovery #3	REC
300	1x{8 x 15 on :25 Undr Wtr Fly Kck { 1 on :30 Rest	EN2
	{ 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
1,000	{ 2 x 15 on :10 Undr Wtr Fly Kck 40 x 25 on :30 200 Fly 25's	EN2
	5:27 PM 3,275 Yards - Stress Value = 190	REC

Workout #30677 - Friday, 17 November 2023

Group 2 - Copper

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
375	10 x 15 on :45 Racing Skills-Breast Shooters
300	15 x 25 on 1:00 USRPT-100 Breast Pace
100	1 x 300 on 6:00 Breast Kick w/board Breast kick :40/Sprint Free Kick :20
700	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	1x{1 x 50 on 2:00 Breast L.25 2k1p
	{ 2 x 75 on 3:00 Breast L.25 2k1p
	{ 3 x 100 on 4:00 Breast L.25 2k1p
	{ 1 x 150 on 6:00 Breast L.25 2k1p
	{ 1 x 50 on 2:00 Breast L.25 2k1p
200	1 x 200 on 4:00 Stroke Drills
	6:31 PM 2,025 Yards - Stress Value = 64

Workout #30680 - Tuesday, 14 November 2023

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 SF { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Back Pace	SF
	1 on 8:00 Recovery #1	RE
750	30 x 25 on :30 100 Fly Pace	SF
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Free Pace	SF
	1 on 39:00 Weights	RE
	7:50 AM 3,225 Yards - Stress Value = 309	

Workout #30681 - Tuesday, 14 November 2023

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-#4 Shooters SP3	
3,200	32 x 100 on 1:25 1650 Free Pace	SP2
	1 on 7:00 Recovery #3	REC
	make one subtract one	
	1 on 10:00 With remaining time we will	EN2
	work on underwaters in diving well	
	5:10 PM 3,425 Yards - Stress Value = 329	

Workout #30678 - Monday, 13 November 2023

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
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
750	30 x 25 on :30 100 Back Pace
	1 on 39:00 Weights
	7:50 AM 3,225 Yards - Stress Value = 309

Workout #30679 - Monday, 13 November 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
	1 on 15:00 Dynamic Stretch/Showers	REC

Workout #30682 - Wednesday, 15 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
3:40 PM	Start	
=====	=====	=====
	1 on 25:00 Yoga/Shower	RE
225	1x{ BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00 { 15 x 15 on :45 Racing Skills-#2 Shooters	SE
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	SE RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 11:00 Racing Skills-UW Racing	EN
750	30 x 25 on :30 100 Back or Free-your best	SE
5:30 PM	2,975 Yards - Stress Value = 284	

Workout #30683 - Thursday, 16 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	SE
1,500	30 x 50 on :50 200 Fly Pace	SE
	1 on 8:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	SE
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 39:00 Weights	F
7:50 AM	3,225 Yards - Stress Value = 309	

Workout #30684 - Thursday, 16 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM	Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Brst or Fly-your best*	SP2
4:57 PM	2,475 Yards - Stress Value = 234	

Workout #30685 - Friday, 17 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Back Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 9:00 Recovery #1	F
750	30 x 25 on :30 100 Free Pace	SE
	1 on 9:00 Recovery #2	F
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Recovery #3	F
1,500	30 x 50 on :50 200 Back Pace	SE
7:50 AM	4,725 Yards - Stress Value = 459	

Workout #30686 - Friday, 17 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM	Start	
=====	=====	=====
	1 on 30:00 Yoga/Shower	REC
225	1x{15 x 15 on :45 Racing Skills-IM Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SP3
2,250	30 x 75 on 1:05 1000 Free Pace	SP2
	1 on 7:00 Video Evaluations 1+/1-	REC
250	5 x 50 on 3:00 50 Back OTB	SP2
	1 on 11:00 Start/Shooter/Finish Relay	SP3
5:30 PM	2,725 Yards - Stress Value = 259	

Workout #30687 - Saturday, 18 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
=====	=====	=====
	1 on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns ^bridges at 12.5 yards/breast 2X pullouts	SE
1,000	40 x 25 on :30 200 Breast Pace^	SE
	1 on 8:00 ShldrMblity/Alfa Buckets	RE
1,000	40 x 25 on :30 200 Free Pace^	SE
	1 on 8:00 Hip Mobility	RE
1,000	40 x 25 on :30 200 Fly Pace^	SE
	1 on 8:00 Thoracic Mobility	RE
1,000	40 x 25 on :30 200 Back Pace^	SE
	1 on 15:00 Relays	EN
9:30 AM	4,225 Yards - Stress Value = 409	

Workout #30688 - Monday, 20 November 2023

Group 2 - Freestylers

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-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 #30689 - Monday, 20 November 2023

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 #30692 - Monday, 20 November 2023

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 #30690 - Monday, 20 November 2023

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 #30693 - Monday, 20 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Free Shooters
500	20 x 25 on :45 USRPT-100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,400	1x{1 x 400 on 10:00 Freestyle { 3 x 100 on 2:45 Freestyle { 1 x 300 on 7:30 Freestyle { 2 x 100 on 2:45 Freestyle { 1 x 200 on 5:00 Freestyle 1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,600 Yards - Stress Value = 84

Workout #30691 - Monday, 20 November 2023

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 #30694 - Tuesday, 21 November 2023

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 #30695 - Tuesday, 21 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 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 #30696 - Tuesday, 21 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 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 #30697 - Tuesday, 21 November 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 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 #30698 - Tuesday, 21 November 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 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 #30699 - Tuesday, 21 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 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 #30700 - Wednesday, 22 November 2023

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 #30701 - Wednesday, 22 November 2023

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

{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 #30704 - Wednesday, 22 November 2023

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 #30702 - Wednesday, 22 November 2023

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 #30705 - Wednesday, 22 November 2023

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 #30703 - Wednesday, 22 November 2023

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

Workout #30706 - Friday, 24 November 2023

11:30 AM 3,150 Yards - Stress Value = 105

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 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 #30709 - Friday, 24 November 2023

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 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 #30707 - Friday, 24 November 2023

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 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 #30710 - Friday, 24 November 2023

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 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 #30708 - Friday, 24 November 2023

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:30 AM	Start
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 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

Workout #30711 - Friday, 24 November 2023

Group 2 - Copper

1 minute rest between sets

9:30 AM Start
 Yards Set Description
 =====
 200 1 on 30:00 DS/Dryland
 150 1 x 200 on 5:00 Swim-Kick-Drill-Swim
 375 10 x 15 on :45 Racing Skills-Breast Shooters
 1,150 15 x 25 on 1:00 USRPT-100 Breast Pace
 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

1 on 15:00 Dynamic Stretch/Showers RE
 225 1x{15 x 15 on :45 Racing Skills-Fly Shooters SE
 { DELTA: Buckets 7@1:30
 { BRAVO: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Fly Pace SE
 1 on 8:00 Recovery #1 RE
 750 30 x 25 on :30 100 Back Pace SE
 1 on 8:00 Recovery #2 RE
 750 30 x 25 on :30 100 Breast Pace SE
 1 on 39:00 Weights RE
 7:50 AM 3,225 Yards - Stress Value = 309

Workout #30715 - Tuesday, 21 November 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 Dynamic Stretch/Showers REC
 310 1x{10 x 15 on :45 Racing Skills-#3 Shooters SP3
 { 1 on :30 Switch Stations REC
 { 4 x 15 on 1:50 DW UW OTB EN2
 { 1 on :30 Switch Stations REC
 { 5 x 20 on 1:30 Buckets SP2
 1,500 1x{10 x 50 on :55 400 IM Pace SP2
 { 1 on 1:00 Rest REC
 { 10 x 50 on :55 400 IM Pace SP2
 { 1 on 1:00 Rest REC
 { 10 x 50 on :55 400 IM Pace SP2
 1 on 8:00 Recovery #3 REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 6:00 With remaining time we will EN2
 work on underwaters in diving well
 5:30 PM 3,310 Yards - Stress Value = 317

Workout #30712 - Monday, 20 November 2023

HighSchl - USRPT

1 minute rest between sets

5:30 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 S
 { CHARLIE: Buckets 7@1:30
 { ALFA: DWOTBUW 6@2:00
 1,500 30 x 50 on :50 200 Back Pace S
 1 on 8:00 Recovery #1 F
 750 30 x 25 on :30 100 Breast Pace S
 1 on 8:00 Recovery #2 F
 750 30 x 25 on :30 100 Free Pace S
 1 on 39:00 Weights F
 7:50 AM 3,225 Yards - Stress Value = 309

Workout #30716 - Wednesday, 22 November 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 Dynamic Stretch/Showers
 Do Thursday morning recoveries
 225 1x{15 x 15 on :45 Racing Skills-Breast Shooters
 { ALFA: Buckets 7@1:30
 { CHARLIE: 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 Back Pace
 1 on 8:00 Recovery #2
 750 30 x 25 on :30 100 Free Pace
 1 on 8:00 Recovery #3
 750 30 x 25 on :30 100 Free Pace
 1 on 12:00 Lane Line Survivor
 9:30 AM 4,725 Yards - Stress Value = 459

Workout #30713 - Monday, 20 November 2023

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-#1 Shooters SP3
 { DELTA: Buckets 7@1:30
 { CHARLIE: DWOTBUW 6@2:00
 250 1x{10 x 25 on :40 Free Straight Arm Build SP2
 { #1 OTB 1st 3, #2 1st 4 #3 1st 5
 { #4 1st 6 #5 1st 7, #6 1st
 { #7 1st 9, #8 1st 10,
 { #9 /#10 All Straight Arm
 1 on 8:00 Recovery #3 REC
 3,000 30 x 100 on 1:25 1650 Free Pace SP2
 Make one subtract one
 1 on 30:00 Meeting W/Ava REC
 5:36 PM 3,475 Yards - Stress Value = 334

Workout #30714 - Tuesday, 21 November 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EC
 =====

Workout #30717 - Wednesday, 22 November 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Yoga/Shower	REC
225	1x{ BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00 { 15 x 15 on :45 Racing Skills-#2 Shooters	SP3
300	1x{ Each round starts off the blocks { Evens-3 stroke free or fly finish { 8 x 15 on :25 Undr Wtr Fly Kck { 1 on :30 Rest { 6 x 15 on :20 Undr Wtr Fly Kck { 1 on :30 Rest { 4 x 15 on :15 Undr Wtr Fly Kck { 1 on :30 Rest { 2 x 15 on :10 Undr Wtr Fly Kck	EN2 REC EN2 REC EN2 REC EN2
2,250	30 x 75 on 1:05 500 Free Pace 1 on 11:00 Racing Skills-UW Racing	SP2 EN2
	4:31 PM 2,775 Yards - Stress Value = 240	

Workout #30718 - Friday, 24 November 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{ 15 x 15 on :45 Racing Skills-Free Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	F
1,500	30 x 50 on :50 200 Free Pace 1 on 9:00 Recovery #1	F
750	30 x 25 on :30 100 Fly Pace 1 on 9:00 Recovery #2	F
750	30 x 25 on :30 100 Back Pace 1 on 10:00 UW-Killer Relays 1 on 38:00 Weights	F
	9:31 AM 3,225 Yards - Stress Value = 309	

Workout #30719 - Friday, 24 November 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Yoga/Shower	
225	1x{ 15 x 15 on :45 Racing Skills-Crossover Turns { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast Pace 1 on 7:00 Video Evaluations 1+/1- 1 on 8:00 Ankle Mobilty 1 on 10:00 Start/Shooter/Finish Relay	
	4:30 PM 1,725 Yards - Stress Value = 159	

Workout #30720 - Saturday, 25 November 2023

HighSchl - USRPT

1 minute rest between sets

7:00 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# 1 on 8:00 ShldrMblity/Alfa Buckets	SP2 REC	
1,000	40 x 25 on :30 200 Breast Pace 1 on 8:00 Hip Mobility	SP2 REC	

1,000	40 x 25 on :30 200 Free Pace# 1 on 8:00 Thoracic Mobility	SP2 REC
1,000	40 x 25 on :30 200 Fly Pace# 1 on 15:00 UW Killer Relays	SP2 EN2
	9:30 AM 4,225 Yards - Stress Value = 409	

Workout #30721 - Monday, 27 November 2023

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 #30722 - Monday, 27 November 2023

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 stokes 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 #30723 - Monday, 27 November 2023

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 #30724 - Monday, 27 November 2023

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 #30725 - Monday, 27 November 2023

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 #30726 - Monday, 27 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Fly Shooters
375	15 x 25 on 1:00 USRPT 100 Fly Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{1 x 100 on 3:30 2 strokes fly off walls {1 x 75 on 2:40 3 strokes fly off walls {1 x 50 on 1:45 4 strokes fly off walls {1 x 25 on 1:00 5 strokes fly off walls {1 x 100 on 4:00 Butterfly {2 x 100 on 3:30 3 strokes fly off walls {2 x 75 on 2:40 4 strokes fly off walls {2 x 50 on 1:45 5 strokes fly off walls {2 x 25 on 1:00 6 strokes fly off walls {1 x 100 on 4:00 Butterfly {1 x 100 on 3:30 4 strokes fly off walls 1 on 10:00 Game
200	1 x 200 on 3:00 Stroke Drills
7:31 PM	2,125 Yards - Stress Value = 65

Workout #30727 - Tuesday, 28 November 2023

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 #30728 - Tuesday, 28 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
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	
1,800	25 x 25 on :35 USRPT-100 Breast Pace	
	1x{1 x 250 on 4:55 Breast Kick w/board	200
	{4 x 25 on :40 Breast Pull	150
	{2 x 200 on 3:55 Breast Kick w/board	500
	{4 x 25 on :40 Breast Pull	1,100
	{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	100
	{ Evens-underwaters, count kicks	150
100	1 x 100 on 4:00 OTB-100 Breast for Time	
200	1 x 200 on 4:00 Stroke Drills	100
	7:31 PM 3,425 Yards - Stress Value = 116	200

Workout #30729 - Tuesday, 28 November 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
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	
1,550	25 x 25 on :35 USRPT-100 Breast Pace	
	1x{1 x 250 on 5:25 Breast Kick w/board	200
	{4 x 25 on :45 Breast Pull	150
	{2 x 200 on 4:20 Breast Kick w/board	375
	{4 x 25 on :45 Breast Pull	900
	{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	100
150	1x{6 x 25 on 1:00 Odds face in sculling drills	150
	{ Evens-underwaters, count kicks	
100	1 x 100 on 4:00 OTB-100 Breast for Time	100
200	1 x 200 on 4:00 Stroke Drills	200
	7:30 PM 3,175 Yards - Stress Value = 111	

Workout #30730 - Tuesday, 28 November 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
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	250
	{4 x 25 on :45 Breast Pull	150
	{2 x 150 on 3:40 Breast Kick w/board	150
	{4 x 25 on :45 Breast Pull	150
	{3 x 100 on 2:25 Breast Kick w/board	750
	{4 x 25 on :45 Breast Pull	950
	{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 #30731 - Tuesday, 28 November 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
300	1 on 30:00 DS/Dryland	
150	1 x 200 on 5:00 Underwater trn drill	
625	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	200
	{4 x 25 on 1:00 Breast Pull	150
	{2 x 150 on 4:30 Breast Kick w/board	500
	{4 x 25 on 1:00 Breast Pull	1,100
	{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	100
150	1x{6 x 25 on 1:00 Odds face in sculling drills	150
	{ Evens-underwaters, count kicks	
100	1 x 100 on 4:00 OTB-100 Breast for Time	100
200	1 x 200 on 4:00 Stroke Drills	200
	7:29 PM 2,500 Yards - Stress Value = 90	

Workout #30732 - Tuesday, 28 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
300	1 on 30:00 DS/Dryland	
150	1 x 200 on 5:00 SunYangFree-Count strokes	
625	10 x 15 on :45 Racing Skills-Breast Shooters	
1,550	15 x 25 on 1:00 USRPT-100 Breast Pace	
	1x{1 x 150 on 6:00 Breast Kick w/board	200
	{4 x 25 on 1:00 Breast Pull	150
	{3 x 100 on 4:00 Breast Kick w/board	375
	{4 x 25 on 1:00 Breast Pull	900
	{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	100
150	1x{6 x 25 on 1:00 Odds face in sculling drills	150
	{ Evens-underwaters, count kicks	
100	1 x 100 on 5:00 OTB-100 Breast for Time	100
200	1 x 200 on 4:00 Stroke Drills	200
	7:30 PM 2,175 Yards - Stress Value = 74	

Workout #30733 - Wednesday, 29 November 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	Yards
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	
	1x{6 x 25 on 1:00 Odds face in sculling drills	250
	{ Evens-underwaters, count kicks	150
	30 x 25 on :30 100 Back Pace	750
	1x{8 x 25 on :30 Kick no board B	950
	{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 #30734 - Wednesday, 29 November 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{	6 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 #30735 - Wednesday, 29 November 2023

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 #30736 - Wednesday, 29 November 2023

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 #30737 - Wednesday, 29 November 2023

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 #30738 - Wednesday, 29 November 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Back Shooters
	1 on 23:00 Teach Day Backstroke
150 1x{	6 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 #30739 - Thursday, 30 November 2023

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 #30740 - Thursday, 30 November 2023

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

{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 #30743 - Thursday, 30 November 2023

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 #30741 - Thursday, 30 November 2023

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 #30744 - Thursday, 30 November 2023

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 #30742 - Thursday, 30 November 2023

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

Workout #30745 - Monday, 27 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	RE
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters	SE
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 9:00 Recovery #1	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 9:00 Recovery #2	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 39:00 Weights	RE
7:47 AM	2,725 Yards - Stress Value = 259	

225	1x{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
	{15 x 15 on :45 Racing Skills-#2 Shooters	SP3
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
3,400	34 x 100 on 1:25 1650 Free Pace	SP2
	Make one subtract one	
	1 on 8:00 Tuesday Recovery #3	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
5:49 PM	5,425 Yards - Stress Value = 505	

Workout #30749 - Thursday, 30 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	E
5:30 AM	Start	
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free 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	F
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Back Pace	SE
	1 on 39:00 Weights	F
7:50 AM	3,225 Yards - Stress Value = 309	

Workout #30750 - Thursday, 30 November 2023

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-#3 Shooters	SP3
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 7:00 Thoracic Mobility	REC
750	30 x 25 on :30 200 Back Pace	SP2
	1 on 7:00 Shoulder Mobility	REC
750	30 x 25 on :30 200 Breast Pace	SP2
	1 on 7:00 Hip Mobility	REC
750	30 x 25 on :30 200 Free Pace	SP2
5:32 PM	3,225 Yards - Stress Value = 309	

Yards	Set Description	EGY WC
3:40 PM	Start	
=====	=====	==
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#3 Shooters	SP3
750	30 x 25 on :30 200 Fly Pace	SP2
	1 on 7:00 Thoracic Mobility	REC
750	30 x 25 on :30 200 Back Pace	SP2
	1 on 7:00 Shoulder Mobility	REC
750	30 x 25 on :30 200 Breast Pace	SP2
	1 on 7:00 Hip Mobility	REC
750	30 x 25 on :30 200 Free Pace	SP2
5:32 PM	3,225 Yards - Stress Value = 309	

Workout #30747 - Tuesday, 28 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
=====	=====	==
	1 on 15:00 Dynamic Stretch/Showers	REC
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters	SP3
	{ DELTA: Buckets 7@1:30	
	{ BRAVO: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 7:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	SE
	1 on 7:00 Recovery #2	F
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 38:00 Weights	F
7:50 AM	3,225 Yards - Stress Value = 309	

Yards	Set Description	E
5:30 AM	Start	
=====	=====	=
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Back Shooters	SE
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 9:00 Recovery #1	F
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 9:00 Recovery #2	F
750	30 x 25 on :30 100 Free Pace	SE
	1 on 9:00 Recovery #3	F
1,500	30 x 50 on :50 200 Fly Pace	SE
7:48 AM	4,725 Yards - Stress Value = 459	

Workout #30748 - Wednesday, 29 November 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM	Start	
=====	=====	==
	1 on 20:00 Yoga/Shower	REC

Workout #30752 - Friday, 01 December 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 Yoga/Shower	REC
225	1x{15 x 15 on :45 Racing Skills-IM Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	SP3
2,250	30 x 75 on 1:05 1000 Free Pace	SP2
	1 on 7:00 Ankle Mobility	REC
250	5 x 50 on 3:00 Your #2 50 Pace	SP2
	1 on 11:00 Tic-Tac-Toe Relay	SP3
	5:30 PM 2,725 Yards - Stress Value = 259	

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,150	1x{1 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:10 Alt 25 kick on each side {2 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:10 Alt 25 kick on each side {3 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd {3 x 50 on 1:10 Alt 25 kick on each side {2 x 100 on 2:15 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,725 Yards - Stress Value = 103

Workout #30753 - Monday, 04 December 2023

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 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 USRPT-100 Back Pace
1,350	1x{1 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:00 Alt 25 kick on each side {2 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:00 Alt 25 kick on each side {3 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd {3 x 50 on 1:00 Alt 25 kick on each side {4 x 100 on 1:55 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 120

Workout #30756 - Monday, 04 December 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,100	1x{1 x 100 on 2:25 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:10 Alt 25 kick on each side {2 x 100 on 2:25 Streamline Kick on back {2 x 50 on 1:10 Alt 25 kick on each side {2 x 100 on 2:25 Streamline Kick on back {2 x 50 on 1:05 Alt 25 kick on each side {3 x 100 on 2:25 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,675 Yards - Stress Value = 94

Workout #30754 - Monday, 04 December 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,250	1x{1 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:05 Alt 25 kick on each side {2 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:05 Alt 25 kick on each side {3 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd {3 x 50 on 1:05 Alt 25 kick on each side {3 x 100 on 2:05 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,875 Yards - Stress Value = 105

Workout #30757 - Monday, 04 December 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
1,000	1x{1 x 100 on 2:45 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:20 Alt 25 kick on each side {2 x 100 on 2:45 Alt SL KoB/Fr Kck w/brd {2 x 50 on 1:20 Alt 25 kick on each side {3 x 100 on 2:45 Streamline Kick on back {2 x 50 on 1:20 Alt 25 kick on each side {1 x 100 on 2:30 Alt SL KoB/Fr Kck w/brd
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 92

Workout #30755 - Monday, 04 December 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Workout #30758 - Monday, 04 December 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Back Shooters
625	25 x 25 on :35 USRPT-100 Back Pace
700	1x{1 x 100 on 4:00 Alt SL KoB/Fr Kck w/brd
	{ 2 x 50 on 2:00 Alt 25 kick on each side
	{ 2 x 100 on 4:00 Streamline Kick on back
	{ 2 x 50 on 2:00 Alt 25 kick on each side
	{ 1 x 100 on 4:00 Streamline Kick on back
	{ 2 x 50 on 2:00 Alt 25 kick on each side
100	1 x 100 on 4:00 100 SL Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Back for Time
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:31	PM 2,225 Yards - Stress Value = 92

Workout #30759 - Tuesday, 05 December 2023

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
900	1x{1 x 200 on 3:50 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick-streamline on back
	{ 2 x 175 on 3:20 Breast Kick w/board
	{ 2 x 25 on :40 Breast Kick-streamline on back
	{ 2 x 100 on 1:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{2 x 200 on 3:30 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :30 Breast TO Drill w/fins
	{ 2 x 150 on 2:35 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :30 Breast TO drill w/fins
	{ 2 x 100 on 1:40 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on :30 Breast TO Drill w/fins
	1 on 10:00 Racing Skills-Breast Starts
7:31	PM 3,375 Yards - Stress Value = 112

Workout #30760 - Tuesday, 05 December 2023

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 #30761 - Tuesday, 05 December 2023

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 #30762 - Tuesday, 05 December 2023

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 #30763 - Tuesday, 05 December 2023

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 #30764 - Tuesday, 05 December 2023

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 #30765 - Wednesday, 06 December 2023

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
3,200	2x{1 x 100 on 1:30 Free L.25 6BK
	{ 1 x 100 on 1:30 Free L.25 2 breaths
	{ 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:25 Free L.25 6BK
	{ 2 x 100 on 1:25 Free L.25 2 breaths
	{ 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{ 3 x 100 on 1:20 Free L.25 6bk
	{ 3 x 100 on 1:20 Free L.25 2 breaths

{1 x 100 on 1:15 Free L.25 5 KOW-Sprint to fi
 {1 on 1:00 Rest
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,700 Yards - Stress Value = 145

Workout #30766 - Wednesday, 06 December 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,800	2x{1 x 100 on 1:40 Free L.25 6BK
	{ 1 x 100 on 1:40 Free L.25 2 breaths
	{ 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:35 Free L.25 6BK
	{ 2 x 100 on 1:35 Free L.25 2 breaths
	{ 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:30 Free L.25 6bk
	{ 2 x 100 on 1:30 Free L.25 2 breaths
	{ 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{ 1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	4,300 Yards - Stress Value = 137

Workout #30767 - Wednesday, 06 December 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	8 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT-100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,500	2x{1 x 100 on 1:50 Free L.25 6BK
	{ 1 x 100 on 1:50 Free L.25 2 breaths
	{ 1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:45 Free L.25 6BK
	{ 2 x 100 on 1:45 Free L.25 2 breaths
	{ 2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{ 1 x 100 on 1:40 Free L.25 6bk
	{ 1 x 100 on 1:40 Free L.25 2 breaths
	{ 2 x 75 on 1:15 Free L.25 5 KOW-Sprint to fir
	{ 1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,825 Yards - Stress Value = 118

Workout #30768 - Wednesday, 06 December 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
175	7 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
625	25 x 25 on :35 USRPT 100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,300	2x{1 x 100 on 2:05 Free L.25 6BK {1 x 100 on 2:05 Free L.25 2 breaths {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:00 Free L.25 6BK {2 x 100 on 2:00 Free L.25 2 breaths {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {1 x 100 on 1:55 Free L.25 6bk {1 x 100 on 1:55 Free L.25 2 breaths {1 x 50 on :55 Free L.25 5 KOW-Sprint to fini {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	3,600 Yards - Stress Value = 114

Workout #30769 - Wednesday, 06 December 2023

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
150	6 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Free Shooters
550	22 x 25 on :40 USRPT-100 Free Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,800	2x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:25 Free L.25 6BK {1 x 100 on 2:25 Free L.25 2 breaths {1 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:20 Free L.25 6bk {1 x 100 on 2:20 Free L.25 2 breaths {1 x 100 on 2:20 Free L.25 5 KOW-Sprint to fi {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,000 Yards - Stress Value = 97

Workout #30770 - Wednesday, 06 December 2023

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
1,500	2x{1 x 100 on 3:00 Free L.25 6BK {1 x 100 on 3:00 Free L.25 2 breaths {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:55 Free L.25 6BK {2 x 100 on 2:55 Free L.25 2 breaths {3 x 50 on 1:30 Free L.25 5 KOW-Sprint to fir {1 on 1:00 Rest
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,650 Yards - Stress Value = 86

Workout #30771 - Thursday, 07 December 2023

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
150	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
7:29 PM	2,125 Yards - Stress Value = 86

Workout #30772 - Thursday, 07 December 2023

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
150	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
7:29 PM	2,075 Yards - Stress Value = 85

Workout #30773 - Thursday, 07 December 2023

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
150	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
7:29 PM	1,850 Yards - Stress Value = 76

Workout #30774 - Thursday, 07 December 2023

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

300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
	1 on 15:00 Vertical Kicking	EN
250	5 x 50 on 3:00 50 Fly OTB	SF
1,500	1x{1 x 100 on 1:35 2 strokes fly off walls	EN
	{ 1 x 75 on 1:10 3 strokes fly off walls	EN
	{ 1 x 50 on :50 4 strokes fly off walls	EN
	{ 1 x 25 on :30 5 strokes fly off walls	EN
	{ 1 x 250 on 4:20 Butterfly	EN
	{ 1 x 100 on 1:35 3 strokes fly off walls	EN
	{ 1 x 75 on 1:10 4 strokes fly off walls	EN
	{ 1 x 50 on :50 5 strokes fly off walls	EN
	{ 1 x 25 on :30 6 strokes fly off walls	EN
	{ 1 x 250 on 4:15 Butterfly	EN
	{ 1 x 100 on 1:35 4 strokes fly off walls	EN
	{ 1 x 75 on 1:10 5 strokes fly off walls	EN
	{ 1 x 50 on :50 6 strokes fly off walls	EN
	{ 1 x 25 on :30 7 strokes fly off walls	EN
	{ 1 x 250 on 4:10 Butterfly	EN
200	1 x 200 on 4:00 Stroke Drills	RE
6:31 PM	2,400 Yards - Stress Value = 61	

Workout #30775 - Thursday, 07 December 2023

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 #30778 - Friday, 08 December 2023

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Dryland	
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
	1 on 15:00 Vertical Kicking	EN
250	5 x 50 on 3:00 50 Fly OTB	SF
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 #30776 - Thursday, 07 December 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
	1 on 23:00 TEACH DAY-Breaststroke
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Breast Pace
600	1x{1 x 100 on 3:00 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 2 x 150 on 4:30 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 1 x 100 on 3:00 Breast Kick w/board
	1 on 10:00 Racing Skills-Breast Starts
7:30 PM	1,475 Yards - Stress Value = 56

Workout #30777 - Friday, 08 December 2023

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Dryland	RE

Workout #30779 - Friday, 08 December 2023

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 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
	1 on 15:00 Vertical Kicking	EN
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 #30780 - Friday, 08 December 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 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
	1 on 15:00 Vertical Kicking	EN
250	5 x 50 on 3:00 50 Fly OTB	SE
1,100	1x{1 x 100 on 2:05 2 strokes fly off walls	EN
	{1 x 75 on 1:35 3 strokes fly off walls	EN
	{1 x 50 on 1:05 4 strokes fly off walls	EN
	{1 x 25 on :45 5 strokes fly off walls	EN
	{1 x 150 on 3:45 Butterfly	EN
	{1 x 100 on 2:05 3 strokes fly off walls	EN
	{1 x 75 on 1:35 4 strokes fly off walls	EN
	{1 x 50 on 1:05 5 strokes fly off walls	EN
	{1 x 25 on :45 6 strokes fly off walls	EN
	{1 x 150 on 3:40 Butterfly	EN
	{1 x 100 on 2:05 4 strokes fly off walls	EN
	{1 x 75 on 1:35 5 strokes fly off walls	EN
	{1 x 50 on 1:05 6 strokes fly off walls	EN
	{1 x 25 on :45 7 strokes fly off walls	EN
	{1 x 50 on 1:00 Butterfly	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:31 PM 1,950 Yards - Stress Value = 53	

Workout #30781 - Friday, 08 December 2023

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 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
	1 on 15:00 Vertical Kicking	EN
250	5 x 50 on 3:00 50 Fly OTB	SE
950	1x{1 x 100 on 2:30 2 strokes fly off walls	EN
	{1 x 75 on 1:50 3 strokes fly off walls	EN
	{1 x 50 on 1:15 4 strokes fly off walls	EN

	{1 x 25 on :50 5 strokes fly off walls	EN
	{1 x 100 on 3:00 Butterfly	EN
	{1 x 100 on 2:30 3 strokes fly off walls	EN
	{1 x 75 on 1:50 4 strokes fly off walls	EN
	{1 x 50 on 1:15 5 strokes fly off walls	EN
	{1 x 25 on :50 6 strokes fly off walls	EN
	{1 x 100 on 3:00 Butterfly	EN
	{1 x 100 on 2:30 4 strokes fly off walls	EN
	{1 x 75 on 1:50 5 strokes fly off walls	EN
	{1 x 50 on 1:15 6 strokes fly off walls	EN
	{1 x 25 on :50 7 strokes fly off walls	EN
200	1 x 200 on 4:00 Stroke Drills	RE
	6:32 PM 1,750 Yards - Stress Value = 50	

Workout #30782 - Friday, 08 December 2023

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 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
	1 on 15:00 Vertical Kicking	EN
250	5 x 50 on 3:00 50 Fly OTB	SE
650	1x{1 x 100 on 3:30 2 strokes fly off walls	EN
	{1 x 75 on 2:35 3 strokes fly off walls	EN
	{1 x 50 on 1:45 4 strokes fly off walls	EN
	{1 x 25 on 1:00 5 strokes fly off walls	EN
	{1 x 50 on 2:00 Butterfly	EN
	{1 x 100 on 3:30 3 strokes fly off walls	EN
	{1 x 75 on 2:35 4 strokes fly off walls	EN
	{1 x 50 on 1:45 5 strokes fly off walls	EN
	{1 x 25 on 1:00 6 strokes fly off walls	EN
	{1 x 100 on 4:00 Butterfly	EN
200	1 x 200 on 5:00 Stroke Drills	RE
	6:31 PM 1,450 Yards - Stress Value = 44	

Workout #30783 - Monday, 04 December 2023

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	
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
1,500	30 x 50 on :55 200 Breast	
	1 on 8:00 Recovery #1	
750	30 x 25 on :30 100 Free 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 #30784 - Monday, 04 December 2023

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-#1 Shooters	SP2
	{ DELTA: Buckets 7@1:30	
	{ CHARLIE: DWOTBUW 6@2:00	
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 ends at 29:30	
	1 on 8:00 Recovery #3	REC
1,500	30 x 50 on :50 200 Back Pace*	SP2
300	6 x 50 on 3:00 Your #1 50 Pace	SP2
	5:31 PM 3,525 Yards - Stress Value = 339	

Workout #30785 - Tuesday, 05 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	F
=====	=====	=====
	1 on 15:00 Dynamic Stretch/Showers	F
225	1x{15 x 15 on :45 Racing Skills-Free Shooters	F
	{ DELTA: Buckets 7@1:30	
	{ BRAVO: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Free Pace	F
	1 on 9:00 Recovery #1	F
750	30 x 25 on :30 100 Breast Pace	F
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Back Pace	F
	1 on 38:00 Weights	F
	7:50 AM 3,225 Yards - Stress Value = 309	

Workout #30786 - Wednesday, 06 December 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 Yoga/Shower	REC
225	1x{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
	{15 x 15 on :45 Racing Skills-#2 Shooters	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
3,400	34 x 100 on 1:25 1650 Free Pace	SP2
	Make one subtract one	
	1 on 8:00 Tuesday Recovery #3	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	5:41 PM 4,925 Yards - Stress Value = 455	

Workout #30787 - Thursday, 07 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 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	F

	{ ALFA: Buckets 7@1:30	
	{ CHARLIE: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Back Pace	F
	1 on 8:00 Recovery #1	F
750	30 x 25 on :30 100 Fly Pace	F
	1 on 8:00 Recovery #2	F
750	30 x 25 on :30 100 Free Pace	F
	1 on 39:00 Weights	F
	7:50 AM 3,225 Yards - Stress Value = 309	

Workout #30788 - Thursday, 07 December 2023

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	SP2
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
1,000	20 x 50 on :50 #! 200 Pace*	SP2
	1 on 8:00 Recovery #3	REC
600	30 x 20 on :25 100 Pace of best opposite	SP2
	stroke of 200-GOAL SET PROTOCOL**	
	1 on 8:00 Video Evals +/-	REC
600	30 x 20 on :30 Goal Set for #3 100	SP2
	5:28 PM 2,925 Yards - Stress Value = 279	

Workout #30789 - Friday, 08 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 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	F
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Fly Pace	F
	1 on 9:00 Recovery #1	F
750	30 x 25 on :30 100 Back Pace	F
	1 on 9:00 Recovery #2	F
750	30 x 25 on :30 100 Breast Pace	F
	1 on 9:00 Recovery #3	F
1,500	30 x 50 on :50 200 Free Pace	F
	7:48 AM 4,725 Yards - Stress Value = 459	

Workout #30790 - Friday, 08 December 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 Yoga/Shower	REC
225	1x{15 x 15 on :45 Racing Skills-IM Shooters	SP2
	{ CHARLIE: Buckets 7@1:30	
	{ ALFA: DWOTBUW 6@2:00	
2,250	30 x 75 on 1:05 500 Free Pace	SP2
	1 on 7:00 Hip Mobility	REC
250	5 x 50 on 3:00 Your #2 50 Pace	SP2
	1 on 11:00 Tic-Tac-Toe Relay	SP2
	5:30 PM 2,725 Yards - Stress Value = 259	

Workout #30791 - Saturday, 09 December 2023

1 minute rest between sets

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 1,000 40 x 25 on :30 200 Free Pace#
 1 on 8:00 ShldrMblity/Alfa Buckets
 1,000 40 x 25 on :30 200 Fly Pace#
 1 on 8:00 Ankle Mobility
 1,000 40 x 25 on :30 200 Back Pace#
 1 on 8:00 Thoracic Mobility
 1,000 40 x 25 on :30 200 Breast Pace
 1 on 15:00 Peer Coaching
 9:30 AM 4,225 Yards - Stress Value = 409

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 #30792 - Monday, 11 December 2023

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 #30795 - Monday, 11 December 2023

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
 1,450 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
 7:29 PM 2,750 Yards - Stress Value = 90

Workout #30793 - Monday, 11 December 2023

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 #30796 - Monday, 11 December 2023

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
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{4 x 150 on 4:15 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :45 Breast TO Drill w/fins
 {3 x 100 on 2:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :45 Breast TO drill w/fins
 {3 x 50 on 1:20 Breaststroke
 1 on 10:00 Racing Skills-LP turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,450 Yards - Stress Value = 81

Workout #30794 - Monday, 11 December 2023

Group 2 - Silver

Workout #30797 - Monday, 11 December 2023

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 Underwater trn drill
150	10 x 15 on :45 Racing Skills-Breast Shooters
375	15 x 25 on 1:00 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{2 x 200 on 7:00 Breaststroke {1 on :30 Put fins on {4 x 25 on 1:00 Breast TO Drill w/fins {2 x 150 on 5:00 Breaststroke {1 on :30 Put fins on {4 x 25 on 1:00 Breast TO drill w/fins {2 x 50 on 1:40 Breaststroke
200	1 on 10:00 Racing Skills-LP turns
	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,075 Yards - Stress Value = 64

Workout #30798 - Tuesday, 12 December 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
750	30 x 25 on :30 USRPT 100 Free Pace
1,750	1x{1 x 200 on 3:20 Free Kick w/board {2 x 50 on 1:00 Free Kick w/board {2 x 175 on 3:00 Free Kick w/board {2 x 50 on 1:00 Free Kick w/board {3 x 150 on 2:40 Free Kick w/board {2 x 50 on 1:00 Free Kick w/board {4 x 100 on 1:50 Free Kick w/board {1 x 50 on 1:00 Free Kick w/board
100	1 x 100 on 4:00 100 Free Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Free for Time
	1 on 10:00 Racing Skills-Spinners
	7:30 PM 3,300 Yards - Stress Value = 125

Workout #30799 - Tuesday, 12 December 2023

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 #30800 - Tuesday, 12 December 2023

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 #30801 - Tuesday, 12 December 2023

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 #30802 - Tuesday, 12 December 2023

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 #30803 - Tuesday, 12 December 2023

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 #30804 - Wednesday, 13 December 2023

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 #30805 - Wednesday, 13 December 2023

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 #30806 - Wednesday, 13 December 2023

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 #30807 - Wednesday, 13 December 2023

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 #30808 - Wednesday, 13 December 2023

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 #30809 - Wednesday, 13 December 2023

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 #30810 - Thursday, 14 December 2023

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 #30811 - Thursday, 14 December 2023

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 #30812 - Thursday, 14 December 2023

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 #30813 - Thursday, 14 December 2023

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Back Shooters
450	6 x 75 on 3:00 Backstroke
	3+/4+/5+/6+/7+/8+
800	1x{1 x 100 on 2:25 Streamline Kick on back
	{ 2 x 50 on 1:10 Alt 25 kick on each side
	{ 2 x 100 on 2:25 Streamline Kick on back
	{ 2 x 50 on 1:10 Alt 25 kick on each side
	{ 2 x 100 on 2:25 Streamline Kick on back
	{ 2 x 50 on 1:05 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,175	1x{5 x 125 on 2:45 Back alt 25's 10KOW
	{ 3 x 50 on 1:05 Back-descend
	{ 3 x 100 on 2:10 Back alt 25's 10KOW
	{ 2 x 50 on 1:05 Back-descend
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,125 Yards - Stress Value = 81

Workout #30814 - Thursday, 14 December 2023

6:29 PM 3,550 Yards - Stress Value = 121

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 #30817 - Friday, 15 December 2023

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-Crossover Turns
625	25 x 25 on :35 100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,900	1x{1 x 200 on 3:20 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 #30815 - Thursday, 14 December 2023

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 #30818 - Friday, 15 December 2023

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-Crossover Turns
625	25 x 25 on :35 100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,700	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 #30816 - Friday, 15 December 2023

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 Dynamic Stretch>Showers
300	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-Crossover Turns
750	30 x 25 on :30 100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
2,000	1x{1 x 200 on 3:10 Individual Medley { 3 x 100 on 1:30 Mystery Medley { 1 x 200 on 3:05 Individual Medley { 3 x 100 on 1:30 Mystery Medley { 1 x 200 on 3:00 Individual Medley { 3 x 100 on 1:30 Mystery Medley { 1 x 200 on 2:55 Individual Medley { 3 x 100 on 1:30 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills

Workout #30819 - Friday, 15 December 2023

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-Crossover Turns
550	22 x 25 on :40 100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 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 #30820 - Friday, 15 December 2023

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
1,300	1x{1 x 200 on 5:00 Individual Medley { 3 x 100 on 2:30 Mystery Medley { 1 x 200 on 4:55 Individual Medley { 2 x 100 on 2:30 Mystery Medley { 1 x 200 on 4:50 Individual Medley { 2 x 100 on 2:30 Mystery Medley
200	1 x 200 on 4:00 Stroke Drills
6:31 PM 2,500 Yards - Stress Value = 82	

Workout #30821 - Friday, 15 December 2023

Group 2 - Copper

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
1,100	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 #30822 - Monday, 11 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
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
750	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Breast Pace
750	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Back Pace
750	1 on 39:00 Weights
7:50 AM 3,225 Yards - Stress Value = 309	

Workout #30823 - Monday, 11 December 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
225	1x{15 x 15 on :45 Racing Skills-#1 Shooters { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00

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 ends at 29:30	
	1 on 10:00 Recovery #3	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
300	6 x 50 on 3:00 Your #1 50 Pace	SP2
5:28 PM 3,025 Yards - Stress Value = 289		

Workout #30824 - Tuesday, 12 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
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
750	1 on 9:00 Recovery #1
750	30 x 25 on :30 100 Fly Pace
750	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Free Pace
750	1 on 38:00 Weights
7:50 AM 3,225 Yards - Stress Value = 309	

Workout #30825 - Wednesday, 13 December 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description
225	1x{ BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00 { 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
2,400	32 x 75 on 1:05 1000 Free Pace
1,500	Make one subtract one 1 on 8:00 Tuesday Recovery #3
1,500	30 x 50 on :55 200 Breast Pace
5:35 PM 4,425 Yards - Stress Value = 405	

Workout #30826 - Thursday, 14 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00
1,500	30 x 50 on :50 200 Fly Pace
750	1 on 8:00 Recovery #1
750	30 x 25 on :30 100 Back Pace
750	1 on 8:00 Recovery #2
750	30 x 25 on :30 100 Breast Pace
750	1 on 39:00 Weights
7:50 AM 3,225 Yards - Stress Value = 309	

Workout #30827 - Thursday, 14 December 2023

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
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
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Recovery #3	REC
750	30 x 25 on :30 100 Pace of best opposite	SP2
	stroke of 200-GOAL SET PROTOCOL**	
	1 on 6:00 Video Evals +/-	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
	5:30 PM 3,275 Yards - Stress Value = 290	

Workout #30828 - Friday, 15 December 2023

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	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 :55 200 Breast Pace	
	1 on 9:00 Recovery #1	
750	30 x 25 on :30 100 Free Pace	
	1 on 9:00 Recovery #2	
750	30 x 25 on :30 100 Fly Pace	
	1 on 8:00 Recovery #3	
1,500	30 x 50 on :50 200 Back Pace	
	7:50 AM 4,725 Yards - Stress Value = 459	

Workout #30829 - Friday, 15 December 2023

HighSchl - USRPT

1 minute rest between sets

3:40 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 30:00 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	
3,000	30 x 100 on 1:20 1650 Free Pace	SP2
	1 on 15:00 Mobility	REC
	1 on 12:00 Tic-Tac-Toe Relay	SP3
	5:30 PM 3,225 Yards - Stress Value = 309	

Workout #30830 - Monday, 18 December 2023

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 #30831 - Monday, 18 December 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 #30832 - Monday, 18 December 2023

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	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 #30833 - Monday, 18 December 2023

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 #30834 - Monday, 18 December 2023

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 #30835 - Monday, 18 December 2023

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 #30836 - Tuesday, 19 December 2023

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
1,400	1x{4 x 25 on :30 Kick no board BSLR
	{5 x 50 on :55 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{6 x 75 on 1:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:50 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,150 Yards - Stress Value = 121

Workout #30837 - Tuesday, 19 December 2023

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	25 x 25 on :35 USRPT-100 Fly Pace
1,200	1x{4 x 25 on :35 Kick no board BSLR
	{5 x 50 on 1:05 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:35 Fly Kick w/board
	{6 x 25 on :35 Kick no board BSLRBS
	{3 x 100 on 2:05 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,825 Yards - Stress Value = 104

Workout #30838 - Tuesday, 19 December 2023

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
550	22 x 25 on :40 USRPT-100 Fly Pace
1,050	1x{4 x 25 on :40 Kick no board BSLR
	{5 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:50 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,550 Yards - Stress Value = 94

Workout #30839 - Tuesday, 19 December 2023

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 #30840 - Tuesday, 19 December 2023

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
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 #30841 - Tuesday, 19 December 2023

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
225	15 x 15 on 1:00 USRPT-100 Fly Pace
700	1x{4 x 25 on 1:00 Kick no board BSLR
	{4 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 75 on 3:00 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board B
	{1 x 100 on 4:00 Fly Kick w/board
100	1 x 100 on 4:00 100 Fly Kick for Time
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
100	1 x 100 on 4:00 OTB-100 Fly for Time
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 1,825 Yards - Stress Value = 54

Workout #30842 - Wednesday, 20 December 2023

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
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 #30843 - Wednesday, 20 December 2023

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 #30844 - Wednesday, 20 December 2023

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 #30845 - Wednesday, 20 December 2023

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 #30846 - Wednesday, 20 December 2023

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 #30847 - Wednesday, 20 December 2023

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 bac
	{ 2 x 100 on 3:30 Breast Kick w/board
	{ 3 x 25 on 1:00 Breast Kick-streamline on bac
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 200 on 7:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO Drill w/fins
	{ 1 x 150 on 5:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO drill w/fins
	{ 2 x 50 on 1:40 Breaststroke
	1 on 10:00 Game
7:30	PM 1,825 Yards - Stress Value = 55

Workout #30848 - Thursday, 21 December 2023

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
	1 x 300 on 5:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Racing Skills-Back Shooters
	30 x 25 on :30 USRPT-100 Back Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
2,425	1x{6 x 150 on 2:15 Back atl 25's 10KOW
	{ 3 x 50 on :45 Back-descend
	{ 5 x 125 on 1:55 Back alt 25's 10KOW
	{ 3 x 50 on :45 Back-descend
	{ 4 x 100 on 1:30 Back alt 25's 10KOW
	{ 4 x 50 on :45 Back-descend
	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

Workout #30849 - Thursday, 21 December 2023

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 #30850 - Thursday, 21 December 2023

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
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 #30851 - Thursday, 21 December 2023

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 #30852 - Thursday, 21 December 2023

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 #30853 - Thursday, 21 December 2023

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 #30854 - Friday, 22 December 2023

Group 2 - IM's

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 #30855 - Friday, 22 December 2023

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 TEACH DAY-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
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	

Yards	Set Description
200	1 on 30:00 DS/Dryland
150	1 x 200 on 5:00 Swim-Kick-Drill-Swim
150	10 x 15 on :45 Racing Skills-IM Shooters
	1 on 23:00 TEACH DAY-IM
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-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 #30859 - Friday, 22 December 2023

Group 2 - Copper

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 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	

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
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 #30860 - Monday, 18 December 2023

HighSchl - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	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	

Yards	Set Description
225	1 on 15:00 Dynamic Stretch/Showers
225	1x{15 x 15 on :45 Racing Skills-Back Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00
750	15 x 50 on :50 200 Back Pace*
375	1 on 10:00 Recovery #1
375	15 x 25 on :30 100 Fly Pace*
375	1 on 10:00 Recovery #2
375	15 x 25 on :30 100 Free Pace*
7:49 AM 1,725 Yards - Stress Value = 160	

Workout #30858 - Friday, 22 December 2023

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Workout #30861 - Monday, 18 December 2023

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 { DELTA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	SP3
750	15 x 50 on :55 200 Breast Pace* 1 on 8:00 Recovery #3	SP2 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
5:01 PM	1,275 Yards - Stress Value = 90	

Workout #30862 - Tuesday, 19 December 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-Fly Shooters { DELTA: Buckets 7@1:30 { BRAVO: DWOTBUW 6@2:00	SP3
500	20 x 25 on :30 200 Fly Pace* 1 on 10:00 Recovery #1	SP2 REC
375	15 x 25 on :30 100 Back Pace 1 on 9:00 Recovery #2	SP2 REC
375	15 x 25 on :30 100 Breast Pace	SP2
7:45 AM	1,475 Yards - Stress Value = 135	

Workout #30863 - Wednesday, 20 December 2023

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 #30864 - Wednesday, 20 December 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
3:40 PM	Start	
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
225	1x{15 x 15 on :45 Racing Skills-#2 Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SP3
900	1x{6 x 50 on :55 400 IM Pace 1 on 1:00 Rest 6 x 50 on :55 400 IM Pace 1 on 1:00 Rest 6 x 50 on :55 400 IM Pace 1 on 10:00 Video Evals +/-	SP2 REC SP2 REC SP2 REC

1,500 30 x 50 on :50 200 Free Pace* SP2
5:30 PM 3,125 Yards - Stress Value = 299

Workout #30865 - Thursday, 21 December 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-Breast Shooters { ALFA: Buckets 7@1:30 { CHARLIE: DWOTBUW 6@2:00	SP3
1,500	30 x 50 on :55 200 Breast Pace* 1 on 8:00 Recovery #1	SP2 REC
750	30 x 25 on :30 100 Free Pace* 1 on 7:00 Recovery #2	SP2 REC
900	30 x 30 on :30 100 Fly Pace* 1 on 37:00 Weights	SP2 REC
7:50 AM	3,375 Yards - Stress Value = 324	

Workout #30866 - Thursday, 21 December 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
3:40 PM	Start		
225	15 x 15 on :45 Racing Skills-#3 Shooters	REC	
1,500	30 x 50 on :50 200 Back Pace* 1 on 12:00 Recovery #3	SP2 REC	
600	30 x 20 on :30 Your #1 100 Pace** 1 on 12:00 Your Choice Recovery	SP2 REC	
750	30 x 25 on :30 Your #2 100 Pace**	SP2	
5:29 PM	3,075 Yards - Stress Value = 294		

Workout #30867 - Friday, 22 December 2023

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
7:00 AM	Start	
225	1x{15 x 15 on :45 Racing Skills-Free Shooters { BRAVO: Buckets 7@1:30 { DELTA: DWOTBUW 6@2:00	SP3
1,500	30 x 50 on :50 200 Free Pace* 1 on 8:00 Recovery #1	SP2 REC
750	30 x 25 on :30 100 Breast Pace* 1 on 8:00 Recovery #2	SP2 REC
750	30 x 25 on :30 100 Back Pace* 1 on 12:00 Underwater Racing 1 on 37:00 Weights	SP2 REC REC
9:30 AM	3,225 Yards - Stress Value = 309	

Workout #30868 - Friday, 22 December 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
225	1x{15 x 15 on :45 Racing Skills-IM Shooters { CHARLIE: Buckets 7@1:30 { ALFA: DWOTBUW 6@2:00	REC SP3
2,250	30 x 75 on 1:05 500 Free Pace* 1 on 10:00 Recovery #3 1 on 10:00 Tic Tac Toe Relay	SP1 REC EN2
4:30 PM 2,475 Yards - Stress Value = 189		

Workout #30869 - Tuesday, 26 December 2023

Group 2 - Freestylers

1 minute rest between sets

9:30 AM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland 1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
850	1x{1 x 250 on 4:35 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 200 on 3:40 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 150 on 2:45 Free Kick w/board { 2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,675	1x{4 x 125 on 1:55 Freestyle { 3 x 50 on :45 Free-descend to 5s obt { 4 x 125 on 1:50 Freestyle { 3 x 50 on :45 Free-descend to 5s obt { 3 x 125 on 1:45 Freestyle
11:30 AM 3,525 Yards - Stress Value = 102	

Workout #30870 - Tuesday, 26 December 2023

Group 2 - Gold

1 minute rest between sets

9:30 AM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland 1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free-OTB
825	1x{1 x 250 on 4:55 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 200 on 3:55 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 150 on 2:55 Free Kick w/board { 1 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,550	1x{4 x 125 on 2:00 Freestyle { 3 x 50 on :50 Free-descend to 5s obt { 4 x 125 on 1:55 Freestyle { 4 x 50 on :50 Free-descend to 5s obt { 2 x 100 on 1:30 Freestyle
11:30 AM 3,375 Yards - Stress Value = 98	

Workout #30871 - Tuesday, 26 December 2023

Group 2 - Silver

1 minute rest between sets

9:30 AM Start

Yards	Set Description
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Yards	Set Description
250	1 on 30:00 DS/Dryland 1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
775	1x{1 x 200 on 4:20 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 150 on 3:15 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 2 x 100 on 2:10 Free Kick w/board { 1 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	1x{4 x 125 on 2:10 Freestyle { 3 x 50 on :55 Free-descend to 5s obt { 4 x 125 on 2:05 Freestyle { 3 x 50 on :55 Free-descend to 5s obt { 1 x 100 on 1:35 Freestyle
11:30 AM 3,125 Yards - Stress Value = 94	

Workout #30872 - Tuesday, 26 December 2023

Group 2 - Silver/Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland 1 x 250 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
700	1x{1 x 200 on 5:00 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 150 on 3:45 Free Kick w/board { 4 x 25 on :45 Tombstone Kicking { 1 x 100 on 2:30 Free Kick w/board { 2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{4 x 100 on 1:55 Freestyle { 3 x 50 on 1:00 Free-descend to 5s obt { 4 x 100 on 1:55 Freestyle { 3 x 50 on 1:00 Free-descend to 5s obt { 2 x 100 on 1:50 Freestyle
11:30 AM 2,950 Yards - Stress Value = 91	

Workout #30873 - Tuesday, 26 December 2023

Group 2 - Bronze

1 minute rest between sets

9:30 AM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland 1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
600	1x{1 x 200 on 5:20 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking { 1 x 150 on 4:00 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking { 1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{4 x 100 on 2:15 Freestyle { 3 x 50 on 1:10 Free-descend to 5s obt { 4 x 100 on 2:10 Freestyle { 3 x 50 on 1:10 Free-descend to 5s obt
11:30 AM 2,600 Yards - Stress Value = 85	

Workout #30874 - Tuesday, 26 December 2023

Group 2 - Copper

1 minute rest between sets

9:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Racing Skills-Free Shooters
450	6 x 75 on 4:00 Free OTB
550	1x{1 x 200 on 6:00 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking { 1 x 150 on 4:30 Free Kick w/board { 4 x 25 on 1:00 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{3 x 100 on 2:45 Freestyle { 3 x 50 on 1:30 Free-descend to 5s obt { 4 x 75 on 2:05 Freestyle { 2 x 50 on 1:30 Free-descend to 5s obt
	11:30 AM 2,300 Yards - Stress Value = 79

Workout #30875 - Wednesday, 27 December 2023

Group 2 - Fly

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-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 3,300 Yards - Stress Value = 61

Workout #30876 - Wednesday, 27 December 2023

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-Fly Shooters
850	1x{4 x 25 on :35 Kick no board BSLR { 3 x 50 on 1:05 Fly Kick w/board { 4 x 25 on :35 Kick no board BSLR { 2 x 75 on 1:35 Fly Kick w/board { 6 x 25 on :35 Kick no board BSLRBS { 2 x 100 on 2:05 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	8x{8 x 25 on :30 Butterfly { 1 on 1:00 Rest 1 on 10:00 Game
	11:32 AM 3,000 Yards - Stress Value = 55

Workout #30877 - Wednesday, 27 December 2023

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-Fly Shooters
750	1x{4 x 25 on :40 Kick no board BSLR { 3 x 50 on 1:10 Fly Kick w/board { 4 x 25 on :40 Kick no board BSLR { 4 x 75 on 1:50 Fly Kick w/board { 4 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,400	7x{8 x 25 on :35 Butterfly { 1 on 1:00 Rest 1 on 10:00 Game
	11:31 AM 2,650 Yards - Stress Value = 49

Workout #30878 - Wednesday, 27 December 2023

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-Fly Shooters
700	1x{4 x 25 on :40 Kick no board BSLR { 3 x 50 on 1:20 Fly Kick w/board { 4 x 25 on :40 Kick no board BSLR { 4 x 75 on 2:00 Fly Kick w/board { 2 x 25 on :40 Kick no board BSL
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	6x{8 x 25 on :40 Butterfly { 1 on 1:00 Rest 1 on 10:00 Game
	11:30 AM 2,400 Yards - Stress Value = 44

Workout #30879 - Wednesday, 27 December 2023

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 :40 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Fly Shooters
625	1x{4 x 25 on :45 Kick no board BSLR { 2 x 50 on 1:30 Fly Kick w/board { 4 x 25 on :45 Kick no board BSLR { 2 x 75 on 2:15 Fly Kick w/board { 2 x 25 on :45 Kick no board BS { 1 x 100 on 3:00 Fly Kick w/board { 1 x 25 on :45 Kick no board B
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	6x{8 x 25 on :45 Butterfly { 1 on 1:00 Rest 1 on 10:00 Game
	11:33 AM 2,275 Yards - Stress Value = 42

Workout #30880 - Wednesday, 27 December 2023

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 :40 Wednesday Warm-up
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
11:29 AM	1,925 Yards - Stress Value = 35

Workout #30881 - Thursday, 28 December 2023

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Racing Skills-Breast Shooters
625	25 x 25 on :35 USRPT-100 Breast Pace
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,950	1x{4 x 200 on 3:30 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :30 Breast TO Drill w/fins
	{ 3 x 150 on 2:35 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :30 Breast TO drill w/fins
	{ 2 x 100 on 1:40 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :30 Breast TO Drill w/fins
	{ 1 x 50 on :50 Breaststroke
	1 on 10:00 Racing Skills-LP Turns
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	3,375 Yards - Stress Value = 107

Workout #30882 - Thursday, 28 December 2023

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 #30883 - Thursday, 28 December 2023

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 #30884 - Thursday, 28 December 2023

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 #30885 - Thursday, 28 December 2023

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 #30886 - Thursday, 28 December 2023

Group 2 - Copper

1 minute rest between sets

9:30 AM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland
200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
150 10 x 15 on :45 Racing Skills-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
11:30 AM 2,075 Yards - Stress Value = 64

Workout #30887 - Tuesday, 26 December 2023

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-Breast Shooters
{ DELTA: Buckets 7@1:30
{ BRAVO: DWOTBUW 6@2:00
1,500 30 x 50 on :55 200 Breast Pace
1 on 9:00 Recovery #1
750 30 x 25 on :30 100 Free Pace
1 on 8:00 Recovery #2
750 30 x 25 on :30 100 Fly Pace
1 on 45:00 Meeting w/Ava
9:30 AM 3,225 Yards - Stress Value = 309

Workout #30888 - Tuesday, 26 December 2023

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
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
1,500 30 x 50 on :50 200 Back Pace SP2
1 on 8:00 Recovery #3 REC
1 on 12:00 Lane Line Survivor EN2
4:30 PM 2,225 Yards - Stress Value = 209

Workout #30889 - Wednesday, 27 December 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
Yards Set Description F
=====
Monday Recoveries
1 on 15:00 Dynamic Stretch/Showers F
225 1x{15 x 15 on :45 Racing Skills-Free Shooters S
{ CHARLIE: Buckets 7@1:30

{ ALFA: DWOTBUW 6@2:00

1,500 30 x 50 on :50 200 Free Pace S
1 on 9:00 Recovery #1 F
750 30 x 25 on :30 100 Breast Pace S
1 on 8:00 Recovery #2 F
750 30 x 25 on :30 100 Back Pace S
1 on 8:00 Recovery #3 F
1 on 40:00 Weights F
9:30 AM 3,225 Yards - Stress Value = 309

Workout #30890 - Wednesday, 27 December 2023

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-#2 Shooters SP3
{ DELTA: Buckets 7@1:30
{ CHARLIE: DWOTBUW 6@2:00
1,000 40 x 25 on :30 200 Fly Pace SP2
1 on 8:00 Recovery #3 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
400 2x{1 x 25 on :30 Freestyle 8/10 KOW EN2
{1 x 25 on :40 Freestyle 10/12 KOW SP2
{1 x 25 on :50 Freestyle 12/14 KOW SP2
{1 x 25 on 1:00 Freestyle 14/16 KOW SP2
{1 x 100 on 4:00 Sculling drills REC
1 on 10:00 Indvdl Prscrptns REC
4:31 PM 1,925 Yards - Stress Value = 135

Workout #30891 - Thursday, 28 December 2023

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 SF
{ ALFA: Buckets 7@1:30
{ CHARLIE: DWOTBUW 6@2:00
1,500 30 x 50 on :50 200 Fly Pace SF
1 on 9:00 Recovery #1 RE
750 30 x 25 on :30 100 Free Pace SF
1 on 8:00 Recovery #2 RE
900 30 x 30 on :30 100 Fly Pace* SF
1 on 8:00 Recovery #3 RE
1 on 40:00 Weights RE
9:30 AM 3,375 Yards - Stress Value = 324

Workout #30892 - Thursday, 28 December 2023

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
Yards Set Description EGY WC
=====
1 on 15:00 Dynamic Stretch/Showers REC
225 15 x 15 on :45 Racing Skills-#4 Shooters SP3
1,500 30 x 50 on :50 200 Back of Free Pace SP2
1 on 10:00 Peer Coaching REC
750 30 x 25 on :30 Your #1 100 Pace SP2
1 on 10:00 Peer Coaching REC
4:29 PM 2,475 Yards - Stress Value = 234

Workout #30893 - Friday, 29 December 2023

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-Back Shooters	E
	{ BRAVO: Buckets 7@1:30	
	{ DELTA: DWOTBUW 6@2:00	
1,500	30 x 50 on :50 200 Back Pace	E
	1 on 9:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Fly Pace	E
	1 on 8:00 Shoulder Hangs	F
750	30 x 25 on :30 100 Free Pace	E
	1 on 8:00 Mobility	F
1,500	30 x 50 on :55 200 Breast Pace	E
	1 on 12:00 Tic Tac Toe Relay	E
9:30 AM 4,725 Yards - Stress Value = 339		

Workout #30894 - Saturday, 30 December 2023

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start			
Yards	Set Description	EGY	WC
=====	=====	==	==
Friday Recoveries			
	1 on 40:00 DS/Weights	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
1,000	40 x 25 on :30 Non free 200 Pace	SP2	
	1 on 9:00 Recovery #1	REC	
1,800	18 x 100 on 2:01 Beat The Clock!	EN3	
	1 on 8:00 Recovery #2	REC	
	1 on 15:00 Killer Relays	SP2	
	1 on 8:00 Recovery #3	REC	
9:30 AM 3,025 Yards - Stress Value = 217			